

*The Summer 2017 newsletter for the Marin County Chapter of the California Association of Marriage and Family Therapists presents chapter news, details about upcoming events and Part 1 of a 2 part article on Men and Sex Addiction by Gary Gross*



**MARIN CAMFT PRESIDENT'S MESSAGE: Patricia Saunders, LMFT**

Well, summer is upon us and it's a good time to remember the importance of self-care. We expend so much energy and time helping others and often forget to give ourselves refreshing breaks. **Self-care** is a personal health maintenance technique that focuses on improving our mental and physical health. It encourages us to be conscious and proactive about how we choose to help ourselves.



While we often share with our clients the importance of modeling important values to their children and families, we sometimes forget that we also model our own values to our clients. One important message for our clients is that of modeling self-value, as when we take a vacation or a

long weekend.

Although taking time off isn't always possible, there are many other ways to be good to yourself: getting enough sleep, healthy eating, exercising and making time for good friends. A simple but often overlooked form of self-care is having a regular self-pampering experience - anything that takes you away from the daily stresses and strains.

I can hear some of you sighing, "Oh, no, she wants me to do yoga or Zumba!" Not necessarily! My definition of self-care is giving yourself permission to do whatever you want to do. If yoga, meditating or writing in your journal isn't your thing, don't do it! It's about doing something that makes you feel good!

The bottom line is, take care of yourself – you are every bit as important as your clients. The next time you suggest that your clients take care of themselves, ask yourself when the last time was that you took that advice yourself!

Since there are a couple of months ahead without any Marin CAMFT action, I am taking my newest novel out to my garden and getting on my amazingly soothing swing. And you...?

*Enjoy the summer! See you in September.*

## SUMMER CALENDAR OF EVENTS

**5 AUGUST**  
**SATURDAY 9-12**

**TIBURON WALK AND TALK**  
Blackie's Pasture, Tiburon. [CLICK](#) for more information

**11 AUGUST**  
**FRIDAY 9-9:30**

**EXECUTIVE BOARD MEETING**  
185 North Redwood Drive, #225, San Rafael, 94903

**11 AUGUST**  
**FRIDAY 9:30-11**

**BOARD OF DIRECTORS MEETING**  
185 North Redwood Drive, #225, San Rafael, 94903

**1 SEPTEMBER**  
**FRIDAY 9-11**

**EXECUTIVE BOARD MEETING**  
185 North Redwood Drive, #225, San Rafael, 94903

**8 SEPTEMBER**  
**FRIDAY 9:30-11**

**BOARD OF DIRECTORS MEETING**  
Corte Madera Town Center, 770 Tamalpais Drive, #201  
Corte Madera, 94925. [CLICK](#) for Agenda

**8 SEPTEMBER**  
**FRIDAY 11:30-2**

**FRIDAY CONTINUING EDUCATION SERIES**  
*Leaky Gut, Leaky Boundaries: The Gut-Brain Connection and How the Human Microbiome Impacts Mind-Body-Spirit Well-Being,*  
Katie Cole, DO. **Corte Madera Town Center, 770 Tamalpais Drive, #201, Corte Madera, 94925.** [CLICK](#) for more information.

**23 SEPTEMBER**  
**SATURDAY 9-12**

**SATURDAY WORKSHOP SERIES**  
*Male Sexuality: A Sex-Positive Perspective,* Gary Gross, LMFT.  
**Corte Madera Town Center, 770 Tamalpais Drive, #201, Corte Madera, 94925.** [CLICK](#) for more information.

