

THERAPY GROUPS APRIL MAY JUNE

Groups listed here are offered by licensed psychotherapists or supervised interns and contains paid entries from both Marin CAMFT members and nonmembers. This list is not intended to be all-inclusive. Marin CAMFT does not screen groups and thus cannot take responsibility for the quality of services provided.

~~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 evenings in San Rafael. **415 453 8117**

DIVORCE GROUPS (WOMEN ONLY), Susan Pease Gadoua, LCSW. Ongoing biweekly groups provide community, emotional support and information- all stages divorce or separation. Topics: 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 Brings to light outdated beliefs and perceptions that set women up for unfulfilling, sometimes abusive situations. **415 448 6242**

GROUPS FOR WOMEN, Gilda Meyers, LMFT. Conscious Aging: ongoing group for women 65+ meets one Saturday morning. monthly, 9:30-12:30 in San Rafael. Group for midlife women 50+ also meets one Saturday monthly, 10-1:30 or 10-3. For a flyer, more information and free interview call **415 472 2765**

SEEKING SAFETY: A Recovery & Wellness Group for Women, Robin Furner, LMFT. Family Service Agency Integrated TX of PTSD & substance abuse with Seeking Safety model. Promotes wellness, recovery and symptom management Sliding scale, Medi-Cal. Tuesday afternoons. Ongoing, San Rafael. **415 491 5700**

ONGOING WOMEN'S EQUINE FACILITATED PSYCHOTHERAPY GROUP, Judy Weston-Thompson, LMFT. Mondays, 10:30 am -12 pm in Novato. Release your stress through the healing empathy and power of Equine Body Work. Details at www.equineinsight.net. **415 457 3800**

WOMEN'S INTERPERSONAL GROUP, Lois Friedlander, LMFT, CGP. Integrates psychodynamic, interpersonal models. For students, professionals. Examine relationships. Consultant: Dr. Irv Yalom Wed. 6:30-8, Ongoing. 3569 Sacramento Street, SF. **415 383 3337**

ARTS-BASED PROCESS GROUP FOR WOMEN, Shira Marin, PhD, LMFT/Annie Danberg, MFTI Clinicians/ non-clinicians. Liberate self-expression, cultivate self-awareness & self-acceptance and transform self-judgment. CEUs. 8-wk session San Rafael www.shiramarin.com/ anniedanberg.com **415 499 0737**

WEIGHT LOSS AND WEIGHT MAINTENANCE GROUP, Dr. Jean Hayes, LMFT. Learn tools and develop strategies for successful weight loss and long-term maintenance. Food plans individualized for new habits with group therapy and support for emotional ups and downs. 12-week am and pm sessions in Novato **415 897 1348**

SUPPORT GROUP FOR WOMEN IN TRANSITION, CIP. Provides support and encouragement during life transitions such as relationship changes, divorce, career changes, empty nest syndrome, learning how to be independent& dealing with difficult life events. Thursdays, 6-7:30 **415 459 5999 x 450**

~~GROUPS FOR MEN~~

THE RIGHT MEN'S TEAM, Richard Platt, LMFT 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. 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. Thursday, 6:30-8pm. **415 454 2722**

MEN'S GROWTH GROUP, Scott Nelson, PhD, LMFT. Move towards greater emotional awareness, work through personal issues, improve quality of relationships and build on strengths. Wednesdays, 6:30 - 8:00 pm. **415 383 9254**

~~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. 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, Thurs, pm 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 impact on others. Weds, 7:30- 9pm, San Anselmo. **415 454 2722**

BARIATRIC SURGERY AND EDUCATION SUPPORT GROUP, Dr. Jean Hayes, LMFT. 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/pm sessions in Novato. **415 897 1348**

SUBSTANCE ABUSE EDUCATION AND SUPPORT GROUP, Dr. Jean Hayes, LMFT. 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/pm sessions in Novato. **415 897 1348**

~~CHILDREN, TEENS, PARENTING~~

PARENTING TODAY: Patricia Saunders, LMFT, FamilyWorks. 4-week group helps parents learn effective strategies to grow happy, cooperative, responsible kids. Tues, 6:30-8:30 San Rafael **415 492 0720**

CO-PARENTING TODAY: Patricia Saunders, LMFT. FamilyWorks. 7-week group for parents living apart, to harmoniously raise healthy, cooperative children. Parents attend separate classes. Tues. 6:30-8:30 pm in San Rafael. **415 492 0720**

TEEN BOYS' 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. www.teensolutionsmarin.com. Call Richard **415 760 8541**

