



DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

The beginning of a new training year is always an exciting time, but this September seems especially meaningful. We have survived a very difficult year.

We are proud to have maintained our essential activities during this exceptional time: continuing to serve the needs of our clients, offering quality training and supervision, and holding our educational events.

We were creative, flexible, and resilient. Interns worked alongside the clinical staff and administration to develop new procedures and solutions, as needed.

Last year, all client work, intern-therapist trainings, supervision, even our community education and professional development events, were conducted via video. So we are very pleased to be back in person (with masks) for training and supervision, as well as client sessions. We have greatly missed the feeling of community that is hard to achieve over Zoom.

We have a great training year planned for our Track A, B, C/D interns, pre- and post-docs. We are very grateful for our supervisors and trainers, new and continuing. So many therapists are swamped with clients, and we appreciate their volunteering. Each hour of their time adds to the training of the interns, and allows people in need of low-fee therapy to receive care.

CIP is essentially a volunteer agency, and our work simply would not be possible without the generosity of our volunteer supervisors and trainers.



Brittany Friedrich, PsyD

NEW YEAR, NEW FACES, NEW OPENINGS!

At the outset of our new training year, we are very excited to announce three new Core Staff members, **Brittany Friedrich, PsyD**, as Assistant Clinical Director, Director of Pre- and Post-Doctoral Programs, **Kristin Felch, PsyD**, Assistant Clinical Director and Coordinator of CIP Professional Development and

Amanda Mason, PsyD, Assistant Clinical Director and Coordinator of Supervisors. We look forward to working together at this pivotal time for CIP. They each bring warmth, expertise, and dedication to keeping our internship program strong and effective, working to increase education and prevention, and providing excellent therapy to our community.

Other new faces at CIP are **Wally Phillips, LMFT**, Director of the Couples Therapy Program, and **Vanessa Morrison, LMFT**, Director of the Eating Disorders Program. We have asked each of them to introduce themselves.

In-Person Therapy Resumes

This month, we are transitioning back to in-person therapy with all clients who are vaccinated, while continuing telehealth with those unvaccinated, or who have other reasons to remain on telehealth for the present. We carefully consider each case to determine what is in the best interest of the client.

We have learned a great deal about teletherapy, and increased our skills and trainings in this new medium. It will continue to be a part of our service delivery, as appropriate.

Referrals Welcome

As we do every September, we have new openings for clients and welcome your referrals. We continue to see a tremendous demand for our services, so we are delighted to have a roster of 22 talented intern-therapists to enable us to answer that need.

Also as of September, we are now participating in new collaborative outreach programs, more than ever before. We are proud to partner with so many agencies serving the Marin community. Learn more about these programs on page 8.

SPONSORSHIP OPPORTUNITIES



Sponsors enjoy months-long acknowledgment and widespread recognition for their generosity. When you become 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. Please see details on Sponsor Benefits, page 7.

WELCOMING BRITTANY FRIEDRICH, PSYD

ASSISTANT CLINICAL DIRECTOR & DIRECTOR OF PRE- AND POST-DOCTORAL PROGRAMS

It is with much excitement that I introduce myself to the CIP community! I am honored to be joining this community and training program, and I am looking forward to the work we will do together.

A driving force in my initial interest in CIP is its familiarity; in many ways, it mirrors my own training journey. I trained as a pre-doctoral intern with a clinic in San Francisco that brought sliding-scale services to a diverse community and aided young clinicians in developing the skills necessary to create a successful private practice. My post-doctoral internship allowed me to apply these skills in a Psychological Assistantship where I created the foundation for the private practice I still oversee today. My current practice supports racially and neurologically diverse adolescents and adults, many of whom are working through depression, anxiety, trauma, and gender and sexuality identity development.

I am trained in Control Mastery and psychodynamic techniques, and also bring attachment and cognitive behavioral lenses to my clinical work and approach. Relationships are of the utmost importance to me. This is true not only in my work with my patients, but also in my work with interns and other staff members. I believe that we all have something to learn and to teach, and it is through this collaborative experience that we best serve our communities and one another. I am committed to focusing on supporting interns as they become competent and racially conscious clinicians, and to aid them in bringing hope and healing to all clients with whom they will work.

