



DIRECTOR'S MESSAGE



Dr. Robin Joy Berenson

CIP is a community within the community—where many individuals come together, each playing a role in furthering our mission. This year, from the outset, that sense of shared community is already evident.

Since 1977, CIP has undertaken our dual mission: to provide quality mental health services to those otherwise unable to afford them, and a rigorous, intensive training program of two to four years for qualified graduate students in psychology, social work, and counseling.

This year, we have a full roster of 16 intern-therapists eager to work in a community-based environment with a diverse population and a wide range of issues. Individual supervision will be provided by the more than 30 mental health professionals who volunteer their time to share their experience and knowledge with interns. Many of our supervisors have remained with CIP for 5, 10 or more years, offering valuable continuity and program support.

Our excellent staff of program directors offers their expertise in a variety of specialities. We've included brief introductions to a few of those staff members in this newsletter.

A new training year is always a time of expectation and renewed energy. This year, after so many upheavals over the last 4 years, it feels especially promising.

NEW OPENINGS AVAILABLE FOR CLIENTS

This month, CIP welcomes new clients and referrals for long- and short-term therapy, adult therapy groups, and psychological testing. Our comprehensive services include individual psychotherapy for adults and children; couples, family, and group therapy; crisis intervention; thorough assessments; and life skills. Services are available on a sliding scale; Medi-Cal, Partnership Health/Carelon and CaVCB accepted.

For more information, please see page 5.

A FOCUS ON EMERGING NEEDS

As a grassroots community health provider, CIP pays close attention to the emerging needs within our community. By keeping abreast of new understanding and best practices in the mental health field, we can employ those approaches most appropriate for our clients. For example, in recent years we have emphasized trauma-informed therapy, which has proven to be especially important for our clients, focusing as it does on the individual's personal strengths, coping skills and inner resources.

Over the past several months, we continue to observe the lingering effects of the pandemic: increases in addictions (including internet usage which has surpassed substance abuse), isolation, and domestic conflict, as well as general stress and anxiety brought on by housing concerns, the economy, climate issues, and national and world events.

In our work in the schools, we update the curriculum of our Wisdom Warriors Groups each year based on what we learn from the post-participation surveys the students complete. This year's discussions will address social media and cell phone use, among other topics.

An Aging Marin

A notable increase in emerging needs are those often experienced by older adults, such as issues of decreased mobility, sleeplessness, medical diagnoses, food insecurity, grief, retirement, loss of relationship, and end of life issues. We expect this trend to continue as Marin's population ages. According to Vivalon, "By 2030, one in three people in Marin County will be 60 or older, and the fastest growing segment of the population will be people over 85." (<https://marinlocalnews.com/vivalon-plans-for-an-ever-older-marin-population/>)



SPONSORS WANTED!

As a *Raising Healthy Families* sponsor, you enable CIP to bring healing, health, and hope of a brighter tomorrow to those most in need in our community. *Raising Healthy Families* sponsors enjoy months-long acknowledgment and widespread recognition for their generosity. Please see details on Sponsor Benefits, page 7.

WELCOMING ARI-ASHA CASTALIA

PROGRAM DIRECTOR, GROUP THERAPY



Ari-Asha Castalia (she/her) graduated from Notre Dame de Namur's Art Psychotherapy program (2010) and is both an LMFT and a Registered Art Therapist (ATR). She is certified in Focusing Oriented Art Therapy as a FOAT™ Practitioner, studied for two years with the Couples Institute (Menlo Park), and completed a year long Group Therapy Training Program at The Psychotherapy Institute (Berkeley). Ari-Asha has facilitated Art Therapy groups in a Functional Restoration Program for injured workers and in an Intensive Outpatient program. In her private practice she co-facilitated Creating Calm, an women's arts-

based therapy group. Ari-Asha recently supervised in a community mental health program providing school-based services. She is especially excited to begin a new supervising endeavor with CIP, as the supervision will focus on groups (a long time interest) and will employ an arts-based approach.

Since 2014 Ari-Asha has maintained a private practice. Her approach is person-centered, trauma-informed, grounded in Gestalt and IFS. She works with gentle humor, striving to create brave and safe-enough spaces for exploration and insight. Ari-Asha is passionate about inviting people to a creative process, honoring their knowing and felt-sense about what art and creating means to them, and relishes getting curious with people about metaphors revealed.

INTRODUCING DONNA PELTZ,

ADMINISTRATIVE MANAGER



I am very excited to be a part of CIP's community, and for the 2024-2025 year!

I was born at Marin General Hospital. I have lived my entire life in Marin and Sonoma counties and have witnessed the increasing need for mental health support in this community.

I feel so lucky to live here. I love the outdoors, especially hiking, swimming and biking all around our county, as well as all the exposure to the arts and entertainment we have right here in Marin County.

