

MARIN CAMFT THERAPY GROUPS LIST FOR OCT-NOV-DEC 2020

GROUPS FOR WOMEN

WOMEN'S GROUP - NOW ONLINE

Renée Owen, LMFT 415 453 8117

Ongoing weekly group for women (clinicians & nonclinicians) Develop & deepen intimacy skills through support, process work, goal setting. Excellent adjunct to individual therapy. Thurs PM ONLINE.

DIVORCE GROUPS FOR WOMEN ONLY

Susan Pease Gadoua, LCSW 415 448 6242

Ongoing biweekly groups provide community, emotional support and information for all stages of divorce or separation. Topics: self-esteem, empowerment and recovery from difficult feelings and situations.

RELATIONSHIP INSIGHT GROUP FOR WOMEN ONLY

Susan Pease Gadoua, LCSW 415 448 6242

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 Bring to light outdated beliefs and perceptions that set women up for unfulfilling, sometimes abusive situations.

ONLINE SATURDAY GROUPS FOR WOMEN

Gilda Meyers, LMFT 415 453 1839

Ongoing online groups exploring issues of midlife and aging. Age 70+ meets 2nd & 4th Sat/mth, 10:00-11:30am. Age 60+ meets 3rd Sat/month 10am-12:00pm. Call for flyer, info, free interview.

WOMEN'S INTERPERSONAL GROUP

Lois Friedlander, LMFT, CGP 415 383 3337

Integrates psychodynamic, interpersonal models. For students, professionals. Examine relationships. Consultant: Dr. Irv Yalom Wednesday, 6:30-8 PM, Ongoing. 3569 Sacramento Street, SF.

WEIGHT LOSS AND WEIGHT MAINTENANCE GROUP

Dr. Jean Hayes, LMFT 415 897 1348

Gain tools and develop strategies for successful weight loss/ long-term maintenance. Food plans individualized for new habits with group therapy & support for emotional ups/downs 12-week am/pm sessions.

PARTNERS OF SEX ADDICTS SUPPORT GROUPS

Willow Tree Counseling 707 200 2332 x 102

Education and support for betrayed partners impacted by sex addiction. A safe space to share experiences and receive guidance - a Christian group is available. Jeanne@willowtreesantarosa.com

LIFT YOUR SPIRITS-WOMEN'S THERAPY GROUP

Kacy Dapp & Karen Josephs, Interns, CIP

Supervisor, Dylan Kersh, LMFT 415 459-5999 x 450

Strengthen self-awareness of yourself, your thoughts and emotions. San Rafael, Mon. 6:15-7:45pm. Zoom for now.

GROUPS FOR MEN

SUPPORT/THERAPY GROUP FOR MEN

Scott Nelson, PhD, LMFT 415 383 9254

New group. Resolve personal challenges, greater personal competence, emotional balance & awareness; become better leaders (home/elsewhere). Wed 5-6:30pm. Zoom. <https://scottnelsonphd.com>

MEN AND RELATIONSHIPS

David Kest, LMFT 415 246 1739

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.

MEN'S SEX ADDICTION RECOVERY GROUP

Willow Tree Counseling 707 200 2332 x 101

Ongoing homework/process group: create & maintain sobriety, establish recovery, address issues. Mon 4PM, Tues 8AM, Thurs 5PM, San Rafael: Friday 3PM. Tim@WillowTreeSantaRosa.com

CHILDREN, TEENS AND PARENTING

ADVERTISE YOUR GROUP HERE NEXT TIME!

SPECIALTY GROUPS

MEN PARTNERS OF ABUSE SURVIVORS

Scott Nelson, PhD, LMFT 415 383 9254

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. www.scottnelsonphd.com

\$\$\$ MONEY MATTERS \$\$\$

Laurie Buntain, LMFT 415 721 9555

Explore and understand your relationship with money. Identify influences & patterns to increase rational financial behavior & harmony. 7 sessions for individuals & couples. Meets biweekly in Kentfield.

HORSE/ANIMAL SUPPORTED THERAPY GROUP

Dr. Jean Hayes, LMFT 415 897 1348

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.

ARTS-BASED PROCESS GROUP FOR WOMEN & MEN

Dr. Shira Marin LMFT, Annie Danberg, LMFT 415 499 0737

Clinicians/ non-clinicians. Liberate self-expression, cultivate self-awareness & self-acceptance and transform self-judgment. 8-weeks.. San Rafael www.shiramarinphd.com or www.anniedanberg.com

UNDERSTANDING & COPING WITH ANXIETY & DEPRESSION

Yeal Heffer, Trainee & Katalin Szabo, Pre-Doctoral Intern, Supervisor, Dylan Kersh, LMFT, CIP
415 459-5999 x 450

San Rafael, Wed., 6:15-7:45pm. Zoom for now.

