

# THErapy GROUPS

Groups listed are offered by licensed psychotherapists or supervised interns. This list contains paid listings from both Marin CAMFT members and nonmembers. It is not intended to be all-inclusive. All phone numbers are in the 415 Area Code unless otherwise indicated. **Next submission deadline for the group therapy ads is February 15.**

## GROUPS FOR WOMEN

**WOMEN'S GROUP, Renée Owen, MFT** 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. 453-8117.

**WIVES/GFs SEXUALLY COMPULSIVE MEN, Susan Pease Gadoua, LCSW** Biweekly Wed. eves. this Fall. The Wives/GFs of sexually addicted or compulsive men is embarrassing and devastating w/o a private safe place to talk it can be isolating too. Join an 8-session intimate, confidential group. 257-0830.

**WOMEN'S DIVORCE SUPPORT GROUP, Susan Pease Gadoua, LCSW** Biweekly Tues. eves. Ongoing groups provide emotional peer support and valuable information to women at all stages of divorce or separation. Topics include self-esteem, empowerment, and recovery from difficult feelings/ situations. 257-0830.

**WOMAN'S THERAPY GROUP Kate Harling, MFT** Process group forming for women wanting to expand their capacity to accept and express their own unique selves, while building and maintaining intimate relationships with others. Monday day or evening in Mill Valley. 383-1817.

**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: 472-2765.

**SEEKING SAFETY: A Recovery and 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. Sliding scale, Medi-Cal. Fri 1:15-2:45 pm. Ongoing, San Rafael. 491-5710.

## GROUPS FOR MEN

**THE RIGHT MEN'S TEAM, Richard Platt, LMFT** Helps men align their virtues, values, beliefs and behaviors to become alive, creative and productive. Support your clients to take their life to the next level. Call Richard 415-760-8541 [www.teensolutionsmarin.com](http://www.teensolutionsmarin.com).

**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 454-2722.

## CO-ED GROUPS

**INTIMACY GROUPS, Renée Owen, MFT** Ongoing weekly process groups for men and women (single, in relationship, or married) desiring to experience more fulfillment & success in relationships and life. Monday 6:00pm, Monday 7:50pm, or Tuesday 6:00pm. San Rafael. 453-8117.

**SINGLES GROUP, Renée Owen, MFT** 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. 453-8117.

**INTERPERSONAL PSYCHOTHERAPY GROUPS, Community Institute for Psychotherapy** Tues. & Wed. 6-7:30 PM S.S. fee from \$20.00-\$40.00/session. Medi-cal accepted. A 12 week initial commitment is required. For more information please call 459- 5999 x450.

**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 454-2722.

**HEALTHY LIFESTYLE SUPPORT GROUP, Dorie Rosenberg, LMFT,** Helps clients integrate their insights between sessions, to make lasting changes & achieve goals for their Physical, Mental, Emotional, and Spiritual selves. First and Third Fridays, 11:30 a.m. to 1:00 p.m. Call 492-9850 or [dorie.mft@gmail.com](mailto:dorie.mft@gmail.com).

## CHILDREN, TEENS & PARENTING

**TEEN BOY'S MENTORING TEAM, Richard Platt, LMFT** Supports ages 13+ for the challenges of being a Marin teen. Members learn to grow up 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, FSA of Marin.** Six week class for parents to learn skills promoting children's well-being. Attendance by both parents encouraged but not required. Parents attend different classes. Sliding scale. Wed 11 a.m. - 12:30 p.m. or 6-7:30 p.m. 491-5723.

**CHILD-CENTERED CO-PARENTING, Patricia Saunders, MFT, & Mary Jane Dewolf-Smith, MFT** APPLE Family Works. 7-week group for parents who are living apart, to harmoniously raise healthy, cooperative children. Parents attend separate class series. Tues., 6:30-8:30pm, in San Rafael. 492-0720.

**POSITIVE & PEACEFUL PARENTING, Patricia Saunders, MFT & Mary Jane Dewolf-Smith, MFT** APPLE Family Works 4-week group helps parents learn effective strategies to grow cooperative, happy and responsible children. Tuesdays, 6:30-8:30pm at APPLE Family Works in San Rafael. 492-0720.

