

# GAMHPA

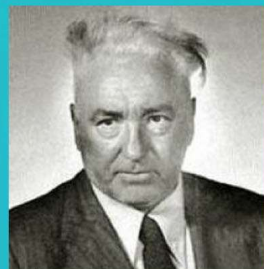
# NEWSLETTER

*Your Source for  
Mental Health News*

*Glendale Area  
Mental Health  
Professionals  
Association*

*Winter 2024  
Volume 32, Issue 1  
Circulation 2,350*

## Can You Correctly Name These Famous Figures in Mental Health?



**Answers to the Quiz are on Page 16.**

## Highlights

- Adding to your income
- Embracing growth
- Trauma
- Virtual conference
- In-person game nights
- In-person networking
- Summer BBQ

## Sections

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Glendale Area Mental Health Professionals Association

# 2024 Calendar of Events

Details & Registration at [www.GAMHPA.org](http://www.GAMHPA.org)

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## Zoom Networking

Wednesdays, 12-1:30 p.m.  
Feb 28, May 8, Aug 7, Nov 13  
Host Jim De Santis, [JJDeSantis@aol.com](mailto:JJDeSantis@aol.com)

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## In-Person Networking

Wednesday, March 20, 12-1:30 p.m.  
Acapulco Restaurant  
Host Kimberly Wong, [kimberlycwonglcsw@gmail.com](mailto:kimberlycwonglcsw@gmail.com)

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## In-Person Game Night

Friday, April 12, 7:30-9:30 p.m.  
Hosts Lauren Worley & Cadyn Cathers, [laurenworleylcsw@gmail.com](mailto:laurenworleylcsw@gmail.com)

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## Virtual Continuing Education Conference

Friday, May 17, 9:30-3 p.m.  
Host Mary Ann Aronsohn, [m.aronsohn@protonmail.com](mailto:m.aronsohn@protonmail.com)

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## Summer BBQ

Saturday, July 27, 12-6 p.m.  
Casa Adobe de San Rafael  
Host David Ibrahim, [dd1ibrahim@icloud.com](mailto:dd1ibrahim@icloud.com)

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Details & Registration at [www.GAMHPA.org](http://www.GAMHPA.org)

# GAMHPA Continuing Education

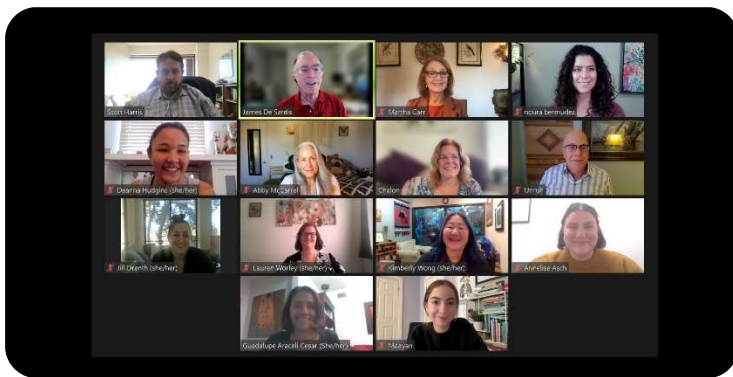
GAMHPA will be hosting a third-annual virtual continuing education conference over Zoom, Friday, May 17, 9:30 AM to 3 PM.

Topics will include Brainspotting, Infidelity, LGBTQ Issues, and Ketamine therapy.

This year, we will be offering continuing education credit to psychologists as well as clinical social workers, marriage & family therapists, and professional

clinical counselors. Thank you to Cadyn Cathers and the Affirmative Couch for this new feature.

More information is available from Mary Ann Aronsohn, Continuing Education Chair, [m.aronsohn@protonmail.com](mailto:m.aronsohn@protonmail.com), and will be posted on the GAMHPA website at [www.GAMHPA.org](http://www.GAMHPA.org).



December 2023 Virtual Networking Event

## GAMHPA Networking

In December, GAMHPA hosted its eighteenth virtual networking event. In attendance, 16 participants introduced themselves and exchanged practice information.

