

THE THERAPY GROUPS OCTOBER/NOVEMBER/DECEMBER 2014

~~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 pm. One opening. San Rafael. 453-8117.

DIVORCE GROUPS (WOMEN ONLY), Susan Pease Gadoua, LCSW. Ongoing biweekly groups provide community, emotional support and information at all stages of divorce or separation. Topics include self-esteem, empowerment, and recovery from difficult feelings/situations. 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 Brings to light outdated beliefs/perceptions that set women up for unfulfilling and sometimes abusive situations. 448-6242.

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 & 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. for both disorders. Sliding scale/Medi-Cal. T/Thur. afternoons. Ongoing, San Rafael. 491-5710.

GROUPS FOR MOTHERLESS DAUGHTERS, Colleen Russell, LMFT, CGP For women who have lost their mothers thru death, illness, separation, or estrangement Safe, successful ongoing groups in Marin since 1997. Explore many issues involving this pivotal event. 785-3513.
ONGOING WOMEN'S EQUINE FACILITATED PSYCHOTHERAPY GROUP, Judy Weston-Thompson, Equine Insight. Healing issues of grief, loss and trauma through horses. Mondays 11:00-12:30pm. See website for details & to sign up: www.equineinsight.net 457-3800.

~~GROUPS FOR MEN~~

THE RIGHT MEN'S TEAM, Richard Platt, LMFT Helps men become alive, creative and productive through setting goals and being held accountable by trustworthy men. Supports your clients to take their life to the next level. Call Richard at 760- 8541. 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.

SEEKING SAFETY: A Recovery & Wellness Group for Men, Lynn Ervin, LCSW 28683. FSA of Marin Integrated treatment of PTSD & substance abuse using *Seeking Safety* model Promotes wellness, recovery & symptom mgmt. Sliding scale/ Medi-Cal. Th. afternoons. Ongoing,

San Rafael. 491-5710.

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

MEN'S GROWTH GROUP. Scott Nelson, PhD, MFT. Move towards greater emotional awareness, work through personal issues, improve quality of relationships & build on strengths. Wednesday, 6:30-8:00. 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 453-8117.

SINGLES GROUP, Renée Owen, LMFT. 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. Thurs. evenings, San Rafael. 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 their impact on others. Wednesdays, 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 am to 1:00 pm. Call 492-9850 or dorie.mft@gmail.com.

~~CHILDREN, TEENS, PARENTING~~

PARENTING TODAY: Mary Jane DeWolf-Smith, LMFT & Patricia Saunders, LMFT. APPLE FamilyWorks. 4-week group helps parents learn effective strategies to grow cooperative, happy, and responsible children. Tuesdays, 6:30- 8:30pm in San Rafael. (415) 492- 0720.

CO-PARENTING TODAY: Mary Jane DeWolf-Smith, LMFT & Patricia Saunders, LMFT. APPLE FamilyWorks. 7-week group for parents who are living apart, to harmoniously raise healthy, cooperative children. Parents attend separate class series. Tues., 6:30-8:30 pm in San Rafael. (415) 492-0720.

EXPLORING MOTHERHOOD (for new and expectant mothers and babies 0-12 month) APPLE FamilyWorks. FREE. Learn helpful tips for your family, share ways to transition into motherhood & enhance baby's healthy development. Enjoy nutritious snacks & receive a Target gift card (after 4 meetings). (415) 492-0720.

THERAPY GROUPS OCTOBER/NOVEMBER/DECEMBER 2014

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. Call Richard 760-8541. www.teensolutionsmarin.com.

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 11am-12:30 pm or 6-7:30 pm. 491-5723. Available in Spanish, 491-5720.

EQUINE & ANIMAL THERAPY FOR KIDS 10+, Dr. Jean

Hayes MFT. Build self-esteem with animal therapy petting zoo on farm. Six-week group for kids 10+ who love animals and want to learn about them while increasing confidence. Tuesdays 4-5:30, Novato \$50.00/ session. 897-1348.

GIRLS ROCK! TEEN GROUP, A Biesemeyer LMFT and D Passano Manning LMFT.

Support girls in building a solid foundation to navigate the joys and challenges of adolescence, utilizing mindfulness, council, expressive arts and meeting outdoors. Support meeting for parents. Monday afternoons ongoing. San Anselmo. 419-3557.

