



COMMUNITY NOTES

DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

In March 2020, when in-person therapy and internship training was no longer possible, CIP Core Staff launched an all-out effort to

transfer client services and trainings to tele-therapy. Our primary concern was to make this transition as quickly as possible in order to provide continuity of care for our clients. The Staff themselves took training on tele-therapy in order to train the interns and contract therapists.

We were very proud to be able to accomplish this transition in a very short time, less than two weeks. As a result, most clients missed only one weekly session. While for some, equipment and internet access have proved difficult, more than 90% of clients were able to continue therapy. In a short time, we were at clinical capacity with a waiting list.

We are so fortunate that technology allows for immediate and secure communication, and the ability to create a safe and therapeutic space. Therapists meet clients in the "same office" at the same weekly or biweekly time to create and hold a frame. Clients are asked to be in a quiet, safe and private space where they will be uninterrupted.

Going forward, given these technologies' many advantages, CIP expects to continue to employ tele-therapy and Zoom sessions in addition to in-person sessions.



2020 - 2021 UPCOMING EVENTS, OPPORTUNITIES

As we look ahead to our *Raising Healthy Families* Community Education Series, we are very pleased to offer such an exciting line-up of expert presentations on matters of importance to families and community members. Once again co-hosted by the Marin Office of Education, our *Raising Healthy Families* programs will be available via Zoom. All events are free, but attendees must register in advance at cipmarin.org or by calling (415) 459-5999 #101.

Read more in this newsletter:

Our 2020 Series: Two outstanding *Raising Healthy Families* programs rescheduled from March will take place this fall via Zoom; please see page 8.

Our 2021 line-up, including our first Spanish language presentation. Please see page 5.

Sponsorship Opportunities: Garnering increasing media attention and audience attendance, our fourth annual *Raising Healthy Families* offers sponsors a wonderful opportunity to support healthy families and access to quality, affordable mental health services in our community. See page 7 to learn more.

NEW CLIENTS, REFERRALS WELCOME CIP IS OPEN FOR TELE-THERAPY!

We are pleased to announce new openings for clients. Our comprehensive services are available on a sliding scale; Medi-Cal, Partnership Health/Beacon and CaVCB accepted.

Our outstanding clinical staff has experience and expertise in a wide range of issues and diverse populations. Our services are provided by 22 to 24 pre-licensed therapists, including Pre-Doctoral Students, Licensed Marriage and Family Therapy and Licensed Clinical Social Work Associates, and Practicum Students. (Therapy with licensed therapists is also available.)

We offer long-term depth psychology as well as short-term counseling, adult therapy groups, and psychological testing. We work with depression, anxiety, trauma, PTSD, co-occurring disorders, addictions, and in-depth work with clients with axis II disorders.

We recognize that many in our community are experiencing the dual impact of emotional and economic stress. For this reason, we have temporarily reduced our sliding scale fees, and established our Client Emergency Fund to support these services. Please see page 3 or visit www.cipmarin.org for more details.

WELCOMING NEW CLINICAL STAFF



ANGIE BRANHAM, PhD, DIRECTOR OF PRE-DOCTORAL AND POST-DOCTORAL TRAINING

Many graduate schools have eliminated psychodynamic theories from their curriculum or have provided outdated information about how psychodynamic therapy works. For psychodynamic psychotherapy to thrive, it must be passed

along in training programs like CIP. I joined CIP staff because of their commitment to psychodynamic psychotherapy and the availability of the many community members who embody the psychoanalytic ethos and have volunteered their time in an effort to provide training in the art of meaningful psychotherapy. The community support is a powerful statement that speaks to the trust that they have placed in CIP; I'm happy to be part of that.

For the past 14 years, I have worked in a variety of settings from rural community health to working with commercially sexually exploited youth in Oakland. I was fortunate to be exposed to psychoanalytic ideas in my undergraduate education and I have been an avid learner of psychodynamic theory and application ever since. Some of my clinical and theoretical interests are play therapy, development, personality, supervision, eating disorders, working with difficult youth, use of fairy tales and modern media to interpret psychological phenomenon, and social media and video game overuse. I have authored chapters in the books, *The Psychology of Zelda: Linking Our World to the Legend of Zelda Series* and the upcoming book, *The Psychology of Final Fantasy: Surpassing The Limit Break*.

