

THE THERAPY GROUPS OCT NOV DEC 2016

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 Bring to light outdated beliefs and perceptions that set women up for unfulfilling, sometimes abusive situations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

SUPPORT GROUP FOR WOMEN IN TRANSITION

Community Institute for Psychotherapy 415 459 5999 x 450
Provides support and encouragement during life transitions such as relationship/career changes, divorce, empty nesting, learning to be independent /dealing with difficult life events. Thursday 6-7:30 PM

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

CBT/ANXIETY/PANIC GROUP FOR WOMEN

Lori Sparrow, LMFT 415 718 2008
AnxietyTherapyMarin. Ongoing weekly CBT group for women with anxiety. Work on CBT skills to decrease symptoms, receive support and learn evidence-based methods. Thursday PM Kentfield

COGNITIVE BEHAVIOR GROUP FOR WOMEN WITH OCD

Lori Sparrow, LMFT 415 718 2008
AnxietyTherapyMarin. Ongoing weekly CBT Group for women with OCD. Work on CBT skills, create habituation plans, decrease feelings of shame, receive support. Wednesday PM Kentfield

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

THErapy GROUPS OCT NOV DEC 2016

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

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

LASTING RECOVERY GROUP

Andrew Copperman, LMFT 415 847 8842
Ongoing weekly group for substance abuse, participants work on issues underlying substance use while receiving ongoing support for recovery. Excellent adjunct to 12-step programs Thursdays, 8:30-9:30 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.

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.colleenrussellmft.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 & practice. Meets Fridays, 10 – 12, beginning Jan. 2017. 24 CEUs, CEP#129511. Call for info.

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.