Membership is not required to join us. Everyone is welcome, including students, associates, allied professionals, and organizations.

**Photo above, top row:** Scott Harris, Jim De Santis, Martha Carr, Noura Bermudez

**Second row:** Deanna Hudgins, Abby McCarrel, Chalon Barnett, Steven Unruh

**Third row:** Jill Drenth, Lauren Worley, Kimberly Wong, Annelise Asch

**Fourth row:** Guadalupe Araceli Cesar, Maayan Bick

## Events 2024

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## **GAMHPA Mission**

GAMHPA was founded in 1992 by a few local area mental health professionals in private practice. Within several years, the organization grew to over 100 members.

Our mission is to advance professional development through networking, continuing education, and public awareness.

We offer equal membership to all licensed mental health professionals, reflecting how clinicians actually cross-refer to each other based on expertise rather than discipline.

We are an interest group only and do not make referrals to the community. We are not a profit-making organization.

## **GAMHPA Welcomes . . .**

We would like to introduce our newest GAMHPA members.

Please welcome:

- Kira Bartholomew, AMFT
- Cathie Bautista, LCSW
- Liza Boubari, CHC
- Alicia Dewell, LMFT
- Lianna Falcon, MA
- Deanna Hudgins, AMFT
- Michelle Joy, LMFT
- Erin Kaller, AMFT
- Tina Laas, AMFT

- Elizabeth Nordenholt, AMFT
- Sarah Rezak, LMFT
- Alanah Roy, LCSW
- Elena White, LMFT
- Cecilia Wrenn, AMFT

GAMHPA dues have not increased in twenty years. Dues are \$60 for licensed professionals, \$35 for students, interns, associates, and allied professionals, and \$125 for organizations. Join online at [www.gamhpa.org](http://www.gamhpa.org).

## **GAMHPA Listserv**

### **GAMHPA member listserv**

As a free, exclusive benefit of GAMHPA membership, you are entitled to participate in our active and supportive listserv, an internet discussion group.

The listserv is a rapid and effective method to communicate with colleagues. When you post your message to the listserv, it is sent out to 165 subscribed members. Anyone in the listserv may respond publicly to the community as a whole or privately only to the sender.

The listserv accepts messages seeking or offering:

- Office rental space
- Jobs & internships
- Groups & workshops
- Clinical & ethical discussion
- Case consultation
- Sharing of techniques
- Events & activities
- Specialized resources

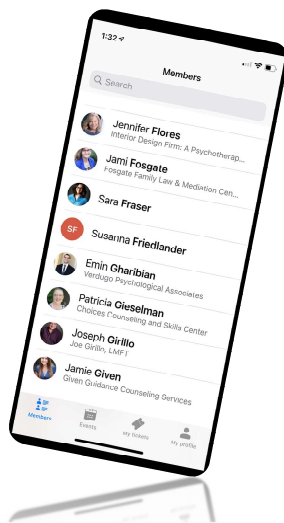
To be added to the listserv, contact our moderator at [lynnemazpeitia@yahoo.com](mailto:lynnemazpeitia@yahoo.com).

# GAMHPA Mobile App

## Free benefit of membership

Our smartphone app lets you search 200 specialists by diagnoses treated, modalities offered, age-range seen, insurance accepted, and second languages available.

From the Apple Store or Google Play Store, download “Wild Apricot for Members.” Enter your GAMHPA username (e-mail) and password to login. It’s that easy!



Casa Adobe De San Rafael, circa 1895



Casa Adobe De San Rafael, today

# GAMHPA In-Person Events

GAMHPA in-person events are back!

In March, we will be hosting our first post-pandemic networking event at our former networking “home,” Acapulco Mexican Restaurant on Pacific Avenue in Glendale.

In April, we will be hosting our first ever post-pandemic in-person game night, with plans in the works for multiple events and locations in 2024.

In July, we will be hosting our first-ever outdoor barbeque at Casa Adobe de San Rafael, a historical landmark and one of the oldest homes in Glendale.

See our calendar of events on page 2.