## MARIN CAMFT BOARD OF DIRECTORS & COMMITTEE CHAIRS

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NEWSLETTER	<a href="#">Pam Sweeney</a>	415 455 5468
THERAPY GROUPS	<a href="#">Renee Owen</a>	415 453 8117

## TIBURON WALK AND TALK - AUGUST 5



Join us for a walk and talk hike from Blackie's Pasture to downtown Tiburon where we will stop for lattes and pastries at Cafe Acri at 1 Main Street. All are welcome. Exit 101 at Tiburon Blvd. Follow E Tiburon Blvd. to Greenwood Beach Road and turn right into the parking lot. The entrance is just after the intersection of Tiburon Boulevard and Reed Ranch Road. This is a flat trail with fabulous views of the bay. [CLICK](#) to register

**Saturday, August 5, 9:00 am to 12:00 noon**

Distance 5 miles round trip. Time is 2-3 hrs. Led by [Lisa Lund](#)

## NOTICE TO READERS:

The Marin CAMFT Newsletter is committed to presenting accurate information that falls within CAMFT ethical, advertising and other guidelines. The Newsletter is not responsible for any misrepresentation of qualifications or credentials submitted for publication. Accurate representation is the sole responsibility of those submitting materials for advertising or as articles. Articles and reports appearing in the Marin CAMFT Newsletter reflect the views of the author and do not necessarily represent the views of the chapter. To place a display, classified or Therapy Groups ad, please [CLICK](#) to consult the Marin CAMFT website for specifications and prices. To submit an article, please [CLICK](#) for details.

This newsletter, being electronic, has different issues with space than the print version. Consequently, it can hold many more clinical articles, reviews, pictures, ads, committee reports, etc. in future editions - **BUT ONLY IF THEY ARE SUBMITTED!** Please send to: [mcamftnewsletter@gmail.com](mailto:mcamftnewsletter@gmail.com)

### FROM THE MENTORSHIP COMMITTEE

Dear Marin CAMFT Members:

It is with heavy hearts that we report the disbanding of the Marin CAMFT Mentorship Committee and Program. Please know how much we acknowledge, highly value and recognize the importance the mentor/mentee relationship; however, due to shifting means of interpersonal connection and social media tools, the Committee has found that over the course of the last two years, Marin CAMFT members needs are being met in other, more current and effective ways.

If you are interested in being part of a mentor/mentee relationship, please attend one of the many events held by Marin CAMFT. Networking and socializing opportunities are always available and an excellent way to connect with others. We hope to see you!

With sincere gratitude,

## FEATURED ARTICLE

### Men and Sex Addiction: A Sociological Perspective, Part 1

Gary Gross, LMFT

though it feels like another lifetime, back in the 1970's I trained to be a Sociologist (M.A., 1976) and taught at the Community College level from 1973 to 1981. My primary areas of specialization in this discipline were *Marriage and the Family* and *Deviance*. These foci were helpful later when I went back to school to get an M.A. in Clinical Psychology and devoted a significant part of my career to working with victims and perpetrators of sexual abuse.

While most of us have a vague idea of what sociologists do, it "can be said that the first wisdom of sociology is this—things are not what they seem... Social reality turns out to have many layers of meaning. The discovery of each new layer changes the perception of the whole" (1). Sociologists are like anthropologists in our own culture, and this is deceptively difficult because we are social animals and we are all constrained by the time we live in and the ethos of our own particular society. Relevant to this point is the Zen saying: "The fish are the last to discover the ocean." A less benign perspective suggests that we are "prisoners" of our own culture, and to become "free" we need to apply the principles of scientific inquiry and acknowledge our inevitable bias in the pursuit of truth.

Although the concept of "sexual addiction" has only been around since the early 1980's when Patrick Carnes wrote *Out of the Shadows* in 1983 (2), the belief that men and women could lose control of their sexuality has been around forever. Consider, for example, Adam and Eve and "original sin."

Women who are sexually active are often considered "promiscuous" and through the years have been called sluts, whores, prostitutes, "easy," nymphomaniacs, "loose," "round-heeled women," harlots and much more. It is interesting to note that we have far fewer terms for males who are sexually active, perhaps because this has mostly been seen as normative. It may also suggest that the words we use in our culture to describe sexual behavior reflects our differing attitudes about what is appropriate for males and females, and, in the view of ardent feminists, by the "patriarchy".

