



# COMMUNITY NOTES

## DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

Undeniably, our School-based Services are among CIP's most important programs, providing counseling and early intervention for struggling and at-risk students.

Over the years, we have observed an alarming increase in anxiety, stress, and other mental health conditions experienced by the children and parents with whom we work. Knowing that education and prevention can be instrumental in addressing mental health problems, we created our *Raising Healthy Families Community Education* program in 2018.

Co-hosted each year with the Marin County Office of Education (MCOE), *Raising Healthy Families* offers presentations by leading Bay Area professionals on the important issues confronting families today.

Among the topics presented have been substance use and abuse, social media, and self-harm. Attendance at these events has grown every year and audience responses have been enthusiastic.

In March 2022, CIP and MCOE will hold our fifth annual *Raising Healthy Families Community Education Series*, presented both in-person and via Zoom. Please read more about this year's series elsewhere in this newsletter.

All presentations are free and open to the public, but pre-registration is required.

*With so much at stake, your gift this year is more important than ever.*

Dear Friends:

While many of us are seeing a gradual return to normal, for others, the terrible toll of the last year and more is becoming more evident.

In this time of continued uncertainty, many of our community's most vulnerable families and individuals continue to confront an array of challenges, from loss of income and housing insecurity, to depression, domestic conflict, and other ills.

We see this in the increased numbers of families in turmoil, parents and children, who have come to CIP for help; we see it in the dramatic rise in the number of teens struggling with anxiety and depression, engaging in self-harm; and in the greater number of clients with household incomes at the very lowest levels.

As a key provider in Marin's safety-net, CIP remains committed to providing the clinical support and healthy tools at-risk families, children, and adults need to resolve problems, reestablish wellbeing, and weather these times with resilience and hope.

*Our ability to fulfill this commitment depends on your support.*

Long recognized for cost-effective, quality care, CIP serves hundreds of Marin families and individuals each year. We enable parents to create safe, nurturing homes; students to overcome emotional problems so they can focus and learn; and adults to reestablish healthy, productive lives. The work we do strengthens our community and makes it better for all.

With so much at stake, your gift this year is more important than ever before. Please give as generously as you can.

Sincerely,

Sharon Delfino Green  
CIP Acting Board President

Robin Joy Berenson, PhD, LMFT  
Executive and Clinical Director

*P.S. Make your donations online at [www.cipmarin.org](http://www.cipmarin.org), or return the enclosed envelope. Thank you!*

# PROFESSIONAL DEVELOPMENT SERIES 2021-2022

For the complete listing of our 2021-2022 Professional Development, 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](http://www.cipmarin.org) or call (415) 459-5999 x101.

## SEMINARS FOR PROFESSIONALS

*All sessions will be held by Zoom and some will also be in person at Embassy Suites*

*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 VALUE OF INTROVERSION: THE CLINICAL APPLICATION OF ONE OF JUNG'S LEAST UNDERSTOOD CONCEPTS

*Presented by John Beebe, PhD*

February 12, 2022 | 9:00 am - 4:00 pm



### EMBRACING REALITY, CHOOSING CHANGE, SURRENDERING CONTROL: A THERAPIST'S GUIDE TO THE GEMS IN OBJECT RELATIONS THEORY

*Presented by Jennifer Kunst, PhD*

March 12, 2022 | 9:00 am - 4:00 pm



### PERSONALITY DYNAMICS IN PSYCHOTHERAPY: A ROADMAP FOR LASTING CHANGE

*Presented by Jonathan Shedler, PhD*

Saturday, May 21, 2022 | 10:00 am - 5:00 pm

## CLASSES

*All sessions held by Zoom*

*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, \$115 after*



### 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



### MOVING FROM CHAOS TO CLARITY: CORE-FOCUSED FAMILY THERAPY

*Presented by Judy Hess, PhD*

Saturday, February 5, 2022 | 10:00 am - 2:00 pm

## CO-SPONSORED EVENTS

*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.*

*(continued on page 3)*

## CLINICAL STAFF

EXECUTIVE & CLINICAL DIRECTOR  
Robin Joy Berenson, PhD, LMFT

ASSISTANT CLINICAL DIRECTORS  
Kristin Felch, PsyD  
Amanda Mason, PsyD

COORDINATOR,  
INTERN TRAINING PROGRAM  
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

Dana Kahn, PhD

Drew Lamden, LCSW

Arley Lindberg, LCSW

Brenda McKinley, PsyD

Dan Neuharth, LMFT

## CLINICAL STAFF

### Clinical Supervisors (cont.)

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

#### Trainees/Practicum

Renee Borges, Practicum  
Sally Covington, MFT & PCC  
Trainee  
Stacey Kamp, MFT & LPC Trainee  
Jacquie Leigh, MFT & LPC  
Trainee  
Laurel LeMohn, MFT & LPC  
Trainee  
Elsa Hernandez-Rubenstein, MFT  
& LPC Trainee

#### Associates

Gustav Helzberg, MA, Associate  
LMFT  
Megan McGrath, MA, Associate  
LMFT

#### Pre/Postdoc

James Grusky Issel, PhD, Postdoc  
Susan Lake, MA, PsyD, Postdoc  
Katalin Szabo, PsyD, Postdoc  
Jennifer M. Zanolli, MA, Predoc

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# WELCOMING AMANDA MASON, PSYD

## ASSISTANT CLINICAL DIRECTOR



Coming onboard this August my eyes and heart opened to a great need within our privileged Marin. CIP serves such an essential role for our beautiful community and joins hands with a cornucopia of volunteer supervisors and trainers—guides really— charting the next generation of psychodynamically oriented clinicians. I'm honored to take on the duties of Assistant Clinical Director.

