

## THE 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 August 15.**

### GROUPS FOR WOMEN

**DIVORCE GROUP (WOMEN ONLY), Susan Pease Gadoua, LCSW** Ongoing biweekly groups provide emotional support and information at all stages of divorce or separation. Topics include self-esteem, empowerment, and recovery from difficult feelings/situations. 257-0830.

**SEEKING SAFETY: A RECOVERY AND WELLNESS GROUP FOR WOMEN, Debra Collins MFT35883, Family Service Agency Of Marin.** An integrated treatment of PTSD and substance abuse using the Seeking Safety model. To promote wellness, recovery and manage symptoms relevant to both disorders. Sliding scale/Medi-Cal. Fri 1:15-2:45 pm Ongoing San Rafael. 491-5713.

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

**CODEPENDENCE, ASSERTIVENESS & INTIMACY - WOMEN'S RECOVERY GROUP, Alison Costa, LMFT, e-ryt-200, Monday's 6:45 - 8:15 P.M.** Non-traditional recovery support; participants will talk, dance, breathe meditate, journal and practice yoga [www.recoveryourspirit.com](http://www.recoveryourspirit.com) San Anselmo, 415-442-7907 for initial interview.

**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 p.m. One Opening. San Rafael. 415-453-8117.

**RELATIONSHIP INSIGHT GROUP (WOMEN ONLY), Susan Pease Gadoua, LCSW**, Ideal for women who are ready to change unhealthy relationship patterns. Brings to light outdated beliefs/perceptions that set women up for unfulfilling/abusive situations. Starting Fall 2012. 18 -24 mo. commitment. Space is ltd. 415-257-0830.

### GROUPS FOR MEN

**THE RIGHT MEN'S TEAM, Richard Platt, LMFT**, Helps men become creative, happy and productive. They learn to serve and protect family & community. 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

**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.

**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 7:50 p.m., or Tuesday 6:00 p.m. San Rafael. 415-453-8117.

**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. 415-453-8117.

**COMMUNITY INSTITUTE FOR PSYCHOTHERAPY INTERPERSONAL PSYCHOTHERAPY GROUPS** Tuesdays & Wednesdays 6-7:30 p.m. S.S. fee from \$15.00-\$25.00/session. Medi-cal accepted. For more information please call (415) 459- 5999 x450.

### 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. Fridays, 4-6 p.m. in Marin. Call Richard 415-760-8541 [www.teensolutionsmarin.com](http://www.teensolutionsmarin.com)

**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. Tuesdays, 6:30-8:30pm, at APPLE FamilyWorks 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.

**ALKING AND LISTENING TO TEENS. Spencer Jacobs, MFT**

A 4 week psychoeducational group for parents. Teaches developmental needs and norms of adolescents, and communication strategies to open and engage conversation Mondays, 7-8 p.m., Mill Valley. Call 968-5566.

**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.

**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. 12:00-1:30 p.m. San Rafael. 415-453-8117.

**SUPPORT GROUPS: FOOD/WEIGHT, BODY IMAGE, BEYOND HUNGER,**

Psycho-educational groups: intuitive eating, body acceptance and emotional intelligence. Wed. 7-9pm Summer & Fall '12 Teen Grp: Tues. 4-5:30 Drop-In grp. Sat. 9:30-11a San Rafael, www.beyondhunger.org Felicia 459-2270.

**IT'S NOT ABOUT FOOD WORKSHOP, BEYOND HUNGER,**

1 Day workshop w/ Beyond Hunger's co-founders exploring underlying issues w/ food, weight & body image. San Rafael, www.beyondhunger.org Sunday 8:45-4:30 Date TBA (August) call 459-2270.

**SPECIALTY GROUPS**

**DIALECTICAL BEHAVIOR THERAPY, Supervised By 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. Group will resume in October. San Rafael. 491-5700 x5728.

**COMMUNITY INSTITUTE FOR PSYCHOTHERAPY MINDFULNESS GROUP**

Fridays 5– 6:00 p.m. 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 x405.

**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.

**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.