If you have been on the planet awhile, you will notice that how society perceives the problems of Homo sapiens can change with the times, and what is "sexy" (pun intended) in the world of psychology also changes. In the 1980s and 1990s I rode this wave of interest in child sexual abuse, trauma, working with perpetrators and PTSD, etc. Except for the current clinical focus on soldiers and PTSD (and the alarming rate of suicide by veterans), it seems our collective interest in childhood sexual abuse has diminished. Are there really fewer cases than in those decades I mentioned? Are victims going back into hiding? And why has all the funding dried up for this kind of work?

I believe we will see a similar kind of decline in the area of "sexual addiction". Perhaps with so much media attention, it has become so commonplace that it is losing whatever shock value it had when it was new and sexy. It has always been seen by many in our field as a hypothetical "problem" and there is increasing pushback today that this is not a legitimate diagnosis. If women who enjoy sex are sluts, does this mean that the men who are considered "hypersexual" or "compulsive" in their sexuality or those who have altered their neural pathways with porn so that they crave daily sexual stimulation and release are all now "addicted" to sexuality?

There are two prevailing camps relative to this issue: in the first camp are sex therapists who have studied patterns of human sexuality over many years. They tend to be more liberal about sexual behavior; less religiously oriented and are wary of shaming those with unusual or alternative sexual lifestyles. These therapists are often members of the American Association of Sexuality Educators, Counselors and Therapists (AASECT) and would include Kinsey, Masters and Johnson, Bernie Zilbergeld, et. al. as well as such contemporary sex therapists as Marty Klein, John Money, David Ley, Joe Kort, Jack Morin and many others.

In the second camp are the "addictionologists" who are eager to include a plethora of behavioral or "process" addictions to an ever growing list of problems that their treatment programs can address. The DSM-5 has accepted gambling in this category, but those who ascribe to the addiction model would like to see shopping, sugar, chocolate, gossip, credit cards, the internet, social media and internet gaming (to name a few) added to this list. But for now, they would be happy to just get sexual addiction into the next edition of the DSM. Some of the proponents of this diagnosis include Patrick Carnes (and the Meadows franchise of treatment programs), Robert Weiss, Charlotte Kasl Mari Lee, David Weiss and many others.

Returning to a Sociological perspective, something called "labeling theory" from Howard Becker and his disciples (3) from the 1950's asks why some people committing some actions are defined as deviant, while others are not. Deviant behavior can be considered behavior that incurs public disapproval or behavior that is usually the subject of some kind of sanction (e.g. going to jail, a monetary fine, being ostracized, etc.).

In consideration of the new diagnosis of sexual addiction, are we creating a new label for (primarily) men because we don't like how they are expressing their sexuality, because we think they are masturbating too much, looking at porn too often or having affairs outside of marriage? In Becker's terminology, those who take the lead in getting a particular behavior negatively (or positively) labeled are called "moral entrepreneurs". Perhaps this is a fitting designation for these new specialists who call themselves addictionologists.

If we "follow the money," sex addiction is big business. Some residential treatment programs can cost over \$37,000 per month. The training to become a certified sex addiction therapist (CSAT), offered through the International Institute for Trauma and Addiction Professionals (IITAP) founded by Patrick Carnes, involves the completion of four training modules at a cost of around \$5,000 plus the cost of 30 hours of supervision from CSAT-certified therapists. IITAP also charges a biannual certification renewal fee of \$150. It appears that IITAP yearly income is augmented by approximately \$70,000 from therapists' annual certification renewals and \$100,000 from website advertising and training materials (4).

Of course, it's not a crime to make a profit, apply business principles to the craft of psychotherapy or to specialize with a particular population. But before we embrace the concept of sexual addiction, we need to determine whether this is a legitimate diagnosis that merits inclusion in the DSM. In Part 2 of this discussion I will focus on the "science" behind this diagnosis, and address whether what we collectively might consider hurtful and self-destructive sexual behaviors are truly "addictive." Continuing to use a sociological perspective, we will look at these issues using the latest research about sexuality and the male brain, evolutionary biology and the real world consequences of labeling someone a sex addict.