SOCIAL SKILLS FOR TEEN GIRLS, Lorraine Platt, LMFT.

Supports girls to accept themselves by bonding with peers through honest self-expression. Addresses difficult topics of drugs and alcohol, relationships and body image. Lorraine 302-1700. www.teensolutionsmarin.com.

~~SPECIALTY GROUPS~~

DIALECTICAL BEHAVIOR THERAPY, Family Service Agency of Marin, Supervised by Sarah Chapman MFT 16780.

Group for adults who have difficulty with emotional management, frequent crises, or self-injuring behaviors. Combines CBT with mindfulness. Sliding scale/MediCal. San Rafael. 491-5728.

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

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. www.agesongmarin.org.

EQUINE & ANIMAL THERAPY FOR THERAPISTS, Dr.

Jean Hayes MFT. Stress reduction group w/ animal therapy for therapists: calm yourself and feel joy petting exotic and friendly farm animals-horses, llamas, donkeys, pigs, goats Novato. 6 weeks Thursdays, 11-12:30 or 3-4:30. \$50.00 per session. 897-1348.

STRESS REDUCTION FOR THERAPISTS AND CLIENTS,

Gini Gardner, MFT. Learn simple yet powerful mental tools that enable you to move yourself through any level of stress back to well being. These seven-week Emotional Brain Training groups meet in Kentfield. Call 339-8662.

GROUP FOR FORMER MEMBERS OF HIGH DEMAND GROUPS OR CULTS, Colleen Russell, LMFT, CGP.

Spiritual, Religious, Political, Clergy Abuse, Large Group Awareness Trainings, etc. Safe, successful, ongoing group (since 2003) in Marin. Call 785- 3513.

HEALING FOR THERAPISTS THROUGH EQUINE FACILITATED PSYCHOTHERAPY GROUPS, Judy

Weston-Thompson, Equine Insight. Starting late January 2014. Please see our website www.equineinsight.net for further information & start date. 457-3800.

CBT/DBT GROUP FOR DEPRESSION OR ANXIETY. CIP.

Skills-based education & training group to help cope with everyday problems, distressing emotions, excessive worry, fear, stress, anxiety & depression. Tues. 7-8:30pm, 459-5999 x450.

BEYOND HUNGER SUPPORT GROUPS. Psycho-educational groups for men/women with disordered eating & body hatred integrating compassion, mindfulness, intuitive eating, body acceptance, & emotional caretaking skills. New group beginning Mondays 7-9p, Fall 2014. 459-2270. www.beyondhunger.org

~~CONSULTATION GROUPS~~

CONSULTATION GROUPS: PRACTICE BUILDING OR GROUP-THERAPY CONSULT, Renée Owen, LMFT.

Choose one or both groups for: help creating a thriving practice—or—starting, sustaining, and successfully facilitating groups. Each group meets one time/month for 1.5 hours. San Rafael. 453-8117.

SUPERVISION/CONSULTATION GROUP:

PRELICENSED & EARLY CAREER CLINICIANS. Shira Marin, PhD, LMFT. Addresses all aspects of private practice to further your development. Depth/Transformative Learning/ Dream/EAT-based approach. Experienced facilitator, 30 years clinical & teaching experience. Meets 1.5 hours, 2X monthly, San Rafael, 499-0737.

SUPERVISION/CONSULTATION GROUP: MID- & LATE CAREER CLINICIANS. Shira Marin, PhD, LMFT. Support & enhance depth understanding of case material. Addresses private practice and agency concerns.

Collaborate and connect. Experienced facilitator, 30 years clinical & teaching experience. Meets 1.5 hours, 2X monthly, San Rafael, 499-0737

SELF CARE FOR THERAPISTS: ERGONOMIC

CONSULTATION. Ahria Wolf, LMFT. Janice Jacobson, PT will show us how to choose/ modify your chair, four movements to counter static sitting and more. Saturday October 11th, 10am-12pm. \$40. 2 CEUs. For further details, 460-5393

~~WORKSHOPS~~

BEYOND HUNGER WORKSHOP: Psycho-educational one day workshop for men/women with disordered eating & bodyhatred integrating compassion, mindfulness, intuitive eating, body acceptance, & emotional caretaking skills. Sunday in Dec. TBA 459-2270. www.beyondhunger.org

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.