

# ~RECAMFT THERAPY GROUPS~

~Dec/Jan/Feb 2020-2021~

## ~~~GROUPS FOR WOMEN~~~

**WOMEN'S GROUP, Renée Owen, LMFT.** Ongoing, for clinicians and non-clinicians. Be enriched, inspired & energized. Develop & deepen intimacy skills. Support & process work, goal setting. Now Online. 25+ years experience. 415-453-8117 or [reneeowen@sbcglobal.net](mailto:reneeowen@sbcglobal.net).

**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 Bring to light outdated beliefs and perceptions that set women up for unfulfilling, sometimes abusive situations. 415-448-6242.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, Jean Hayes, LMFT.** Gain tools and develop strategies for successful weight loss long-term maintenance. Food plans individualized for new habits w/grp tx & support for emotion emotional ups + downs 12-wk am/pm in Novato 415-897-1348

**LIFT YOUR SPIRITS-WOMEN'S THERAPY GROUP, Kacy Dapp & Karen Josephs, Interns. Supervisor Dylan Kersh, LMFT, CIP.** Strengthen self-awareness of yourself, and your thoughts and emotions. San Rafael, Mon. 6:15-7:45pm. Zoom for now. (415) 459-5999 x450

**ONLINE SATURDAY WOMEN'S GROUPS, Gilda Meyers, LMFT.** Ongoing online groups exploring issues of midlife & aging: Age 70+ meets twice/mth, 2nd & 4th Sat., 10-11:30am. Age 55+ meets 3rd Sat., 10-12. Call for flyer, info & free interview. 415-453-1839.

**WOMEN'S Telehealth PROCESS GROUPS, Lois Friedlander, LMFT 27235, CGP.** Offers support + community. Integrates psycho-dynamic, interpersonal models. For: Individual clients, Professionals & grad students. Explore creating relationships in the 'here+now' moment. Experienced confident facilitator. Wed/Thurs eves. Ongoing. 415 383 3337

## ~~~GROUPS FOR MEN~~~

**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](http://www.bobcasanova.com)

**SUPPORT/THERAPY GROUP FOR MEN, Scott Nelson, PhD, LMFT.** New group. Resolve personal challenges, greater personal competence, emotional balance & awareness; become better leaders (home & elsewhere). Wed 5-6:30pm. Zoom. 415 383 9254. <https://scottnelsonphd.com>

**MEN AND RELATIONSHIPS, David Kest, LMFT** Heartfelt Zoom meetings. Practice mindfulness, safe conversations & relationship skills to promote healing & growth. Ready for the next level through support & compassion? Wed, 7-9pm. San Rafael. 415 246 1739

## ~~~CO-ED 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. Now Online. 25+ years experience. 415-453-8117. [reneeowen@sbcglobal.net](mailto:reneeowen@sbcglobal.net).

**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

## ~~~COED GROUPS (continued)~~~

**DBT GROUPS FOR ADULTS, Alexis Crissey, LMFT.** Clients learn behavioral skills to manage emotions, reduce impulsive behaviors & promote healthy relationships. Ongoing. Petaluma. (707) 782-1222 x1 or [petalumacounseling.com](http://petalumacounseling.com)

**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.

**PSYCHODYNAMIC GROUPS, Art Raisman, PhD** High functioning groups open to therapists and non-therapists. Tuesday or Wednesday PM. 415 453-4271 [psychologytoday.com](http://psychologytoday.com)

**SUPPORT GROUP FOR THE OVER 55, Ann Steiner, PhD, MFT, CGP, FAGPA.** Long-term, supportive psychodynamic process-oriented group for psychologically curious adults. Tues. 12:30-2:00. 925-962-0060 or [DrSteiner@DrSteiner.com](mailto:DrSteiner@DrSteiner.com) Info. [http://drsteiner.com/therapygrps\\_relationship.html](http://drsteiner.com/therapygrps_relationship.html)