References:

1. Berger, Peter L. *Invitation to Sociology: A Humanistic Perspective*; Anchor books; 1963
2. Carnes, Patrick *Out of the Shadows: Understanding Sexual Addiction (2<sup>nd</sup> edition)*; Hazelden; 1992
3. Becker, Howard S. *Outsiders: Studies in the Sociology of Deviance*; The Free Press of Glencoe; 1963
4. Ley, David J. *The Myth of Sexual Addiction*; Rowman & Littlefield; 2012

[Gary Gross, LMFT](#), has been involved professionally with the concerns of boys and men since the late 1970's when he helped organize the first California Men's Gathering and taught coursework on **Men and Masculinity** at City College of San Francisco. He obtained an M.A. in Sociology in 1976, an M.A. in Clinical Psychology in 1984, and has been in private practice since 1987. He has worked at several local non-profit agencies, matching boys with men at Big Brothers and Sisters, developing the first (and only) treatment program in Marin for male juvenile sex offenders at Family Service Agency and has run groups for abused boys through FSA's Child Sexual Abuse Treatment Program (CSATP). He specializes in working with boys, men and couples and provides consultation to groups and other professionals regarding best practices with this population.

# Come Home to Your Self

## Mixed Media Visual Journaling Group

Led by Shira Marin, PhD, LMFT (15972)  
and Annie Danberg, MA, LMFT (96861)

### Begins June 14

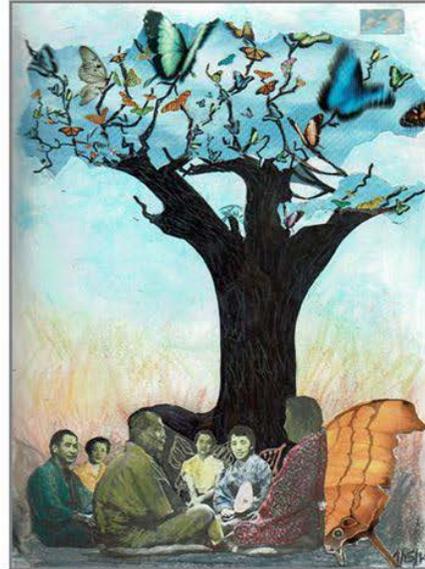
6 Wednesdays: 6:30-8:45

Cost: \$390.00, San Rafael

\$360.00 by June 2

Engage deeply in creative process  
in a safe environment to:

- Soothe Stress
- See yourself more compassionately
- Find peace and inner guidance
- Speak your voice more fully
- Move forward confidently
- Discover community through creativity



***Limited to 6, No experience needed! For men, women, clinicians and non-clinicians alike. Most materials included. Complimentary pre-participation interview required.***

### 9-month Group Begins in September

For details or to register, contact:

Shira Marin, PhD: (415) 499-0737 • [ShiraMarinPhD.com](http://ShiraMarinPhD.com)  
Annie Danberg, MA: (415) 322-8984 • [AnnieDanberg.com](http://AnnieDanberg.com)

# Marin County Chapter of CAMFT

## LEAKY GUT, LEAKY BOUNDARIES: THE GUT-BRAIN CONNECTION & HOW THE HUMAN MICROBIOME IMPACTS MIND-BODY-SPIRIT WELL-BEING

Katie Sophia Cole, DO



## Friday Continuing Education Series

September 8, 2017 12:00 - 2:00

CORTE MADERA TOWN CENTER  
770 TAMALPAIS DRIVE, #201, CORTE MADERA, CA 94925

### SEPTEMBER 8 FRIDAY CONTINUING EDUCATION SERIES

***Leaky Gut, Leaky Boundaries: The Gut-Brain Connection and How the Human Microbiome Impacts Mind-Body-Spirit Well-Being, Katie Cole, DO***

How many of your clients seem to have “brain fog”, or trouble focusing, concentrating or remembering what you discussed in your therapy sessions? Or have low motivation to apply these coping skills? Have any of your clients ever expressed frustration with the outcomes of psychiatric medication treatment?

