

Volunteers in Psychotherapy

Celebrating **20** Years of Community Achievement

1999

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

2019

Your 20 Years of Help through VIP

You're receiving this newsletter because you're one of the people we depend on to offer VIP's service. Other stalwart helpers include Joanne Greenberg, author of the book *I Never Promised You a Rose Garden*, "novel-izing" her recovery from psychosis while in therapy in a mental hospital, now a professor of writing at a university in Colorado; and Dr. Bertram P. Karon *, former President of the American Psychological Association division of Psychoanalysis, and Emeritus Professor of Psychology at Michigan State University. Bert's been on VIP's Advisory Board since we started; Joanne's done so for ten years.

Both Joanne and Bert told me similar stories, as they spread the word about VIP's work, providing no-fee psychotherapy that our clients earn through volunteering at the agency of their choice in the community.

20 Year ANNIVERSARY ACCOMPLISHMENTS

- More than 680 People or Families Helped
- 31,000 hours of volunteer work earned 7,700 therapy sessions
- Less than 3% missed sessions
- 200+ individual donors
- 128 grants from 40 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)

Each told a psychiatrist about VIP. The person thought VIP was being described as an "idea" for a helping agency, and they responded "that's 'pie in the sky'" – a nice, even ideal-sounding system for seeing people in truly private therapy – but not something that could last any length of time before failing.

It's been 20 years now – and VIP hasn't failed. Why?

You probably know that Margaret Mead quote: **"Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has."**

You helped us, and our therapy clients helped others in the community [helping them to feel good about themselves], and VIP helped them. With your help we've all sacrificed and formed a team where people really help.

This is the type of private discussions you'd want for a loved one – getting to the root of their self-hatred, guilt, shame or confusion. "Earl" who was hospitalized every 6 months for decades, realized that, with VIP discussions, he's now gone years without an inpatient stay. "Pat" spent years in an institution, sleeping the day away under sedative medication – but is now self-supporting, working full time. "Lee" no longer drinks or uses drugs, lives independently but still struggles to understand why they're reflexively so hard on themselves, and why they keep people at a distance.

Thank You again for your joining with folks 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? You'll help VIP as we assist more people.

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

* We're sorry to report that our great friend and long-time supporter, Dr. Bertram P. Karon, died just prior to this publication.

VIP in the news and in the community

-  August, 2019, the Hartford Courant features VIP's 20th anniversary of work in a column by Susan Campbell.
-  VIP presented at Advocacy Unlimited's 2018 conference.
-  Life Publications featured VIP in a full-length article, late 2018.
-  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 hospices, hospitals, health clinics for poor people or underserved groups, homeless & battered-women shelters, programs for veterans, ex-cancer patients, seniors, sports for kids, 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 therapy session.

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

"Sounds like a really fantastic program... I like that I can volunteer, help others and earn therapy."

"Fantastic idea for a number of reasons."

"I think that's a really good program. I get great joy from helping others" [but I want therapy] "to get to the root cause of my problems."

"I appreciate what you've done for the community. Not only does the therapy help, but the volunteering helps people get out of their comfort zone – helping others."

See VIP's CBS interview on our website: www.CTVIP.org

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

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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Thank You for being a FRIEND of VIP

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