# Member Benefits

Members receive a number of exclusive benefits. Members are listed in the annual membership directory that is distributed to the local professional mental health community and posted on our website. They also have access to our internet discussion group.

Members can present a talk or publish an article on a professional topic. They receive reduced rates for newsletter advertising and continuing education. Members are automatically entered in a drawing for free newsletter advertising, below. New members can submit a brief professional biography for publication in the newsletter.

# Winners Of Free Advertising

In each newsletter, we randomly select six members, each awarded the opportunity to submit a display advertisement in the newsletter at no charge. This benefit can be used anytime in the next 12 months. Contact the editor to submit your ad. Congratulations go to the following winners:

- Deborah Buckwalter, PhD
- Emin Gharibian, PsyD
- Lucy Kyupelyan, PsyD
- Martin Hsia, PsyD
- Ray Morton, LMFT
- Carol Williams, LMFT, LPCC

## Feature Article

### Are you spending enough time doing things to build your practice and add to your income?

**Lynne Azpeitia, LMFT**

When was the last time you counted the total number of hours you spent on practice building— income, referral source, client generation, and income generating projects?

Are you spending enough time each week doing things that build your practice, add to your income, and ensure that your practice is sustainable?

I'm sure it won't surprise you to find out that when the majority of clinicians start their private practice, at first they spend A LOT of time, energy, and attention on client, income, and referral source generation.

However, once things are in place, these very same counselors seem to end up spending the bulk of their time doing all those things that keep the practice running—seeing clients, making intake calls, answering the phone, responding to emails and texts, making appointments, writing client notes, doing the books, filing taxes, etc.—and then find that they are only spending a small amount of time on practice building and new income generation—networking, marketing, speaking, being active in their professional association, and more.

While these everyday things do keep the practice going, those are hours spent on service functions, not on business building. Business building activities and hours are those spent gaining future business opportunities, clients, referral sources, and income.

To be profitable and sustainable, a successful private practice needs attention to both future business building as well as providing service to clients.

You won't ever have the practice you desire if you don't spend enough time building the next iteration of it.

Do you think it might be a good time for you to look at your schedule and adjust it in relation to your practice needs and goals?

To do this, ask yourself these two questions:

1. Am I stuck spending too much of my time in the day-to-day functions of my practice?
2. Am I spending enough time each week in building and working towards the new things needed for my practice to thrive and sustain itself? Such activities include better marketing, branding, networking, writing a blog or newsletter, social media posting, a new money-making project, or more.

I encourage you to look at your practice and business building hours, compare them to the hours you spend running and maintaining your practice—the practice function hours—and see if it makes sense to you to make an adjustment.

Then do it and see what happens.



Lynne Azpeitia, LMFT

***GAMHPA Board Member and AAMFT-Approved Supervisor, Lynne Azpeitia, LMFT, is in private practice in Santa Monica where she works with couples and gifted, talented, and creative adults across the lifespan. Lynne has been providing business and clinical coaching to mental health professionals for more than 15 years, helping them develop even more successful careers and practices. To learn more about her in-person and online services, workshops, or monthly no-cost Online Networking & Practice Development Lunch, visit [www.Gifted-Adults.com](http://www.Gifted-Adults.com) or [www.LAPracticeDevelopment.com](http://www.LAPracticeDevelopment.com).***



# Feature Article

## Embracing growth

Rosalie Finer, PhD, and  
Azine Graff, PsyD

As therapists we are often focused on growing as individuals and professionals, as well as supporting our clients in their process of change. Time and time again we have seen our efforts dissolve, as our goals or expectations may require too much of us too quickly. It may be helpful to consider alternative methods to supporting movement towards our goals.

### Live with intention

At times we focus on changing things and use strategies that may be too rigid to follow and/or too difficult to generalize to multiple aspects of our lives. Instead, it may be helpful to consider how we want to live our lives—what values or intentions we want to guide our decision making.

For instance, you may choose the value of connection. Initially you may want to commit to an activity that may be demanding, such as a weekly outing, despite having limited time. It may be helpful to choose a committed action that is congruent with your life, such as having more frequent but shorter conversations with those around you.

