Volunteers in Psychotherapy

Celebrating 27 Years of Community Achievement

1999 VIP is an IRS-approved Charitable Nonprofit [EIN # 06-1532207] **2026**

More **than a Quarter Century of "People Helping People Helping People" through VIP**

You – Your help allows us to provide our help! You've helped us to keep doing this good work, done quietly and confidentially. With your support and partnership, many people have been able to face and gradually talk about powerful difficulties they'd speak of nowhere else. Someone's previously secret personal pain, frustration and confusion can be discussed in complete privacy.

27 Year ANNIVERSARY ACCOMPLISHMENTS

- More than 730 People or Families Helped
- 52,000+ hours of volunteer work earned 13,000+ therapy sessions
- Less than 2% missed sessions
- 200+ individual donors
- 188 grants from 44 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)

Despite how difficult it can be to ferret out the root causes of unhappiness or self-destructiveness in someone's life, people come week after week, daring to tell their therapist in increasing detail the inside story of their life; their personal views and secrets.

Many people fear that their own worst condemnation of themselves will be confirmed by their therapist. It takes guts and well-earned trust to allow someone to see your private thoughts about yourself, your family, embarrassing events in your life – and sometimes horribly destructive and traumatic situations you've endured.

Today I sat with someone who was clearly struggling to figure out why they felt so negatively about themselves, When they came to touchy subjects, they were so anxious they could hardly choke out their words.

But a fuller view of someone's difficulties very often reveals other understandings that aren't so damning, are more humanly understandable, are complex or contra-dictory, but ultimately ring more true to the person whose life is being re-viewed.

As you can imagine, when an isolated and isolating person develops friends or a love relationship, when someone attains employment that makes them self-sufficient, increases their self-respect and blunts their drinking or self-loathing, when someone puts into more accurate perspective the shame or guilt that has blocked them from some happiness in life, when a person labeled "psychotic" finally deciphers the camouflaged messages they were communicating about hidden problems in their life, when someone is gradually able to speak about the repeated family frictions and misunderstandings that tangle their feelings in a way that they've never been able to express directly – these are achievements that bring some peace to people; some of the satisfactions that make this work worthwhile. These are the reasons VIP exists.

We VIP therapists are still quietly having these therapy conversations at a time when there are no glimmering milestones for the organization externally – but while the good and necessarily incremental work of our clients and therapists continues.

For seven years now VIP has continued our "surge" in the number of sessions we provide to local people. In the 10 years before 2018 we provided about 500 sessions annually. In the 7 years since, we've averaged over 700.

We thank **YOU** for being partners to all of us, contributing to making VIP the quiet success that - though not always externally visible – makes a very REAL impact on the lives of the people we work with. Thanks for **YOUR HELP**, contributing to VIP.

Our Board labors behind the scenes, so that VIP's work can happen:

Leonard Dupille, Ph.D., our Board President, received his Ph.D. in Clinical Psychology from Duquesne University decades ago, working since then as a tenured Professor at a local Community College.

Linda Scacco, Ph.D., our Vice President and Treasurer is a licensed clinical psychologist who worked in public clinics and taught at University of Hartford.

Liz Halla-Mattingly, MSW, VIP's Secretary, graduated from the University of CT School of Social Work before working for years at the Sexual Assault Crisis Service of the New Britain YWCA. Liz now works in a residential farm treatment center.

Ann Bracken received an MS.Ed. in Communication and Learning Disorders from Johns Hopkins University. Her latest book, Crash: A Memoir of Overmedication and Recovery explores mother-daughter experiences of mismanaged care for depression and chronic pain, telling the multi-generational story using primary source records, journal entries and current medical research.

Judy Lederer, Esq., is a retired attorney who spent most of her career working for the State of CT. She joined the newly created Office of Medical Quality Assurance in 1984 where she was a prosecutor investigating complaints received against licensed healthcare professionals. She had a significant caseload of health professionals who sexually abused patients.

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To earn sessions, VIP clients have volunteered in nonprofit hospices and hospices for veterans, in hospitals, health clinics for poor people or underserved groups, homeless & battered-women shelters, sports leagues for kids, in public schools and programs for breast cancer patients or at senior centers. Some help Boards of Education or Habitat for Humanity. Many have donated blood to the Red Cross and saved/distributed surplus food through nonprofit farms, Foodshare and other community food pantries. They've cleaned public parks, worked as volunteer fire fighters, at YWCA Sexual Assault (& other) Crisis Programs, as literacy volunteers, tax aides, serving in prisons, libraries, arts organizations, museums and soup kitchens that feed hungry people. Clients do 4 hours of privately documented work to earn each therapy session.

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Why VIP's work helping people with complex problems takes time:

☞ "There is always a well-known solution to every human problem — neat, plausible, and wrong"

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

Your donation makes VIP's work possible.

Another easy 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 Carse Robinson et al Fdn, Fleet Bank, Trustee
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The Maximilian E. and Marion O. Hoffman Fdn
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The Caplin Foundation
Connecticut Psychological Assoc. Educational Fdn
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*Denotes Former VIP Board Member

And thanks to many other volunteers!

Gifts in Kind: Minuteman Press of Wethersfield, Environmental Office Solutions, John Joy Assoc's, **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.

VIP 7 South Main Street #208, West Hartford, CT 06107 CTVIP@hotmail.com (860) 233-5115 www.CTVIP.org