

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 DEADLINE: FEBRUARY 15, 2012

GROUPS FOR WOMEN

GROUPS FOR WOMEN Gilda Meyers, MFT Conscious Aging: Ongoing group for women 60+ meets one SATURDAY a month, 9:30am–12:30pm in San Rafael. Group for midlife women (45 up) also meets one Saturday a month, 10am–1:30pm or 10am–3pm. Flyer, info, free interview: 472-2765

SEEKING SAFETY: A RECOVERY AND WELLNESS GROUP FOR WOMEN Debra Collins MFT 35883 Family Service Agency of Marin offer an integrated treatment of PTSD and substance abuse using the Seeking Safety model. Sliding scale/Medi-Cal. Thurs 1:30–3pm San Rafael. 491-5713

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.

POSTPARTUM SUPPORT GROUP Ongoing weekly group for postpartum women struggling with depression, anxiety, anger, identity issues and/or parenting. Pre-crawling babies welcome. Tuesdays at 12:15 in Greenbrae. Sliding scale available. Contact Gina Borelli Moore, MFT at 460-6390 or gina@ginaborellimoore.com.

GROUPS FOR MEN

HITTING THE CURVEBALL: A GROUP FOR MEN CONFRONTING CHALLENGING LIFE CHANGES Robert Nemerovski, Psy.D. A low-fee group for men ages 30–50 with difficult life transitions (careers, relationships, health, finance). 12 Mondays 7:15–8:45 (Start TBD). \$35/wk. 272-3282.

THE RIGHT MEN'S TEAM Richard Platt, MFT Helps men lead their selves, families & communities to be creative, happy & productive. Support your clients to take their life to the next level. www.teensolutions.info 2nd & 4th Saturdays, 8–11 a.m. in San Rafael. 760-8541

DIVORCE SUPPORT GROUP FOR MEN Doug Silberstein, MFT Support in processing the difficult emotions related to divorce. Guidance through change of roles and identity, custody and financial disputes, loss of support system. Thursday evenings, San Rafael. 339-8335

GROUP FOR MEN 50+ Lou Dangles, LMFT Ongoing interpersonal support 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 evenings, 6:15pm–8:15pm 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.

COUPLES GROUP Sunny Sabbini MFT Improve communication and coping skills, make decisions and resolve conflicts collaboratively, and increase relationship intelligence and satisfaction. Monday, Tuesday, Thursday evenings 7:00–9:00. 895-0786

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

CHILDREN, TEENS & PARENTING

TEEN BOY'S MENTORING TEAM Richard Platt, LMFT Prepares young men ages 13+ for responsible adulthood. Builds character, communication, and leadership skills. Mentors of all ages welcome. www.teensolutions.info Fridays, 4–6 p.m. in Mill Valley. 760-8541

PARENTING APART Family Service Agency of Marin A 6 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 APPLE FamilyWorks 7-week group for parents who are living apart, to harmoniously raise healthy, cooperative children. Parents attend separate class series. Tuesdays, 7–9pm, at APPLE FamilyWorks in San Rafael. 492-0720.

POSITIVE & PEACEFUL PARENTING Patricia Saunders, MFT & Mary Jane DeWolf-Smith, MFT APPLE FamilyWorks 4-week group helps parents learn effective strategies to grow cooperative, happy and responsible children. Tuesdays, 7–9pm at APPLE FamilyWorks in San Rafael. 492-0720.

CONSULTATION GROUPS

NEW SUPERVISION GROUP FOR PRE-LICENSED CHILD THERAPISTS Shannon McGiffen MFT & Karen Pernet LCSW Focus on developing & refining a clinical perspective. Includes modalities of play therapy & sand tray. Will meet wkly in Oakland. Led by 510-923-0520 kpernet@yahoo.com

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.

≡ SPECIALTY GROUPS ≡

DIALECTICAL BEHAVIOR THERAPY Eitan Levi MFT Trainee (Sup. Sarah Chapman MFT 16780), Family Service Agency of Marin Group for adults who have difficulty with emotional management, frequent crises, or self-injuring behaviors. Combines CBT with mindfulness. Sliding scale/MediCal. Tues 2–4pm., Wed 1–3pm San Rafael. 491-5700 x5728

AGESONG Ann Coffey, Ph.D. Family Service Agency of Marin offer 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.

SUPPORT GROUPS—FOOD, WEIGHT, BODY IMAGE Beyond Hunger Psycho-educational groups: intuitive eating, body acceptance and emotional intelligence. Wed. 7–9pm, Jan. '12 \$50/grp, Drop-In grp. Sat. 9:30-11a & Mon. 6:30–8:30p San Rafael, www.beyondhunger.org 459-2270

EBT FOR OPTIMAL SELF REGULATION Gini Gardner, MFT Developed at UCSF based on cutting edge neuroscience, Emotional Brain Training (EBT) teaches you to process your emotions in a highly effective way to reduce stress, increase joy and let go of unhealthy habits. Evening groups meet in Kentfield. 339-8662

INTERPERSONAL PSYCHOTHERAPY GROUP
Two sessions: Tues 6–7:30 PM, Wed 6–7:30 PM
Sliding Scale \$15.00–\$25.00/session. Medi-cal accepted.
For more information please call (415) 459-5999 x450

MINDFULNESS GROUP Fri 5 – 6:00 PM
Sliding Scale \$15.00–\$25.00/session. Medi-cal accepted.
For more information please call (415) 459- 5999 x450