~THERAPY GROUPS - MAY-AUGUST 2017~

Groups are offered by licensed psychotherapists and supervised interns, who may or may not be members of RECAMFT. RECAMFT does not take responsibility for the quality of services provided.

~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 or 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. www.deborahhaarstadmft.com

SATURDAY WOMEN’S GROUP, Hannah Caratti, LMFT. Weekly group for spiritually oriented women (clinicians & nonclinicians). Interview prior to attending a 4 week series. Self-care, goal setting & emotional support, Saturdays. West Santa Rosa. 707-494-7470.

CONSCIOUS AGING GROUPS, Gilda Meyers, LMFT. Ongoing group for women 65+ Monthly, Sat. 9:30-12:30 in San Rafael. Group for midlife women 50+ also meets one Sat./month 10-1:30 or 10-3. Call for a flyer, more information and free interview. 415-472-2765.

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.

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 Bring to light outdated beliefs and perceptions that set women up for unfulfilling, sometimes abusive situations. 415-448-6242.

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.

~GROUPS FOR MEN~

GROUP FOR MEN 50+, Lou Dangles, LMFT.

~COED GROUPS~


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.

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.

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.
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~COED GROUPS (Cont’d)~

MEDITATION & STRESS REDUCTION GROUPS, Hannah Caratti, LMFT. In peaceful country setting. Saturday and Tuesday afternoons. Mindfulness, gentle movement, guided relaxation. West Santa Rosa. 707-494-7470. www.counselingyogameditation.com


~KIDS, TEENS, PARENTING~


~SPECIALTY GROUPS~


TRANS WOMAN GROUP, Dr Erica Anderson, PhD. Wkly process group focused around issues for trans feminine members. Age 25+. Screening interview req’d. Monday, Rockridge/No. Oakland. 510-910-1578 or www.drERICAanderson.net, drERICAanderson@gmail.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.

FIND YOUR VOICE, CHANGE YOUR LIFE! Doreen Hamilton, Ph.D. Speaking Circles® Training Dir. Learn to dissolve public speaking fears and be confident to speak authentically. 6-wk group, Fridays 10-12. Kentfield. 510-524-4055. www.esSentialspeaking.com

OCD/PHOBIA/ANXIETY GROUP, Dan Kalb, PhD. The same highly effective CBT techniques used in individual treatment will be employed in this group for adults. Exposure practice in a supportive context will be emphasized. 415-925-8511. www.cbTMARIN.com

CHRONIC MEDICAL ILLNESS/PAIN GROUP Ann Steiner, PhD, LMFT, CGP, FAGPA. Ongoing, supportive psychotherapy group addresses hidden disabilities, chronic pain issues. Led by 30+ year group expert. Wednesdays, 12:30-2:00pm, Lafayette. 925-962-0060. www.DrSteiner.com

CBT/DBT GROUP FOR DEPRESSION OR ANXIETY, Community Institute for Psychotherapy. Skills-based educ. and training group to help cope with everyday problems, distressing emotions, excessive worry, fear, stress, anxiety & depressn. Tues 6:30-8pm. 415-459-5999 x450.

~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. Geraldine.Alpert@gmail.com
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~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. www.therapists.psychologytoday.com/183422


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. Geraldine.Alpert@gmail.com


~WORKSHOPS~


~WORKSHOPS (Cont’d)~

PROGRAMS IN BOWEN THEORY: Emotional Regression in Societies & Families, Dr Daniel Papero, PhD, LCSW & Michael Sullivan, LMSW. Sat., May 13, 2017 (8:45-5:00). Courtyard by Marriott, 175 Railroad Street, Santa Rosa. Full descrp & reg info: programsinbowentheory.org

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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 (for Sept. issue) -- August 10, 2017

To submit your ad, follow these steps:

(1) Format your 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;

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

(3) Email your ad to therapy@recamft.org prior to deadline. Please type THERAPY GROUPS in the subject line;

(4) Mail a hard copy of your ad and 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.

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