



## DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

September, the start of our new training year, is a busy time of new energy and anticipation about the coming year.

It's a chance to recognize what an amazing community CIP is, an interweaving of the many contributions of talented and generous individuals who make our work possible, day after day, throughout the year.

This includes our Core Staff who have worked hard updating our intern training and Professional Development Series. It includes our supervisors, many of whom are new this year, joining us in this labor of love for our profession. I especially want to express my sincere gratitude for the continuing supervisors and staff, for sharing your deep wisdom in this challenging time.

I am excited about our sixteen interns who have already shown their commitment to high quality training and a desire to provide the best for their clients, as they learn and grow in their capacities for authenticity and compassion for themselves and others.

Just as important to our work are the grantors, business partners, and sponsors who provide the funding that makes our sliding scale services possible, so that Marin families and individuals in need can receive care.

Lastly, I am grateful to our individual donors and volunteers – without you, there would be no CIP.

## NEW OPENINGS FOR CLIENTS, REFERRALS

At the outset of our new training year, we look forward to receiving referrals and greeting new clients. We are a welcoming place and offer a number of clinical resources to meet the needs of our diverse community.

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, and addictions, as well as in-depth work with clients with axis II disorders. Our comprehensive services are available on a sliding scale; Medi-Cal, Partnership Health/Carelon 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 pre-licensed therapists, including Pre-Doctoral Students, Licensed Marriage and Family Therapy and Licensed Clinical Social Work Associates, and Practicum Students. Supervision and training are provided by licensed mental health professionals who volunteer their time and expertise, assuring the highest level of client care most cost effectively.

### Addressing Trauma, Fostering Resilience

As a training institute, CIP incorporates the latest thinking and best practices in the treatment of mental health disorders. In recent years, a new emphasis on trauma-informed therapy has proven to be especially appropriate for the families and individuals we see.

This strength-based approach to therapy focuses on the particular needs and resilience of the individual or family in treatment. By identifying and building upon clients' existing resources, coping skills, and support networks, we enable them to achieve their goals and enjoy a greater sense of wellbeing.

Trauma-informed therapy addresses the phenomenon of Adverse Childhood Experiences, ACEs, first identified in a landmark study in 1997 undertaken by the Center for Disease Control and Kaiser Permanente. The study found that certain stressors in early life correlate to greater risk of mental and physical illness in adulthood. According to the SAMSHA website:

*(continued on page 8)*

## SPONSORSHIP OPPORTUNITIES



Launched in 2017, our *Raising Healthy Families Community Education Series* gains wider recognition each year. Sponsorships from the business community make these free events possible. All proceeds go directly to support CIP's safety-net programs for families, children, and adults.

*Raising Healthy Families* sponsors enjoy months-long acknowledgment and widespread recognition for their generosity. As 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.

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## GRATEFUL ACKNOWLEDGMENTS

We are sad to announce the departure of two special staff members who have made meaningful contributions to CIP and our work.

I want to express gratitude to **Amanda Mason, PsyD**, Assistant Clinical Director for the last two (very difficult) years. Amanda is a talented, extremely bright problem-solver, dedicated to bettering CIP. Very attuned to interns and staff needs, she worked with the individual supervisors to identify interns' growing edges and aid in their progress. She has made a lasting difference and I will miss working with her.

I also want to acknowledge **Kristi Hudson, LMFT**, CIP's School and Wisdom Warrior Program Director for the last three years. She is continuing as a volunteer supervisor. Kristi is a talented trainer and supervisor who speaks the truth with warmth and compassion, and helped the interns grow in their work.

—Dr. Robin Joy Berenson, Executive & Clinical Director

## WELCOMING ALEXANDRA LEE, PSYD ASSISTANT CLINICAL DIRECTOR



### What drew you to CIP?

CIP embodies the professional values I aspire to, including providing high quality affordable psychotherapy, training the next generation of therapists, and cultivating a thoughtful and supportive collegial network of mental health professionals in close partnership with the community it serves.

### What are you most looking forward to in your work at CIP?

I am excited to join esteemed colleagues who value psychodynamic psychotherapy, training, and education, and from whose diverse perspectives and capacities I can learn. I look forward to developing a deeper understanding of and relationship with the greater community of Marin, where I spent my own formative years. I am also thrilled to engage with a new generation of psychotherapy interns during a crucial time in their development, which I recall as a profoundly impactful time in my own life.

