

# MARIN CAMFT THERAPY GROUPS APRIL, MAY, JUNE 2015

## ~~GROUPS FOR WOMEN~~

**WOMEN'S GROUP, Renée Owen, LMFT** Ongoing weekly group for spiritually oriented women. Participants develop & deepen intimacy skills with themselves and others through support, process work, and goal setting. Excellent adjunct to individual therapy. Tuesday pm. One opening. San Rafael. (415) 453-8117.

**DIVORCE GROUPS (WOMEN ONLY), Susan Pease Gadoua, LCSW.** Ongoing biweekly groups provide community, emotional support and information at all stages of divorce or separation. Topics include self-esteem, empowerment, and recovery from difficult feelings/situations. (415) 448-6242.

**RELATIONSHIP INSIGHT GROUP (WOMEN ONLY), Susan Pease Gadoua, LCSW.** Ideal for any woman who is ready to change unhealthy relationship patterns Brings to light outdated beliefs/perceptions that set women up for unfulfilling and sometimes abusive situations. (415) 448-6242.

**GROUPS FOR WOMEN, Gilda Meyers, LMFT.** Conscious Aging: ongoing group for women 60+ meets one Saturday a.m. monthly, 9:30-12:30 in San Rafael. Group for midlife women (45 up) also meets one Saturday monthly, 10-1:30 or 10-3. Flyer, info, free interview: (415) 472-2765.

**SEEKING SAFETY: A Recovery & Wellness Group for Women, Lynn Ervin, LCSW 28683. FSA of Marin.** Integrated tx of PTSD & substance abuse using Seeking Safety model. Promotes wellness, recovery & symptom mgmt for both disorders. Sliding scale, Medi-Cal. Tu/Thu. afternoons. Ongoing, San Rafael. (415) 491-5710.

**ONGOING WOMEN'S EQUINE FACILITATED PSYCHOTHERAPY GROUP, Judy Weston-Thompson, Equine Insight.** Healing issues of grief, Loss and trauma through horses. Mondays 11:00-12:30pm. See website for details & to sign up: [www.equineinsight.net](http://www.equineinsight.net). (415) 457-3800.

**WOMEN'S INTERPERSONAL GROUP, Lois Friedlander, LMFT, CGP.** Ongoing, integrates psychodynamic and interpersonal models. Blend of students, professionals examine relationships in all aspects of life. Consultant: Dr. Irv Yalom. Wed. 6:30-8, 3569 Sacramento St, SF (415) 383-3337

## ~~GROUPS FOR MEN~~

**THE RIGHT MEN'S TEAM, Richard Platt, LMFT** Helps men become alive, creative and productive through setting goals and being held accountable by trustworthy men. Supports your clients to take their life to the next level. [www.teensolutionsmarin.com](http://www.teensolutionsmarin.com) Call Richard: (415) 760-8541

**GROUP FOR MEN 50+, Lou Dangles, LMFT** 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. Tuesday, 6:30-8pm. (415) 454-2722.

**SEEKING SAFETY: A Recovery & Wellness Group for Men, Lynn Ervin, LCSW 28683. FSA of Marin.** Integrated tx of PTSD & substance abuse using Seeking Safety model. Promotes wellness, recovery & sympt. mgmt. Sli. scale/ Medi-Cal. Th. afternoons. Ongoing, San Rafael. (415) 491-5710.

**MEN'S GROWTH GROUP, Scott Nelson, PhD, LMFT.** Move towards greater emotional awareness, work through personal issues, improve quality of relationships & build on strengths. Wednesday, 6:30-8:00 383-9254.

**ALTERNATIVES TO ANGER & VIOLENCE, Michael Mesmer, LMFT.** Therapeutic group approach to help clients reduce anger & end violence. Wed. 7-9 pm, San Rafael. Court-certified. Sliding scale. Interview + min. 13 weeks required. M/F/Teens (415) 601-7497.

## ~~CO-ED GROUPS~~

**INTIMACY GROUPS, Renée Owen, LMFT.** Ongoing weekly process groups for men and women (single, in relationship, or married) desiring to experience more fulfillment & success in relationships and life. Monday or Tuesday evenings. San Rafael. (415) 453-8117.

**SINGLES GROUP, Renée Owen, LMFT.** Nine-week psychoeducational group for men and women desiring to create more committed, intimate relationships. Assists in discovering blocks and obstacles. Excellent adjunct to individual therapy. Thursday p.m.'s, San Rafael. (415) 453-8117.

**INTERPERSONAL PROCESS GROUP, Lou Dangles, LMFT & Chris Armstrong, LMFT.** Members will have an opportunity to learn about relationship patterns in their lives, understand their impact on others. Wednesday, 7:30-9pm, San Anselmo. (415) 454-2722.

## ~~CHILDREN, TEENS, PARENTING~~

**PARENTING TODAY: Mary Jane DeWolf-Smith, LMFT & Patricia Saunders, LMFT, APPLE FamilyWorks.** 4-week group helps parents learn effective strategies to grow cooperative, happy, and responsible children. Tuesdays, 6:30- 8:30pm in San Rafael. (415) 492-0720.

**CO-PARENTING TODAY: Mary Jane DeWolf-Smith, LMFT & Patricia Saunders, LMFT. APPLE FamilyWorks.** 7-week group for parents who are living apart, to harmoniously raise healthy, cooperative children. Parents attend separate class series. Tues., 6:30-8:30 pm in San Rafael. (415) 492-0720.