“WHY I AM A CIP SUPERVISOR”

CIP was founded in 1977 with a dual mission: to provide a rigorous training program to fully prepare psychotherapy interns and to provide quality low fee mental health services to individuals and families who otherwise could not afford needed service.

Over the years, CIP has grown surely, steadily, expanding our training program from *one* year to four, and increasing the numbers of therapists-in-training, supervisors and trainers who make up our clinical staff. In turn, the number of families, children and adults we serve each year has also grown exponentially.

What has not changed is the agency's unique reliance on professional volunteers to provide the excellent training and supervision for which CIP has come to be known. Today, CIP enlists more than 100 professionals whose in-kind donation to the agency totals well over \$400,000. This allows CIP to provide the best possible clinical and training services very cost effectively.

Recently we sent out a request to CIP supervisors to tell us why they supervise at CIP.

I supervise at CIP because it is an excellent training program for new therapists, while serving the diversity of the community. It offers me an opportunity to interact with colleagues, as well as new and challenging learning experiences. I believe it is important to mentor training therapists, and for them to have a wide variety of experiences with supervisors. I remain astonished in how much I learn from my interns and value that relationship.

-Melinda Ann Manner, PhD, LMFT

CLINICAL STAFF

EXECUTIVE & CLINICAL DIRECTOR
Robin Joy Berenson, PhD, LMFT

ASSISTANT CLINICAL DIRECTORS
Angie Branham, PhD
Lisa Dobias, LMFT,

DIRECTOR OF PRE-DOCTORAL AND
POST-DOCTORAL PROGRAMS
Angie Branham, PhD

COORDINATOR,
INTERN TRAINING PROGRAM
Angie Branham, PhD
Cindy Jepsen, LMFT

COORDINATOR, CIP PROFESSIONAL
DEVELOPMENT SERIES
Lisa Dobias, LMFT

PROFESSIONAL CASE CONFERENCE
Fred Rozendal, PsyD

DIRECTOR OF GROUP
THERAPY PROGRAM
Dylan Kersh, LMFT

DIRECTOR OF COUPLES
THERAPY PROGRAM
Andrew Copperman, LMFT

DIRECTOR OF PSYCHOLOGICAL
TESTING PROGRAM
Barbara Nova, PhD

DIRECTOR OF DREAM PROGRAM
Meredith Sabini, PhD

DIRECTOR OF SCHOOLS PROGRAM
AND WISDOM WARRIORS
Kristi Hudson, LMFT

Clinical Supervisors

Lonnie Barbach, PhD
Cecile Binmoeller, PhD
Elyse Boyar, LMFT
Eileen Brown, LMFT
Mary Bryan, LMFT
Laurie Buntain, LMFT
Elizabeth Clark, LMFT
Ralph Daniel, PhD
Jacqueline De Lon, LMFT
Lisa Dobias, LMFT
Susan Edelstein, PhD
Mark Edwards, MS, LMFT
Jennifer Fickling Loyer, LMFT
Joy Fillman, PhD
Marty Frankel, LMFT
Michelle Frisch, MSW, PhD
Lauren Gray, LMFT
Lilly Hanson, LMFT
Annette Halloway, PsyD
A. Raja Hornstein, PsyD
Deborah Kamins, PsyD

CLINICAL STAFF

Clinical Supervisors (cont.)

Caroline Keystone, LMFT
Drew Lamden, LCSW
Arley Lindberg, LCSW
Melinda Ann Marmer, PhD, LMFT
Chaya Mayerson, PsyD
Matthew Morey, LMFT
Shannon Navarro, LMFT
Jennifer Nordstrom, LMFT
Robynne O'Byrne, PhD
Jessica Ozberker, LCSW, LPCC
Gigi Pagani, PsyD
Margaret Perlstein, LMFT
Gayle Peterson, PhD, LCSW
Wally Phillips, LMFT
Diane Ray, LMFT
Fred Rozendal, PhD
Leah Seidler, LCSW
Paula Sitelman, PsyD
Raya Smail, LMFT
Marianne Stefancic, LMFT
Steve Sulmeyer, JD, PhD
Maysie Tift, LMFT
Lesley Van Voorhees, LCSW
Amy Wilner, PsyD

