

# ~THERAPY GROUPS – SEPT-NOV 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](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 Bring to light outdated beliefs and perceptions that set women up for unfulfilling, sometimes abusive situations.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).

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

## ~GROUPS FOR WOMEN~

*(Cont'd)*

**INTRODUCTION TO HEALING (PARTNERS OF SEX ADDICTS) Willow Tree Counseling.** Provides educ., community, and trauma understanding for partners impacted by sex addiction. A safe space to shr. exp. and ask questions. 707-200-2332x102 [Jeanne@WillowTreeSantaRosa.com](mailto:Jeanne@WillowTreeSantaRosa.com)

**HEALING THROUGH CONNECTIONS (PARTNERS OF SEX ADDICTS), Willow Tree Counseling.** A safe space to express the impact of sex addiction & receive support & guidance from others. Educ. materials enhance group. 707-200-2332 x102, [Jeanne@WillowTreeSantaRosa.com](mailto:Jeanne@WillowTreeSantaRosa.com)

**CHRISTIAN BASED HEALING THROUGH CONNECTIONS Willow Tree Counseling.** A safe space for learning, sharing, and understanding trauma in a Christian context. Christian based materials are used. 707-200-2332 x102, [Jeanne@WillowTreeSantaRosa.com](mailto:Jeanne@WillowTreeSantaRosa.com)

## ~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)

**SEXUAL RECOVERY GROUP FOR MEN, Reid Harper, LMFT.** Ongoing weekly group addresses sex/porn addiction with emphasis on establishing intimacy, trust, and healthy relational communication. Thurs. 6-7:30pm, 707-217-7400 or [reidharpermft@gmail.com](mailto:reidharpermft@gmail.com) [www.love-n-trust.com](http://www.love-n-trust.com)

**MEN'S SEX ADDICTION RECOVERY GROUP, Willow Tree Counseling.** Ongoing homework/process grp helps create & maintain sobriety, estab. recovery & address trauma. 105 min. Santa Rosa: Mon 4:00PM, Tues 8:00AM, Thurs 5:00PM, San Rafael: Friday TBD 707 299-2332 x101, [Tim@WillowTreeSantaRosa.com](mailto:Tim@WillowTreeSantaRosa.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](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).

**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](http://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](http://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](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).

## **~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)

**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~**

**AUTISM PARENT SUPPORT GROUP, Dominique MacCurtin, Autism mom/Autism Specialist LMFT #39835 & Earth Swartz, Autism Spec/Advocate.** Parents/caregivers of Children on Autism Spectrum EVERY Friday 9:30-11:15am, FREE. 921 Transport Way @29a Petaluma, CA 94954 (707) 343-5152

## **~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](mailto: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 expcn. Depth, Jungian, Dream, EAT. 2x/mth, San Rafael. [www.shiramarinphd.com](http://www.shiramarinphd.com) .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](http://www.shiramarinphd.com). [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 Neuropsychiatric Inst. Input/support. [415-497-9479](http://www.geraldinealpert.com). [Geraldine.Alpert@gmail.com](mailto: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.

**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](http://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: Nov. 1, 2018**  
(for Dec/Jan/Feb 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](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).

(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](mailto: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.

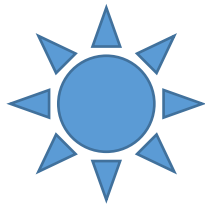
### **COST (DISPLAY ADS):**

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

**QUESTIONS:** Renee Owen at [415-453-8117](http://www.reneeowen.com)  
Gail Van Buuren at [707-494-4198](http://www.gailvanbuuren.com)

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

# Soul Circles

Arts-Based Process Groups  
using Mixed-Media Visual Journaling

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*

## 9 Month Arts-Based Process Groups

Wednesday evening group, 6:15-8:30 • Begins 9/5

Tuesday afternoon group, 1-3:00 • Begins 9/11

## Arts-Based Process Group for Clinicians

Fridays, 12:30-2:30 • Begins 9/14

\$285/mo., 9-mo. commitment required for groups

## Arts-Based Process Group for Teens

After school, date and time TBD

Imagine connecting to your innermost guidance through creative expression.

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

Engage deeply in creative process in a safe environment to:

- Soothe your worried heart
- Find your direction • Move onward
- Resolve conflict • Share your authentic voice
- Experience creative community

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

Limited group size. Complimentary pre-participation interview required. Held in San Rafael.

For details or to register, contact:

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

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