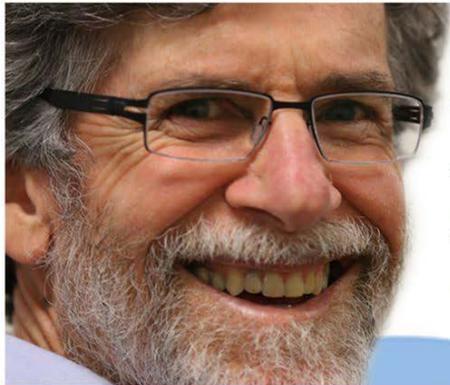
When I first began psychiatric practice over 14 years ago, I remember feeling frustrated with the limited and minimal response I would see with most psychotropic medications. As I began to practice holistic and integrative medicine, I realized how vital the gut-brain connection is, and how any type of gut dysfunction can significantly alter physical and emotional well-being, mimicking many psychiatric syndromes including ADHD, fatigue, depression, anxiety and even mood swings.

Recognizing and treating gut dysfunction along with nutritional deficiencies can have a drastic result in improving your clients’ focus and concentration, energy levels, motivation and even depression, anxiety and mood stability. During the September 8 lecture I will review how the gut and brain are intricately connected; some simple ways that you can help your clients improve their digestive health and nutritional deficiencies, powerfully impacting the results of your therapy practice.

This talk will discuss the human microbiome, the gut-brain communication patterns and the impact of gut microbiome dysfunction on emotional and physical well-being. This talk will also provide some simple yet powerful recommendations to improve psychiatric symptoms by implementing specific nutrients vital for optimal well-being.

[Katie Cole, DO](#) is a talented and caring holistic psychiatrist and medical intuitive, dedicated to enhancing the physical, emotional and spiritual well-being of all patients. She specializes in a root-cause approach using

functional medicine to diagnose and treat psychiatric symptoms and syndromes. She is passionate about “wholistic” approaches to healing and utilizes many tools including nutrition, micronutrient supplementation, energy medicine, Reiki energy healing and transformational coaching. She is board certified in psychiatry and has extensive training in Functional and Orthomolecular Medicine, Holistic Nutrition, Reiki Energy Healing, Women’s Mental Health, Perinatal Psychiatry, Ayurvedic Medicine, Transformational Coaching, Spiritual Medicine and Medical Intuition. Dr. Cole creatively and effectively blends her training and expertise to guide her patients to obtain ideal balance and harmony. She currently practices at Functional Medicine SF in San Rafael.



*Register now for  
Marin CAMFT’s  
September 23 Workshop  
with Gary Gross, LMFT*

## MALE SEXUALITY: A SEX-POSITIVE PERSPECTIVE

*September 23, 2017 9-12, 3 CE*

*Corte Madera Town Center, 770 Tamalpais Drive, #201*



## A MARIN CAMFT SATURDAY WORKSHOP

### **SEPTEMBER 23 SATURDAY WORKSHOP**

***Male Sexuality: A Sex-Positive Perspective, Gary Gross, LMFT***

Working with boys and men in psychotherapy can be both frustrating and rewarding. Males are not socialized to verbally express a range of emotions, they typically have difficulty with feelings of intimacy, vulnerability and shame, and many times they believe they are in treatment to appease someone else. Instead of seeing therapy as a proactive and courageous step toward better mental health, entering treatment symbolically represents failure, weakness, or both. This means therapists often begin their individual or couples work with a built-in handicap.