### Tell us about your professional background and clinical interests.

I am a licensed clinical psychologist who has been in private practice in the Bay Area since 2015. I received my B.A in English from Princeton and my doctorate in clinical psychology from the Wright Institute. I am deeply interested in psychoanalytic theory and practice, infant-parent mental health, and contemporary/relational psychodynamic supervision. I have a 5 1/2 year old Chipit mix named Billy with whom I love to hike and kayak.

## WELCOMING JUDYE HESS, PHD DIRECTOR OF COUPLES THERAPY PROGRAM



I have been involved with CIP for many years. As professor emerita from California Institute of Integral Studies, I frequently had students who chose CIP to do their internships. I always appreciated the care with which CIP treated their interns. I often did trainings in couples and family therapy for CIP as well as a daylong workshop on Family Dynamics.

I am excited to serve as the new Director of Couples Therapy. I look forward to getting to know interns and participating in their growth, as well as getting to know other supervisors and to share our knowledge and wisdom together as we work side-by-side. After three years of working at home due to the pandemic, I am very excited by the prospect of making these new connections as I join the staff of this highly respected program.

I was born and raised in NYC, schooled in New England (University of RI, PhD 1975) and have been in California since 1977. In 1984, I began working as a core faculty member at CIIS, and was soon teaching Couples, Family and Group therapy. Currently, I am working in my private practice in Berkeley, seeing largely couples and families.

## CLINICAL STAFF

EXECUTIVE AND  
CLINICAL DIRECTOR  
**Robin Joy Berenson, PhD, LMFT**

ASSISTANT CLINICAL DIRECTOR,  
DOCTORAL PROGRAM DIRECTOR  
**Julie Bass, PsyD**

ASSISTANT CLINICAL DIRECTOR,  
DIRECTOR OF DOCTORAL  
PROGRAM, GROUP SUPERVISOR  
**Alexandra Lee, PsyD**

PROGRAM DIRECTOR,  
COUPLES THERAPY  
**Judye Hess, PhD**

PROGRAM DIRECTOR, DREAMS  
**Hollie Hannon, PhD, LMFT**

PROGRAM DIRECTOR GROUP  
THERAPY PROGRAM  
**Alexandra Lee, PsyD**

PROGRAM DIRECTOR, SCHOOLS &  
WISDOM WARRIORS  
**Erika Bent, LPCC, LMFT, CEDS**

PROGRAM DIRECTOR,  
PSYCHOLOGICAL TESTING  
**Barbara Nova, PhD**

ADVANCED CASE CONFERENCE &  
CESA OAS COMMITTEE  
**Fred Rozendal, PhD**

STAFF ASSISTANT AND  
LEAD INTAKE COORDINATOR  
**Cindy Jepsen, LMFT**

ADMINISTRATIVE MANAGER  
**AJ Jurick**

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

## CLINICAL STAFF

### Clinical Supervisors

Christine Armstrong, LMFT  
Arlene Bermann, LCSW  
Laurie Buntain, LMFT  
Shawndell Clay, PsyD  
Lou Dangles, LMFT  
Ralph Daniel, PsyD  
Mark Edwards, LMFT  
Joy Fillman, PhD  
Sandra Hirschfield, LMFT  
Annette Holloway, PsyD  
Kristi Hudson, LMFT  
Pauline Jarakian, LMFT  
Janet Kass, LCSW  
Dylan Kersh, LMFT  
Bria Milicevic, PhD  
Patrick Norton, PsyD  
Barbara Nova, PhD  
Nancy Olesen, PhD  
Marek Ondera, LMFT  
Kimberly Parsons, LMFT  
Wally Phillips, LMFT  
Christine Randolph, LPCC  
Lori Richards, LMFT  
Gabriel Robinson, LCSW  
Anne-Olivia Rose, PsyD  
Kathryn Rosenberg, PsyD  
Patricia Ross, LMFT  
Raya Smail, LMFT  
Kylie Svenson, LCSW  
Betty Tharpe, LMFT  
Esther Wanning, MS, MFT  
Cheryl Woodruff, LMFT

### 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 October 15, 2023), 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 2023-2024 seminar, classes, and study group, please see the "Professional Development" page on our website at [www.cipmarin.org](http://www.cipmarin.org).