**TEEN BOY'S MENTORING TEAM, Richard Platt, LMFT.** Supports ages 13+ for the challenges of being a Marin teen. Members learn to grow in a safe and fun environment. Builds character, communication, and leadership skills. Call Richard (415) 760-8541. [www.teensolutionsmarin.com](http://www.teensolutionsmarin.com).

**PARENTING APART, Family Service Agency of Marin.** 6-week class for parents to learn skills promoting children's well being. Attendance by both parents encouraged but not required. Parents attend separate. classes. Sliding scale. Wed 11-12:30 pm or 6-7:30 pm. (415) 491-5723. Spanish (415) 491-5720.

**EQUINE & ANIMAL THERAPY FOR KIDS 10+, Dr. Jean Hayes LMFT.** Build self-esteem with animal therapy petting zoo on farm. 6-week group for kids 10+ who love animals and want to learn about them while increasing confidence. Tuesdays 4-5:30, Novato \$50.00/session. (415) 897-1348.

**MINDFUL MOTHERS SUPPORT GROUP: Anneli Richards LMFT#44694.** Twelve-week group helps parents learn & practice mindful parenting. Two separate groups, meeting Mon. a.m. or Wed. p.m. in San Rafael. (415) 326-6354.

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## ~~SPECIALTY GROUPS~~

**DIALECTICAL BEHAVIOR THERAPY, Family Service Agency of Marin, Supervised by Sarah Chapman LMFT 16780.** Group for adults who have difficulty with emotional management, frequent crises, or self-injuring behaviors. Combines CBT with mindfulness. Sliding scale/Medi Cal. San Rafael. (415) 491-5728.

**AGESONG, Ann Coffey, Ph.D., Family Service Agency of Marin.** An 8 week discussion group for seniors 65 and older, to share common experiences, insights and fears and to discover new possibilities. \$80 for 8 weeks. San Rafael (415) 491-5726. [www.agesongmarin.org](http://www.agesongmarin.org).

**EQUINE & ANIMAL THERAPY FOR THERAPISTS, Dr. Jean Hayes LMFT.** Stress reduction group w/ animal therapy for therapists: calm yourself and feel joy petting exotic and friendly farm animals-horses, llamas, donkeys, pigs, goats Novato. 6 weeks Thursdays, 11-12:30 or 3-4:30. \$50.00/session. (415) 897-1348.

**CBT/DBT GROUP FOR DEPRESSION OR ANXIETY. CIP.** Skills-based education and training group to help cope with everyday problems, distressing emotions, excessive worry, fear, stress, anxiety & depression. Tues. 7-8:30pm, (415) 459-5999 x 450.

**BEYOND HUNGER SUPPORT GROUPS.** Psycho-educational groups for men/women with disordered eating & body hatred integrating compassion, mindfulness, intuitive eating, body acceptance, & emotional caretaking skills. Mon, Tues, Wed. 7-9pm. (415) 459-2270. [beyondhunger.org](http://beyondhunger.org)

**MEN PARTNERS OF ABUSE SURVIVORS, Scott Nelson, PhD, LMFT.** A place to talk, learn about abuse impact on survivors and relationships, explore aspects of themselves that affect caring for themselves & their partners. Now forming. 6:30-8:00, Tuesday. (415) 383-9254.

**MINDMATTERS: MJ DeWolf-Smith, LMFT35490. & Nicole Farkas, Intern Trainee,** suprvsr Lenore Cantrell, LMFT13163. Mindfulness /CBT group to overcome depression thru time-tested, evidenced based methodologies. \$80, for all 8 sessions. (415) 492-0720.

**ADULT CHILDREN OF AGING PARENTS GROUP: Nancy Rhine, LMFT, CPG. 4 weeks. Parent-child relationship repair, coping w/ siblings, setting healthy boundaries, senior resources, dementia.** Wed p.m., begins 4/22. San Anselmo. (415) 378-6577.

**ALTERNATIVES TO ANGER & VIOLENCE: Michael Mesmer, LMFT.** Therapeutic group approach to help clients reduce anger and end violence. Wed 7-9:00 pm San Rafael. Court-certified. Sliding scale. Interview and minimum 13 weeks required. M/F/Teens. (415) 601-7497.

## ~~GROUPS FOR THERAPISTS~~

**CONSULTATION GROUPS: PRACTICE-BUILDING OR GROUP-THERAPY CONSULT, Renée Owen, LMFT.** Choose one or both groups for: help creating a thriving practice—or—starting, sustaining, and successfully facilitating groups. Each group meets one time/month for 1.5 hours. San Rafael. (415) 453-8117.

**SUPERVISION: Pre-Licensed & Early Career Clinicians. Shira Marin, PhD, LMFT,** Addresses all aspects of private practice to further your development. Depth/Jungian/Dream/EAT approach. Experienced facilitator, 35 yrs. clinical & teaching experience. Meets 1.5 hrs, 2x/mo, San Rafael, CEUs Available (415) 499-0737.

**CONSULTATIVE SUPERVISION GROUP: Mid- & Late Career Clinicians. Shira Marin, PhD, LMFT.** Get support & deepen grasp of complex case material. Address private practice & agency concerns. CEUs. Collaborate and connect. Experienced facilitator, 30 yrs. Clinical, teaching experience. Meets 1.5 hrs, 2x/mo, San Rafael, (415) 499-0737.

**THERAPY GROUPS FOR THERAPISTS: Art Raisman, PhD, PSY7795,** Assistant Clinical Prof, Psychiatry, UCSF. For mental health professionals & trainees since 1984. Tu & Thu a.m. and Tu & W p.m. in SF. (415) 453-4271. [artraisman@msn.com](mailto:artraisman@msn.com).