

Our Spring Newsletter 2023
**Hello from
You Rule Therapy!**



- Virtual Harm Reduction Therapy Groups Continue -**New group starts late April!**
- New Associate, Jasper Mather, LMFT, APCC
- New Rule Associates are taking referrals and running some groups!



Contact us at
youruletherapy@gmail.com or
call or text Cynthia today at
[415-987-5578](tel:415-987-5578)

You Rule Therapy
has a new
psycho-educational
Virtual Harm
Reduction Therapy
group for
California residents
starting
in late April

The Wednesday
Harm Reduction
Support group at
5:30 also has
openings

Meet Jasper Mather, LMFT and APCC!

Jasper is open for
referrals!



Jasper Mather joined the You Rule Therapy team this month. He earned his Master's Degree in Holistic Psychology from John F. Kennedy University in 2015, and then was also awarded a Counseling Master's from the same university in 2020. He has been a Licensed Marriage and Family Therapist since September of 2022. He contacted Cynthia Hoffman to receive supervision for his Associate Professional Clinical Counseling hours. The benefit of having a clinician who is pursuing dual-licensure is knowing that your clinician has additional training in addiction, therapeutic theory, group counseling, and career counseling.

Jasper's most recent work includes providing case management, counseling, and crisis intervention for low-to-no income adults San Francisco's Department of Public Health as a Behavioral Health Clinician within their Shelter-in-Place Hotel Program. Additionally, he has been the Social Work Lead at First Place for Youth, a Care Coordinator with Bay Area Community Services, a Crisis Specialist in Marin County's Crisis Stabilization Program, a Senior Social Worker in Contra Costa County's Children and Family Services, as well as a Medical Social Worker in San Francisco General Hospital. Now, he is providing Harm Reduction with You Rule Therapy.

Jasper is passionate about advocating for his clients who have had difficulty accessing services due to transphobia, sexism, homophobia, ableism, racism, or other oppression. Jasper is a WPATH (World Professional Association for Transgender Health) member and is considered to be a gender specialist due to his experience and professional skillset when working with transgender clients. Jasper decided to become a therapist when another therapist helped his own coming out process earlier in his life. Jasper knows first-hand the obstacles that trans and nonbinary people face when attempting to get quality mental health care, and so he is empathetic and kind to those who take the first step of contacting a therapist.

Jasper is still accepting new individual clients, as well as families and couples. He also facilitates a depression group on Saturdays. If interested, please check out his website at: <https://www.jaspermatherlmft.com/>

You Rule Therapy Associates are taking referrals!

Eliza Dropkin, AMFT joined You Rule Therapy last year. Eliza is a registered Associate Marriage and Family Therapist (Lic. #128891) who received her MA in Counseling Psychology from The Wright Institute in October of 2021. She spent the last two years providing therapy to primarily single mothers (both experiencing homelessness and recently housed) and adolescents at Compass Family Services and YMCA Urban Services. She has co-led anxiety focused therapy groups for both adults and teens.



You can learn more about Eliza at <https://elizadropkin.com/> and also on the You Rule page at <https://www.youruletherapy.com/about>

Eliza is currently accepting referrals for new clients and is seeing individuals, couples, and teens via telehealth. She intends to offer a dating anxiety focused therapy group later this fall. She can be reached by email at eliza@elizadropkin.com or by phone/text at (415)-498-0101.

Eliza is also running 2 groups:

Baby Maybe: an exploration of motherhood ambivalence

A teen group for self-compassion skills



Darcy Dittrich joined Cynthia Hoffman and You Rule Therapy at the end of 2020. She earned her Master of Arts in Counseling Psychology from The Wright Institute. Darcy completed her Clinical Internship at SF AIDS Foundation's The Stonewall Project, a counseling program dedicated to providing harm reduction-based substance use and mental health treatment to gay, bi and trans men who have sex with men (MSM) who are interested in addressing their drug or alcohol use. She also works at a private practice in Oakland focusing on children, adolescents and families. Prior to her counseling career, Darcy worked at startups and Fortune 500s for a decade.

Darcy endeavors to bring warmth, awareness, and connection to her counseling sessions. She co-creates a unique healing experience with clients, often using humor and creativity to encourage mindfulness, self-compassion, and change. She believes firmly that healing is non-linear, and absolutely that it is possible. Darcy's colleagues have described her as "compassionate, deep-feeling, inquisitive and intuitive."

Darcy pursues antiracism, feminism, Harm Reduction, Health at Every Size (HAES), LGBTQ+ allyship, and disability justice. She has lived experience navigating intuitive eating, multicultural relationships, chronic pain, and work stress. She is currently accepting referrals for individuals and couples.

Darcy is taking referrals for couples and individuals. She can be reached at darcy@darcydittrich.com

Darcy has been running a group at You Rule Therapy along with Jeremy Prillwitz, LAADC called Mindfulness for teens! Contact her at darcy@darcydittrich.com for additional information

you rule

sex, drugs + therapy

You Rule Therapy was created in 2018. We are a private practice that supervises Associate MFTs/PCC's/ ASWs from a Harm Reduction perspective.

You Rule Therapy welcomes clients and associates across gender and sexuality spectrums, as well as those who engage in consensual sexual behaviors including but not limited to kink and polyamory.

You Rule is committed to the continuous pursuit of culturally responsive and trauma informed care

About the Founder: Cynthia Hoffman, LMFT

Cynthia has been practicing, teaching and supervising using the principles of Harm Reduction Therapy for over 22 years. She has run Harm Reduction Therapy groups for those 22 years as well, 11 of those years for clients in a private practice setting. She is committed to working with people who use substances, using this compassionate, relevant and effective set of interventions.

She helps the therapists at You Rule understand and work with people who use substances.

Her intention is to pass on this beautiful practice of meeting people where they are in an effort to help create connection and help people make lasting change.

Cynthia is also a sex therapist and specializes in working with those with sex/drug linked behavior.

