

# THERAPY GROUPS LIST JULY AUG SEP 2019

The Therapy Groups List is published in the quarterly newsletter and emailed to Marin CAMFT members. The public may access and download a PDF of the Therapy Groups List from a link on the home page of Marin CAMFT's website. Groups advertised here are offered by licensed psychotherapists and supervised prelicensed psychotherapists, who may or may not be members of Marin CAMFT. Marin CAMFT does not take responsibility for the quality of services provided.

## ~ GROUPS FOR WOMEN ~

### **WOMEN'S GROUP**

**Renée Owen, LMFT** 415 453 8117

Ongoing weekly group for women (clinicians & nonclinicians) Develop & deepen intimacy skills through support, process work, goal setting. Excellent adjunct to individual therapy Thursdays PM San Rafael

### **DIVORCE GROUPS FOR WOMEN ONLY**

**Susan Pease Gadoua, LCSW** 415 448 6242

Ongoing biweekly groups provide community, emotional support and information for all stages divorce or separation. Topics: self-esteem, empowerment and recovery from difficult feelings situations

### **RELATIONSHIP INSIGHT GROUP FOR WOMEN ONLY**

**Susan Pease Gadoua, LCSW** 415 448 6242

Ideal for any woman who is ready to change unhealthy relationship patterns. Bring to light outdated beliefs and perceptions that set women up for unfulfilling, sometimes abusive situations

### **MONTHLY SATURDAY GROUPS FOR WOMEN**

**Gilda Meyers, LMFT** 415 453 1839

Ongoing groups exploring issues of midlife and aging, meet one Saturday monthly in San Rafael. Age 65+ meets 2nd Saturday/month 10-1. Age 55+ meets 3rd Saturday 10-1:00 or 10-3. Call for flyer, info, free interview.

### **WOMEN'S INTERPERSONAL GROUP**

**Lois Friedlander, LMFT, CGP** 415 383 3337

Integrates psychodynamic, interpersonal models. For students, professionals. Examine relationships. Consultant: Dr. Irv Yalom Wednesday, 6:30-8 PM, Ongoing. 3569 Sacramento Street, SF

### **WEIGHT LOSS AND WEIGHT MAINTENANCE GROUP**

**Dr. Jean Hayes, LMFT** 415 897 1348

Gain tools and develop strategies for successful weight loss/long-term maintenance. Food plans individualized for new habits with group therapy & support for emotional ups & downs 12-week am/pm sessions in Novato

### **PARTNERS OF SEX ADDICTS SUPPORT GROUPS**

**Willow Tree Counseling** 707 200 2332 x 102

Education and support for betrayed partners impacted by sex addiction. A safe space to share experiences and receive guidance - a Christian group is available. Jeanne@willowtreesantarosa.com

### **WOMEN'S GROUP**

**Dee (Laudene) Treshnell, LMFT** 415 246 1211

Ongoing weekly support and process group for women experiencing the expectations, stress and anxiety of our demanding society. Explore ways to find stress relief/balance. deetreshnell@comcast.net www.deetreshnell.com

## ~ GROUPS FOR MEN ~

### **GROUP THERAPY FOR MEN**

**Scott Nelson, PhD, LMFT** 415 383 9254

Strengths- and Positivity-Based, move in cooperation toward greater emotional awareness, resolving challenges, improved relationships and competence Wednesday 6:30- 8 PM

### **THE RIGHT MEN'S TEAM**

**Richard Platt, LMFT** 415 760 8541

Helps men become alive, creative, productive through setting goals & being held accountable by trustworthy men. Supports clients to take their lives to the next level. www.teensolutionsmarin.com

### **MEN AND RELATIONSHIPS**

**David Kest, LMFT** 415 246 1739

San Rafael Group forming. Practice mindfulness, safe conversations & relationship skills to promote healing & growth. Ready for the next level through support & compassion? Wed, 7-9 PM 1703 Fifth Ave, SR