Another reason I feel drawn to CIP is the varied training opportunities it allows interns, including a skilled community of supervisors. I believe that supervision is the most important part of learning and training in this field. Among my favorite things about my training experience were the supervisors I worked with along the way that aided me in developing the strong clinical skills that I bring to my work.

WELCOMING KRISTIN FELCH, PSYD



ASSISTANT CLINICAL DIRECTOR & COORDINATOR, CIP PROFESSIONAL DEVELOPMENT

I first learned of CIP's history providing excellent training and clinical services from my supervisors as a doctoral student at The Wright Institute in the early 2000s. I am thrilled to join CIP as an Assistant Clinical Director all these years later. CIP models how mental health services evolve to meet the needs of their community, and to provide emerging clinicians a depth of skill and professionalism necessary to flourish. I look forward to growing with the staff, interns, and supervisors as we hone our contributions to an ever-changing psychological landscape.

CIP's service to marginalized people is a value that has inspired my career. In addition to working in private practice since 2003, I've aspired to bring my relational approach outside "the consulting room." I have been lucky to work with Berkeley's Mobile Crisis Team, to conduct assessments in ERs and inpatient psychiatry for Sutter Health; and to serve as a Clinical Director of a therapeutic community for adults with schizophrenia. It has been humbling to learn how to make connections of

(continued on page 3)

CLINICAL STAFF

EXECUTIVE & CLINICAL DIRECTOR
Robin Joy Berenson, PhD, LMFT

ASSISTANT CLINICAL DIRECTORS
Kristin Felch, PsyD
Brittany Friedrich, PsyD
Amanda Mason, PsyD

DIRECTOR OF PRE-DOCTORAL AND POST-DOCTORAL PROGRAMS
Brittany Friedrich, PsyD

COORDINATOR, INTERN TRAINING PROGRAM
Brittany Friedrich, PsyD
Cindy Jepsen, LMFT

COORDINATOR, TRAINING FOR SUPERVISORS
Amanda Mason, PsyD

COORDINATOR, CIP PROFESSIONAL DEVELOPMENT SERIES
Kristin Felch, PsyD

PROFESSIONAL CASE CONFERENCE
Fred Rozendal, PsyD

DIRECTOR OF GROUP THERAPY PROGRAM
Dylan Kersh, LMFT

DIRECTOR OF COUPLES THERAPY PROGRAM
Wally Phillips, LMFT

DIRECTOR OF PSYCHOLOGICAL TESTING PROGRAM
Barbara Nova, PhD

DIRECTOR OF DREAMS PROGRAM
Linda Thorson, PsyD

DIRECTOR OF EATING DISORDERS PROGRAM
Vanessa Morrison, LMFT

DIRECTOR OF SCHOOLS PROGRAM AND WISDOM WARRIORS
Kristi Hudson, LMFT

Clinical Supervisors

Christine Armstrong, LMFT
Victoria Baptiste, PhD
Annie Bjork, LMFT
Elyse Boyar, LMFT
Eileen Brown, LMFT
Laurie Buntain, LMFT
Danielle Bush, LCSW
Wendy Calomiris, LMFT
Lou Dangles, LMFT
Susan Edelstein, PhD
Mark Edwards, LMFT
Joy Fillman, PhD
Marty Frankel, LMFT

CLINICAL STAFF

Clinical Supervisors (cont.)