Male sexuality is often perceived in popular culture as aggressive, selfish and out of control. Every day the media reports another salacious story of men behaving badly. And yet, adolescent males feel considerable pressure to “score,” men are anxious about their “performance” in bed, and most guys receive conflicting messages about how, when and where to express their sexual energy. This creates insecurity, shame and unrealistic expectations—both for their partners and for themselves.

This workshop will look at the life issues that create problems for men, and address through evolutionary psychology and recent brain research some of the important ways that males and females differ in regard to sexuality. We will explore the possible effects of pornography on male sexuality, and look critically at the

widespread belief that men can become “addicted” to sexual behavior. This belief creates a continuing narrative that male sexuality is dangerous and unmanageable. Treatment is enhanced if we know how to help men navigate these pervasive beliefs with compassion and we can create a working relationship that does not further contribute to their shame.

This 3 CE Marin CAMFT Workshop, **Male Sexuality: A Sex-Positive Perspective**, featuring Gary Gross, LMFT will take place on Saturday, September 23, 2017 from 9:00 AM to 12:00 PM at the Corte Madera Town Center, which is located at 770 Tamalpais Drive, Room 201, Corte Madera, CA 94925. Please [CLICK](#) here to read Marin CAMFT’s Continuing Education Policies and [CLICK](#) here to register for the Workshop

## FEES

ATTENDEES	MCAMFT MEMBERS	NON-MEMBERS
CLIN./ASSOC.	\$59	\$69
PRELICENSED	\$29	\$39
PSY/RN	\$69	\$79

## LEARNING OBJECTIVES

- Know the 10 life issues that create problems for men, especially as these relate to male sexuality
- How myths about male sexuality promote shame and are damaging to both men and women
- How recent brain research and findings from evolutionary psychology help us understand the differences between how men and women value sexual relationships
- The ways in which the concept of "sexual addiction" can be damaging and create more shame for men
- To better understand the positive and negative consequences of men viewing pornography and how this impacts their sexual relationships

## WORKSHOP SCHEDULE

<b>9:00</b>	<b>Introductory Comments</b>
<b>9:20</b>	<b>Life Issues that Create Problems for Men: Specific to Male Sexuality</b> Compartmentalization Relationships with our Fathers Male Friendships Emotional Literacy/Intelligence Lifelong Emotional Immaturity and Behavioral Impulsivity Anger Management Warriors, Competition and Risk-taking Work, Money and Power Sexuality Intimacy, Vulnerability and Shame
<b>9:50</b>	<b>Myths About Male Sexuality</b>
<b>10:20</b>	Comfort Break
<b>10:30</b>	<b>Brain Research</b> Differences Between Male and Female Sexuality Evolutionary Psychology
<b>11:00</b>	<b>The Myth of Sexual Addiction: How this Diagnosis Can Be Harmful to Men</b>
<b>11:30</b>	<b>Pornography: Pros and Cons</b>
<b>12:00</b>	<b>End of Program</b> Turn in Evaluations Collect your CE Certificate

## THERAPY GROUPS JULY AUGUST SEPTEMBER 2017

### GROUPS FOR WOMEN

#### WOMEN'S GROUP

Renee Owen, LMFT 415 453 8117

*Ongoing weekly group for spiritually-oriented women (clinicians & non-clinicians) 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- 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*

## CONSCIOUS AGING GROUPS FOR WOMEN

**Gilda Meyers, LMFT 415 472 2765**

*Ongoing group for women 65+ Monthly, Saturday 9:30-12:30 in San Rafael. Group for midlife women 50+ also meets one Saturday per month, 10-1:30 or 10-3. Call for a flyer, more information and free interview.*

## WOMEN'S INTERPERSONAL GROUP

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

*Integrates psychodynamic, interpersonal models. For students, professionals. Examine relationships. Consultant: Dr. Irving 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 and support for emotional ups and downs 12-week am/pm sessions in Novato*