## ~~~CHILDREN, TEENS, & PARENTING GROUPS~~~

TO PLACE YOUR AD HERE SEE SUBMISSION GUIDELINES ON PAGE 3

## ~~~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. San Rafael. 415-488-5557. [www.shiramarinphd.com/anniedanberg.com](http://www.shiramarinphd.com/anniedanberg.com)

**UNDERSTANDING & COPING WITH ANXIETY AND DEPRESSION, Yael Heffer, Trainee, Katalin Szabo, Pre-Doctoral Intern. Supervisor Dylan Kersh, LMFT.** CIP, San Rafael, Wed 6:15-7:45pm. Zoom for now. (415) 459-5999 x450

**CHRONIC PAIN & MEDICAL ISSUES GROUP, Ann Steiner, Ph.D. MFT, CGP, FAGPA.** Long-term supportive group for hidden disabilities, chronic pain, & life-altering medical challenges. Reduce isolation & receive inspiration to make the most of life. Wed. 12:30-2:00. 925-962-0060 [http://www.drsteiner.com/therapygrps\\_chronic.html](http://www.drsteiner.com/therapygrps_chronic.html)

**MEN PARTNERS OF ABUSE SURVIVORS, Scott Nelson, PhD, LMFT.** Education-impacts of abuse; support for exploring response-able resolution to personal & couple, self-care challenges with others. See website for more info. Thur, 5-6:30pm. Zoom. 415 383 9254. <http://www.scottnelsonphd.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.

**ADULT ADHD ONLINE, Holly Seerley, LMFT** 12 weeks. Executive Functioning skills: organizing, planning, and managing time. 415-383-6656

**SKILLS FOR COUPLES, Holly Seerley, LMFT** Online. Neuroscience! De-escalate, feel safer, stop reactive patterns. 415-383-6656

**INSIDE OUT: Cultivating Mindfulness & Creativity in the Time of Covid, Gail Caulfield, MFT, ATR-BC.** Increase internal stability & resilience with practices of meditation & creative expression. Thurs 4 -5:30pm, 2021. Open to high functioning adults on Zoom. No experience necessary. (415) 846-4452. [caulfieldmft@gmail.com](mailto:caulfieldmft@gmail.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.** Ongoing supportive, psychodynamic process-oriented, group for personal & professional growth. A safe place to take off your therapist's hat. Thurs. 12:30-2:00. [925-962-0060](tel:925-962-0060) or [DrSteiner@DrSteiner.com](mailto:DrSteiner@DrSteiner.com)  
Info [www.psychotherapytools.com/therapygrps\\_therapists.html](http://www.psychotherapytools.com/therapygrps_therapists.html)

**THERAPY GROUP FOR THERAPISTS, Art Raisman, Ph.D.** Relational-interpersonal orientation. Open to mental health professionals and trainees. Thursday AM.  
[psychologytoday.com](http://psychologytoday.com) 415-453-4271

## ~~~CONSULTATION GROUPS~~~

**CONSULTATION GROUPS, Renée Owen, LMFT.** Practice building, general case consult and group therapy consult. Get help creating a thriving practice or running groups. 1x/mth, Now Online. 25+ years experience. 415-453-8117 or email [reneeowen@sbcglobal.net](mailto:reneeowen@sbcglobal.net)

**BI-MONTHLY CONSULTATION GROUP, Geraldine Alpert, PhD,** formerly Dir. Post-Doc Training at Kaiser, Assoc. Clin Prof. of Psychiatry at UCSF, Dir. of Group 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/SUPERVISION GROUP, Scott Nelson, PhD, LMFT** Ongoing group 1.5 hours twice a month – 6 members. 43 years experience Your energy engaged, your knowledge strengthened, your insight brightened. Now on Zoom. 415 383 9254 <http://www.scottnelsonphd.com>

## ~~~WORKSHOPS & TRAININGS~~~

**PSYCHOTHERAPY WITH PERSONALITY DISORDERS, Fran Goldie-Marcus, LCSW.** A 12-session case consultation seminar integrating theory and practice. 24 CE units. For more information, call Fran at [415-892-4310](tel:415-892-4310). CE Provider # 129511.

