

# WINTER 2014 THERAPY GROUPS

## GROUPS FOR WOMEN

**WOMEN'S GROUP, Renée Owen, LMFT** Ongoing weekly group or 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 Brings to light outdated beliefs/perceptions that set women up for unfulfilling and sometimes abusive situations. 448-6242.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 treatment of PTSD & substance abuse using Seeking Safety model. Promotes wellness & recovery & symptom management for both disorders. Sliding scale/Medi-Cal. Tuesday/Thursday afternoons. Ongoing, San Rafael. 491-5710.

**SEEKING SAFETY (Women's Group), Community Institute for Psychotherapy.** Structured, educational group for women w/ history of trauma & substance misuse. Goal is to help find a safe place to cope w/ distressing feelings & problematic, painful or self-destructive behaviors. Monday. 3-4:30pm. 459-5999x450.

**CHALLENGING CHANGES: A GROUP FOR WOMEN, Community Institute for Psychotherapy.** Explore emotional responses to important transitions. Address loneliness, role changes, relationship transitions, time management & difficulties arising from family, career & life changes. Tuesday. 6-7:30pm. 459-5999x450.

**CBT GROUP FOR WOMEN RECOVERING FROM TRAUMA, Community Institute for Psychotherapy.** Structured, educational group designed for individuals who have problems w/ trauma, to help individuals cope with past traumatic events and move ahead in their lives. Thur. 6:30-8:00pm. 459-5999x450.

**GROUPS FOR MOTHERLESS DAUGHTERS, Colleen Russell, LMFT, CGP** For women who have lost their mothers thru death, illness, separation, or estrangement. Safe, successful on-going groups in Marin since 1997. Exploring many issues involving this pivotal event. 785-3513.

**COMING HOME: AN ART-BASED, SUPPORTIVE PSYCHOTHERAPY GROUP FOR WOMEN. Annie Danberg, IMF 71044. Supervised by Shira Marin, PhD, LMFT, 15972.** Designed to cultivate self-awareness and self-acceptance in a small, creative, group environment. Weekly. 302-4542. www.AnnieDanberg.com.

**ONGOING WOMEN'S EQUINE FACILITATED PSYCHOTHERAPY GROUP, Judy Weston-Thompson, LMFT, 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 management Sliding scale/ Medi-Cal. Thursday afternoons. Ongoing, San Rafael. 491-5710.

**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. Now forming. 6:30-8:00, Tuesday. 383-9254

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

## CO-ED GROUPS

**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 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. Thursday 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. Wednesday, 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](mailto:dorie.mft@gmail.com).

**CBT GROUP FOR PROBLEMS WITH DEPRESSION OR ANXIETY, Community Institute for Psychotherapy.** Skills-based education & training group to help cope w/ everyday problems, distressing emotions, excessive worry, fear, stress, anxiety & depression. Mondays 5– 6:30pm. 459-5999 x450.

**LIFE HAPPENS: COPING WITH CHANGES THAT LIFE BRINGS, Community Institute for Psychotherapy.** For men & women 30 – 50. To improve relationships & communication skills, cope with grief/loss over ended relationships, handle anger, depression, and anxiety. Wednesdays 6–7:30pm. 459-5999 x450.

**CBT GROUP FOR YOUNG ADULTS WITH DEPRESSION OR ANXIETY. Community Institute for Psychotherapy.** Skills-based education & training group to help cope w/ everyday problems, distressing emotions, excessive worry, fear, stress, anxiety & depression. Thursdays, 4:30–6:00pm. 459-5999x450.

## CHILDREN, TEENS AND 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.

**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. Call Richard 760-8541. [www.teensolutionsmarin.com](http://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. Wednesdays 11am-12:30 pm or 6-7:30 pm. 491-5723. Available in Spanish, 491-5720.

**SOCIAL SKILLS FOR SHY GIRLS, Lorraine Platt, LMFT.** Supports girls 14-16 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 or go to [www.teensolutionsmarin.com](http://www.teensolutionsmarin.com).

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

## SPECIALTY GROUPS

**DIALECTICAL BEHAVIOR THERAPY, Family Service Agency of Marin, Supervised by Sarah Chapman LMFT 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.** 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. [www.agesongmarin.org](http://www.agesongmarin.org).

**EQUINE & ANIMAL THERAPY FOR THERAPISTS, Dr. Jean Hayes LMFT.** 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/session. 897-1348.

**STRESS REDUCTION FOR THERAPISTS AND CLIENTS, Gini Gardner, LMFT.** 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.

**DBT EATING DISORDERS GROUP, Community Institute for Psychotherapy.** Dialectical Behavior Therapy for those in process of recovering from eating disorder or disordered eating. Mindfulness skills, emotion regulation, interpersonal effectiveness skills & distress tolerance skills. Thursdays, 3-4:15pm. 459-5999x450.

**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. Monday - Thursday 7-9pm, Drop-In Saturdays 9:30-11:30am. 459-2270. [www.beyondhunger.org](http://www.beyondhunger.org)

**HEALING FOR THERAPISTS THROUGH EQUINE FACILITATED PSYCHOTHERAPY GROUPS, Judy Weston-Thompson, LMFT, Equine Insight.** Starting late January 2014. Please see our website [www.equineinsight.net](http://www.equineinsight.net) for further information & start date. 457-3800.

**WELLBEING EMBODIED, Monica Elden, LMFT.** Unleash your inner healer: A group for those with chronic medical conditions. Weaving discussion, support & experiential practices, we cultivate resilience and find growth and joy in the midst of challenges. [www.WellbeingEmbodied.com](http://www.WellbeingEmbodied.com). 944-WELL (9355).

## 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.

**CONSULTATION GROUPS: Shira Marin, Ph.D., LMFT.** 1) Students/Interns; 2) Lic. Clinicians. All aspects of therapeutic process. Sol. focused approach using Psychodynamic, Jungian, Imaginal focus + dream work, active imagination & expressive arts. Small groups. S. Rafael. T, W or Th; 2x/month. 12-1:30. 499-0737

**CONSULTATION GROUP, Jan DiSanto, LMFT, Certified EFT Therapist and Supervisor.** Learn Emotionally Focused Couples Therapy (EFT) thru theory, modeling, role play, case presentation. Friday twice /month, 9:30-11:30am. Beginning January. 10 sessions. Mill Valley. 383-4385.

## WORKSHOPS

**BEYOND HUNGER WORKSHOP:** Psycho-educational one day workshop for men/women with disordered eating & body hatred integrating compassion, mindfulness, intuitive eating, body acceptance, & emotional caretaking skills. Date TBD. 459-2270. [www.beyondhunger.org](http://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.*