

Volunteers in Psychotherapy

Celebrating **22** Years of Community Achievement

1999

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

2021

22 Years of “People Helping People Helping People” through VIP

Did you notice? Same title as last year. And last year’s quote: “We saw a huge jump [despite the pandemic] – from a 10-year average of roughly 500 therapy sessions per year, to 685 sessions.[in 2019]” Then we provided 745 sessions in 2020. So – you and we must be doing something right in helping people.

A lay-minister spoke to me about VIP: he thought the isolation of the pandemic has imposed a “Sabbath-like” break for many people, in which they’ve had repose to step back from usual activities and examine their lives.

22 Year ANNIVERSARY ACCOMPLISHMENTS

- More than 705 People or Families Helped
- 38,000+ hours of volunteer work earned 9,700 therapy sessions
- Less than 3% missed sessions
- 200+ individual donors
- 150 grants from 38 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 seems like a good way of thinking about VIP’s many clients. Maybe you, too have looked at the direction of your life in a more meaningful way – and you know the benefit of such a creative break.

Your partnership with VIP has helped people who’ve been in terrible ruts in their lives:

“Meg” who described being abused and taken advantage of in multiple ways in her relationship – but at first insisted that it was flawless, despite her many examples to the contrary.

“Pat”, who’s stopped drinking, and is now more directly discussing the persistent bullying and rejection as a child which made Pat so wary of people and so hard on themselves.

“Alisha”, who is slowly waking up from a sort of numbness -- to the many ways she was hurt by the killing of a family member in a local city.

VIP allows us to have these rewarding and very personal talks with people – at the pace each individual needs to go.

It’s the type of truly private discussions you’d want for a loved one – getting to the root of their self-destructive patterns, their guilt, shame, paralysis, fears or emotional confusion.

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


Without your individual donation we simply 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 is very helpful to VIP, 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 and our level of service continues to accelerate.

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

VIP in the news and in the community

 VIP's website is completely revamped – new & much improved! Thanks to a talented and dedicated designer (Pardhu Namburi, President of Online Impacts) who volunteered through “Catchafire” [we were granted a subscription to this online nexus through the Hartford Foundation for Public Giving]. And thanks to RThomasfineart.com for allowing use of their beautiful photos.

 Taped a Youtube interview through the Psychotherapy Action Network (PsiAN) which promotes therapy of depth, insight and relationship – any discussions which focus on the particular details and patterns in someone's life – not brief or manualized, less confidential talks which insurance companies and public clinics prefer to pay for, because they're less expensive in the short term.

 Gave presentations to UConn Medical School Psychiatrist-trainees and Wesleyan University graduate Psychology students; were interviewed for online feature articles about VIP and participated in library-hosted online descriptions of local resources which help people.

To earn sessions, VIP clients have volunteered in programs for ex-cancer patients, in nonprofit hospices and hospices for veterans, hospitals, health clinics for poor people or underserved groups, homeless & battered-women shelters, programs for seniors, sports leagues 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 cleaned public parks, worked at volunteer ambulance corps, YWCA Sexual Assault (& other) Crisis Programs, public, community & nonprofit TV and radio 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 about VIP (actual quotes):

“This is terrific, what you people are doing, because a lot of people need help and they can't afford it – so I think this is awesome!”

“That's lovely – that you have people give back to the community.”

“Sounds like a really good thing. With insurance there would still be copays. And privacy is a very important thing.”

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 in strengthening VIP. 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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And thanks to many other volunteers!

Gifts in Kind: GreenShare Technology, Environmental Office Solutions, John Joy Assoc's., Copy Central., RThomasfineart.com