

the COALITION

No. 78

Newsletter of the South Shore Coalition of Independent Therapists

www.sscit.org

December, 2009

Hello SSCIT members,

I would like to extend, along with our Board of Directors, a happy and healthy holiday season to you all. I know that we may all be finding ourselves faced with the delicate task of balancing our lives and plans with our caseloads. Each year at this time, I get feedback from others about how intense this season is for families and ourselves. Multiple crises with our clients and even in our own lives along with frantic efforts to get everything set for the celebrations have us all a bit “lost” from ourselves. I hope we can all lean a bit on each other and find our mindfulness enough to “reset” ourselves for US and our clients. Let’s begin this new decade with a call to each other and to ourselves to re-evaluate where we get “lost” and use our community to better our situations. Stay connected to your community!!

And, speaking of staying connected, don’t forget to attend our **Annual Open House** event in Norwell on **April 9, 2010** from 4 – 7pm. Look for a postcard mailing soon!! Mark your calendars!!

We’ve posted a “Goings On” page on our website that offers us all opportunities to show what we’re doing. My weekly radio show “Mindfields” is archived there and people are starting to post flyers and other announcements about our members’ projects. Please use this page to promote yourselves. Send me your flyers, article links, recognitions, etc. and I’ll have the webmaster post it online so that we all know what you’re doing. And, it’s an easy way for the community at large to view something you want exposed about your work. Just post your “activity” and send anyone and everyone the link to that page so they can access it online. It’s just another way our website was designed for your advancement and promotional use.

I don’t want to end this letter without thanking Karen Wischmeyer for her talk on Group Therapy and the Couple’s and Individual therapist. Karen blended theory with collaboration ideas that refreshed our way of seeing Groups as an invaluable adjunct or primary modality for our clientele. Thank you, Karen, for your knowledgeable and humorous way of reaching us with your passion.

The next newsletter will be sent out in early April. All announcements must be received by March 20, 2010 to be included. You can send them to me by e-mail: frazzled4@comcast.net (kindly **do not** send them to me via the email listserv) or they can be mailed to me at 41 Popple Bottom Road, Sandwich, MA 02563.

Sincerely,

Kenneth Freedman, LICSW
President, SSCIT

To sign Up for the SSCIT Listserv – *members only, please

If you have not already subscribed to the SSCIT e-mail listserv, you may do so by going to <http://groups.yahoo.com/group/SSCIT> and clicking on “Join This Group” or clicking on the “Yahoo Groups” icon on the bottom left of our home page at www.sscit.org and follow the prompts. This will notify Ken Freedman, the listserv administrator, and he will enroll you. This may take a day or so. Registering at the site includes you choosing a Yahoo e-mail address. If the address name of your choice is taken, you might choose SSCIT*, where * is your name or a number of your choosing. e.g.: JohnDoeSSCIT23@Yahoo.com Not to worry, you will be able to use your current email to receive and send messages on the listserv even though you sign on to a Yahoo email address. You will know you are enrolled when you receive a welcome letter from Ken Freedman in your e-mail.

If you have any problems, send an e-mail to Ken Freedman frazzled4@comcast.net and put SSCIT in the subject.

ANNOUNCEMENTS

1) Avrom Weinberg, Ph.D. is offering two open-ended psychotherapy groups for men and women in his office in Marshfield. One group meets on Tuesday evenings from 7:15-8:45 PM and the other meets on Thursday evenings from 7:15-9:00 PM. Each group is tailored to meet the needs of the individual members. Most insurance are accepted and self-pay involves a sliding scale fee schedule. An initial interview is required. Avrom may be reached at 781-837-1870.

2) Karen Wischmeyer, LICSW, CAS, CGP is leading 4 ongoing therapy groups and invites colleagues to think about group therapy as a treatment option for their patients. Whether in a women’s group or a co-ed group member’s use the immediacy of the “here and now” experience validation and work through experiences of shame, etc. Many of the features that Yalom names as positives of group therapy continue to be accurate. Several openings are available. She is always available to talk to clinicians about referring one’s client to a group:

Women’s groups: Monday and Wednesday - 7-8:30pm

Co-ed groups: Tuesday - 5:30pm - 6:45pm & Thursday (50 and over) 10:15am-11:30pm

3) Confidential Care is now offering men’s and women’s early recovery support groups, please call the office for more information at 781-878-9809.