## PROFESSIONAL DEVELOPMENT SERIES 2023-2024

For a complete listing of our 2023-2024 programs, for more information on the topics, learning objectives, and presenter bios, or to register, please visit our Professional Development page at [www.cipmarin.org](http://www.cipmarin.org) or call (415) 459-5999 #101.

## FALL 2023 SCHEDULE

### STUDY GROUP

*All sessions held via Zoom*



#### FROM ACCOMMODATION TO EMANCIPATION: INSIGHTS FROM CONTEMPORARY PSYCHOANALYSIS ON FINDING FREEDOM FROM TRAUMATIC ATTACHMENTS

*Jane Rubin, PhD, PhD, PsyD*

Eight sessions, the third Friday of the month: Oct 20, Nov 17, & Dec 15, 2023; Jan 19, Feb 16, Mar 15, Apr 19 & May 17, 2024 | 12:30 - 2:30 pm

*16 CEs for LMFTs and LCSWs and 16 CEs for Psychologists*

*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

*Held at Embassy Suites, San Rafael*



#### PSYCHOANALYTICALLY INFORMED ASSESSMENT OF CHARACTER PATHOLOGY

*Matthew Bennett, PsyD*

Saturday, November 4, 2023 | 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

*Held at Embassy Suites, San Rafael*



#### WHAT'S GONE WRONG WITH THE AMERICAN MIND AND WHAT WE CLINICIANS CAN DO ABOUT IT

*Bryant Welch, JD, PhD, ABPP*

December 9, 2023 | 9am-1pm

*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*

*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*

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# CIP IN THE SCHOOLS: MORE IMPORTANT THAN EVER

There is no question that Marin teens today are facing severe emotional challenges. Research conducted this year by Marin high school students reported that 90% of the 234 fellow students polled said that they have friends who say they experience anxiety, and 80% have friends who say they have felt depression. Additionally, 67% have peers who describe disordered eating, and 59% say they have witnessed self-harm or self-injury among peers. (<https://www.marinij.com/2023/04/19/marin-students-present-mental-health-research-at-conference/>)

CIP's 2022-2023 School-based Services took place against this troubling backdrop. The program includes Supporting Our Youth Schools Project and Wisdom Warriors Therapy Groups, which address students' mental health needs through one-on-one counseling and peer therapy groups. Students are referred for services by school counselors.

The outcomes consistently show students enjoy improvement in multiple areas. When they have a counselor to speak to, or when they join peers in a therapy group, these youth feel "heard." They experience greater self-worth, and learn to speak up in constructive ways. Working with peers, they learn to recognize difficult feelings and how to deal with them constructively.

Meera, 13, was still grieving the loss of her father, who committed suicide. She struggled with a feeling that life is pointless and admitted she was afraid of feeling so sad. She was grateful for the chance to speak openly about her fears and feelings.

Lucas, 12, values his participation in the Wisdom Warriors sessions. "I learned that others in the group feel a lot of the same things I do. I feel more powerful to think about myself and my decisions. I wish I had learned these things before."

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## WELCOMING ERIKA BENT, LMFT, LPCC, CEDS-S DIRECTOR OF SCHOOLS PROGRAM AND WISDOM WARRIORS



I am honored and excited to join the CIP community. Ever since I learned about CIP's mission to offer high-quality accessible mental healthcare and exceptional training to intern-therapists, I knew that it was an organization that I wanted to be a part of. I'm inspired by professionals who have served before me and volunteered their time to train the next generations of therapists. It is through this kinship and shared wisdom that we elevate the field of psychotherapy and are able to more effectively support

our clients' healing processes.

In addition to working with the CIP team, I serve as the Director of Clinical Operations at The Healthy Teen Project in San Francisco, and founded Cypress Wellness Collective, an outpatient group practice specializing in eating disorder recovery. My clinical experience spans a wide range of inpatient and outpatient settings where I have gained expertise in the treatment of adolescents and adults with eating disorders, anxiety and mood disorders, body image and self-esteem, and family dynamics. I am trained in Family-Based Treatment (FBT) by Train2Treat4ED and a Certified Eating Disorder Specialist and Supervisor with the International Association of Eating Disorder Professionals (IAEDP).

