



## RECAMFT THERAPY GROUPS

~SEPT/OCT/NOV 2022~

### ~~~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. 415-847-1353 or [reneeowen@sbcglobal.net](mailto:reneeowen@sbcglobal.net)  
<https://therapists.psychologytoday.com/183422>

**DIVORCE GROUPS FOR WOMEN ONLY, Susan Pease Gadoua, LCSW.** Ongoing, Online 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.

**WOMEN'S RELATIONAL PROCESS GROUPS, Lois Friedlander, MFT** Tues. 5:15pm and Wednesday 5:45pm eves, Goals: Decrease isolation, enhance social skills. Integrates psycho-dynamic, interpersonal models. Ages: late 20's to mid 50's. Experienced, certified facilitator. Contact: 415-383-3337  
[lois@loismft.com](mailto:lois@loismft.com) <http://www.loismft.com/>

**WEIGHT LOSS & WT MAINTENANCE GROUP, Jean Hayes, LMFT.** Gain tools and develop strategies for successful weight loss long-term maintenance. Food plans emotional ups & downs 12-wk am/pm in Novato  
415-897-1348

**WOMEN'S SEXUALITY PROCESS GROUP, Natashia Fuksman, LMFT, CST.** Meets Wkly, Tues 9:15-10:30am & Wed 5:15-6:30pm. Open to Adult women w/i CA. Sexuality as: self-care, body love, relational intimacy, sex over life span, etc. \$75/group, 6 mth commitment.  
<http://www.natashiamft.com/services> or [natashiamft@gmail.com](mailto:natashiamft@gmail.com)

**ONLINE SATURDAY GROUPS FOR WOMEN, Gilda Meyers, LMFT** 415-453-1839 Ongoing online groups exploring issues of midlife and aging. Age 75+ meets 2nd SAT/mth, 10-12. Age 60+ meets 3rd SAT/mth, 10-12. Call for flyer, info, free interview.

### ~~~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)

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

**MOTHER'S SUPPORT GROUP, Deanna Bernard, LCSW.** 10 week online session evening group Nurture the nurturers! Call or text 707-749-0022.  
email: [TeletherapyLCSW@protonmail.com](mailto:TeletherapyLCSW@protonmail.com)  
website: [www.DeannaBernard.com](http://www.DeannaBernard.com)

**PARENT & TEEN MINDFULNESS SKILLS, Erica Thomas MFT** 6 week online group for parents and their teens. Learn Mindfulness together & calm emotions  
Call 707-206-8698  
Email: [efthomasma@gmail.com](mailto:efthomasma@gmail.com)  
[www.growingpositivefamilies.com](http://www.growingpositivefamilies.com)

## ~~~COED GROUPS~~~

**INTIMACY GROUPS & SINGLES GROUP, Renée Owen, LMFT.** Ongoing groups for singles, couples, or married. Also 9-wk grp for Singles. Create more success in relationships. Clinicians welcome. Online. 25+ years experience. 415-847-1353. [reneeowen@sbcglobal.net](mailto:reneeowen@sbcglobal.net)  
<https://therapists.psychologytoday.com/183422>

**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

**BARIATRIC SURGERY/ EDUCATION SUPPORT GROUP, Dr. Jean Hayes, LMFT.** For those considering weight loss surgery & for those postsurgery, to establish new eating habits for weight loss & successful maintenance. 12-wk am/ pm in Novato. 415-897-1348

## ~~~SPECIALTY GROUPS~~~

**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

**MIXED GENDER RELATIONAL PROCESS GROUP, Lois Friedlander, MFT,** Decrease isolation, enhance social skills. Integrates psycho-dynamic, interpersonal models. Late 20's to mid 50's. Explore relational & behavioral style w/others. Thurs 5:15pm 415-383-3337 <http://www.loismft.com/>

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

**ENNEAGRAM EXPLORATIONS & INQUIRY GROUP FORMING Harriet Katz, LCSW.** 33+Yrs Diamond Approach. Deepen your Integration of psyche-soul body & spiritual dimension thru somatic inquiry, Clinicians welcomed. Zoom Call/Txt 707-544-8879 [www.TotalBeingPsychotherapy.com](http://www.TotalBeingPsychotherapy.com)

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

## ~~~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

## ~~~WORKSHOPS & TRAININGS~~~

TO PLACE YOUR AD HERE SEE SUBMISSION GUIDELINES ON LAST PAGE

## ~~~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.

415-847-1353 or email [reneeowen@sbcglobal.net](mailto:reneeowen@sbcglobal.net)

<https://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 Group Therapy at McAuley Neuro psychiatric Inst. Input/support.

415-497-9479 [Geraldine.Alpert@gmail.com](mailto:Geraldine.Alpert@gmail.com)

### CONSULTATION FROM A SOMATIC & SPIRITUAL

**ORIENTATION Harriet Katz, LCSW** Explore the Enneagram while deepening & learning about it to help guide understanding with the unfolding nature of the soul & its impact on our process. Call or Txt 707-544-8879

[www.TotalBeingPsychotherapy.com](http://www.TotalBeingPsychotherapy.com)

## PROCESS GROUP THERAPY

OPENINGS NOW!

**KIM IVES HICKS, MFT, CGP**

(650) 737-1818



### Interpersonal Process Groups

**Women's Group - Tuesday 5:15pm**

**Women's Group - Wednesday 5:45pm**

**Mixed Gender - Thursday 5:15pm**

#### 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.*

## NEW AD SUBMISSION GUIDELINES

Group Therapy Classified Ads is a quarterly insert in the online editions of the **Mar., Jun., Sept. & Dec.** issues of RECAMFT's newsletter:

**NEXT DEADLINE: November, 1, 2022 (for DEC/JAN/FEB 2022-2023 issue)**

### STEPS TO SUBMIT CLASSIFIED LINE ADS:

- (1) Renew OLD ads by emailing Renee and for payment follow **Step 5** below.
- (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 ATTACHMENTS) to [reneeowen@sbcglobal.net](mailto:reneeowen@sbcglobal.net) prior to deadline. Type **RECAMFT THERAPY GROUPS** in subject line
- (5) NEW ONLINE PAYMENT SEE [www.recamft.org/Purchase-Therapy-Group-Ads](http://www.recamft.org/Purchase-Therapy-Group-Ads)

### STEPS TO SUBMIT DISPLAY ADS:

- (1) Renew OLD ads by emailing Renee and following **Step 5** above (**NEW ONLINE PAYMENT**)
- (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 & email copy of ad with online payment info to: [reneeowen@sbcglobal.net](mailto:reneeowen@sbcglobal.net)

### 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 at [reneeowen@sbcgolbal.net](mailto:reneeowen@sbcgolbal.net)  
Display Ads - Lindsay Kenny at [recamftnews@gmail.com](mailto:recamftnews@gmail.com)