

# Volunteers in Psychotherapy

## Celebrating **23** Years of Community Achievement

1999

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

2022

### 23 Years of “People Helping People Helping People” through VIP

Amazing! Third year of the pandemic, and our headline is the same: “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], 745 sessions [2020] and 752 last year. So – you and we must be doing something right in helping people.

#### 23 Year ANNIVERSARY ACCOMPLISHMENTS

- More than 710 People or Families Helped
- 40,000+ hours of volunteer work earned 10,000 therapy sessions
- Less than 3% missed sessions
- 200+ individual donors
- 154 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)

We’ve probably all been drained by the pandemic – and that’s those of us who haven’t suffered great losses in health or lost loved ones.

But in addition, most people come to VIP because they’re wrestling with traumatic experiences or hurtful patterns that have enduringly affected them deeply and pervasively, often subverting their whole lives.

You may have heard this quote: “Americans can always be counted on to do the right thing – after they’ve tried everything else.” Almost 40 years of seeing people struggle to overcome confusion in their lives confirms to me the kernel of truth here -- people often need to make multiple mistakes in experimenting to find a better way for themselves... and they need time to untangle powerful feelings and face difficult patterns in their lives.

Why VIP’s approach is special

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

**You’d want this type of truly private discussions for a loved one – getting to the root of someone’s self-destructive patterns, their guilt, shame, paralysis, fears or emotional confusion – difficult but powerful conversations.**

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

Why YOUR donation matters

**Without your individual donation** we simply couldn’t offer VIP’s charitable service. We’re particularly vulnerable as our level of service continues to surge – we need your help, if you can give to VIP.

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.

**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's program of People Helping People Helping People:

☞ “It is one of the most beautiful compensations of this life that no man can sincerely try to help another without helping himself.” [sic]

To earn sessions, VIP clients have volunteered in programs for breast 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. Many have donated blood to the Red Cross & hair to Locks of Love and saved/distributed surplus food through Foodshare. They've cleaned public parks, worked at volunteer ambulance corps, YWCA Sexual Assault (& other) Crisis Programs, community & nonprofit TV and radio stations, as literacy volunteers, tax aides, serving in prisons, libraries, and soup kitchens that feed hungry people. Clients do 4 hours of privately documented work to earn each VIP therapy session.

\*

**VIP's criticism of the faulty rationale behind much of the prescribing in the last 3 decades, is now confirmed again in a review of research published in *Molecular Psychiatry* this summer [see CTVIP.org for more references]:**

“For three decades, people have been deluged with information suggesting that depression is caused by a “chemical imbalance” in the brain – namely an imbalance of a brain chemical called serotonin. However, our latest research review shows that the evidence does not support it.”

\*

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

“I am very intrigued by your organization (glad to see there is some real good in the world!), and would like to start therapy.”

“A lot of people complain about bad systems or problems – but you're doing something unique.”

“I like that it's confidential and I can bring up anything.”

“I was so astonished when I saw your brochure – in my opinion this is one of the best things I have seen in a while.”

**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:

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The Daphne Seybolt Culpeper Memorial Foundation  
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The George & Grace Long Fdn, B. of America, Trustee  
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The Maximilian E. and Marion O. Hoffman Fdn  
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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**

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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