My background is in Business/Financial Operations; however, my passion has always been about my Family and the nurturing & caregiving that goes along with a large Italian Family!

After losing my job of 17+ years unexpectedly, I decided I wanted to find a place that I would not only enjoy learning new skills, but feel that I was a part of something meaningful.

My goal is that by using my background, passion for people, and positive attitude, my contribution to CIP will help make a difference.

I truly look forward to the future!

CLINIC ADMINISTRATION

EXECUTIVE AND CLINICAL DIRECTOR
Robin Joy Berenson, PhD, LMFT

ASSISTANT CLINICAL DIRECTOR
DOCTORAL TRAINING DIRECTOR/
PSYCHOLOGY LEAD

Jeremy Mintz, PsyD

CO-TRAINING DIRECTOR,
PSYCHOLOGICAL TESTING DIRECTOR
Barbara Nova, PhD

ASSISTANT CLINICAL DIRECTOR
Cindy Jepsen, LMFT

PROGRAM DIRECTOR,
COUPLES THERAPY
Judy Hess, PhD

PROGRAM DIRECTOR,
GROUP THERAPY
Ari-Asha Castalia, LMFT, ATR

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Hollie Hannan, PhD, LMFT

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SCHOOLS & WISDOM WARRIORS
Erika Bent, LPCC, LMFT, CEDS

ADVANCED CASE CONFERENCE
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Fred Rozendal, PhD

PROGRAM DIRECTOR,
EATING DISORDERS
Arin Bass, LMFT

ADMINISTRATIVE MANAGER
Donna Peltz

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Gail Weinheimer

DONATIONS:

CIP is looking for laptops for our interns. If you have any laptops that you are no longer using or are preparing to replace, please donate them to CIP. All donations are fully tax-deductible.

Contact admin@cipmarin.org or call (415) 459-5999 ext. 101 to coordinate a laptop donation.

CLINICAL SUPERVISORS

Sandra Berger, MS, LMFT
Arlene Bermann, LCSW
Caroline Lockett-Corwell,
LMFT, LPCC
Ralph Daniel, PsyD
Mark Edwards, MS, LMFT
Zak Forrest, MS, LMFT
Elana Guy, PsyD
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Kylie Svenson, LSCW
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Intern-therapists

Maria Asadov
Vita Born
Susan Carroll
Benjamin Fisher
Anne Johnson
Morgan Macguire
Andrew Merit
Mary Frances Miller
Sonia Mistry, MSW
Danielle Mullen
Paulette Ove, AMFT
Shannon Stallone
Jacquelyn Stansell
Ruth Strock, PsyD, MA,
ATR-BC, CTRS
Laura Wilkes
Miriam Zora

CORE STAFF MEMBER JEREMY MINTZ, PSYD



We are pleased to introduce Jeremy Mintz, PsyD, who joined the staff at CIP this past spring as our new Assistant Clinical Director and Doctoral Training Director.

After working in private practice in San Francisco for several years, Dr. Mintz came to realize that doing more supervising and teaching would bring more fulfillment to his professional life. He cares deeply about helping future mental health professionals hone their intuition by integrating psychodynamic theory and principles, which is often lacking in graduate school and training programs.

He is inspired by the rigor of CIP's training, the agency's dedication to building a strong sense of community, and its commitment to providing high quality outpatient mental health care to people who might not otherwise be able to afford such services.

Dr. Mintz's professional background includes providing psychodynamic psychotherapy, consultation, and psychological evaluations for children, families, teens, and adults. Being a synthesizing thinker by nature, he is interested in taking a comparative approach to studying and teaching the various schools of thought within and adjacent to the psychoanalytic tradition. He strives to help interns ground their thinking in theoretical models while also increasing their openness to the unknown and fostering spontaneity in their clinical work.

In addition to working as a clinical psychologist, Dr. Mintz is also a husband and father of two, and in whatever spare time he has left, a musician.

WELCOMING ARIN BASS, LMFT, PROGRAM DIRECTOR, EATING DISORDERS



Arin has over 10 years of experience working as a psychotherapist with adolescents, adults, and families supporting people in healing their relationships with food, body, eating disorders, body image issues, alongside depression, anxiety, life stressors and transitions, and relationship issues. Currently she has a private practice in Marin, CA.

Arin has worked in a variety of treatment levels, from Inpatient to Residential treatment, Partial Hospitalization and Intensive Outpatient. Arin utilizes a multidisciplinary theoretical approach with emphases on Psychodynamic, Dialectical Behavior Therapy, EFFT, HAES® and Feminist Psychoanalytic models.

She has tremendous passion for working with people who struggle from eating disorders. Arin believes that people have the capacity for change and that a trusting therapeutic relationship, specific skill sets, and hope are important components for recovery from an eating disorder.

