

# THERAPY GROUPS JUL AUG SEPT 2016

The groups listed here are offered by licensed psychotherapists and supervised interns, who may or may not be members of Marin CAMFT. Marin CAMFT does not screen groups and does not take responsibility for the quality of services provided.

## GROUPS FOR WOMEN

### WOMEN'S GROUP

**Renée Owen, LMFT** 415 453 8117

Ongoing weekly group for spiritually oriented women. Develop & deepen intimacy skills with themselves/others through support, process work, goal setting. Excellent adjunct to individual therapy. Tuesdays PM San Rafael

### DIVORCE GROUPS FOR WOMEN ONLY

**Susan Pease Gadoua, LCSW** 415 448 6242

Ongoing biweekly groups provide community, emotional support and information- all stages divorce or separation. Topics: self-esteem, empowerment and recovery from difficult feelings situations

### RELATIONSHIP INSIGHT GROUP FOR WOMEN ONLY

**Susan Pease Gadoua, LCSW** 415 448 6242

Ideal for any woman who is ready to change unhealthy relationship patterns. Bring to light outdated beliefs and perceptions that set women up for unfulfilling, sometimes abusive situations

### CONSCIOUS AGING

**Gilda Meyers, LMFT** 415 472 2765

Ongoing group for women 65+ Monthly, Saturday 9:30-12:30 in San Rafael. Group for midlife women 50+ also meets one Saturday/month 10-1:30 or 10-3. For a flyer, more information and free interview call

### SEEKING SAFETY, A RECOVERY AND WELLNESS GROUP

**Robin Furner, LMFT Family Service Agency** 415 491 5700

Ongoing recovery & wellness group for women with integrated TX of PTSD & substance abuse -Seeking Safety model. Promotes wellness, recovery and symptom management Sliding scale, Medi-Cal. Tuesday afternoon San Rafael

### WOMEN'S INTERPERSONAL GROUP

**Lois Friedlander, LMFT, CGP** 415 383 3337

Integrates psychodynamic, interpersonal models. For students, professionals. Examine relationships. Consultant: Dr. Irv Yalom Wed. 6:30-8, Ongoing, 3569 Sacramento Street, SF

### WEIGHT LOSS AND WEIGHT MAINTENANCE GROUP

**Dr. Jean Hayes, LMFT** 415 897 1348

Gain tools and develop strategies for successful weight loss/ long-term maintenance. Food plans individualized for new habits with group therapy & support for emotional ups & downs 12-week am/pm sessions in Novato

### SUPPORT GROUP FOR WOMEN IN TRANSITION

**Community Institute for Psychotherapy** 415 459 5999 x 450

Provides support and encouragement during life transitions such as relationship/career changes, divorce, empty nesting, learning to be independent /dealing with difficult life events. Thursdays, 6-7:30 PM

## GROUPS FOR MEN

### THE RIGHT MEN'S TEAM

**Richard Platt, LMFT** 415 760 8541

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](http://www.teensolutionsmarin.com).

### GROUP FOR MEN 50+

**Lou Dangles, LMFT** 415 454 2722

An 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. Thursdays, 6:30-8 PM

### MEN'S GROWTH GROUP

**Scott Nelson, PhD, LMFT** 415 383 9254

Move towards greater emotional awareness, work through personal issues, improve quality of relationships & build on strengths. Wednesday 6:30- 8 PM

## CO-ED GROUPS

### INTIMACY GROUPS

**Renée Owen, LMFT** 415 453 8117

Ongoing weekly process groups for men and women (single, in relationship, or married). Explore blocks and learn how to experience more fulfillment & success in relationships and life. Monday or Tuesday PM San Rafael

### SINGLES GROUP

**Renée Owen, LMFT** 415 453 8117

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, Thursdays, PM San Rafael

### INTERPERSONAL PROCESS GROUP

**Lou Dangles LMFT Chris Armstrong LMFT** 415 454 2722

Members will have an opportunity to learn about relationship patterns in their lives, understand impact on others. Weds, 7:30- 9pm, San Anselmo