I am a Bay Area native and have an affinity for the San Francisco food scene. In my spare time, I enjoy aerial silks and exploring the beautiful Bay Area hikes.



## MARIN CHARITABLE: BELIEVING IN EVERY CHILD

*We believe that every child deserves the opportunity to have a happy and fulfilling childhood.*

Now celebrating 60 years, Marin Charitable provides grants to organizations that offer critical support, education, and enrichment for school-aged children in Marin County who have limited opportunities. In 2023, Marin Charitable, an all-volunteer, nonprofit organization, donated vital funding to 50 local organizations. CIP is grateful to be among them.

Like CIP, Marin Charitable recognizes that the school years are a critical time of life when many students begin to experience emotional and mental health problems. Providing needed services at the earliest opportunity can make the difference of a lifetime. For this reason, Marin Charitable has been a long-time supporter of CIP's School-based Services.

Their website notes, "At the time of inception, community need was primarily in the areas of health and education. Today we have broadened our mission to include a range of programs that provide critical support, education and enrichment for school aged children with limited opportunities. Marin Charitable's role is now more important than ever in helping kids achieve their full potential into adulthood."

To support its donations, Marin Charitable plans and hosts major fundraising events throughout the year. For more information visit [MarinCharitable.org](http://MarinCharitable.org).

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# COMMUNITY INSTITUTE FOR PSYCHOTHERAPY

## 2024 *RAISING HEALTHY FAMILIES*

### COMMUNITY EDUCATION SERIES



In the face of today's crisis in youth mental health, what can parents do to support their children — to keep communications open, set boundaries, and provide guidance?

Co-hosted by CIP and the Marin County Office of Education, our 2024 *Raising Healthy Families* Series will feature presentations by Bay Area experts designed to provide tools and strategies to empower parents and other community members to understand and constructively address the challenges affecting youth today.

Events will be held at the San Rafael Community Center during March 2024. Please visit our website [www.cipmarin.org](http://www.cipmarin.org) for dates and time.



#### **FIGHTING THE BEAST OF TECHNOLOGY: A PRACTICAL GUIDE FOR PARENTS** with Mark Edwards, LMFT

Modern parents are faced with greater pressure from children, peers and technology companies to allow the almost constant use of gaming and communications technology regardless of any possible consequence.

This seminar is designed to help parents:

- Understand potential concerns raised by the use of modern communications technology.
- Recognize the possible co-occurrence of depression, isolation, and bullying for children and teens utilizing online communications technology.
- Develop a real-life strategy for monitoring and limiting the technology use of children and teens.
- Set clear and firm rules for communications technology use at home, school, and college.



#### **THE POWER OF PARENTING AND FAMILY CONNECTIONS: PREVENTING AND ADDRESSING ADDICTION, SELF-HARM, AND SUICIDE** with Kenneth Perlmutter, PhD

Understanding the complex worlds of our teenagers can feel like an impossible task, especially when teens struggle with substance abuse, self-harm and/or suicidal thinking, threatening, or action. Dr. Kenneth Perlmutter will offer parents approaches to such situations with a focus on harnessing parental power while promoting the best connection possible with all members of the family system.



#### **PARENTING WITH WIT AND WISDOM: RAISING RESPONSIBLE, RESOURCEFUL, RESILIENT, COMPASSIONATE HUMAN BEINGS** with Barbara Coloroso

Presenter Barbara Coloroso will discuss the keys to good parenting: treating children with respect; giving them a sense of positive power in their own lives; giving them opportunities to make decisions, take responsibility for their actions, and learn from their successes and mistakes.



#### **DEPRESSION, ANXIETY, ADHD, AND SELF-HARM: HELPING GIRLS FIND STRENGTHS AND COPING STRATEGIES** with Stephen Hinshaw, PhD

In an integrative and down-to-earth talk, Steven Hinshaw, PhD, will present what's known about the particular issues facing girls these days, especially related to (a) the unrelenting (and impossible) pressures they increasingly face; (b) the post-COVID atmosphere; and (c) the devastating rates of self-harm and depression/anxiety confronting girls (and boys), particularly in the presence of ADHD and other neurodevelopmental conditions.