4) Matthew Manela, LICSW is offering the following groups and seminars:

Adult and Adolescent 12 Step Psycho-Education Group (Mon. 5pm & Tue. 5:30pm)

Gain control over your anger. Understand your temper. Learn about distortions. Identify triggers. Develop coping techniques and thoughts. This 12 week group combines anger management education with support from others.

Adult Early Recovery Group (Adults Tue. 5:30pm)

Gain support from others experiencing similar difficulties. Identify triggers, thoughts and feelings that result in certain behavior. Develop new ways to counter triggers.

For more information or to book a seminar or consultation, contact Matthew at 508-586-2664.

5) Debbie Issokson, Psy.D. is part of the newly formed South Shore Postpartum Depression Support Network. The task force is working on increasing public awareness of prenatal and postpartum mood disorders, educating mental health and medical professionals about perinatal mental health issues and creating a resource list of mental health providers who can provide appropriate treatment for women and their families. Our territory is Quincy to the Sagamore Bridge. If you are interested in being included on the resource list, please contact Debbie at info@reproheart.com or 617-314-9571.

6) Allison Feeley, LICSW, has opened an office at 2016 Ocean Street in Marshfield, independent of her association with Levin & Zangrillo, PC of Hingham. She is a provider for Tufts and BC/BC in Marshfield and for several additional insurance carriers at Levin & Zangrillo, where she will continue to see clients. Contact Allison in Hingham: 781-740-1546 or Marshfield: 617-901-2361.

7) Paula Nesoff, LMSW would like to announce her Tuesday Morning Meditation group beginning on January 12, 2010. Participants meet from 7:00-7:45am each Tuesday to begin their day with a meditation to cultivate your practice. "Relax into yourself, ground yourself and connect deeply." Donations are accepted. 93 Nantasket Ave in Hull. 781-214-9235.

OFFICE SPACE AVAILABLE

1) Marvista Psychological Associates has new, furnished office space available in the Cohasset Family Health Building on Rt. 3-A, Cohasset. We are seeking a therapist with an interest in working with children and families. Please call **Tricia Fair** at 1-781-383-0860.

2) Norwell/Hingham line at Washington Square. Office rental on part time and/ or daily basis in suite with 5 clinicians. Comfortable, pleasant space in convenient location. Monthly peer supervision. Reasonable rate. Contact **Joanne Struzziery, Ed.D.** 781-329-5509.

3) Attractive, professional office space available at Harmony Wellness Center in Hanover. Full or part time. Very reasonable rate. Great location, ample parking, Very congenial atmosphere. Cross-referrals and peer supervision. Contact **Deena Beals** 781-829-4300 or deenabeals@gmail.com

4) Beautiful, sunny office available for part-time or full-time lease in psychotherapy suite. Common area with printer/fax and kitchen. Also, large space may be rented for groups/seminars. Located in Norwell between Hingham and Hanover exits off route 3. Friendly, collegial atmosphere, monthly peer supervision meetings. Billing services available. Call **Kristin Penza** at 781-347-4714, ext. 1.

Changes in **mailing addresses** should be directed to **Ann Anderson** at
200 Cordwainer Drive #202, Norwell, MA 02061. 781-749-3963.

Please direct all correspondence for the Coalition to:

SSCIT c/o Kenneth Freedman, LICSW

41 Popple Bottom Road

Sandwich, MA 02563

or

frazzled4@comcast.net

Visit us online at:
WWW.SSCIT.ORG

COALITION MEMBERS AND FRIENDS LUNCHEON

Structured Treatment for ADHD Adults Utilizing Nancy Ratey's "The Disorganized Mind"

Presented by:

Judith Mitchell, LICSW

CEU Credits available for LICSW, LMHC & Nurses

Thursday, January 28, 2010

11:30am-1:30pm

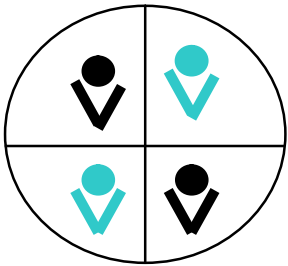
Scarlet Oak Tavern (Queen Anne's Corner: Rt. 58 & 228) in Hingham

Cost: \$25.00 (Make checks payable to "SSCIT")

**R.S.V.P. Helene Lieb at 781-383-6950 (please, no calls after 9pm) or via email
at: bigred8487@aol.com by January 22nd.**

Cancellations made less than 48 hours in advance will be charged.

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Sandwich, MA 02563



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