She is a member of the California Association of Marriage and Family Therapists, the Hospitality Chair on the San Francisco Bay Area Chapter of the International Association of Eating Disorder Professionals, and she is the Sponsorship Chair on the board of Eating Disorder Recovery Support, Inc. Arin is working towards becoming a Certified Eating Disorder Specialist through IAEDP.

PROFESSIONAL DEVELOPMENT SERIES 2024-25

FALL SCHEDULE

For a complete schedule, more information on the topics, learning objectives and presenter bios, or to register, please visit our Professional Development page at www.cipmarin.org or call (415) 459-5999 x101.

STUDY GROUPS

Held via ZOOM only



ANXIETY, IDENTITY, AND THE THERAPY RELATIONSHIP: INTERSUBJECTIVE APPROACHES TO RESISTANCE TO CHANGE

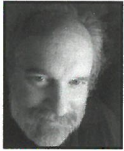
Jane Rubin, PhD, PhD, PsyD | Eight sessions, the third Friday of the month:

Oct. 18, Nov 15, Dec 20, 2024 | Jan 17, Feb 21, Mar 21, Apr 18, May 16, 2025 | 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: \$320 early registration up to 10 days prior to first session, \$400 after

Non-member Rate: \$400 early registration up to 10 days prior to first session, \$480 after



ASCENDING SPIRAL PATHS: AN INTEGRATED APPROACH TO UNDERSTANDING PERSONALITY DEVELOPMENT USING JUNGIAN AND PSYCHOANALYTIC THEORY

Matthew Bennett, PhD | Four sessions, the second Saturday of the month:

Dec. 14, 2024; Jan 11, Feb. 8, Mar. 8, 2025 | 10:00am – 12:00pm

8 CEs for LMFTs & LCSWs and 8 CEs for Psychologists. Certificates issued after completion of 4 sessions.

CIP Member Rate: \$160 early registration up to 10 days prior to first session, \$200 after

Non-member Rate: \$200 early registration up to 10 days prior to first session, \$240 after

CLASS

Held at FOUR POINTS by Sheraton San Rafael



INDIVIDUALITIES: TEN ANGLES OF VISION ON PERSONALITY DIFFERENCES AND THE DIFFERENCE THEY MAKE FOR THERAPY

Nancy McWilliams, PhD, ABPP | Friday, October 25, 2024 | 9:00 am – 1:00 pm | 4 CEs

4 CEs for LMFTs & LCSWs and 4 CEs for Psychologists

CIP Member Rate: \$80 early registration up to 10 days prior to class, \$100 after

Non-member Rate: \$100 early registration up to 10 days prior to class, \$120 after

SEMINAR

Held at FOUR POINTS by Sheraton San Rafael



LIBERATION THROUGH DREAMS: SYNTHESIZING JUNGIAN INSIGHTS AND ETHNOPSYCHOLOGY TO DECOLONIZE CLINICAL PRACTICE AND ENHANCE CULTURAL SENSITIVITY

Nadia Thalji, PhD | Saturday, November 9, 2024 | 9:00 am – 4:00 pm

6 CEs for LMFTs & LCSWs and 6 CEs for Psychologists

CIP Member Rate: \$120 early registration up to 10 days prior to seminar, \$150 after

Non-member Rate: \$150 early registration up to 10 days prior to seminar, \$180 after

The Community Institute for Psychotherapy is approved by the American Psychological Association to sponsor continuing education for psychologists. The 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 the workshop/training.

Cancellations must be received in writing 10 business days prior to the seminar, class, or first study group session for a refund minus a \$25 cancellation fee. Cancellations less than ten days will not be refunded.

CIP IS HERE TO HELP!

Each September, CIP welcomes new clients and referrals for services, including 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, addictions, and offer in-depth work with clients with axis II disorders.

At CIP we practice evidence-based trauma informed psychotherapy including Psychodynamic Psychotherapy, Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Family Therapy, Acceptance and Commitment Therapy (ACT), Interpersonal Therapy (IPT) Mindfulness, Art Therapy, Sand Tray, and Psychoeducation and Parenting Skills.

Trauma-informed treatment planning is a flexible process based on the particular needs and strengths of the child, adolescent or adult. By identifying and building upon existing resources, coping skills, and support networks, we enable clients to develop a sense of hope and optimism for recovery and growth.

We are a welcoming place, attentive to the needs of our diverse community, serving people of all ages, backgrounds, religions, gender, sexual orientation, and physical abilities. Services are provided by pre-licensed therapists, including Pre-Doctoral Students, Licensed Marriage and Family Therapy Associates, Licensed Clinical Social Work Associates, and Practicum Students. Therapy with a licensed therapist is also available.