## THERAPY GROUP AD SUBMISSION GUIDELINES

Group Therapy Classified Ads is quarterly insert in the print & online editions of the **Mar., Jun., Sept. & Dec.** issues of RECAMFT's newsletter: **NEXT DEADLINE: Feb, 1, 2021 (for MAR/APR/MAY 2021 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).
- (2) Format your **NEW** ad: Maximum 6 lines, 50 characters per line, including spaces and punctuation; avoid hyphens. **Please adhere to these limits.** Please do not add additional bold or caps to your ad.
- (3) Specify the section in for your **NEW** ad: Groups for Women; Groups for Men; Coed Groups; Children, Teens, Parenting (one section); Specialty Groups; Groups for Therapists; Consultation Groups; Workshops & Trainings.
- (4) Email **NEW** ads in body of email (NO ATTACHEMENTS) to [reneeowen@sbcglobal.net](mailto:reneeowen@sbcglobal.net) prior to deadline. Type **RECAMFT THERAPY GROUPS** in subject line; AND mail hard copy of your ad with 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 Lindsay Kenny at [recamftnews@gmail.com](mailto:recamftnews@gmail.com) (cc to [reneeowen@sbcglobal.net](mailto:reneeowen@sbcglobal.net)) prior to deadline. Please type "**RECAMFT Therapy Groups Display Ad**" in the subject line & mail hard copy of ad with 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 (& nonprofits, institutions, & 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:** Line Ads -- Renee Owen 415-453-8117  
Display Ads -- Lindsay Kenny @ [recamftnews@gmail.com](mailto:recamftnews@gmail.com)

# REFLECT BACK IMAGINE FORWARD

## New Year Mixed-Media Visual Journaling Retreat, January 10

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

*In this time of relentless stress there is a way re-imagine the coming year.*

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

Engage deeply in creative process in a safe environment to:

- Soothe your worried heart • Ease grief over loss of traditions
- Re-Friend yourself in isolation
- Reimagine your future in uncertain times
- Experience creative community

Cost: \$195 / \$180 by 12/10/20

*No experience needed! For men, women, clinicians and non-clinicians alike.*

*Limited group size. **Held Online.***



## Arts-Based Process Group for Clinicians Forming! Led by Shira Marin, PhD, LMFT, CGP (15972)

If you, or a clinician or pre-Licensed clinician, you know, would be interested in having a safe and encouraging place to process the unique challenges that face us now as clinicians because of COVID and all of the other environmental and societal hardships occurring, please, contact Shira Marin, (415) 488-5557

For details or to register, contact: **Shira Marin: (415) 488-5557 or Annie Danberg: (415) 322-8984**

## Now Forming! Women's Interpersonal Process Group

Thursday evenings 5:30pm - 7 pm

### Process groups:

- Offer support + community during times of isolation
- Provide a safer, confidential setting to share our stories + emotional lives
- Allow us to focus on what's happening between people in the moment
- Ponder the ways we form and foster relationships
- Share our hopes and dreams for better social connection
- Provide a forum to share anxieties, grief, celebrations, or melancholy

### Members Learn How To:

- Improve communication skills
- Expand their emotional lives
- Begin new relationships and decrease isolation
- Repair ruptured relationships
- Change unproductive relational behavior patterns

**Fee: \$80** (90 min) - Sliding scale available

Contact me for a complimentary 20 minute phone consultation **415-383-3337**

*Screening meetings are necessary prior to group participation to ensure a good match of group membership.*

Find out more on my website: [www.loismft.com](http://www.loismft.com)



*Lois Friedlander, MFT is an experienced clinician + confident Certified Group Psychotherapist, member of the clinical faculty, UCSF Dept. of Psychiatry, Faculty of the Group Psychotherapy Training Program @ The Psychotherapy Institute. She has been a workshop presenter at the American Association of Group Psychotherapy and developed graduate level group dynamics curriculum at the California Institute for Integral Studies.*