### **MEN'S SEX ADDICTION RECOVERY GROUP**

**Willow Tree Counseling** 707 200 2332 x 101

Ongoing homework/process group helping create & maintain sobriety, establish recovery, & address underlying issues. Santa Rosa: Mon 4PM, Tue 8AM, Thur 5PM, San Rafael: Fri 3PM. Tim@WillowTreeSantaRosa.com

## ~ COED GROUPS ~

### **INTIMACY GROUPS**

**Renée Owen, LMFT** 415 453 8117

Ongoing weekly process groups for men and women (single, in relationship, or married). Explore blocks and learn how to experience more fulfillment & success in relationships and life. Monday or Tuesday PM San Rafael

### **SINGLES GROUP**

**Renée Owen, LMFT** 415 453 8117

Psychoeducational group for men and women desiring to create more committed, intimate relationships. Assists in discovering blocks/obstacles. Excellent adjunct to individual therapy. 9 weeks, Tuesday PM San Rafael

### **INTERPERSONAL PROCESS GROUP**

**Lou Dangles LMFT Chris Armstrong LMFT** 415 454 2722

Members will have an opportunity to learn about relationship patterns in their lives, understand impact on others Weds, 7:30- 9 PM San Anselmo

### **BARIATRIC SURGERY/ EDUCATION SUPPORT GROUP**

**Dr. Jean Hayes, LMFT** 415 897 1348

For women and men contemplating weight loss surgery and for those post-surgery, to establish new eating habits for weight loss and successful maintenance. 12-week AM and PM sessions in Novato

### **SUBSTANCE ABUSE EDUCATION/SUPPORT GROUP**

**Dr. Jean Hayes, LMFT** 415 897 1348

For women and men contemplating their behavior, use or abuse of various substances, i.e., alcohol, drugs, food, pills, sex, shopping, gambling-effects on aspects of their lives. 12-week. AM & PM in Novato.

### **MONTHLY PSYCHODRAMA GROUPS & WORKSHOPS**

**Sylvia Israel, LMFT, TEP, RDT/BCT** 415 454 7308

Issues addressed: relationship with self and others, family of origin, self-esteem, empowerment, trauma/addictions recovery, spirituality. Emphasis on creativity & spontaneity. www.BayAreaMorenoInstitute.com

### **COUPLES COMMUNICATION WORKSHOP**

**Kathy Jarosz, LCSW** 415 999 4414

Crash course to improve communication with a partner. Focus on skills to use right away. Materials given for practice. Great relationship tune-up. One evening per month. Kathy@couplescounselingworks.com

## ~ CHILDREN TEENS AND PARENTING ~

### TEEN BOYS MENTORING TEAM

**Richard Platt, LMFT** 415 760 8541  
Supports boys 13 and older through the challenges of becoming a teen in Marin. Members build character; learn communication and leadership skills in a safe and fun environment.

### T(W)EENS AND YOUNG ADULTS

**Alane Freund, MS, MA, LMFT, #36077** 415 203 6600  
Anxiety, Creatives, Overwhelm, Sensitivity, EQ. Ecotherapy, Fun, LGBTQ+ welcome. Mindfulness, heal from trauma, social skills, self-esteem. Woodacre. [www.alanefreund.com](http://www.alanefreund.com)

### PARENTING HIGHLY SENSITIVE & ANXIOUS KIDS/TEENS

**Alane Freund, MS, MA, LMFT, #36077** 415 203 6600  
20% have highly tuned nervous systems; they think deep thoughts, are easily over aroused, emotionally reactive and notice subtleties. Ongoing group. [www.alanefreund.com](http://www.alanefreund.com)

### TEENS AND YOUNG ADULTS

**Dee (Laudene) Treshnell, LMFT** 415 246 1211  
Ongoing weekly support groups for teens (13+) experiencing the challenges of today in Marin: stress, inclusion/exclusion, transitions, cyber addiction, manage expectations MV [deetreshnell@comcast.net](mailto:deetreshnell@comcast.net), [www.deetreshnell.com](http://www.deetreshnell.com)

