

# ~THERAPY GROUPS-DEC2018-FEB2019~

## ~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 Bring to light outdated beliefs and perceptions that set women up for unfulfilling, sometimes abusive situations.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)

**PARTNERS OF SEX ADDICTS SUPPORT GROUPS, Willow Tree Counseling** Education and support for betrayed partners impacted by sex addiction. A safe space to share experiences and receive guidance. Christian group is available. 707-200-2332 x102 [Jeanne@WillowTreeSantaRosa.com](mailto:Jeanne@WillowTreeSantaRosa.com)

**WOMEN'S GROUP, Patty Bechtold, LPCC.** Support group & writing circle. Focuses on self discovery, wellbeing & tending wisdom. Meets 2x monthly, Santa Rosa, Wed. 6:30-8:30 Begins 1/30/19; ends 5/8/19. 707-742-9844 [wiselifetherapy.com](http://wiselifetherapy.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 hmwk/process grp to create/maintain sobriety, est. recovery, & address underlying issues. Santa Rosa: Mon 4pm, Tues 8am, Thurs 5pm, San Rafael: Fri. 3pm 707-200-2332x101, [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. 415-454-7308.

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

## **~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

**POSITIVE COPARENTING GROUP, Dayna Adams, AMFT.** 4 week group to help parents learn how to reduce custody conflict, improve parenting communication, develop a business like relationship and keep their children out of the middle. Petaluma. Jan 2019 (707) 782-1222 x5

## **~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 development. Exped. facilitator, 35 yrs. clin. & teaching experience. 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.shiramarinphd.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](http://BayAreaMorenoInstitute.com).

**DBT PARENTING SKILLS WORKSHOP, Alexis Crissey, LMFT & Paige Pires de Almeida, LMFT.** DBT skills for problem behaviors, overwhelming emotions & connection & communication. Petaluma 707-782-1222 or [petalumacounseling.com](http://petalumacounseling.com).

**COUPLES WORKSHOP, Cynthia Zecic, LMFT47266.** Workshop to strengthen your marriage or committed relationship. Provides you with insights & tools to make it better, or provide a road map for repair. A Step Forward, Inc. 925-685-9670 x101.

## **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: Feb. 1, 2019**  
(for Mar/Apr/May 2019 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.

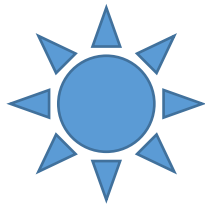
### **COST (DISPLAY ADS):**

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

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

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**

## REFLECT BACK IMAGINE FORWARD

MIXED-MEDIA JOURNALING RETREATS

JANUARY 5 OR 6, 10-4

Led by Shira Marin, PhD, LMFT  
& Annie Danberg, LMFT

*What gifts from your past carry you into the  
coming year?*

*What have been your challenges, and how  
have they tempered you?*

*Aspirations, Inspirations: What are you  
called to manifest in 2019?*



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

*Imagine receiving the compassionate,  
unconditional regard of others.*

... I choose to inhabit  
my days,  
to allow my living to  
open me,  
to make me less afraid,  
more accessible,  
to loosen my heart  
until it becomes a wing,  
a torch, a promise.  
I choose to risk my  
significance;  
to live so that which  
came to me as seed  
goes to the next as  
blossom  
and that which came to  
me as blossom, goes on  
as fruit.

~ Dawna Markova



REGISTER ONLINE:

[ShiraMarinPhD.com](http://ShiraMarinPhD.com)  
or [AnnieDanberg.com](http://AnnieDanberg.com)

*Give this as a gift to  
yourself or another*

\$190 / \$175 by 12/21  
Held in San Rafael

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