

## Community Institute for Psychotherapy

1330 Lincoln Ave #201, San Rafael, CA 94901-2141

Phone (415) 459-5999 Fax (415) 459-5602 [www.cipmarin.org](http://www.cipmarin.org)

### 2024-2025 News & Notes



#### **2024 September News and Notes** **CIP Participates in Back to School Fair** **By Robin Joy Berenson, PhD, LMFT**

Last month, CIP intern-therapists staffed a booth at the Marin Child Care Council *Back to School Resource Fair* for families in need.

Ruth Strock, Jackie Stansell, and Liz Consentino were on hand Saturday, August 3, to speak with parents and caregivers about children's mental health issues. They handed out CIP's Checklists for Health (<https://98gbed.p3cdn1.secureserver.net/wp-content/uploads/2018/08/Check-List-Young-Children-v6.pdf>) as well as pages for kids to color about health and wellness. And oranges!

#### **Timely Access More Important than Ever**

In our work with clients, we continue to see the lingering effects of the pandemic, including such problems as addictions (substance abuse, but also internet usage), isolation, and domestic conflict, among others. High levels of stress and anxiety are very common, as well as concerns about family and relationship issues, the economy, housing, and so on.

Another trend, perhaps also a consequence of the pandemic, is that many clients have delayed seeking help until their problems became overwhelming. Like physical disease, untreated mental health problems frequently worsen and may become entrenched.

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CIP offers a full range of services to address client needs. Among the many issues clients come to CIP to address are:

**Parenting/family issues.** CIP intern-therapists can help parents establish healthy routines, and set healthy boundaries and effective discipline, essential to support school readiness and emotional well being for all family members. Family therapy, including for separated and divorcing families, can be valuable in resolving the stresses of intrafamily relationships.

**Individual therapy.** Our intern-therapists have expertise in a wide range of issues to resolve those affecting daily function, such as relationship problems, work and career issues, life changes, gender issues, and substance abuse.

**Couples issues.** We provide the support to relationships, end repetitive conflicts, and deepen intimacy.

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**Psychological testing.** These services are useful for adults to enhance the quality and effectiveness of individual therapy.

To make an appointment, fill out the “Request a phone intake” form on our website at [www.cipmarin.org](http://www.cipmarin.org) or call (415) 459-5999.