### PARENTING ADOLESCENTS

**Dee (Laudene) Treshnell, LMFT** 415 246 1211  
Ongoing support group for parents of teens: focus on defining your evolving role, navigating developmental changes, transitions, find common ground, improve communication. [deetreshnell@comcast.net](mailto:deetreshnell@comcast.net), [www.deetreshnell.com](http://www.deetreshnell.com)

### THERAPEUTIC ART GROUP FOR TEENS

**Annie Danberg, LMFT** 415 322 8984  
Teens - ages 14-17 experience a variety of creative mediums to: Gain self-confidence and awareness, Soothe anxiety, increase self-esteem. Tuesday afternoons 4:15-5:45, [www.anniedanberg.com](http://www.anniedanberg.com)

## ~ SPECIALTY GROUPS ~

### MEN PARTNERS OF ABUSE SURVIVORS

**Scott Nelson, PhD, LMFT** 415 383 9254  
Education about the impact of abuse; support and exploring response-able resolution to personal and couple challenges with others that will understand. Tuesdays, 6:30-8 PM [www.scottnelsonphd.com](http://www.scottnelsonphd.com)

### \$\$\$ MONEY MATTERS \$\$\$

**Laurie Buntain, LMFT** 415 721 9555  
Explore and understand your relationship with money. Identify influences and patterns to increase rational financial behavior and harmony. Seven sessions for individuals and couples. Group meets biweekly in Kentfield.

### HORSE/ANIMAL SUPPORTED THERAPY GROUP

**Dr. Jean Hayes, LMFT** 415 897 1348  
Therapeutic skills and problem solving for new possibilities, learned and practiced through interacting with unique and friendly horses and farm animals for adults, adolescents and youth.

### ARTS-BASED PROCESS GROUP FOR WOMEN & MEN

**Dr. Shira Marin LMFT, Annie Danberg, LMFT** 415 499 0737  
Clinicians/ non-clinicians. Liberate self-expression, cultivate self-awareness & self-acceptance and transform self-judgment. 8-week session. San Rafael [www.shiramarinphd.com](http://www.shiramarinphd.com) or [www.anniedanberg.com](http://www.anniedanberg.com)

### ONLINE DREAM GROUPS

**Shira Marin, PhD, LMFT** 415 499 0737  
Benefit your life through the psyche's language of images. Immersion in dreams with possible Expressive Arts. Group 1 - clinicians, Group 2 - non-clinicians. 6 members. Fri AM 1.5 hours weekly 40 yrs. experience. [www.shiramarinphd.com](http://www.shiramarinphd.com)

### COUPLES GROUP

**Ilene Wolff, LMFT** 415 420 3619  
Bimonthly process group: *Falling In Love With Your Partner Again*. Evidence-based communication tools, psycho-ed. group, find support, give up blame. Stanford-trained, 35 yrs. exper. SF & San Rafael, [www.ilenewolff.com](http://www.ilenewolff.com)

## ~ GROUPS FOR THERAPISTS ~

### CO-LED THERAPY GROUP FOR MATURE THERAPISTS

**Geraldine Alpert, PhD, Elaine Cooper, PhD, LCSW** 415 479 9479  
One opening in high functioning, long term, co-ed group with psychodynamic, interpersonal orientation. Wednesday AM in San Rafael. [www.GeraldineAlpert.com](http://www.GeraldineAlpert.com).

## ~ WORKSHOPS AND TRAININGS ~

### ENLIVEN YOUR WORK WITH PSYCHODRAMA TRAINING

**Sylvia Israel, LMFT, TEP, RDT/BCT** 415 454 7308  
Integrating role-play into individual sessions. Exploring Social Issues: 2-Day Sociodrama Workshop. Director Intensive. [www.BayAreaMorenoInstitute.com](http://www.BayAreaMorenoInstitute.com), [sylvia@imaginecenter.net](mailto:sylvia@imaginecenter.net)

### GOTTMAN METHOD COUPLE THERAPY

**Lisa Lund, CRC, MFT** 415-721-4310  
See [www.ACouplesPlace.com](http://www.ACouplesPlace.com) to learn about our workshops for professionals and for couples. Registered Associates are welcome and will receive discounts. CE hours available for all workshops.