Intern Therapists

Kristin Andersen, MA, AMFT
Spencer Carlson, Practicum
Ashley Coover, MFT Trainee
Kacy Dapp, MFT Trainee
Mariya Gibson, MFT/LPCC
Trainee
Nicole Grinsell, MFT Trainee
James Grusky Issel, MA, Pre-Doc
Jordan Hazzard, MA, Pre-Doc
Yael Heffer, MFT Trainee
Gustav Helzberg, MFT Trainee
Keren Josephs, MFT Trainee
Leslie Kiley-Smith PsyD RN,
Post Doc
Susan Lake, PsyD, Post-Doc
Megan McGrath, MA, MFT
Trainee
Page Nelson, MFT Trainee
Liisa Pullinen, LPCC Trainee
Keerat Sidhu, M.Phil (Cll.Psy.),
Practicum
Esther Spearman, MA, Pre-Doc
Katalin Szabo, Pre-Doc
Lisa Wenninger, MFT Trainee

CIP ONSITE PROGRAMS VIA TELE-THERAPY

Services are available six days a week, from 8 a.m. to 9 p.m.

Individual and Family Therapy: Affordable, comprehensive services to resolve problems and restore emotional wellbeing.

Adult Therapy Groups: Opportunities for self-exploration and interpersonal learning.

Couples Emotionally Focused Therapy Program: Support to enhance and deepen relationships, improve communication, and end repetitive conflicts.

Psychological Testing: To enhance the quality and effectiveness of adult individual therapy.

Support for Separated and Divorcing Families: Help with the issues involved in separation and divorce.

Support for Single Parents and their Children: Counseling to improve home environments, strengthen child-parent bond, maximize children's school readiness.

Support for Survivors of Childhood Abuse: Healing from trauma and help to overcome intimacy issues, substance abuse, and other problems.

OUR TWO NEW OFFSITE PROGRAMS

Therapy for Incarcerated Persons in the Marin County Jail: Two CIP intern-therapists are participating in new piloted services providing counseling to incarcerated adults who cycle in-and-out of custody, appear able and motivated to participate in psychotherapy, and who are struggling with mild-to-moderate mental health disorders, often related to a history of trauma. Typically, there are co-occurring substance use issues.

County of Marin PORTAL Mental Health Program provides counseling support, assessment, and linkage to sustainable community-based services to youth who are detained at Marin County Juvenile Hall. One CIP intern-therapist will provide up to four hours counseling a week throughout the year.

CIP CLIENT EMERGENCY FUND

We at CIP recognize the vital role we play as a provider of accessible mental health care during the current COVID-19 pandemic. And we want to let you know how you, too, can make a difference through your support of the **CIP Client Emergency Fund**.

Knowing it is essential for our clients to continue their deep and life-changing work, we set up tele-therapy for our clients allowing them to connect with their therapists by phone or video. This has been so important during this time of extreme stress.

At the same time, we know that many in our community have lost jobs and other income. So we established the **CIP Client Emergency Fund** in order to make it possible for those current clients or others in the community who are struggling with mental health issues to receive the clinical support and healthy tools to weather this time with resilience and hope. We need your support to fund this account.

PROFESSIONAL DEVELOPMENT SERIES 2020-2021

FALL 2020 SCHEDULE

We are proud to announce our 2020-2021 Professional Development Series. For more information on the topics, learning objectives, and presenter bios, or to register for an event, please visit our Professional Development page at www.cipmarin.org or call (415) 459-5999 x101.

Note: All programs will be available via Zoom.

SEMINARS FOR PROFESSIONALS

6 CEs for LMFTs & LCSWs and 6 CEs for Psychologists

CIP Member Rate: \$100 early registration, up to 10 days prior to seminar, \$120 after

Non-member Rate: \$130 early registration, up to 10 days prior to seminar, \$150 after



THE ROUGH PATCH IN MARRIAGE: WORKING WITH COUPLES PSYCHOANALYTICALLY

Daphne de Marneffe, PhD

Saturday, October 10, 2020

9:00 am - 4:00 pm

CLASSES

4 CEs for LMFT & LCSWs and 4 CEs for Psychologists

CIP Member Rate: \$75 early registration, up to 10 days prior to class, \$90 after

Non-member Rate: \$100 early registration, up to 10 days prior to class, \$110 after



WHEN SELF-HATE IS SELF-PROTECTION: UNDERSTANDING EATING DISORDERS

Lisa Bograd, MA, LMFT

Saturday, October 24, 2020

9:00 am - 1:00 pm

STUDY GROUP

14 CEs for LMFTs and LCSWs and 14 CEs for Psychologists

Certificate issued after completion of seven sessions.

