

THERAPY GROUPS LIST JAN FEB MAR 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 Bring to light outdated beliefs and perceptions that set women up for unfulfilling, sometimes abusive situations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 415 472 2765

Ongoing group exploring issues of midlife and aging, meet one Saturday monthly in San Rafael. Ages 65+ meet 2nd Saturday per month 9:30-12:30. Ages 55+ meet 3rd Saturday 10-1:00 or 1-3. 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

INVITING THE CRONE

Alane Freund, MS, MA, LMFT, #36077 415 203 6600

We dive right into the necessity of women over 50 claiming their power as their bodies, relationships and work lives change. Fairfax & Woodacre. www.HeartandMindEquine.com

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

~ 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.

THERAPY GROUPS IN SAN FRANCISCO

Art Raisman, PhD 415 453 4271

Groups for therapists and non-therapists since 1984. Tuesday, Wednesday, PM, Thursday AM. Divisadero at California, San Francisco. www.artraisman@msn.com

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.

TEENS 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. Saturdays, Woodacre. www.HeartandMindEquine.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 in Fairfax. www.HeartandMindEquine.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

\$\$\$ 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 or www.anniedanberg.com

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

HIGHLY SENSITIVE PEOPLE EMPOWERMENT GROUP

Alane Freund, MS, MA, LMFT, # 36077 415 203 6600
Learn about innate sensitivity trait: Self-care, boundaries H.A.L.T., Deep processing, manage emotions & empathy, thrive in 80% world. San Rafael, Fairfax & Woodacre. www.HeartandMindEquine.com

~ WORKSHOPS AND TRAININGS ~

MAKE THERAPY COME ALIVE PSYCHODRAMA TRAINING

Sylvia Israel, LMFT, TEP, RDT/BCT 415 454 7308
Experiential methods can enliven and inspire both client and therapist. Access your spontaneity and creativity as you learn powerful action methods to incorporate into your work. www.BayAreaMorenoInstitute.com

GOTTMAN METHOD COUPLE THERAPY

Lisa Lund, CRC, MFT 415-721-4310
See www.ACouplesPlace.com to learn about our workshops for professionals and for couples. Interns are welcome and will receive discounts. CE hours available for all workshops.

~ CONSULTATION GROUPS ~

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.

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

CLINICAL SUPERVISION: PRELICENSE/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

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.

SKILL-BUILDING & CASE CONSULT IN COUPLES TX

Kathy Jarosz, LCSW 415 999 4414
Focus to be on skill building, the Bader-Pearson Developmental Model of Couples Therapy & facilitating sessions effectively. 90 min, 2x month in Corte Madera, Thurs. or Fri AM, 30+ yrs. exp. Kathy@CouplesCounselingWorks.com

~ SUBMISSION GUIDELINES ~

1. Submit new ads to mcamftnewsletter@gmail.com before **3/15/2019**.
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
4. Specify the section in which you would like to see your ad.
5. Maximum 5 lines, 65 characters total per line. If too long: 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

NEXT DEADLINE MARCH 15, 2019