

# ~THERAPY GROUPS – OCT.-DEC. 2017~

## ~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](http://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 Bring to light outdated beliefs and perceptions that set women up for unfulfilling, sometimes abusive situations.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 Saturdays 10am–12 noon, \$25./week, RSVP by Fridays: [707-387-4146](tel:707-387-4146) or [giwlmft57@gmail.com](mailto:giwlmft57@gmail.com) [www.gwhitlocktherapist.com](http://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](http://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).

**MEDITATION GROUPS,** Hannah Caratti, LMFT. In peaceful country setting. Tuesdays 3-4pm, Fridays 5:30-6:30pm, 1<sup>st</sup> Weds 10-11:15am. Mindfulness teachings of Jon Kabat Zinn, iRest. West Santa Rosa [707-494-7470](tel:707-494-7470) [www.counselingyogameditation.com](http://www.counselingyogameditation.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/](http://www.shiramarinphd.com/) [anniedanberg.com](http://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).

**CHRONIC MEDICAL ILLNESS/PAIN GROUP,** Ann Steiner, PhD, MFT, CGP Ongoing psychotherapy group addresses hidden disabilities, chronic pain issues. Led by 30+ year group expert. Wednesdays, 12:30-2:00pm, Lafayette. [925-962-0060](tel:925-962-0060). [www.DrSteiner.com](http://www.DrSteiner.com)

**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)

**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](mailto:mattoshepard@comcast.net) / [www.drjms.com](http://www.drjms.com)

## **~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](mailto:Geraldine.Alpert@gmail.com)

**THERAPY GROUP FOR THERAPISTS,** Ann Steiner, Ph.D., MFT, CGP, FAGPA. Supportive, psychodynamic process-oriented, for personal and professional growth. Led by 30+ year group expert. Lafayette. [925-962-0060](tel:925-962-0060). [www.psychotherapytools.com/therapygrps](http://www.psychotherapytools.com/therapygrps)

## **~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](http://www.therapists.psychologytoday.com/183422)

**CLINICAL SUPERVISION: PRELIC. /EARLY CAREER,** Shira Marin, PhD, LMFT. Learn aspects of private practice to further your devlpmnt. Experned facilitator, 35 yrs clin.& teaching exprcn. Depth, Jungian, Dream, EAT. 90 min., 2x/mth, San Rafael. [www.shiramarinphd.com](http://www.shiramarinphd.com) [415-499-0737](tel:415-499-0737).

**CONSULTATIVE SUPERVISION: 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](http://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](mailto:Geraldine.Alpert@gmail.com)

**CONSULTATION GROUP FOR THERAPISTS: Ann Steiner, PhD, LMFT, CGP, FAGPA.** Facilitated case consult group. Clinical, countertransference & personal issues. Led by 30+ year group expert. Lafayette. [925-962-0060](tel:925-962-0060). [www.PsychotherapyTools.com](http://www.PsychotherapyTools.com)

**FACILITATING COUPLES THERAPY Kathy Jarosz, LCSW.** Focus on skill building and the Bader-Pearson Dev. Model of Couples therapy. 90 mins. 2X a mo. in Corte Madera, Thurs/ or Fri morning. 30+ years of exp. [415-999-4414](tel:415-999-4414) [kathy@couplescounselingworks.com](mailto:kathy@couplescounselingworks.com).

(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)

## ***SUBMISSION GUIDELINES***

### ***for Group Therapy Classified Ads***

This section of the newsletter, the Group Therapy Classified Ads, will run three times/year, as an insert, in the print & online editions of the newsletter, in May, Sept. & Jan. issues.

**NEXT DEADLINE December 10, 2017**  
**(for Jan.-Mar. 2018 issue)**

To submit your ad, follow these steps:

(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](mailto: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).