CIP Member Rate: \$230 early registration, up to 10 days prior to first session, \$245 after

Non-member Rate: \$300 early registration, up to 10 days prior to first session, \$320 after



HEALING THE SELF THROUGH AFFECT INTEGRATION: AN INTERSUBJECTIVE APPROACH

Jane Rubin, PhD

Seven sessions, the third Friday of the month:*

Oct 16, Nov 20, 2020; Jan 15, Feb 19, Mar 19,

Apr 16 & May 21, 2021 | 12:30 pm - 2:30 pm

*Note: There is no meeting in December.

MEMBERSHIP RENEWALS DUE

If you haven't already, now is the time to renew your membership! In addition to reduced fees for seminars and classes, CIP members receive a listing in the *Annual Membership Directory* (if membership completed and information received by September 15, 2020), and are eligible to submit updates about their practices, publications, or workshops.

Membership Fee: \$50 for licensed professionals; \$30 for associate (unlicensed) members.

To become a member and/or for complete information on all our 2020-2021 seminar, classes, and study group, please see the "Professional Development" page on our website at www.cipmarin.org.

Community Institute for Psychotherapy is approved by the American Psychological Association to sponsor continuing education for psychologists. Community Institute for Psychotherapy maintains responsibility for these programs and their contents.

Accommodations will be made wherever possible for those with disabilities. Please let us know of any disabilities upon registration to ensure proper accommodations are put in place prior to workshop/training.

Cancellations must be received in writing 10 business days prior to the seminar, class, or study group for a refund minus a \$25 cancellation fee.



2021 Raising Healthy Families Community Education Series

Remote via Zoom!

Co-hosted by Community Institute for Psychotherapy & The Marin Office of Education

Join us for this FREE informative education series as we examine important issues facing today's families. Presentations by noted Bay Area experts will offer tools and strategies to empower you to help raise children who are curious, compassionate, and resilient.

For more information or to register visit www.cipmarin.org or call (415) 459-5999 #101.



CÓMO ENTENDER LA SALUD MENTAL EN LA COMUNIDAD LATINA PARA CREAR FAMILIAS FUERTES [UNDERSTANDING MENTAL HEALTH IN THE LATINX COMMUNITY TO CREATE STRONG FAMILIES]

A Spanish language presentation by Angela Arenas, LMFT & Juanita Zuniga, PsyD

When: Wednesday, March 3, 2021, 6pm – 8pm

Where: Albert J. Boro Community Center



This two-hour presentation will help you learn more about mental illness, and how being able to recognize the signs in your child can help them and your family to return to health.

Angela Arenas, LMFT, and Juanita Zuniga, PsyD, will explain the potential harm that is caused by not recognizing mental health symptoms in our children, which can lead to increased anxiety, depression, self-harm, suicide, and substance use.



RAISING RESILIENT KIDS: TEACHING KIDS TO BOUNCE BACK FROM STRESS AND DIFFICULTY

Presented by Mark Edwards, LMFT

When: Tuesday, March 9, 2021, 6pm – 8pm

Where: San Rafael Community Center

This class will outline current discussions about resilience in children and adults, and suggest strategies and techniques for parents of K-12 children. The presenter will outline research describing characteristics of resilience, protective factors, the “Seven C’s” of resilience, and practical strategies to encourage and enhance resilience in our children.



RAISING WISE GIRLS: HELPING DEVELOP SELF-ESTEEM IN THE AGE OF SOCIAL MEDIA

Presented by Sierra Dator, LCSW

When: Tuesday, March 16, 2021, 6pm – 8pm

Where: San Rafael Community Center

As parents, educators, and community leaders, we can empower girls to grow into strong, confident young people when we understand teen development; know the signs of depression and anxiety; and see the unique challenges they face through social media and the changing world. With this understanding, we can gain the tools to build connection and conversation. Please join Sierra Dator in a conversation on how to best support and empower teen girls in our community during the sacred and rocky time of adolescence.