ADULT ADHD ONLINE

Holly Seerley, LMFT **415-383-6656**

12 weeks. Executive Functioning skills: organizing, planning, and managing time.

SKILLS FOR COUPLES

Holly Seerley, LMFT **415-383-6656**

Online. Neuroscience! De-escalate, feel safer, stop reactive patterns.

COED GROUPS

INTIMACY GROUPS - NOW ONLINE

Renée Owen, LMFT **415 453 8117**

Ongoing weekly process groups for men and women (single, in relationship or married). Explore blocks & learn how to experience more fulfillment & success in relationships and life. Mon or Tues pm.

SINGLES GROUPS - NOW ONLINE

Renée Owen, LMFT **415 453 8117**

9-Week Psychoeducational Group for men & women desiring to create more committed, intimate relationships. Assists in overcoming+ blocks & obstacles. Excellent adjunct to Indiv. therapy. Tues or Thur.pm.

INTERPERSONAL PROCESS GROUP

Lou Dangles LMFT & Chris Armstrong LMFT **415 454 2722**

Members will have an opportunity to learn about relationship patterns in their lives, understand impact on others
Weds, 7:30– 9 PM San Anselmo

BARIATRIC SURGERY/ EDUCATION SUPPORT GROUP

Dr. Jean Hayes, LMFT **415 897 1348**

For women and men contemplating weight loss surgery and for those post- surgery, to establish new eating habits for weight loss and successful maintenance. 12-week AM and PM sessions in Novato

SUBSTANCE ABUSE EDUCATION/SUPPORT GROUP

Dr. Jean Hayes, LMFT **415 897 1348**

For women & men contemplating their behavior, use or abuse of various substances, i.e., alcohol, drugs, food, pills, sex, shopping, gambling-effects on aspects of their lives. 12-week. AM & PM in Novato.

COUPLES COMMUNICATION WORKSHOP

Kathy Jarosz, LCSW **415 999 4414**

Crash course to improve communication with a partner. Focus on skills to use right away. Materials given for practice. Great relationship tune-up. One evening per month. Kathy@couplescounselingworks.com

PSYCHODYNAMIC GROUPS

Art Raisman, PhD **415 453-4271**

High functioning groups open to therapist and non-therapists. Tuesday or Wednesday PM. psychologytoday.com

CONSULTATION GROUPS

THRIVE CONSULTATION GROUPS -- NOW ONLINE

Renée Owen, LMFT 415 453 8117

Connect & network with colleagues, General case consult, Help in creating a thriving practice, or starting, facilitating or sustaining groups. Meets 1x/mth online. 30 years experience. reneeowen@sbcglobal.net

CONSULTATION/SUPERVISION GROUP

Scott Nelson, PhD, LMFT 415 383 9254

Ongoing group 1.5 hours twice a month – 6 members. 43 years experience Your energy engaged, your knowledge strengthened, your insight brightened www.scottnelsonphd.com

CONSULTATION GROUP: EXPERIENCED CLINICIANS

Fran Goldie-Marcus, LCSW 415 892 4310

Consultation group with special emphasis on evaluating and treating personality disordered clients from a psychodynamic and object relations perspective. Call for more info: frangoldiemarcus@gmail.com

BIMONTHLY CONSULTATION GROUP

Geraldine Alpert, PhD. 415 497 9479

Formerly Director Post Doc Training at Kaiser; Assoc. Prof of Psychiatry at UCSF, Director of Group Therapy at McAuley Neuropsychiatric Institute. Input/ Support. www.GeraldineAlpert.com

GROUPS FOR THERAPISTS

CO-LED THERAPY GROUP FOR MATURE THERAPISTS

Geraldine Alpert, PhD, Elaine Cooper, PhD, LCSW 415 479 9479

One opening in high functioning, long term, co-ed group with psychodynamic, interpersonal orientation. Wednesday AM in San Rafael. www.GeraldineAlpert.com

THERAPY GROUP FOR THERAPISTS

Art Raisman, Ph.D. 415-453-4271

Relational-interpersonal orientation. Open to mental health professionals and trainees. Thursday AM. psychologytoday.com

WORKSHOPS AND TRAININGS

THE WATER WE SWIM IN, A COUPLES WORKSHOP

Laura Rose, LMFT & Brett Wheeler, LMFTI 415 528-2525

Live Session in 2 parts: Sun., Oct, 18 & 25, from 11am-3pm, PST. A small group virtual experience helping couples explore systemic gender issues. <https://laurarose.podia.com/the-water-we-swim-in>;