

RECAMFT THERAPY GROUPS

~DEC/JAN/FEB 2022-2023~

~~~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
<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 <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.

BABY... MAYBE? Eva Cantor, AMFT #122418 (Supv Lori Conroy LMFT 47658) A support group for women struggling to decide between having children or committing to being child-free. 8-week online group. \$75/session.
evacantormft@gmail.com 415-488-7668
<https://postimg.cc/87vL5DqR>

~~~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

~~~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
website: www.DeannaBernard.com

ATTACHMENT VITAMINS PARENTING GROUP, Christy Livingston, LMFT and Lida Hughes, AMFT. 10-week program developed by UCSF on strengthening parent-child bond. Clinicians welcome. In-person Jan 2023, father's in-person Feb 2023, online option available. 707-395-7550
www.bridgestounderstanding.org

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: efthomas@gmail.com
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
<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

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
<https://therapists.psychologytoday.com/183422>

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

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

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: February, 1, 2023 (for MAR/APR/MAY 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 prior to deadline. Type **RECAMFT THERAPY GROUPS** in subject line
- (5) NEW ONLINE PAYMENT SEE 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 (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 – therapy@recamft.org

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

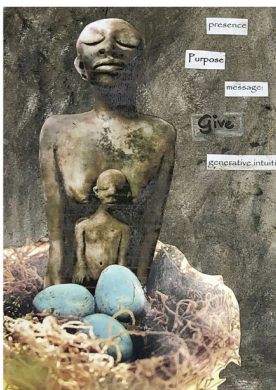
Fee: \$80 (90 min) - Sliding scale available

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.



Online/small group size.

*Partial scholarships
 available based on need.*

Must attend all 12 sessions.

*Only simple tools are necessary.
 Possible visual journaling supplies:
shiramarinphd.com/supplies*

A New Offering from Soul Circles

Color Me Human

Visual Journaling & Group Process for Personal Exploration

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

**An invitation to a safe, creative conversation about
 Identity, Color, Culture and what it means to
 belong as an individual & a member of society**

Friday Morning Group

10:15 am - 12:30 pm PDT

March 17- June 2, 2023

Cost: \$315/month by March 10

***A complimentary pre-participation
 interview is required.***

To register or for more information visit shiramarinphd.com/workshops/human