PREVENT ADOLESCENT SUBSTANCE AND BEHAVIOR PROBLEMS USING SYSTEMIC APPROACHES TO PROMOTE HARMONY AND SAFETY FOR THE WHOLE FAMILY

Presented by Kenneth Perlmutter, PhD

When: Tuesday, March 30, 2021, 6pm – 8pm

Where: San Rafael Community Center

This presentation will offer attendees insight into the influences and dynamics within families that put children at risk for addictive behaviors; provide a general understanding of what helps to prevent addiction in the first place; and offer systemic approaches to proactively prevent drug and alcohol use and abuse, and other addictive behaviors in adolescents.

All event proceeds will go directly to support CIP's safety-net programs. Through our sliding scale and pro bono services, CIP assures that disadvantaged families and individuals have access to the quality mental health care they need to regain emotional stability and live full, productive lives.

A Heartfelt Thank You to Our Donors

We gratefully acknowledge the generous support of our donors and grantors. You make our work in the community possible! Because of you, CIP is here helping families, healing individuals, and strengthening our community. Thank you!

Individual Donors

January 2020 - July 2020

Circle of Inspiration

Andrew Kives & Joyce Abrams

Circle of Friends

Kai Angerman

Kim Baker

Robin Joy Berenson

Diane Clarke

Tiffani Clarke

Sharon Cushman

Lorn Dreitzler

David & Carol Fairchild

Joy Fillman

Marsha Fine

Tom and Ellen Frazier

Ruth Heller

Kenneth King

Susan MacKenzie

Harriot Manley

Gilda Meyers, LMFT

Douglas Z. Monti Construction

Thomas Murray

Meg Newcomer

Charles & Rebecca Oken

Kenneth Perlmutter

John Pogue

Eliose & Roberto Rivera

Robert Seifert

Paul Simmons & Kathleen
Simmons

Fred L. Smith

Ted Smith

Molly Merril Sterling

Cordie & George Traber

Diane Vannucci

Grants

July 2019 - June 2020

Allensby Charitable Fund

Andrew F. & Ann B.
Mathieson Fund

Brauer Family Fund

Donald O. & Ronald R
Collins Fund

Freitas Foundation

GGs Foundation

Hobson/Lucas Family Foundation

Lucas Film Foundation

Marin Charitable

MarinHealth Medical Center

Myra K. Levenson Fund

Nightingale Fund

Sutter Instrument Company

The Kirkpatrick Family
Charitable Fund

Westamerica Bank

Unity in Marin

**AmazonSmile
is a simple way to support
CIP every time you shop,
at no cost to you.**

**Visit smile.amazon.com
to learn more!**

*CIP is . . .
Helping individuals,
Healing families,
Strengthening
our community*

SPONSOR SPOTLIGHT:

“A DEEP COMMITMENT TO OUR COMMUNITY”

CIP gratefully acknowledges First Federal

FIRST FEDERAL
SAVINGS & LOAN OF SAN RAFAEL

Savings and Loan of San Rafael for their generous sponsorship of our 2021 *Raising Healthy Families* community education series at the Partner level.

“We believe that customers are best served when decisions are made at the local level by people who understand the area’s unique needs and values,” states **First Federal President and CEO Paul Simmons**.



“Quality service and a deep commitment to our community have been guiding principles since we were established in 1963. With the highest level of safety, stability, and service in mind, we have a deep appreciation of the trust that our customers put in us. Our mission:

“First Federal is committed to being a superior community financial institution, offering real estate financing and deposit services at fair and competitive rates, while adhering to the highest standards of business ethics, safety, and excellence in service.”

“We do banking on a first-name basis with a knowledgeable and friendly staff who understand our customers’ financial needs. From this perspective, responsible decision making on the local level, while carefully evaluating the risks, is what defines our standard business practice.”

CIP thanks **First Federal Savings and Loan of San Rafael** for their sponsorship and ongoing support of CIP and our work in the community.



THANK YOU TO OUR
GENEROUS SPONSORS!



Each year, CIP delivers quality, affordable mental health services to hundreds of vulnerable disadvantaged families, adults, and children, providing a critical safety-net in our community. By becoming a *Raising Healthy Families* Sponsor, you enable CIP to continue to bring healing, health, and hope of a brighter tomorrow to those most in need in our community.