## *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-August 2023*

##### **Circle of Inspiration**

Bryan Collins  
Deam Family Fund –  
Chris and Laura  
John Dillon

##### **Circle of Friends**

Tristi Akers  
Elizabeth Calvert  
David Erie  
Ellen Frazier  
Ruth Jaeger  
Colleen Ralphs  
Jan Rostov  
Roberta Seifert  
Timothy Sweeney  
Cordie Traber  
Esther Wanning  
Steven Wolf

### *Grants*

Allensby Charity Trust Fund  
Bank of Marin  
Nancy Bertelsen Trust  
Brauer Family Trust  
California Small Business  
Covid-19 Relief Grant  
Program  
Freitas Family Foundation  
Hannan Family Foundation  
Hobson /Lucas Family  
Foundation  
Kaiser Foundation Health Plan  
MarinHealth  
Nightingale Fund  
Donald O. and Ronald R.  
Collins Fund  
The Blackbaud Giving Fund  
Union Bank



## **CIP AMONG GRANTEES**

As a not-for-profit, independent district hospital, MarinHealth Medical Center gives extensive charitable resources to benefit the community through access to care, education, prevention, and support programs, and more.

Through its Community Benefit program, MarinHealth Medical Center partners with community-based organizations to increase the number of individuals who receive health care and other health-related services that help them manage chronic conditions, access mental health care services, and transition to stable housing to maintain their health and wellness.

CIP is proud to be among the 20 local community organizations receiving support through the Community Grants Program.

For a program or service to be considered a community benefit it must: improve access to health care; or enhance the health of the community; or advance medical or health care knowledge; or reduce the burden of government or other nonprofit community efforts.

#### **CIP Board of Directors**

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

*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, Retired Marin County  
Superintendent of Schools



## SPONSOR BENEFITS

All *Raising Healthy Families* Sponsors will be recognized during a months-long publicity campaign.

*Early commitments yield the greatest benefits.  
All funds are due December 31, 2023.*

- 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.
- Acknowledgment at each event and on videos of presentations available on our website.

### 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 newsletters.

#### 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.

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

## THANK YOU TO OUR GENEROUS 2023 SPONSORS!

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

### PARTNER LEVEL



### SUPPORTER LEVEL



All *Raising Healthy Families* proceeds go directly to fund CIP's vital safety-net programs for Marin families, children, and adults.

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)

*(Addressing Trauma, Fostering Resilience, continued from page 1)*

*There are 10 types of childhood trauma measured in the ACE Study. Five are personal — physical abuse, verbal abuse, sexual abuse, physical neglect, and emotional neglect. Five are related to other family members — a parent who's an alcoholic, a mother who's a victim of domestic violence, a family member in jail, a family member diagnosed with a mental illness, and the disappearance of a parent through divorce, death or abandonment.*

*ACEs cluster. Almost 40% of the Kaiser sample reported two or more ACEs and 12.5% experienced four or more. Because ACEs cluster, many subsequent studies now look at the cumulative effects of ACEs rather than the individual effects of each.\**

Fortunately, identifying risk factors also leads to insights into the protective factors that mitigate trauma and foster resilience. These include healthy attachment relationships, emotional regulation, social support, and supportive environmental systems.

In therapy at CIP, individuals receive the support they need to transition from chaotic, self-defeating patterns to regain emotional well-being, self-sufficiency, and productivity. This includes help in developing protective factors, and acquiring life skills and inner resources.

\*(<https://www.samhsa.gov/capt/practicing-effective-prevention/prevention-behavioral-health/adverse-childhood-experiences>)

## Range of Conditions Treated

Our trained and dedicated staff can help you and your loved ones with:

- Anxiety, fear, panic, stress
- Child and adolescent concerns
- Depression
- Domestic violence
- Gender issues
- Health concerns
- Loss, grief, and bereavement
- Major life changes and transitions
- Parenting and family issues
- Physical, sexual, and emotional abuse
- Relationship problems
- School-related issues
- Substance abuse, addictions, and recovery issues
- Trauma
- Work and career issues