At this time of year when attention focuses even more on gratitude; it's with a full heart and reflections on a lifetime of experiences leading to arriving here with the Community Institute of Psychotherapy.

Outside of sitting with clients, connecting with the beauty, dignity, and the storms of darker places within, I'm always noticing the ground of our collective histories, giving rise to this particular moment in time. There's an awe and deeply felt recognition and appreciation for the lights of a thousand other flames. And so, connecting here with CIP, my intention is to bring the lessons learned from clinical travels with brain injured patients, crisis and disaster response, from victims services, to military service members psychological testing, from residential elderly populations to in-home, early parenting support, from college students to couples work.

With a lifelong interest in the neuro-biology of attachment, I've partnered with neuropsychological guides, practitioners, and clinical researchers before finally anchoring a relational-focused private practice. On the horizon is training and certification with the Association for Experiential Educators whose curriculum and training bridge my passion for relational science and psycho-social functioning. I'm looking forward to working with supervisors in my role, in recruitment, and group supervision and training. Thank you for welcoming me on board!

*(continued from page 2)*

### 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*

*Location: Zoom*

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

*(Two-day Workshop) 15 CEs*

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

*Location: Zoom*

*Saturday & Sunday, February 26 & 27, 2022 | 9:00 am - 6:00 pm*

*(One-day Workshop) 8 CEs*

*\$175 early registration, \$195 day of event*

*Location: Zoom*

*Saturday, February 12, 2022 | 9:00 am - 6:00 pm*

*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 or class for a refund minus a \$25 cancellation fee.*



## MARK YOUR CALENDARS!

### 2022 RAISING HEALTHY FAMILIES COMMUNITY EDUCATION SERIES

Co-hosted by the Marin County Office of Education and Community Institute for Psychotherapy

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.



#### 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 and Zoom

Recent studies suggest that teenage boys are 30 percent more likely to drop out of school, are much more likely to be taking a prescription drug for attentional issues, and are academically outperformed by girls at all levels starting in elementary school. At the university level, young men are increasingly outnumbered by young women. Adolescent boys struggle with connection and intimacy, and appear to be turning to video games and online pornography as easy answers to a complex problem.

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.

*Mark Edwards, LMFT, is a psychotherapist, trainer, teacher, and consultant. He has maintained a private practice in San Rafael since 2000 and works with a broad client group of children, adolescents, and adults. He has been a member of adjunct faculty of the Master's Program in Counseling at Sonoma State University for more than 10 years, and was formerly Assistant Clinical Director at the Community Institute for Psychotherapy, where he continues to supervise and teach Post-Master and Pre-Doctoral interns. Mark was an early adopter of internet technology and is keenly aware of the clinical implications of this rapid shift in communication, leisure, and information.*



#### 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 and Zoom

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. Strong parenting helps prevent substance misuse, isolation, self-harm, and suicidality.

In this workshop, Colette Reid-Horn will present the Relationship – Accountability – Mentoring (RAM) model. This highly effective model offers parents a concrete way to both shift how they see and experience themselves and how their kids see and experience them. You will learn how to increase your ability to respond to your children's needs with attention, care, and compassion. This authentic leadership will support you and your children to grow simultaneously.

*Colette Reid-Horn is a New York native from a strong Caribbean background with more than twenty-five years of experience in higher education and mental health. She gladly calls the Bay Area home. Colette proudly exudes her cultural values and beliefs in the work that she engages with. She believes in the Jamaican motto of her parent's rich heritage, "Out of many, one people." Colette is a licensed clinical social worker and credentialed school counselor.*

*Colette currently is Adjunct Faculty at the University of San Francisco, Clinical Supervisor and Practitioner in Oakland, California, and Lead Consultant for Horn Development Consulting. She invests her time learning about various contexts that will assist in building the lives of youth, children, and families. For the past twenty-five years she has specialized in counseling and therapeutic services to individuals, groups, and families – specifically children and young adults.*

*(continued on page 5)*





### 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 and Zoom

*This two-hour presentation will be conducted in Spanish*

Immigration and acculturation experiences are complex and individual. Our children can be strongly affected by these experiences, and it requires compassion and an understanding of how to recognize this trauma in a family member. How can we help our children when they are struggling with these changes to our families and our homes?

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.