Who we serve:

Our outstanding clinical staff has experience and expertise in a wide range of issues and diverse populations*.

- Rohan had been feeling purposeless and lost since his last child left for college. After his wife passed away he put all his effort into raising his two sons. He came to therapy saying that it feels like he's "grieving his wife all over again."
- Sharon, 33, and Rachel, 41, decided to seek out couples therapy as they began to realize the complexity of having biological children of their own.
- In therapy, Mark, 35 found the support he needed to navigate life's challenges. Through open dialogue and reflection, he gradually untangled the complexities of his thoughts and emotions.
- The Ford family found themselves juggling the demands of parenthood and work, often feeling overwhelmed by the chaos of daily life. With young children vying for attention and emotions running high, conflicts arose more and more frequently.
- Six-year-old Emily found a comforting space filled with toys, games, and art supplies in her therapist's office.

** The names and details have been changed to protect clients' privacy,*



MARINHEALTH COMMUNITY BENEFIT PROGRAM

In 2023, CIP was proud to be among the many local community organizations receiving support through the MarinHealth Community Grants Program.

Each year, 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 to maintain their health and wellness.

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.

MarinHealth prioritizes grant requests for programs that:

- Address prioritized health needs.
- Improve access to health care and supportive services.
- Serve underserved vulnerable populations.
- Reduce health disparities or improve the quality of life for people living in Marin County.
- Measure outcomes through evaluation methods and have a track record of consistent outcomes.

In 2022, MarinHealth Medical Center conducted a Community Health Needs Assessment (CHNA) to assess the significant health needs in Marin County. Based on the data and community input collected in our CHNA, MarinHealth Medical Center chose to fund programs that address:

- Access to Care
- Healthy Eating and Active Living
- Housing and Homelessness
- Mental Health and Substance Use
- Violence, Community Safety and Injury Prevention

A Heartfelt Thank You to Our Donors
September 2023 – July 2024

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 & Family Donors

Circle of Inspiration

Beth Case
 The Bob & Sally Calef Gebron Charitable Fund
 Andrew Kives
 The Guttman Family Foundation Inc.
 John Riley
 Edward Rossi
 Gail Weinheimer

Circle of Friends

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Grants

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*For more than 45 years,
 CIP has been
 Healing individuals
 Helping Families
 Strengthening 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 2025 *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.



RAISING
HEALTHY FAMILIES

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, 2024.*

- 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 2024 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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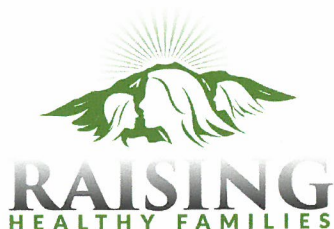
WHO WE ARE

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



2025 RAISING HEALTHY FAMILIES COMMUNITY EDUCATION SERIES

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

Mark your calendars today and join us for this outstanding series!

For more information and to register, visit www.cipmarin.org.

All **Raising Healthy Families** proceeds go directly to support CIP's vital safety-net programs. Your donation at the highest level is greatly appreciated.

HEROES IN THE MAKING:

RAISING BOYS TO EMBRACE COURAGE AND COMPASSION

Presented by Mark Edwards, LMFT

Wednesday, March 5, 2025 | 6 pm – 8 pm

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

This seminar will offer an assessment of the development of boys through childhood and adolescence with a specific focus on the development of emotional competence.

REGAINING CONTROL OF AI AND SCREEN-BASED TECHNOLOGIES: AN INTERACTIVE TALK FOR PARENTS AND ADOLESCENTS

Presented by Mathilde Cerioli, PhD, and Anne-Sophie Seret

Monday, March 10, 2025 | 6 pm – 8 pm

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

Join us for a look at the emergence of Artificial Intelligence – the technology behind the apps, social media, video games, and streaming services that we interact with daily – that is transforming the environment in which children and teens grow up.

NAVIGATING BODY IMAGE IN THE DIGITAL AGE:

HOW TO SUPPORT YOUR CHILD WITH HEALTHY HABITS TO PREVENT NEGATIVE BODY IMAGE AND DISORDERED EATING

Presented by Erika Bent, LMFT, LPCC, CEDS-S

Thursday, March 20, 2025 | 6 pm – 8 pm

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

This presentation will offer education and practical advice on how to help your teen build healthy habits with social media, as well as build a positive relationship with their bodies and mind.

HUNT, GATHER, PARENT:

HOW TO MINIMIZE CONFLICT & MAXIMIZE COOPERATION

Presented by Michaeleen Doucleff, PhD

Tuesday, March 25, 2025 | 5 pm – 7 pm | ZOOM Only

This program will present a parenting approach that teaches children to cooperate and work together with their parents and siblings.