Dana Kahn, PhD
Drew Lamden, LCSW
Arley Lindberg, LCSW
Brenda McKinley, PsyD
Dan Neuharth, LMFT
Robynne O'Byrne, PhD
Marek Ondera, LMFT
Jessica Ozberker, LCSW, LPCC
Kimberly Parsons, LMFT
Wally Phillips, LMFT
Diane Ray, LMFT
Fred Rozendal, PhD
Miriam Siyam, LCSW
Raya Smail, LMFT
Maysie Tift, LMFT
Anne Tomin, PsyD
Lesley Van Voorhees, LCSW
Karee Wallach, LPCC
Linda Zipperstein, LCSW

Intern Therapists

Connie, Baechler, MA,
Pre-doc
Renee Borges, Practicum
Spencer Carlson, Practicum
Agnes Cartry-Jacobsen, MFT
Trainee
Ashley Coover, MFT Trainee
Sally Covington, MFT Trainee
Nicole Grinsell, Pre-doc
James Grusky, Issel, PhD, Postdoc
Gustav Helzberg, MA,
Associate LMFT
Stacey Kamp, MFT & LPC Trainee
Leslie Kiley-Smith PsyD, Postdoc
Susan Lake, MA, PsyD, Postdoc
Megan McGrath, MA,
Associate LMFT
Christine Phang, MFT Trainee
Nicole Schullo, LPC Trainee
Ken Siedler, PsyD, Postdoc
Katalin Szabo, PsyD, Postdoc
Anna Tran, Practicum
Renee Van Alyea, MFT Trainee
Lindsey Van De Laarschot,
MFT Trainee

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depth and dignity that provide psychic holding in times of uncertainty. I'm also intrigued by psychodynamic perspectives that illuminate how we survive in, literally, unthinkable circumstances. In psychotherapy with elders at SF Institute on Aging, with torture survivors with Survivors International, and with Vietnam veterans at Swords to Ploughshares, we learned together to tolerate the unknown, co-create meaning, and bear the unthinkable.

Prior to becoming a psychologist, I was a management consultant, a healthcare analyst, and even a producer of concerts of folk music at the Smithsonian's Museum of American history. I grew up in the Bay Area, and take full advantage of family close by, and every chance to kayak, photograph wildlife, and enjoy live music.

WELCOMING WALLY PHILLIPS, LMFT



Wally Phillips, LMFT, has thoroughly enjoyed and gained a lot from supervising at CIP this year, and has been thrilled to take the position of Couples Therapy Director at CIP this fall. His background and training in several different couples therapy modalities, and experience in intentional communities helps inform him of what creates healthy (as well as unhealthy) partnerships. He currently specializes in EFT (Emotionally Focused Therapy), but also blends in other techniques as well.

Well-versed in somatic realms, he realizes that to be fully integrated, it's useful to include all aspects of the human experience: mind, body and spirit.

WELCOMING VANESSA MORRISON, LMFT



CIP is where I discovered my passion for psychotherapy and learned the foundations of how to work with individuals struggling through eating disorders (ED). The supervision and training I received as an intern not only developed my resilience, insight and skill, but made it possible for me to fully show up for clients who were acutely suffering.

In my new role as Clinical Director of the Eating Disorders Program, I hope to cultivate an environment where interns feel deeply supported as they explore how early childhood, trauma, genetics, neurobiology, society and culture contribute to an ED. Every person has the capacity to thrive, and the journey to recovery from an eating disorder is far more possible with the support of a skilled, compassionate psychotherapist.

CIP SCHOOLS PROGRAM BEGINS AT COMPASS ACADEMY

This year, we will begin delivering services to Compass Academy, a public alternative elementary/middle/high school for students with underlying mental health or emotional struggles. The school offers a "comprehensive learning environment with intensive mental health supports." Students are referred to Compass Academy through their home school districts throughout Marin. Those selected to receive services through the Supporting Our Youth Schools Project will be assigned an intern-therapist at the outset of the school year with whom they will work throughout the year. Intern-therapists will also provide regular parent counseling.

PROFESSIONAL DEVELOPMENT SERIES OCTOBER 2021 – JANUARY 2022

For the complete listing of our 2021-2022 Professional Development offerings, 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 #101.