## ~ CONSULTATION GROUPS ~

### THRIVE CONSULTATION GROUPS

**Renée Owen, LMFT** 415 453 8117  
Connect and network with colleagues. Receive help in creating a thriving practice, or starting, facilitating or sustaining groups and general case consultation. Meets once a month in San Rafael. [reneeowen@sbcglobal.net](mailto:reneeowen@sbcglobal.net)

### CONSULTATION/SUPERVISION GROUP

**Scott Nelson, PhD, LMFT** 415 383 9254  
Ongoing group 1.5 hours twice a month – 6 members. 43 years experience Your energy engaged, your knowledge strengthened, your insight brightened [www.scottnelsonphd.com](http://www.scottnelsonphd.com)

### ONLINE CLINICAL SUPERVISION: PRELIC/EARLY CAREER

**Shira Marin, PhD, LMFT** 415 499 0737  
Learn about the aspects of private practice that will further your development. Experienced facilitator, 35 years clinical/teaching experience Depth, Jungian, Dream, EAT approaches. 90 minutes, twice a month in San Rafael

### ONLINE CONSULTATION: MID & LATE CAREER

**Shira Marin, PhD, LMFT** 415 499 0737  
Get support & deepen grasp of complex case material. Private practice and agency issues. CEs. Collaborate, connect. Experienced facilitator, 35 yrs. Clinical, teaching experience. 90 minutes twice/month in San Rafael

### CONSULTATION GROUP: EXPERIENCED CLINICIANS

**Fran Goldie-Marcus, LCSW** 415 892 4310  
Consultation group with special emphasis on evaluating and treating personality disordered clients from a psychodynamic and object relations perspective. Contact Fran for more info: [frangoldiemarcus@gmail.com](mailto:frangoldiemarcus@gmail.com).

### BIMONTHLY CONSULTATION GROUP

**Geraldine Alpert, PhD.** 415 497 9479  
Formerly Director Post Doc Training at Kaiser; Assoc. Prof of Psychiatry at UCSF, Director of Group Therapy at McAuley Neuro-Psychiatric Ins. Input/Support. [www.GeraldineAlpert.com](http://www.GeraldineAlpert.com)

## **~ SUBMISSION GUIDELINES ~**

### **NEXT DEADLINE SEPTEMBER 15, 2019**

1. Submit new ads to [mcamftnewsletter@gmail.com](mailto:mcamftnewsletter@gmail.com) before 9/15/2019.
2. Renew existing ads with no changes by mailing your check, payable to Marin CAMFT, to: Renee Owen, LMFT at 1703 Fifth Avenue #101, San Rafael, CA 94901 (no hard copy required)
3. Mail a hard copy of new ads and check, payable to Marin CAMFT to Renee Owen, LMFT, 1703 Fifth Avenue #101, San Rafael, CA 94901 For questions, call TGL Editor, Renée Owen, at 415 453 8117 or contact Editor, Pam Sweeney at [mcamftnewsletter@gmail.com](mailto:mcamftnewsletter@gmail.com)
4. Specify the section in which you would like to see your ad.
5. Maximum ad length: First 2 lines for title of group, facilitator, phone # - 44 characters. Next 3 lines- description of group and web address, 65 characters per line. If too long or doesn't follow the existing format... editing!
6. Price: Marin CAMFT members: \$20 first listing, \$10 for additional listings in the same issue. Nonmembers: (including agencies) \$25 first listing, \$15 for additional listings in the same issue.
7. For answers to your questions, call TGL Editor, Renée Owen, at 415 453 8117 or contact Newsletter Editor, Pam Sweeney at [mcamftnewsletter@gmail.com](mailto:mcamftnewsletter@gmail.com)