

Community Institute for Psychotherapy

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2021-2022 News & Notes



September 2022 News and Notes **Therapy Can Make a Difference** **By Robin Joy Berenson, PhD, LMFT**

Beginning each September, CIP welcomes new clients and referrals for short- and long-term therapy and assessments. Our intern-therapists, who include Pre-Doctoral Students, Licensed Marriage and Family Therapy and Licensed Clinical Social Work Associates, and Practicum Students, have expertise and experience in a wide range of issues. (Therapy with a licensed therapist is also available.)

Whether it's making positive lifestyle changes, developing communication or parenting skills to reduce conflict, or help with other concerns, our therapists work closely with clients, partnering with them to bring about the changes and goals they need to live healthier lives.

We'd like to share some recent stories of clients seen for therapy at CIP. (The names and details have been changed to protect clients' privacy.)

Sharon, 52, had recently suffered physical debilitations that prevented her from working and leaving her home. With therapy, she has become more comfortable with seeking help, as evidenced by her applying for physical disability benefits, seeking medical treatment, and reaching out to friends and family members.

Max, 29, sought therapy to help manage his feelings of anxiety and symptoms of ADHD. His therapist referred him to a psychiatrist for a medical evaluation and medication management. Since then, Max has reported an increase in concentration in his personal and professional life as well as an improvement in his interpersonal relationships.

Miguel, in seventh grade, was referred to therapy after writing that he wanted to "end his stupid life." Miguel met with his therapist and together they developed a plan to keep him safe. Miguel shared how isolated he felt and asked if he could continue to meet for therapy over the summer months.

Joy, 32, is a first-year nursing student experiencing school-related stress and eating disorder symptoms. With therapy, she has been able to replace her harmful behaviors with ones that reinforce healthy habits that align with her values.

Daria is a 13-year-old Caucasian trans male who was referred to therapy at school for suicidal ideation. Through therapy, it was discovered that Daria has a Bi-Polar diagnosis. This led to him being referred for a medical evaluation and further treatment outside of the school setting.