STUDY GROUP

All sessions held via Zoom



FINDING HOPE IN HARD TIMES: WORKING INTERSUBJECTIVELY IN TIMES OF CRISIS

Presented by Jane Rubin, PhD, PhD, PsyD

Eight sessions, the third Friday of the month – Oct 15, Nov 19, Dec 17, 2021; Jan 21, Feb 18, Mar 18, Apr 15, May 20, 2022
12:30 - 2:30 pm

16 CEs for LMFTs & LCSWs and 16 CEs for Psychologists
Certificates issued after completion of 8 sessions.

CIP Member Rate: \$260 early registration, up to 10 days prior to first session, \$280 after

Non-member Rate: \$340 early registration, up to 10 days prior to first session, \$360 after

SEMINAR FOR PROFESSIONALS

Session held at Embassy Suites, 101 McInnis Pkwy, San Rafael

ESSENTIALS OF SUICIDE RISK ASSESSMENT & INTERVENTION

Presented by Joe Obegi, PhD

Saturday, October 16, 2021 | 9:00 am - 4:00 pm



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

CLASS

Session held at Embassy Suites, 101 McInnis Pkwy, San Rafael

HOOKED ON A FEELING: USING ATTACHMENT THEORY AND OBJECT RELATIONS TO INFORM WORK WITH SUBSTANCE MISUSING PATIENTS

Presented by Benjamin Fife, PsyD

Saturday, January 15, 2022 | 9:00 am - 1:00 pm



4 CEs for LMFTs & 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, \$115 after

CO-SPONSORED EVENTS

HEALING AT THE EDGE: CONSCIOUS LIVING, CONSCIOUS DYING

Presented by Dale Borglum, PhD

(Two-day Workshop) 15 CEs

\$290 early registration, \$310 day of event

Finley Center | 2060 West College Ave | Santa Rosa

Saturday & Sunday, January 29 & 30, 2022 | 9:00 am - 6:00 pm

CEs available for LMFTs, LCSWs, Psychologists, RNs and LAcS.

Certificates issued after completion of final session.

RNs & LAcS may attend either day of a two-day workshop for the single day fee.

LMFTs, LCSWs and Psychologists must attend both days.

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, 2021), 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 2021-2022 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

Co-hosted by Community Institute for Psychotherapy & The Marin County 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.



SEARCHING FOR THE LOST BOYS: DISCOVERING THE HIDDEN WORLD OF TEENAGE BOYS

Presented by Mark Edwards, LMFT

When: Wednesday, March 2, 2022, 6:00 – 8:00 pm

Where: San Rafael Community Center, 618 B St., San Rafael

This presentation will explain the unique social and developmental struggles of teenage boys, and the social factors that contribute to these concerns. The presenter will also suggest useful parenting strategies to help improve the social, developmental, and emotional lives of boys.



TRANSFORMING YOUR PARENTING WITH AUTHENTIC LEADERSHIP

Presented by Colette Reid-Horn, LCSW, PPSC

When: Thursday, March 10, 2022, 6:00 – 8:00 pm

Where: San Rafael Community Center, 618 B St., San Rafael

These past two years have been especially challenging for parents. Many are seeking strategies to improve their relationships with their children, and support their children's mental and emotional wellbeing. In this workshop, you will learn how to increase your ability to respond to your children's needs with attention, care, and compassion.



STRENGTHENING IMMIGRANT FAMILIES: WORKING WITH ACCULTURATION AND TRAUMA IN THE LATINX COMMUNITY

Presented by Juanita Zuniga, PsyD

When: Tuesday, March 15, 2022, 6:00 – 8:00 pm

Where: Albert J. Boro Community Center, 50 Canal St., San Rafael

This two-hour presentation will be conducted in Spanish

This presentation will give you information and tools that are culturally and clinically appropriate for your family. You will have a better understanding of trauma, typical trauma responses, acculturation implications, improved communication skills, and some therapeutic tools to use to improve family and interpersonal interactions.



