

THERAPY GROUPS JAN FEB MAR 2017

The groups listed here are offered by licensed psychotherapists and supervised interns, 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 spiritually oriented 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- 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 Bring to light outdated beliefs and perceptions that set women up for unfulfilling, sometimes abusive situations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/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. 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

WOMEN'S GROUP and WISER/OLDER WOMEN'S GROUP

Colleen Russell, LMFT 415 785 3513

Relationships, transitions, trauma, loss, anxiety, depression. Day and Evening. Experienced Facilitator, www.colleenrussellmft.com

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.

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

ALTERNATIVES TO ANGER AND VIOLENCE

Michael Mesmer, LMFT 415 601 7497

Therapeutic group approach to help clients reduce anger and end violence. Downtown San Rafael location. Court-certified. Sliding scale. Interview and minimum 13 weeks required. Wednesday 7-9 PM

CO-ED 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 and PM sessions in Novato

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. www.teensolutionsmarin.com

MINDFUL MOTHERS SUPPORT GROUP

Anneli Richards, LMFT 415 326 6354

Twelve-week group helps parents learn and practice mindful parenting. Two separate groups meeting Monday AM, Wednesday PM in San Rafael

MARIN TEEN EQUINE-ASSISTED THERAPY GROUP

Alane Freund, LMFT 510 421 4281

Fun! Experiential. Games and activities with horses. Communication, leadership, social skills, problem solving, goal setting, mindfulness, self-esteem. Heal from trauma. Woodacre. Saturday AM. HeartandMindEquine.com

TEEN "WORRY-FREE" CLUB

415 634 3500

Julie Hartman, PhD & JoAnne Forman, LMFT

Fun CBT/Mindfulness Skills "Club" to help teens stay on course, maximize their potential and decrease the negatives caused by worry & stress. Guys & gals, ages 14-19. Mon. 5:30pm in Corte Madera. www.mindfulnessresourcecenter.com

SPECIALTY GROUPS

DIALECTICAL BEHAVIOR THERAPY (DBT)

Supervised by Sarah Chapman, LMFT 415 491 5728

Family Service Agency of Marin. Groups for adults and teens who have difficulty with emotional management, frequent crises/self-injuring behavior. CBT+ mindfulness. Sli.Scale/MediCal, San Rafael

AGESONG

Ann Coffey, PhD

415 491 5726

Family Service Agency of Marin. 8-week discussion group for seniors 65 and older, to share common experiences, insights, fears and to discover new possibilities. \$80 for 8 weeks. San Rafael.

CBT/DBT GROUP FOR DEPRESSION OR ANXIETY

Community Institute for Psychotherapy 415 459 5999 x 450

Skills-based education and training group to help cope with everyday problems, distressing emotions, excessive worry, fear, stress, anxiety and depression. Tuesdays, 7-8:30 PM

BEYOND HUNGER SUPPORT GROUPS 415 459 2270

Psychoeducational groups for those with disordered eating & body hatred. Compassion, mindfulness, intuitive eating, body acceptance emotional caretaking skills Mon Tues Wed 7- 9 PM www.beyondhunger.org

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

SURVIVORS OF SUICIDE SUPPORT GROUP

Family Service Agency

415 491 3120

An eight-week support group for those who have lost a loved one to suicide. Provides a supportive environment to help survivors cope with the devastating aftermath of suicide. Sliding scale. San Rafael

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.

EQUINE-ASSISTED GROWTH AND LEARNING GROUP

Alane Freund, LMFT

510 421 4281

Ongoing, experiential equine-assisted. Friendly rescue horses (no riding) help clients learn about self-care, boundary setting, communication and relationships. CE available for clinicians. HeartandMindEquine.com. Woodacre.

ARTS-BASED PROCESS GROUP FOR WOMEN & MEN

Dr. Shira Marin LMFT, 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/ anniedanberg.com

ALTERNATIVES TO ANGER AND VIOLENCE

Michael Mesmer, LMFT

415 601 7497

Therapeutic group approach to help clients reduce anger and end violence. Downtown San Rafael location. Court-certified. Sliding scale. Interview and minimum 13 weeks required. Wednesdays, 7-9 PM

MOTHERLESS DAUGHTERS GROUP

Colleen Russell, LMFT

415 785 3513

Ongoing, for women who have lost their mothers through death, illness or estrangement. Developed/facilitated in 1992, led by a Certified Group psychotherapist, Kentfield office. www.colleenrussellmft.com

GRIEF GROUP

Colleen Russell, LMFT

415 785 3513

8 weeks with an option to continue. Loss from death; profound loss (relationship, estrangement, relocation) Experienced facilitator, Certified Group Psychotherapist, Certified Grief Counselor, Kentfield www.colleenrussellmft.com

GROUP FOR FORMER MEMBERS OF HIGH DEMAND/ HIGH CONTROL ORGANIZATIONS*

Colleen Russell, LMFT, CGP

415 785 3513

(*Religious, Political, Philosophical, etc.) Developed/Facilitated since 2004, every other Saturday, 2 hours, Kentfield, www.colleenrussell.com

EXPATS

Gabriel Rabu, LMFT

415-758-2203

All nationalities support group in Corte Madera. Psychosocial impact of immigration & acculturation. Focus: Isolation, shame & pride of being a foreigner. www.gabrielrabu.com

FIND YOUR VOICE, CHANGE YOUR LIFE!

Doreen Hamilton, Ph.D.

510 524 4055

Speaking Circles® Training Dir. offers 6-wk group to teach people how to dissolve public speaking fears and be confident to speak authentically. Fridays 10-12, Kentfield. www.essentialspeaking.com

OCD/PHOBIA/ANXIETY GROUP

Dan Kalb, PhD

415 925 8511

The same highly effective CBT techniques used in individual treatment will be employed in this group for adults. Exposure practice in a supportive context will be emphasized. www.cbtmarin.com

GROUPS FOR THERAPISTS

PRACTICE-BUILDING & GROUP THERAPY

CONSULTATION GROUPS

Renée 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: 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

CONSULTATIVE SUPERVISION: MID & 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

THERAPY GROUPS FOR THERAPISTS

Art Raisman, PhD

415 453 4271

Assistant Clinical Professor of Psychiatry, UCSF for mental health professionals and trainees since 1984, Tues/Thurs AM, Tues /Wed PM San Francisco www.artraisman@msn.com

PSYCHOTHERAPY WITH PERSONALITY DISORDERS

Fran Goldie-Marcus, LCSW

415 892 4310

12-session case consultation seminar integrating theory and practice. Meets Fridays, 10 – 12, beginning 1/27/17. 24 CEUs available, CEP# 129511, call for information

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

WORKSHOPS

HIGHLY SENSITIVE PEOPLE & HORSE WORKSHOPS

Alane Freund, LMFT

510 421 4281

6-8 HSPs join our herd of HS rescue horses. EAGALA-Model equine-assisted learning. Self-awareness, self-acceptance, self-care, hands-on activities with the herd. Woodacre, www.HeartandMindEquine.com.