

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 therefore 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 pm. 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 Brings to light outdated beliefs/perceptions that set women up for unfulfilling/sometimes abusive situations.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 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: **415 472 2765.**

**SEEKING SAFETY: A Recovery & Wellness Group for Women, Lynn Ervin, LCSW. FSA** Integrated tx of PTSD & substance abuse with Seeking Safety model. Promotes wellness, recovery & sympt. mgmt. Sliding scale, Medi-Cal. Tu/Thu afternoons. Ongoing, San Rafael. **415 491 5710**

**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](http://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**

### ~~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](http://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**

**SEEKING SAFETY: A Recovery & Wellness Group for Men, Lynn Ervin, LCSW FSA** Integrated tx of PTSD & substance abuse with Seeking Safety model. Promotes wellness, recovery & sympt. mgmt. Sliding Scale/ Medi-Cal. Thursday afternoons. Ongoing. San Rafael. **415 491 5710**

**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**

**ALTERNATIVES TO ANGER AND VIOLENCE, Michael Mesmer, LMFT** Therapeutic group approach to help clients reduce anger and end violence. Wed. 7-9 pm, San Rafael. Court-certified. Sliding scale. Interview + minimum 13 weeks required. M/F/Teens. **415 601 7497**

### ~~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.** 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, 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 their impact on others. Wednesdays, 7:30 – 9pm, San Anselmo. **415 454 2722**

### ~~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 – 8:30 pm in San Rafael. **415 492 0720**

**CO-PARENTING TODAY: Mary Jane DeWolf-Smith, LMFT & Patricia Saunders, LMFT. APPLE 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 BOY'S 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](http://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. Separate classes. Sliding scale. Wed 11-12:30 pm or 6-7:30 pm. **415 491 5723, Spanish 415 491 5720**

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~~CHILDREN, TEENS, PARENTING, cont.~~

**EQUINE & ANIMAL THERAPY FOR KIDS 10+, Dr. Jean Hayes, LMFT.** Build self-esteem with animal therapy petting zoo on farm. 6-wk group for kids 10+ who love animals and want to learn about them & increase confidence. Tues. 4-5:30, Novato \$50.00/session. **415 897 1348**

**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**

~~SPECIALTY GROUPS~~

**DIALECTICAL BEHAVIOR THERAPY, Family Service Agency of Marin, supervised by Sarah Chapman, LMFT.** For adults who have difficulty with emotional management, frequent crises, or self-injuring behaviors. CBT plus mindfulness. Sli 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](http://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, & emotional caretaking skills. Mon, Tues, Wed. 7-9pm. [www.beyondhunger.org](http://www.beyondhunger.org) **415 459 2270**

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

**ALTERNATIVES TO ANGER AND VIOLENCE, Michael Mesmer, LMFT** Therapeutic group approach to help clients reduce anger and end violence. Wednesday. 7-9 pm, San Rafael. Court-certified. Sliding scale. Interview plus minimum 13 weeks required. M/F/Teens. **415 601 7497**

**NARCISSISTIC FAMILY SURVIVORS, Adrian Tiller, LMFT.** Weekly psychotherapy group in Novato. 12 weeks. For a better future, transcend your past, starting NOW! Interview screening [www.transcendyourpast.com](http://www.transcendyourpast.com) **415 408 3741**

~~GROUPS FOR THERAPISTS~~

**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 1.5 hr. once/month San Rafael. **415 453 8117**

**SUPERVISION: Pre-Licensed & 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**

**EQUINE & ANIMAL THERAPY FOR THERAPISTS, Dr. Jean Hayes LMFT.** 6 wk. stress reduction group w/ animal therapy for therapists: calm yourself/ feel joy petting exotic and friendly farm animals-horses, llamas, donkeys, pigs, goats. Novato, Thurs 11-12:30 or 3-4:30. \$50 per session. **415 897 1348**

**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 pm in San Francisco [araisman@msn.com](mailto:araisman@msn.com) **415 453 4271**

**UNDERSTANDING AND TREATING PERSONALITY DISORDERS, Fran Goldie-Marcus, LCSW** leads a focused consultation group for licensed psychotherapists. Meets twice per month. Novato. **415 892 4310**

~~SUBMISSION GUIDELINES~~

1. Submit **NEW ADS** to [mcamftnewsletter@gmail.com](mailto:mcamftnewsletter@gmail.com) before the **AUGUST 15** deadline or it will not appear in the Autumn Newsletter. Please type *Therapy Groups* in the subject line.
2. Renew **EXISTING ADS** with no changes by skipping step 1 above and completing step 5 below.
3. Specify the section in which you would like to see your ad (groups for women, therapists, etc.).
4. Maximum 5 lines, 55 characters per line. Includes spaces and punctuation; avoid hyphens. Please adhere to these limits. If your ad is too long, we reserve the right to either not run your ad or edit it.
5. 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*
6. Price: Marin CAMFT Members: \$20 first listing, \$10 for each additional listing in the same issue. Price: Nonmembers: (including agencies, etc.) \$25 first listing, \$15 for each additional listing in the same issue.
7. 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](http://www.marincamft.org)
8. If you have any questions, please call **Renee Owen** at **415 453 8117.**