EMPOWERED PARENTING: HOW CHANGING YOUR ROLE CAN CHANGE YOUR KIDS

Presented by Michelle Bonsignore, MS, LMFT

When: Thursday, March 24, 2022, 6:00 – 8:00 pm

Where: San Rafael Community Center, 618 B St., San Rafael

Learn to uncover and convert outdated parenting styles and lean into the innate growth potential of your kids. Please join Michelle Bonsignore for a dive into parenting roles with an eye on transforming relationship patterns with kids that promote growth and well-being.

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

January – July 2021

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

Circle of Friends

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

CIP's Raising Healthy Families presentations offer parents and community members accessible, practical information to promote the health and wellbeing of children and families. The Marin County Office of Education is proud to co-host this annual series and is grateful to CIP whose clinical excellence is of the highest quality.

— Mary Jane Burke, Marin County Superintendent of Schools

SPONSOR SPOTLIGHT:



*Committed to reaching out,
digging in, and giving back*

Founded in 1905, Mechanics Bank provides personal banking, business banking, trust and estate services, and wealth management services through 123 offices located throughout California.

From the very beginning, Mechanics Bank has been part of the fabric of the communities in which we live and work. We are honored to be listed among the top 50 corporate philanthropists in our markets every year, and we are proud of our employees' volunteer and community activities. For more than one hundred years, we have made thousands of individual contributions to local nonprofit organizations. We are very proud of this legacy of supporting these organizations that do so much to support so many within our communities.

Our Corporate Giving Program helps to support nonprofit organizations whose goals are to make our communities better, such as Community Institute for Psychotherapy.

We applaud CIP's service to Marin families, children and adults, and are proud to be a 2022 *Raising Healthy Families* sponsor.

Mechanics Bank is a Member FDIC and Equal Housing Lender.

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SPONSOR BENEFITS

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 months-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.

Sponsorship Levels

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 in event publicity, including CIP's print newsletter.

Early commitments yield the greatest benefits. All funds are due December 31, 2021.

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

THANK YOU TO OUR
GENEROUS 2021 SPONSORS!

PARTNER LEVEL



SUPPORTER LEVEL



All event proceeds go directly to support CIP's vital 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.



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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

NEW OPENINGS FOR CLIENTS, REFERRALS

Each September, we look forward to receiving referrals from the community and welcoming new clients. We offer long-term depth psychology as well as short-term counseling, adult therapy groups, and psychological testing. Specialty programs also include Couples Therapy, Working with Dreams and Unconscious Material, and Eating Disorders and Disordered Eating. We work with depression, anxiety, trauma, PTSD, co-occurring disorders, addictions, and in-depth work with clients with axis II disorders. Our comprehensive services are available on a sliding scale; Medi-Cal, Partnership Health/Beacon and CaVCB accepted.

We are very pleased to say that services this year will be provided by 22 talented pre-licensed therapists, including Pre-Doctoral Students, Practicum Students, and Licensed Marriage and Family Therapy and Licensed Clinical Social Work Associates. We know the diverse Marin community is best served by clinicians of diverse backgrounds, experience, and specialties. These individuals' backgrounds include African-American, Asian/Pacific Islander, Hungarian, Persian/Indian, and Vietnamese. Languages spoken are Spanish, French and Portuguese. There are 17 women and 5 men, including bisexual and gay individuals. (Therapy with licensed therapists is also available.)

COLLABORATIONS IN THE COMMUNITY

Each year, CIP collaborates with public schools and other Marin organizations to provide counseling to their students and clients at their facilities, thereby reducing overhead expenses, duplication of service, and logistical problems for vulnerable and often low-functioning individuals. These services are provided on a pro bono basis.

Reflecting increasing community need, this year CIP is partnering with more organizations to offer more programs than ever before, thus improving access to services.

We thank our collaborating partners.

- Downtown Streets Team
- Helen Vine Detox Center
- Homeward Bound -
New Beginnings and Mill Street Center
- Therapy Incarcerated Persons - Marin County Jail
- PORTAL Program
(Juveniles Services)
- Schools Program - Compass Academy, and
Davidson and Miller Creek middle schools
- Wisdom Warriors -
Davidson and Miller Creek middle schools