

# Volunteers in Psychotherapy

## Celebrating **19** Years of Community Achievement

1999

VIP is an IRS-approved Charitable Nonprofit [EIN # 06-1532207]

2018

### You and #MeToo

A woman recently called VIP. Did we have therapists experienced in working with the trauma of sexual abuse? I told her what I've told so many who ask this question: "You can't work as a therapist in this field without dealing with sexual trauma." VIP's psychologists have average experience of 35 years.

In fact, I left the poor-person's psychiatric clinic at Hartford Hospital – Institute of Living, where I'd trained, worked and trained clinical psychologists until 1996, after two similar situations in the same summer: In their first appointments, two different women separately divulged to me the source of their problems -- sexual abuse that they'd never talked about. They felt deeply -- that was their problem.

They were surprised to find out that, in the age of managed care, their "third party payers" [insurers] would not pay for them to discuss that sexual assault – even though it was clearly the root of their distress.

#### 19 Year ANNIVERSARY ACCOMPLISHMENTS

- More than 650 People or Families Helped
- More than 30,000 hours of volunteer work earned 7,500 therapy sessions
- Less than 3% missed sessions
- 200+ individual donors
- 123 grants from 39 charitable foundations support VIP's work
- Presentations for: American Psychological Association, UCLA, Yale, Wesleyan, Trinity, UConn, CCSU, YWCA Sexual Assault Crisis Service.
- Awards from the Connecticut Psychological Association (CPA), American Institute of Medical Education (AIMED)

**This was one of the major reasons we constructed VIP** – because people often have distressing secrets fueling their troubles – matters they don't want reported on their insurance records.

Women who've been assaulted by a boss or cousin, step-father or stranger; men who'd been abused by a neighbor, a pastor...

VIP gives people complete control over the timing and pace at which they reveal their troubles...and peace of mind in the privacy we provide – with no reports of their revelations sent to insurers -- no misleading psychiatric labels which become part of their permanent medical records.

**This is the type of private help you'd want for yourself or a loved one.**

Your partnership has allowed increasing numbers of people to get this sort of haven; a confidential place to rethink their struggles with all sorts of personal problems. We provided **20% more sessions** in 2016 than 2015... and have worked with many new people since.

**Thank You again** for your joining with clients who earn each session by helping other people in the community; 4 hours of volunteering per session.

**Without your individual donation** we couldn't offer VIP's charitable service. As you know, **the IRS requires a minimum level of donations by individuals** in proportion to charitable grants, in order to maintain our nonprofit-charitable status.

**So your personal tax-deductible gift to VIP is very helpful, in more ways than one... and you partner with many people who share your commitment to this effective and humane approach.**

**If you can continue to help us with a donation this year – please do. Can you increase your gift? It will help VIP as we assist more people.**

**Thank you.** Richard Shulman, Ph.D., Director on behalf of VIP's Boards

## VIP in the news and in the community

- This fall we'll give a continuing education workshop for the CT Psychological Association Early Career Psychologists.
- VIP presented at Advocacy Unlimited's 2018 conference.
- Life Publications will soon feature VIP in a full-length article.
- TheInnerCompass.org lists VIP as a humane, alternative "mental health" resource that helps people while building community.

**To earn sessions, VIP clients have volunteered in hospitals, hospices, health clinics for poor people or underserved groups, homeless & battered-women shelters, programs for veterans, ex-cancer patients, seniors, in public schools, Boards of Education and at Habitat for Humanity. They've donated blood to the Red Cross & hair to Locks of Love. They've worked at volunteer ambulance corps, YWCA Sexual Assault (& other) Crisis Programs, public & community TV stations, as literacy volunteers, tax aides, serving in libraries, and soup kitchens that feed hungry people. Four hours of privately documented work earn each VIP session.**

## People seeking help react to hearing of VIP (actual quotes):

"I wish there were more programs like VIP across the country."

"If the whole world worked like VIP – how wonderful would that be."

"Fantastic, amazing program...not just its availability and privacy, but your philosophy, too."

"It sounds like the most wonderful program."

"It's awesome – I have great respect for what you're doing."

"This is such a brilliant approach – All healthcare should be like this."

**See VIP's CBS interview on our website: [www.CTVIP.org](http://www.CTVIP.org)**

**A simple way to help: "Friend/Like" VIP on Facebook... multiplying our visibility!**

## Thank You for being a FRIEND of VIP

### 200+ Generous Donors

#### Charitable Foundations:

The J. Walton Bissell Foundation  
The Daphne Seybolt Culpeper Memorial Foundation  
The Carse Robinson et al Fdn, Fleet Bank, Trustee  
The George & Grace Long Fdn, B. of America, Trustee  
The Jodik Foundation  
Ziv Tzedakah Fund (an international charity)  
The Maximilian E. and Marion O. Hoffman Fdn  
The Ensworth Charitable Fdn, B. of America, Trustee  
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Healthy People 2010 (Yale-Griffin PRC)  
The Cottonwood Foundation  
The Ahearn Family Foundation  
The J.P. Morgan Chase Foundation  
The Universalist Church of West Hartford  
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CT Association of Psychologists - PAC

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And thanks to many other volunteers!

Gifts in Kind: GreenShare Technology, Environmental Office Solutions, John Joy Assoc's., Bernheimer Lincoln Insurance, Copy Central.

You can make a tax-deductible donation by **mailing us a check**. Support can come in many forms... VIP can benefit from volunteers, new board members, and suggestions of other resources or avenues to consider. To discuss other ways of helping, such as a bequest in your will, please contact VIP.

**Volunteers in Psychotherapy, Inc. provides psychotherapy that is truly private,  
in exchange for volunteer work clients donate to the nonprofit or charity of their choice:  
A nonprofit alternative to the loss of client privacy and control  
experienced at public clinics and under managed care.**

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