*Dr. Zuniga is a licensed clinical psychologist specializing in child development and working with adolescents. She provides ongoing care for bilingual and monolingual adolescents and families and coordinates care in a multidisciplinary system in the county, including juvenile probation, CFS, MCC, medication providers, and community agencies. Her dissertation research focused on increasing self-esteem in Latina identified adolescents. She provides a variety of services within her role at Marin County Youth and Family services, including family, individual, collateral, and group therapy interventions. She facilitates adolescent DBT group therapy interventions. She serves as primary supervisor for pre-doctoral interns with the Latino Family Health Program, where she emphasizes culturally compassionate services, assessing the needs of the community, community outreach, and evidence-based practices.*



### 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 and Zoom

Cultivating a harmonious family culture is paramount to raising well-balanced kids. Parents play a vital role and become powerful agents of change when they are aware of the common traps of parent-child relationships.

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

*Michelle Bonsignore is a Marin-based, licensed marriage and family therapist who combines masters-level training with wisdom forged from rubber-to-the-road life experience. She's held positions as a family therapist in a myriad of residential and outpatient dual-diagnosis treatment centers and, currently, dedicates the majority of her time to nurture a private practice in Marin County. Additionally, she has particular expertise in the areas of relationships and addiction.*

*Her relational approach combines family systems, attachment, and trauma-focused training. Therapy with her is about having an advocate for yourself. She is dedicated to your feeling less distressed, more empowered, and freer to live a life that feels authentic and satisfying.*

### RAISING HEALTHY FAMILIES: WHAT ATTENDEES TELL US

- *The content was so important, relevant, touched a little bit of everything. Highly, highly recommend continuing this as is, and make it available more often to bring awareness. Thank you so much for taking the effort and making the time.*
- *Mark Edwards is an accomplished presenter. I like that he gave a summary of what topics he was going to cover and went on to discuss them completely.*
- *The information was presented in an engaging way for a lay person (parent) with lots of examples. I also loved hearing about how to connect with a kid or another human being in general (empathy).*
- *Very clear, organized, warm, and comfortably paced presentation. Helpful websites for further info.*
- *Liked the examples, talking through how parents can try to reach their child.*

# *A Heartfelt Thank You to Our Donors*

January - November 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*

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

## OUR CLIENTS 2020

### Identified Gender

Male . . . . . 42%  
Female . . . . . 58%

### Age

5-18 years . . . . . 32%  
19-25 years . . . . . 8%  
26-55 years . . . . . 45%  
56+ years . . . . . 15%

### Ethnicity

African American . . . . . 5%  
Asian . . . . . 3%  
White . . . . . 63%  
Hispanic/Latino . . . . . 17%  
Middle Eastern . . . . . 1%  
Multi-Racial . . . . . 10%  
Native American . . . . . 1%

### Residence

Central Marin . . . . . 56%  
North Marin . . . . . 18%  
South Marin . . . . . 11%  
West Marin . . . . . 5%  
Sonoma . . . . . 3%  
SF . . . . . 2%  
East Bay . . . . . 5%

### Work Status

Employed P/T . . . . . 15%  
Employed F/T . . . . . 23%  
Unemployed . . . . . 23%  
Student . . . . . 33%  
Not in job market . . . . . 6%

### Monthly Income

\$0 - \$2,099 . . . . . 77%  
\$2,100 - \$3,299 . . . . . 9%  
\$3,300 - \$4,199 . . . . . 5%  
\$4,200 and up . . . . . 9%

### Fee Categories

Sliding Scale . . . . . 52%  
Regular Fee . . . . . 1%  
Medi-Cal/Beacon . . . . . 16%  
Pro bono . . . . . 31%

### **CIP Board of Directors**

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Beth Case  
Sharon Delfino Green, Esq.  
John Dillon Riley, PhD  
Ricky L. Spencer, Jr.  
Gail Weinheimer

**CIP Advisory Board**  
Bob Gebron, BS, MBA  
Stan Stefancic

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## THANK YOU TO OUR GENEROUS 2022 SPONSORS!

Your sponsorships enable CIP to continue to bring healing, health, and hope of a brighter tomorrow to those most in need in our community.



### SPONSOR SPOTLIGHT:

“A DEEP COMMITMENT  
TO OUR COMMUNITY”



CIP gratefully acknowledges First Federal Savings and Loan of San Rafael for their generous sponsorship of our 2022 *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.

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### PARTNER LEVEL

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### SUPPORTER LEVEL

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



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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](http://www.cipmarin.org)



**2022 RAISING HEALTHY FAMILIES  
 COMMUNITY EDUCATION SERIES**

Co-hosted by CIP and the  
 Marin County Office of Education

All events are free, but attendees must pre-register.

Visit [www.cipmarin.org](http://www.cipmarin.org) to register, enter our Raffle, or make a tax-deductible donation. All *Raising Healthy Families* proceeds go directly to support CIP's vital safety-net programs. Your donation at the highest level will greatly strengthen our ability to do so.

For more information on each presentation and presenter, turn to page 4.

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**Where:** San Rafael Community Center, 618 B St., San Rafael and Zoom

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