

~THERAPY GROUPS – JAN-APR. 2018~

~GROUPS FOR WOMEN~

WOMEN'S GROUP, Renée Owen, LMFT.

Ongoing, for clinicians & nonclinicians. Be enriched, inspired & energized. Develop & deepen intimacy skills. Support & process work, goal setting. Thurs. pm's. San Rafael. [415-453-8117](tel:415-453-8117) or <http://www.therapists.psychologytoday.com/183422>

WOMEN'S THERAPY & SUPPORT GROUP, Deborah Haarstad, LMFT. Ongoing interpersonal group. Focus on relationships, life transitions, loss, and healing old wounds while learning to trust self and others. Santa Rosa, Tuesday 6:30–8 and Wed. 7–8:30. [707-484-7242](tel:707-484-7242). www.deborahhaarstadmft.com

DIVORCE GROUPS FOR 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](tel:415-448-6242).

RELATIONSHIP INSIGHT GROUP, Susan Pease Gadoua, LCSW. 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 Bring to light outdated beliefs and perceptions that set women up for unfulfilling, sometimes abusive situations. [415-448-6242](tel:415-448-6242).

WEIGHT LOSS & WT MAINTENANCE GROUP, Dr. Jean Hayes, LMFT. Gain tools and develop strategies for successful weight loss/ long-term maintnc. Food plans individualized for new habits w/ grp tx & support for emotional ups + downs 12-wk am/pm in Novato. [415-897-1348](tel:415-897-1348).

WOMEN'S THERAPY GROUP, Marylou Donnelly LMFT. Develop more authentic/healthier relationships and learn mindful ways to ease worry and stress. Topics include boundary setting, life transitions and self care. Meets alternate Tues. 6-7:30 in Sebastopol [707 535-9879](tel:707-535-9879)

WOMEN OF COLOR SUPPORT GROUP, Gayle Whitlock, LMFT. Meets once/week. Fee is \$25/week. For more info, contact Gayle at [707-387-4146](tel:707-387-4146) or gjwlmft57@gmail.com www.gwhitlocktherapist.com

MONTHLY SATURDAY WOMEN'S GROUPS, Gilda Meyers, LMFT. Ongoing groups exploring issues of midlife and aging meet one Saturday monthly in San Rafael. Ages 65+ meet 2nd Sat., 9:30-12:30. Ages 55+ meet 3rd Sat., 10-1 or 10-3. Call for flyer, info or free interview. [415-472-2765](tel:415-472-2765).

~GROUPS FOR MEN~

GROUP FOR MEN 50+, Lou Dangles, LMFT. 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. [415-454-2722](tel:415-454-2722).

~COED GROUPS~

INTIMACY GROUPS & SINGLES GROUP, Renée Owen, LMFT. Ongoing groups for singles, in relationship, or married. Also 9-wk grp for Singles. Create more success in relationships. Clinicians welcome. San Rafael. [415-453-8117](tel:415-453-8117). www.therapists.psychologytoday.com/183422

BARIATRIC SURGERY/ EDUCATION SUPPORT GROUP, Dr. Jean Hayes, LMFT. For those contemplating weight loss surgery and for those postsurgery, to establish new eating habits for weight loss and successful maintenance. 12-wk am & pm in Novato. [415-897-1348](tel:415-897-1348).

SUBSTANCE ABUSE EDUCATION/SUPPORT GROUP, Dr. Jean Hayes, LMFT. For those contemplating use or abuse of substances, alcohol, drugs, food, pills, sex, shopping, gambling & effects on lives. 12-wks. Novato. [415-897-1348](tel:415-897-1348).

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, 7:30–9 PM, San Anselmo. [415-454-2722](tel:415-454-2722).

~COED GROUPS (cont'd)~

COUPLES GROUP: Jim Matto-Shepard, PhD

Couples who desire a healthy relationship. Weekly group of 4 to 5 couples committed to shifting difficult to change relationship patterns. Tuesdays 7:15 - 9:30, \$75 per couple, [707-762-1670](tel:707-762-1670) / mattoshepard@comcast.net / www.drjms.com

PSYCHODRAMA WORKSHOPS & GROUPS,

Sylvia Israel, MFT, TEP, RDT/BCT. Relationship w/ self & others, self-esteem, empowerment, trauma, addictions recovery, spirituality, family of origin. Access creativity & spontaneity. San Rafael. BayAreaMorenoInstitute.com. 415-454-7308.

DBT GROUPS FOR ADULTS or TEENS, Alexis

Crissey, LMFT#98533 & Paige Pires de Almeida, MFT#91376. Clients learn behavioral skills to manage emotions, reduce impulsive behaviors & promote healthy relationships. Ongoing. Petaluma. (707) 782-1222 or petalumacounseling.com.

~SPECIALTY GROUPS~

ARTS-BASED PROCESS GROUP FOR

WOMEN & MEN, Dr. Shira Marin LMFT, Annie Danberg LMFT. Clinicians/ non-clinicians. Liberate self-expression. Transform self-judgment. 8-week session. San Rafael. [415-499-0737](tel:415-499-0737). www.shiramarinphd.com / anniedanberg.com

HORSE/ANIMAL SUPPORTED THERAPY

GROUP, Dr. Jean Hayes, LMFT. 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. [415-897-1348](tel:415-897-1348).