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

THERAPY GROUPS APRIL MAY JUNE

MINDFUL MOTHERS SUPPORT GROUP, Anneli Richards, LMFT. Twelve-week group helps parents learn and practice mindful parenting. Two separate groups meeting Monday am or Wednesday pm in San Rafael. **415 326 6354**

NEW MOTHERS' ANXIETY SUPPORT GROUP, Jennifer Norstrom, LMFT. Six-week group for navigating postpartum anxiety and/or depression. Pre-crawling babies welcome. Friday mornings in San Rafael **415 448 6478**

~~SPECIALTY GROUPS~~

DIALECTICAL BEHAVIOR THERAPY for Adults and Teens, Family Service Agency Supervised by Sarah Chapman, LMFT. For adults and teens that have difficulty with emotional management, frequent crises, or self-injuring behaviors. CBT plus 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+ to share common experiences, insights and fears and to discover new possibilities \$80 for 8 weeks, San Rafael www.agesongmarin.org **415 491-5726**

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 and depression. Tuesdays, 7-8:30 pm. **415 459 5999 x 450**

BEYOND HUNGER SUPPORT GROUPS Psycho-educational groups for men/women with disordered eating & body hatred. Compassion, mindfulness, intuitive eating, body acceptance and emotional caretaking skills Mon, Tues, Wed. 7- 9 pm. www.beyondhunger.org **415 459 2270**

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

BREAK-UP/ SEPARATION SUPPORT GROUP, Jennifer Norstrom, LMFT. 6-week series for insight and emotional support following separation. Creative processing for grief, shame, guilt, anger. Mindfulness for healing & new vision. San Rafael. **415 448 6478**

SURVIVORS OF SUICIDE SUPPORT GROUP, Family Service Agency of Marin. 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. **499-1193 x 3130.**

~~GROUPS FOR THERAPISTS~~

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

SUPERVISION: PRELICENSED AND EARLY CAREER CLINICIANS. Shira Marin, PhD, LMFT. All aspects of private practice to further your development. Depth/Jungian/Dream/EAT approach. Experienced facilitator, 35 yrs. Clinical, teaching experience. 1.5 hrs, 2x/mo., San Rafael, CEUs. **415 499 0737**

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

THERAPY GROUPS FOR THERAPISTS, Art Raisman, PhD Assistant Clinical Professor of Psychiatry, UCSF. For Mental Health professionals and trainees since 1984, Tues/Thurs am and Tues /Wed evenings in San Francisco www.artraisman@msn.com **415 453 4271**

UNDERSTANDING AND TREATING PERSONALITY DISORDERS, Fran Goldie-Marcus, LCSW: A focused consultation group for licensed psychotherapists, led by Fran Goldie-Marcus, LCSW Meets twice per month in Novato. **415 892 4310**

CONSULTATION/SUPERVISION GROUP, Scott Nelson, PhD, LMFT. Ongoing group 1.5 hours twice a month – 6 members. 43 years experience. Your energy nurtured, your knowledge strengthened, your insight brightened and love and compassion will embrace your process. www.scottnelsonphd.com, **415 383 9254**

CLINICAL THEORY/CASE DISCUSSION GROUP, Pat Shelton, PhD, LMFT. Opening for 1 exper. therapist. Consult for Attachment-Based Individ. & Cpl. models, e.g., AEDP, EFT. Pat has taught psychodynamic therapy at MA & PhD levels; co directs CIP's Couple Training CEUs. 1.5 hrs twice week Fridays **415 453 2440**

~~SUBMISSION GUIDELINES~~

1. Submit new ads to www.marincamft.org before the **MAY 15** deadline, or it will not appear in the Summer Newsletter. To renew existing ads with no changes, mail your check to Renee Owen (see #4)
2. Specify the section in which you would like to see your ad (groups for women, men, etc.).
3. Maximum 5 lines, 55 characters total per line. If your ad is too long, we will edit it.
4. Mail a hard copy of your new ad and check, payable to Marin CAMFT to: Renee Owen, 1703 Fifth Avenue #101, San Rafael, CA 94901. If this is an existing ad, mail only your check - no hard copy
5. Price: Marin CAMFT Members: \$20 first listing, \$10 for each additional listing. Nonmembers: (including agencies) \$25 first listing, \$15 for each additional listing in the same issue.
6. The Therapy Groups list is published in the print newsletter four times per year. Your ad will be simultaneously accessible to the public from the link on the home page of Marin CAMFT's website: www.marincamft.org
7. If you have any questions, please call Renee Owen at **415 453 8117.**