

~RECAMFT THERAPY GROUPS~

~March/April/May 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.

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 <http://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

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.

WOMEN'S EMPOWERMENT GROUP, Deanna Bernard, LCSW. 10 week online session evening group. Honor, empower and uplift the heroine in us all. Call or text 505-577-3614. Email: TeletherapyLCSW@protonmail.com Website: TeletherapyLCSW.weebly.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

MEN'S GROUP FOR TRUE SELF-CONFIDENCE Samuel Bernier, LMFT. Weekly men's groups for developing clarity, empowerment, and authenticity using meditation and relational practices. I help men achieve their goals by becoming more fully themselves. 707-800-9857 or www.sambernier.com/groups

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

MOTHER'S SUPPORT GROUP, Deanna Bernard, LCSW. 10 week online session evening group Nurture the nurturers! Call or text 505-577-3614 email: TeletherapyLCSW@protonmail.com website TeletherapyLCSW.weebly.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. Now Online. 25+ years experience. 415-847-1353 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

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

PROCESS GROUP THERAPY

OPENINGS NOW!

KIM IVES HICKS, MFT, CGP

(650) 737-1818



~~~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.

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

MIXED GENDER RELATIONAL PROCESS GROUP, Lois Friedlander, MFT, Th 5:15pm Decrease isolation, enhance social skills. Integrates psycho-dynamic, interpersonal models. Ages: late 20's to mid 50's. Explore relational & behavioral style with others in the moment. Experienced, certified facilitator. 415-383-3337 <http://www.loismft.com/>

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 or txt for more info: 707-544-8879 www.TotalBeingPsychotherapy.com

~~~WORKSHOPS & TRAININGS~~~

TO PLACE YOUR AD HERE SEE SUBMISSION GUIDELINES ON PAGE 3

~~~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

~~~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

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

CONSULTATION FROM A SOMATIC & SPIRITUAL ORIENTATION Harriet Katz, LCSW 33+yr Diamond Approach. Explore the Enneagram while deepening & learning about it, to help guide our understanding with the unfolding nature of the soul & its impact on our process. More info: 707-544-8879 text best, www.TotalBeingPsychotherapy.com

NEW AD SUBMISSION GUIDELINES

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

NEXT DEADLINE: May, 1, 2022 (for JUNE/JULY/AUG 2022 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 prior to deadline. Type **RECAMFT THERAPY GROUPS** in subject line
- (5) NEW ONLINE PAYMENT GUIDELINES COMING SOON

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 (cc to 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

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@sbcglobal.net
Display Ads - Lindsay Kenny at recamftnews@gmail.com

Soul Circles

Visual Journaling & Group Process for Personal Exploration

Led by Shira Marin, PhD, LMFT, CGP (15972)

Summer Camp for the Soul

Tuesday afternoons: 1:00 - 3:15 pm PDT

June 14 - July 5

Wednesday evenings: 6:15 - 8:30 pm PDT

June 15 - July 6

Friday mornings: 10:15 - 12:30 pm PDT

June 17 - July 7

Cost: \$335 / \$320 by 6/3/22

4 Sessions each (commitment to all 4 sessions required)

- Engage the power of your innate creative impulse
- Be heard and guided by your inner voice
- Discover unexpected avenues of delight, play, and self-compassion
- Share the journey safely with others through mutual kind regard.
- Benefit from the group's collective energy and wisdom



ONLINE

No experience needed!
For men and women.
Limited group size.

To register or for more info visit shiramarinphd.com/workshops/soulcircles or call 415-488-5557

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

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.