All *Raising Healthy Families* Sponsors will be recognized during a year-long publicity campaign:

- Our **Raising Healthy Families** webpage with sponsor logos will be a direct link from CIP's home page.
- Regular *Raising Healthy Families* columns in our print and monthly online newsletters.
- *Raising Healthy Families* press releases to online, print, and social media.

Advocate \$10,000

- Top listing and acknowledgment in all event publicity.
- A half-page article with photo in CIP's print and electronic newsletter.

Steward \$5,000

- Prominent listing and acknowledgment in all event publicity.
- A quarter-page article with photo in CIP's print newsletter.

Partner \$2,500

- Listing and acknowledgment in all event publicity.
- A profile with photo in CIP's print newsletter.

Supporter \$1,000

- Listing and acknowledgment event publicity, including CIP's print newsletter.

*Early commitments yield the greatest benefits.
All funds are due December 1, 2020.*

CIP is a 501(c)(3) organization and donations are tax-deductible (ID# 94-2499583).

CIP Board of Directors

Trista Akers, MA	Ricky L. Spencer, Jr.
Beth Case	Stan Stefancic
Bob Gebron, BS, MBA	Scott Reis
Sharon Delfino Green, Esq.	Gail Weinheimer
John Dillon Riley, PhD	



COMMUNITY INSTITUTE FOR PSYCHOTHERAPY
 1330 LINCOLN AVENUE, SUITE 201
 SAN RAFAEL, CA 94901-2141
 (415) 459-5999

NON-PROFIT ORG
 U.S. POSTAGE
 PAID
 SAN RAFAEL, CA
 PERMIT NO. 2

RETURN SERVICE REQUESTED

WHO WE ARE

Community Institute for Psychotherapy (CIP) is a nonprofit, tax exempt center founded in 1977 to provide high-quality, low-cost counseling and psychological services to individuals and families who don't have the resources to pay full fees for professional help. CIP offers a full range of services designed to meet a variety of needs.

We at CIP believe that through psychotherapy, training, education, and prevention, we have a vital role to play in personal and global change. We believe the healing of the individual and the healing of the planet are inseparable.

Our work is accomplished in cooperation and coordination with a wide variety of public and private agencies and individuals throughout Marin County.

Visit us at www.cipmarin.org

2020 FALL EVENTS REMOTE VIA ZOOM!

Please join us for these excellent presentations by noted Bay Area experts. These events are free, but you must register in advance at cipmarin.org or by calling (415) 459-5999 #101.

Slaying the Beast: A Practical Guide for Parents on the Dangers of Technology Overuse and Obsession

Presented by Mark Edwards, LMFT

Tuesday, September 29, 2020, 6pm – 8pm

Modern parents are faced with greater pressure from children, peers and technology companies to allow almost constant use of gaming and communications technology regardless of consequences. Mark Edwards will offer a number of hands-on strategies for the discussion of rules and responsibilities for children and teens, and suggest practical tips for negotiating healthy limits to technology use at home, school and college.

What you'll learn:

- How to negotiate rules for technology use and practical tips for healthy limits
- How to identify the signs of online bullying
- The originating causes of risks and how those causes create vulnerabilities
- How to recognize when adolescents are experiencing depression and emotional regulation beyond normal emotional responses and a guideline for what to do
- How to understand the traits and systems that may

predispose a kid to the online risks of bullying and/or overuse

- Other risk factors that can predict online dangers
- How to encourage resiliency in children and teens to help protect against risk

Helping When Your Child Is Hurting: What Every Parent Needs to Know to Prevent Adolescent Self-Harm & Suicide

Presented by Keith Sutton, PsyD

Tuesday, October 6, 2020, 6pm – 8pm

Anxiety rates for adolescents are on the rise, and so is self-harm and suicide. Losing a child is a parent's worst nightmare. Dr. Sutton will explain the potential causes of adolescent anxiety and depression, why some kids self-harm, and factors that can lead to suicide or suicidal behavior. He'll discuss effective treatments and how parents can help their depressed children overcome their pain.

What you'll learn:

- How to understand self-harming behaviors
- The causes of teen depression
- How to identify the factors and signs that can lead to suicide and self-harm
- How to talk to your child about depression and self-harm
- The various evidence-based treatments that are available and when to seek them.