## GROUPS FOR MEN

### 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](http://www.teensolutionsmarin.com)*

### GROUP FOR MEN 50+

**Lou Dangles, LMFT 415 454 2722**

*An ongoing interpersonal process group for men in the second half of life. Emphasis on emotional communication, giving and receiving feedback in a here-and-now interactional frame. Thursdays, 6:30-8 PM*

### MEN'S GROWTH GROUP

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

*Move towards greater emotional awareness, work through personal issues, improve quality of relationships & build on strengths. Wednesday 6:30 - 8 PM*

## GROUPS FOR MEN AND WOMEN

### INTIMACY GROUPS

**Renee 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 and success in relationships and life. Monday or Tuesday PM San Rafael*

### SINGLES GROUP

**Renee 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 and Chris Armstrong 415 454 2722**

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

#### BARIATRIC SURGERY/EDUCATION SUPPORT GROUP

**Dr. Jean Hayes 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 AND SUPPORT GROUP

**Dr. Jean Hayes 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 and PM sessions in Novato

#### THERAPY GROUPS IN SF

**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](http://www.artraisman@msn.com)

### CHILDREN, TEENS, 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.

### SPECIALTY GROUPS

#### MEN PARTNERS OF ABUSE SURVIVORS

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

A place to talk and learn about the impact of abuse on survivors and relationships, to explore aspects of themselves that affect caring for themselves and their partners. Tuesdays, 6:30-8 PM

#### 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 AND MEN

**Shira Marin, PhD, LMFT and Annie Danberg, MFTI 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) and [www.anniedanberg.com](http://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. Come find out. Group 1 is for clinicians, Group 2 is for non-clinicians. 6 members. Friday morning 1.5 hours weekly. 40 years experience. [www.shiramarinphd.com](http://www.shiramarinphd.com)

### GROUPS FOR THERAPISTS

#### PRACTICE BUILDING AND GROUP THERAPY CONSULTATION GROUPS

**Renee Owen, LMFT 415 453 8117**

Choose one or both groups for help in creating a thriving practice or starting, facilitating or sustaining groups. Meets in San Rafael.

#### CLINICAL SUPERVISION: PRELICENSSED, 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 AND LATE CAREER**

**Shira Marin, PhD, LMFT 415 499 0737**

*Get support & deepen grasp of complex case material. Private practice and agency issues. CEUs. Collaborate, connect. Experienced facilitator, 35 yrs. Clinical, teaching experience. 90 minutes twice/month in San Rafael*

**PSYCHOTHERAPY WITH PERSONALITY DISORDERS**

**Fran Goldie-Marcus, LCSW 415 892 4310**

*A 12-session case consultation seminar integrating theory and practice. 24 CE units available. For more information call Fran Goldie-Marcus, LCSW, CAMFT CE Provider #129511.*

**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 nurtured, your knowledge strengthened, your insight brightened and love & compassion will embrace your process. [www.scottnelsonphd.com](http://www.scottnelsonphd.com)*

**THERAPY GROUPS SUBMISSION GUIDELINES**

- Submit new ads to [mcamftnewsletter@gmail.com](mailto:mcamftnewsletter@gmail.com) before, September 1, 2017.
- Mail a hard copy of your new ad and check, payable to Marin CAMFT to Renee Owen, LMFT at 1703 Fifth Avenue #101, San Rafael, CA 94901.
- 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.
- Specify the section in which you would like to see your ad (groups for women, men, etc.)
- Maximum 5 lines, 65 characters total per line. Ads that are too long will be edited.
- Price: Marin CAMFT Members: \$20 first listing, \$10 for each additional listing in the same issue. Nonmembers: (including agencies) \$25 first listing, \$15 for each additional listing in the same issue.
- Please note that both current and past editions of the Therapy Groups are also reachable on the public side of the Marin CAMFT website from the Therapy Groups Archive (under the NEWSLETTER tab). [CLICK](#) to go to the Therapy Groups Archives, where you may download and print your own copy of the Therapy Groups List.
- If you have questions about the Therapy Groups List, call Renee Owen at **415 453 8117**

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