

~THERAPY GROUPS – JUNE-AUG 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 Bring to light outdated beliefs and perceptions that set women up for unfulfilling, sometimes abusive situations.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).

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~

SEXUAL RECOVERY GROUP FOR MEN, Reid Harper, LMFT. Ongoing group focusing on skills for healthy relationships. Emphasis on intimacy, trust, communication, emotions & mood regulation. Thur. 6-7:30pm, 707-217-7400 or [reidharpermft@gmail.com/](mailto:reidharpermft@gmail.com) www.love-n-trust.com

MEN'S SUPPORT GROUP, Bob Casanova, Psy.D. Ongoing men's group to understand better the challenges of midlife, addictive behaviors & gender differences, counter isolation, manage anger & explore relationship techniques. Tues. 6:30-8pm. 707-544-7000 or www.bobcasanova.com

~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)~

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, MFTi#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).

WHY EMOTIONS GET OUT OF HAND? Winchell Quan, LMFT#31607. Mindfulness & emotional regulation skills help one recognize habitual thoughts & behaviors that aren't working & help shift reactivity. 4 Thursday classes. 6:30-8:00pm, \$60/class. 707-486-3178.

~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.

~CHILDREN, TEENS, PARENTING~

TEEN GIRLS GROUP, Erica Thomas, LMFT. This weekly group is for Girls ages 13-17 yrs. using a holistic approach to reducing anxiety and stress. Incorporating mind-body modalities. For 8 weeks, Wednesdays, 6:00-7:15pm., Sept 5th thru Oct. 24th. 707-206-8698.

TRANSITIONS: PROCESS GROUP FOR TEENS, Susan Matthies, LMFT. 6-week group for teens who are experiencing a transition of any kind. Share experiences, explore, support, gain insight. Age 15-19, Thursday, Sept. 6-Oct. 11, 4:30-6:00. Santa Rosa, 707-526-6351.

~CONSULTATION GROUPS~

CONSULTATION GROUPS, Renée Owen, LMFT. Practice building, general case consult and group therapy consult. Get help creating a thriving practice or starting, facilitating or sustaining grps. 1x/mth, San Rafael. 415-453-8117 or email reneeowen@sbcglobal.net

CLINICAL CONSULTATION: PRELIC. & EARLY CAREER, Shira Marin, PhD, LMFT. Learn aspects of private practice to further your devlpmnt. Exped facilitator, 35 yrs clin.& teaching expcrn. 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 .

~CONSULTATION GROUPS~ (cont'd)

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 Neuropsychiatric Inst. Input/support. [415-497-9479](tel:415-497-9479). Geraldine.Alpert@gmail.com

EFT CONSULT GROUP, Richard Doleman MFT, EFT Spvsr. Case consultation for those who have taken EFT Externship and want to build confidence applying the model. A small group (3) insures personalized help, 1-4, 4th Fri each month. \$140. 707-573-8436, rdoleman@comcast.net

~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.

EFT EXPERIENTIAL, Richard Doleman MFT, EFT Spvsr. Powerful approach for those who love helping couples heal w/ direct emotional engagement. An experiential base for confident practice. Thurs 12:30-2:30, \$50/class, \$500deposit. 707-573-8436, rdolemft@comcast.net

DBT PARENTING SKILLS WORKSHOP, Alexis Crissey, LMFT #98533 & Paige Pires de Almeida, MFTi#91376. DBT skills for problem behaviors, overwhelming emotions & connection & communication.. Petaluma. 707-782-1222 or petalumacounseling.com.

THERAPY GROUP AD SUBMISSION GUIDELINES for Group Therapy 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 **Mar., Jun., Sept. & Dec.** issues, and copies available at RECAMFT meetings.

NEXT DEADLINE: Aug. 1, 2018
(for Sept/Oct/Nov 2018 issue)

STEPS TO SUBMIT CLASSIFIED LINE ADS:

- (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 Renee Owen, 1703 Fifth Avenue #101, San Rafael, CA 94901.

STEPS TO SUBMIT DISPLAY ADS:

- (1) Renew OLD ads by following step 5 above (just mail your check & a note that it is a display ad.)
- (2) Email your NEW Display Ad to Gail Van Buuren at gailvb13@gmail.com prior to deadline. Please type "Therapy Groups Display Ad" in the subject line AND snail mail a hard copy of your ad with your check to Renee Owen, 1703 Fifth Avenue #101, San Rafael, CA 94901.

COST (LINE ADS): 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.

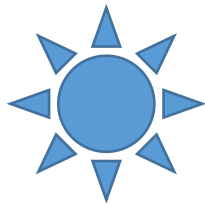
COST (DISPLAY ADS):

Half page (3.5" x 9.5") = \$110
Quarter page (3.5" x 4.5") = \$60

QUESTIONS: Renee Owen at [415-453-8117](tel:415-453-8117)
Gail Van Buuren at [707-494-4198](tel:707-494-4198)

YOUR AD IN
THIS SPACE
WILL REACH
320+
THERAPIST
MEMBERS OF
RECAMFT

KEEP THIS INSERT IN
YOUR OFFICE FOR
REFERRAL PURPOSES



BOTH COLLEAGUES AND
CLIENTS WILL BE
GRATEFUL FOR THE HELP
FINDING A GROUP

Summer Camp for the Soul

Mixed Media Visual Journaling Groups

Led by Shira Marin, PhD, LMFT (15972)
and Annie Danberg, MA, LMFT (96861)

*"Page-by-page, week-by-week, my journal
became deeply layered with images, text, color,
and my words. I now 'make my mark' fearlessly.*

*My decision-making skills, confidence and
relationships with others have blossomed."*

~ P.H., group participant

*Imagine connecting to
your innermost guidance
through creative
expression.*

*Imagine receiving
the compassionate,
unconditional regard
of others who share
the journey.*



Engage deeply in
creative process in a
safe environment to:

- Find direction through inner guidance
- Envision the path forward
- Resolve unresolved conflict
- Speak your authentic voice more fully

Begins June 13, 2018

7 Wednesday Evenings: 6:30-8:30

Cost: \$435 (if paid in full by 5/15) or \$65 per session

Held in downtown San Rafael

*Limited to 8, No experience needed! For men, women,
clinicians and non-clinicians alike. Most materials included.*

Complimentary pre-participation interview required.

9-month Group Begins in September 2018

For details or to register, contact:

Shira Marin: (415) 499-0737 • ShiraMarinPhD.com

Annie Danberg: (415) 322-8984 • AnnieDanberg.com