CALM MIND, CALM BODY, Marylou

Donnelly LMFT. This five week series builds on meditative skills to help focus the scattered mind, lessen reactivity and create more ease at will. Thurs 6:30-7:10 pm, [707 535-9879](tel:707-535-9879)

~GROUPS FOR THERAPISTS~

CO-LED THERAPY GROUP FOR MATURE

THERAPISTS, Geraldine Alpert, PhD & Elaine Cooper, PhD, LCSW. One opening in high

functioning group w/ psychodynamic/interpersonal orientation on Wed.am., San Rafael. 4 mn and 3 wmn. [415-497-9479](tel:415-497-9479). Geraldine.Alpert@gmail.com

DREAM GROUP for CLINICIANS, Shira

Marin, PhD, LMFT. Work directly from the psyche's speech & language of dreams. See how your process translates to client work. Exprsv work included as desired. 35+ yrs exp. 2x/Month. Either Wed or Fri a.m.'s. San Rafael. 415-499-0737.

~CONSULTATION GROUPS~

PRACTICE-BUILDING & GROUP THERAPY

CONSULTATION GROUPS, Renée Owen, LMFT. Choose 1 or both groups. Get help creating a thriving practice or starting, facilitating or sustaining grps. 1x/mth. San Rafael. [415-453-8117](tel:415-453-8117). www.therapists.psychologytoday.com/183422

CLINICAL CONSULTATION: PRELIC. & EARLY CAREER, Shira Marin, PhD, LMFT.

Learn aspects of private practice to further your devlpmnt. Exped facilitator, 35 yrs clin.& teaching expren. Depth, Jungian, Dream, EAT. 2x/mth, San Rafael. www.shiramarinphd.com [415-499-0737](tel:415-499-0737).

CONSULTATION: MID & LATE CAREER, Shira Marin, PhD, LMFT.

Private practice & agency issues. CEs. Collaborate, connect. Experienced facilitator, 35 yrs. clinical, teaching experience. 90 min., 2x/mth, San Rafael. [415-499-0737](tel:415-499-0737). www.shiramarinphd.com .

BI-MONTHLY CONSULTATION GROUP,

Geraldine Alpert, PhD, formerly Dir. Post-Doc Training at Kaiser, Assoc. Clin Prof. of Psychiatry at UCSF, Dir. of Grp Therapy at McAuley Neuro-psychiatric Inst. Input/support. [415-497-9479](tel:415-497-9479). Geraldine.Alpert@gmail.com

~WORKSHOPS & TRAININGS~

MAKE YOUR THERAPY COME ALIVE:

PSYCHODRAMA TRAINING, Sylvia Israel, LMFT, RDT/BCT, TEP. Experiential methods enliven & inspire clients. Access spontaneity & creativity. Learn powerful action methods.. 415-454-7308. BayAreaMorenoInstitute.com.

THERAPY GROUP AD SUBMISSION GUIDELINES

for Group Therapy Classified Ads

This section of the newsletter, the Group Therapy Classified Ads, will run four times/year, as an insert, in the print & online editions of the newsletter, in **Dec., Mar., Jun., & Sept.** issues, and copies available at RECAMFT meetings.

NEXT DEADLINE: February 1, 2017
(for Mar-May. 2018 issue)

STEPS TO SUBMIT AD:

(1) Renew OLD ads by following step 5 below (just mail your check; no email or hard copy needed). Renewing your old ad **WITHOUT** changes retains the order of your ad (new ads go to bottom).

(2) Format your NEW ad as follows. Maximum 6 lines, 50 characters per line, including spaces and punctuation; avoid hyphens. **Please adhere to these limits.** Start your ad with the name of your group, then your name & license. End your ad with your contact info. Include a name and phone number in your ad for both personal and agency ads. If your ad is too long, we reserve the right to edit it;

(3) Specify the section in which you would like to see your NEW ad: Groups for Women; Groups for Men; Coed Groups; Children, Teens, Parenting (one section); Specialty Groups; Groups for Therapists; Consultation Groups; Workshops.

(4) Email your NEW ad to therapy@recamft.org prior to deadline. Please type THERAPY GROUPS in the subject line; AND snail mail a hard copy of your ad with your check (per Step 5).

(5) Mail your check payable to RECAMFT to Renée Owen, 1703 Fifth Avenue #101, San Rafael, CA 94901.

COST: RECAMFT (& MCAMFT) Members: \$20 first listing, \$10 each additional listing (in same issue). Non-members (including nonprofit organizations, institutions and agencies) - \$25 first listing, \$15 each additional listing.

QUESTIONS: Renée Owen at [415-453-8117](tel:415-453-8117)

Advertise your groups or business in a display ad this size for \$100 for three months.

It will be carried to our 335 members by first class mail as a separate green insert in that issue of the RECAMFT newsletter.

It will also be posted prominently on the RECAMFT website for those three months.



Empowering relationships...
Redwood Empire Chapter
of California Association of Marriage and Family Therapists

**Legal and Ethical Issues Workshop:
What Does the Phrase "Standard of Care"**



David Jensen- CAMFT Staff Attorney

**Friday - January 26, 2018 – 8:30am
to 4:00pm (6 CEUs)**

Agatha Furth Center, [8400 Old Redwood Hwy., Windsor, CA](#)

Lunch is included! Register: www.recamft.org