### BARIATRIC SURGERY/ EDUCATION SUPPORT GROUP

**Dr. Jean Hayes, LMFT** 415 897 1348

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 and PM sessions in Novato

### SUBSTANCE ABUSE EDUCATION/SUPPORT GROUP

**Dr. Jean Hayes, LMFT** 415 897 1348

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 and PM sessions in Novato

## CHILDREN, TEENS, PARENTING

### TEEN BOYS MENTORING TEAM

**Richard Platt, LMFT** 415 760 8541

Supports boys 13 and older through the challenges of becoming a teen in Marin. Members build character; learn communication and leadership skills in a safe and fun environment. [www.teensolutionsmarin.com](http://www.teensolutionsmarin.com)

### PARENTING APART

**Family Service Agency Marin** 415 491 5723, **Sp** 415 491 5720

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 AM -12:30 (Eng.) 6-7:30 PM (Spanish)

### MINDFUL MOTHERS SUPPORT GROUP

**Anneli Richards, LMFT** 415 326 6354

Twelve-week group helps parents learn and practice mindful parenting. Two separate groups meeting Monday AM, Wednesday PM in San Rafael

### TEEN EQUINE-ASSISTED THERAPY GROUP

**Alane Freund, LMFT** 415 488 9610

Fun! Experiential. Games and activities with horses. Learn communication, leadership, social skills, problem solving, goal setting, mindfulness, self-esteem. Heal from trauma. Saturday AM. [HeartandMindEquine.com](http://HeartandMindEquine.com)

# THErapy GROUPS JUL AUG SEPT 2016

## **MOTHERING IS HARD TO DO-Parenting Post Infertility** **Dr. Helga Fasching 415 505 0799**

8-week support group for mothers who have struggled with infertility and need support during transition to motherhood. Southern Marin starting late summer. SF starts early fall. Limited space, sign up now. drhfashing@gmail.com

## **SPECIALTY GROUPS**

### **DIALECTICAL BEHAVIOR THERAPY - ADULTS/TEENS** **Sarah Chapman LMFT Family Service Agency 415 491 5728**

For those having difficulty with emotional management, frequent crises, and/or self-injuring behaviors. Cognitive Behavioral Therapy plus Mindfulness, Sliding Scale and/or Medi Cal. San Rafael

### **AGESONG** **Ann Coffey, PhD Family Service Agency 415 491 5726**

Discussion group for seniors 65+ to share common experiences, insights, fears and to discover new possibilities. \$80 for 8 weeks in San Rafael. For more information, see [www.agesongmarin.org](http://www.agesongmarin.org)

### **CBT/DBT GROUP FOR DEPRESSION OR ANXIETY** **Community Institute for Psychotherapy 415 459 5999 x 450**

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

### **BEYOND HUNGER SUPPORT GROUPS 415 459 2270**

Psychoeducational groups for those with disordered eating & body hatred. Compassion, mindfulness, intuitive eating, body acceptance emotional caretaking skills Mon Tues Wed 7- 9 PM [www.beyondhunger.org](http://www.beyondhunger.org)

### **MEN PARTNERS OF ABUSE SURVIVORS** **Scott Nelson, PhD, LMFT 415 383 9254**

A place to talk and learn about the impact of abuse on survivors and relationships, to explore aspects of themselves that affect caring for themselves and their partners. Tuesdays, 6:30-8 PM

### **SURVIVORS OF SUICIDE SUPPORT GROUP** **Family Service Agency 415 499 1193 x 3130**

An eight-week support group for those who have lost a loved one to suicide, which provides a supportive environment to help survivors cope with the devastating aftermath. Sliding scale. San Rafael

### **LASTING RECOVERY GROUP** **Andrew Copperman, LMFT 415 847 8842**

Ongoing weekly group for substance abuse, participants work on issues underlying substance use while receiving ongoing support for recovery. Excellent adjunct to 12-step programs Thursdays, 8:30-9:30 PM

### **HORSE/ANIMAL SUPPORTED PSYCHOTHERAPY** **Dr. Jean Hayes, LMFT 415 897 1348**

Therapeutic skills and problem solving for new possibilities, learned and practiced through interacting with unique and friendly horses and farm animals for adults, adolescents and youth.