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## WORKSHOPS

**DBT GROUP FOR EATING DISORDERS (ADOLESCENTS), Community Institute for Psychotherapy** Wednesdays 4:30 – 5:45 PM, SS fee from \$15.00-\$25.00/session. Medi-cal accepted. A 6 week initial commitment required. For more information please call 459- 5999 x102.

**IT'S NOT ABOUT FOOD WORKSHOP, BEYOND HUNGER.** One day workshop w/ Beyond Hunger's co-founders exploring underlying issues w/ food, weight & body image. San Rafael, www.beyondhunger.org, Sun. 8:45am-4:30pm, Date TBA (Spring), call 459-2270.

## CONSULTATION GROUPS

**CONSULTATION GROUPS: PRACTICE-BUILDING OR GROUP-THERAPY CONSULT, Renée Owen, MFT** Choose one or both groups for: help creating a thriving practice—or—starting, sustaining, and successfully facilitating groups. Each group meets one Mon./month. 12:00-1:30pm. San Rafael. 453-8117.

**METAPHOR & SYMBOLS: SANDTRAY & EXPRESSIVE ARTS Jo Sopko & Sylvia Israel:** Feb 9 & 10, San Rafael. CEUs & student discount. Inter-Modal exploration of sandtray via writing, art, drama, psychodrama, movement. Contact 308-5657 / gajokos@yahoo.com.



## SPECIALTY GROUPS

**SUPPORT GROUPS: FOOD, WEIGHT, BODY IMAGE, Beyond Hunger** Psycho-educational groups: intuitive eating, body acceptance & emotional intelligence. Mon-Thur. eves. 7-9pm. NEW Teen Drop In Grp: Mon. 4:30-6pm & Adult Drop-In: Sat. 9:30-11am San Rafael, www.beyondhunger.org Katy 459-2270.

**EMOTIONAL BRAIN TRAINING (EBT) BASICS, Gini Gardner MFT** Learn EBT skills and tools based on cutting-edge neuroscience that build the capacity to self-regulate from within and let go of stress-driven habits such as overeating and overspending. Day and evening groups in Kentfield. 339-8662.

**DBT GROUP FOR EATING DISORDERS (ADULTS), Community Institute for Psychotherapy** Thursdays 5:30 – 7:30 PM, SS fee from \$15.00-\$25.00/session. Medi-cal accepted. A 6 week initial commitment required. For more information please call (415) 459- 5999 x102

**DIALETICAL BEHAVIOR THERAPY, Supervised by Sarah Chapman MFT 16780, FSA of Marin.** Group for adults w/ difficulty w/ emotional mgmt, frequent crises, or self-injuring behaviors. Combines CBT w/ mindfulness. Sliding scale/MediCal. San Rafael. 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 491-5726.

**LOSS & GRIEF SUPPORT GROUP, Jacqueline Danielson, RN, MFT.** Small Group-Big Heart: A place to grieve loved ones, relationship transition, job loss, & health issues. Weekly & ongoing, Thurs., 6:30-8:30 pm. 8 member limit. Wheel chair access. \$10 per session. For a brief intake, call 298-1844.

## CLASSIFIED ADS

**SAN RAFAEL PSYCHOTHERAPY OFFICE W/BAY VIEW, 821/150FT<sup>2</sup>** Waiting room, kitchenette, free parking, great cafe. Contact Jay Rice at 485-1388.

**BEAUTIFUL, SUNNY & SPACIOUS IN WONDERFUL VICTORIAN.** Quiet, semi-residential neighborhood, lots of trees, cozy windowbox seating, fireplace, lots of windows, fresh air, heat or a/c, waiting room, parking. Central San Rafael location (Fifth and G). Available Sat., Sun. and/or 3 mornings per week (Mon., Tues., & Thur. till 11 a.m., in a block). Not available by the hour. Call Renee Owen, LMFT#35255, at 415-453-8117.

