

THErapy GROUPS JAN FEB MAR 2018

The groups listed 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 Bring to light outdated beliefs and perceptions that set women up for unfulfilling, sometimes abusive situations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 415 203 6600
We dive right into the necessity of women over 40 claiming their power as their bodies, relationships and work lives change. Fairfax & Woodacre. www.HeartandMindEquine.com, Lic. MFC 36077

~ 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 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

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

~ 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 415 453 4271
Issues addressed: relationship with self and others, family of origin, self-esteem, empowerment, trauma/addictions recovery, spirituality. Emphasis on creativity & spontaneity. www.BayAreaMorenoInstitute.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.

CALM KIDS

Felicity Flynn, B Psych, C.Ht 415 712 8637
Supports children 7-12 to learn easy and effective ways to manage academic stress and improve their performance. Programs run on Saturdays over 4 consecutive weeks.

~ CHILDREN TEENS & PARENTING ~

CALM TEENS

Felicity Flynn, B Psych, C.Ht 415 712 8637
Supports teens to learn easy and effective ways to manage academic stress, including exam stress and performing under pressure. Programs run on Saturdays over 4 consecutive weeks.

TEEN TALK: LEADERSHIP, STRESS, EQ GOALS

Alane Freund, MS, MA, LMFT 415 203 6600
Meet outdoors, fun group therapy. Mindfulness, heal from trauma. Games and activities: Problem-solving, social skills, self-esteem. Sat, Woodacre. www.HeartandMindEquine.com, Lic. MFC 36077

PARENTING HIGHLY SENSITIVE KIDS/TEENS

Alane Freund, MS, MA, LMFT 415 203 6600
20% have highly tuned nervous systems, they think deep thoughts, are easily overaroused, emotionally reactive and notice subtleties. Ongoing group in Fairfax. www.HeartandMindEquine.com, Lic. MFC 36077

~ 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

HORSE/ANIMAL SUPPORTED THERAPY GROUP

Dr. Jean Hayes, LMF 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 i- non-clinicians. 6 members. Fri AM 1.5 hours weekly. 40 yrs experience. www.shiramarinphd.com

WISE MIND-WISE BODY: MINDFULNESS PRACTICES FOR WELL-BEING

Starr Kelton-Locke and Carol Normandi 415 488 1104
Two bimonthly groups to support the development of mindful practices: One for therapists only and one for clients. Time to be decided. Call Carol (see above) or send an email to starr@kelton-locke.com

HIGHLY SENSITIVE PEOPLE EMPOWERMENT GROUP

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

\$\$\$ 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.

~ GROUPS FOR THERAPISTS ~

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

~ CONSULTATION GROUPS ~

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

CONSULTATION: 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

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 You're energy engaged, your knowledge strengthened, your insight brightened www.scottnelsonphd.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, Thur or Fri AM, 30+ yrs exp. Kathy@couplescounselingworks.com

~ SUBMISSION GUIDELINES ~

1. Submit new ads before March 1, 2018.
2. 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.
3. 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.
4. Specify the section in which you would like to see your ad (groups for women, men, etc.).
5. Maximum 5 lines, 65 characters total per line. If your ad is too long, it will be edited.
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. The Therapy Groups list is published in both the digital and print versions of the newsletter, which comes out quarterly. Therapy Groups will also be accessible to the public from a link on the home page of Marin CAMFT's website: www.marincamft.org. If you have questions, call Renee Owen - 415 453 8117