### **HSPs AND HORSES EMPOWERMENT GROUP** **Alane Freund, LMFT 415 488 9610**

Ongoing, experiential equine-assisted. Friendly rescue horses (no riding) help clients learn about the traits of Highly Sensitive People: self-care, boundary setting. CE available for clinicians. [HeartandMindEquine.com](http://HeartandMindEquine.com). Friday AM

### **ARTS-BASED PROCESS GROUP FOR WOMEN & MEN** **Dr. Shira Marin LMFT, Annie Danberg MFTI 415 499 0737**

Clinicians/ non-clinicians. Liberate self-expression, cultivate self-awareness & self-acceptance and transform self-judgment. 8-week session. San Rafael [www.shiramarinphd.com/](http://www.shiramarinphd.com/) [anniedanberg.com](http://anniedanberg.com)

## **GROUPS FOR THERAPISTS**

### **PRACTICE-BUILDING & GROUP THERAPY** **CONSULTATION GROUPS**

**Renée Owen, LMFT 415 453 8117**

Choose one or both groups for help in creating a thriving practice or starting, facilitating or sustaining groups. Meets in San Rafael.

### **CLIN. SUPERVISION: PRELICENSSED/EARLY CAREER** **Shira Marin, PhD, LMFT 415 499 0737**

Learn about the aspects of private practice that will further your development. Experienced facilitator, 35 years clinical/teaching experience Depth, Jungian, Dream, EAT approaches. 90 minutes, twice a month in San Rafael

### **CONSULTATIVE SUPERVISION: MID & LATE CAREER** **Shira Marin, PhD, LMFT 415 499 0737**

Get support & deepen grasp of complex case material. Private practice and agency issues. CEUs. Collaborate, connect. Experienced facilitator, 35 yrs. Clinical, teaching experience. 90 minutes twice/month in San Rafael

### **THERAPY GROUPS FOR THERAPISTS**

**Art Raisman, PhD 415 453 4271**

Assistant Clinical Professor of Psychiatry, UCSF for mental health professionals and trainees since 1984, Tues/Thurs AM, Tues /Wed PM San Francisco [www.artraisman@msn.com](http://www.artraisman@msn.com)

### **PSYCHOTHERAPY WITH PERSONALITY DISORDERS** **Fran Goldie-Marcus, LCSW 415 892 4310**

8-session case consultation seminar, integrating theory and practice. Meets Fridays, 10 – noon, beginning in October, CEUs

### **CONSULTATION/SUPERVISION GROUP** **Scott Nelson, PhD, LMFT 415 383 9254**

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](http://www.scottnelsonphd.com)

## **WORKSHOPS**

### **HIGHLY SENSITIVE PEOPLE & HORSE WORKSHOPS** **Alane Freund, LMFT 415 488 9610**

6-8 HSPs join our herd of HS rescue horses. EAGALA-Model equine-assisted learning. Self-awareness, self-acceptance, self-care, hands-on activities with the herd. Woodacre, [www.HeartandMindEquine.com](http://www.HeartandMindEquine.com).

## **SUBMISSION GUIDELINES**

1. Submit new ads to [mcamftnewsletter@gmail.com](mailto:mcamftnewsletter@gmail.com) before August 15, 2016
2. Mail a hard copy of your new ad and check, payable to Marin CAMFT to Renee Owen, LMFT at 1703 Fifth Avenue #101, San Rafael, CA 94901.
3. Renew existing ads with no changes by mailing your check, payable to Marin CAMFT, to: Renee Owen, LMFT at 1703 Fifth Avenue #101, San Rafael, CA 94901, no hard copy required.
4. Specify the section in which you would like to see your ad (groups for women, men, etc.).
5. Maximum 5 lines, 65 characters total per line. If your ad is too long, it will be edited.
6. Price: Marin CAMFT Members: \$20 first listing, \$10 for each additional listing in the same issue. Nonmembers: (including agencies) \$25 first listing, \$15 for each additional listing in the same issue.
7. The therapy groups list is published in the print newsletter, which comes out quarterly. Therapy Groups will also be accessible to the public from a link on the home page of Marin CAMFT's website: [www.marincamft.org](http://www.marincamft.org)
8. If you have questions, call Renee Owen at 415 453 8117.