Give yourself grace when things do not quite go the way you intend and notice successes even if they are not what you imagined them to be in your mind (e.g., having a phone conversation rather than getting together in person for a lunch).

This gives you more fluidity in living your life and staying committed to what is important to you.

### Exercise self-compassion

Regardless of what you hold as important in your life, you may experience that it is easy to be hard on yourself when you do not meet your expectations. Being hard on yourself can make it less likely for you to move toward your values and goals. Instead, noticing your private experience and using perspective taking to explore responses, as we do with our clients, can support you in moving forward and creating positive changes.

### Live mindfully

Weaving in mindfulness to your daily activities can help form a different relationship with yourself, your thoughts, and those around you.

For instance, try stopping periodically to notice your experience in your body, your thoughts, and feelings before returning to your actions. This practice dances beautifully with intentional living, as it calls upon you to stop, observe your experience in the moment, and identify your emotional need, giving you an opportunity to act in alignment with your values.

### Stack habits

It is often easier to start something than to sustain it. If you are trying to make a small change in your life, it can be helpful to practice “stacking” it onto an already existing habit.

For example, adding two minutes of meditation to your morning routine of brushing your teeth can help you ease into achieving a

new goal. Such small actions can support you in creating long-lasting benefits.

### Mid-course corrections

As time passes, it may be helpful to notice successes and challenges with regards to efforts made. Taking time to reflect on what is important to us and where we want to go, can help us determine our next steps.

Upon reflection, we may decide that a committed action is not moving us towards our values, or a value may no longer fit where we are in our lives. Flexibility allows us to make changes and ultimately continue our journey on the path we desire.

### Scaffolding and support

Moving toward our goals, values, and desires is challenging and even more so when we are doing it alone. We are here to support our clients in moving towards what is important to them and will benefit from finding support for ourselves.

It may be helpful to find individuals or a group who you may rely on to share your struggles, seek support, and use as accountability partners. Connection supports positive outcomes and greater well-being.

### Conclusion

As we have seen with our clients and experienced in our own lives, creating lasting change can be challenging. By utilizing and practicing these strategies, you may find that fostering change can come with a little more ease. The variety of strategies and supports discussed address a

**(Article continues on page 7.)**

**(Article continues from page 6.)**

**sdfadfd**

broad variety of factors in efforts to help facilitate and sustain change. As each of us is unique, it is most helpful to try and integrate those strategies that align with your needs.

It is easy to notice what is not working, but much more effective to identify even small successes in your efforts and outcomes. Emulating the kindness you offer to your clients, to yourself, promotes movement.



*Azine Graff, PsyD*



*Rosalie Finer, PhD*

***GAMHPA Members, Azine Graff, PsyD, and Rosalie Finer, PhD, are co-founders of Harmony in Parenting, specializing in evaluation and treatment of children and parents. They can be reached at (818) 810-7079 or [www.harmonyinparenting.com](http://www.harmonyinparenting.com).***



# Feature Article

## Have you been traumatized?

**Steven Unruh, MDiv, LMFT**

True story: My father lived to a wonderful old age, to his mid-90s. Years ago, he shared with me a story that I had never heard before. He held onto this pain and this memory his entire life.

He has held onto this secret for 80 YEARS.

For many of us, we can clearly think back to a time or two in which we believe we were involved in a situation that was very traumatic. But for many people, they do not recognize certain events in their lives as being traumatic. They have either repressed these memories or they have tried to normalize them in a way that allows them to keep ignoring what occurred.

For example, years ago a gentleman told me how he was physically abused by his father growing up. This was evidently a form of discipline. But clearly by any standards it was extremely abusive and involved violence. This individual didn't see it as such. He did not consider it abusive.

Unfortunately for him, the denial that he had used to ignore the abuse created significant rage inside of him. His rage had been taken out on his employees, on his children when they were younger, on his friendships, and on his spouse. The result had been a history of ruined relationships.

## How does someone ignore their trauma?

### 1. Through addictions

The most common way that individuals hide their trauma from the past is through addictions.

We find alcohol, marijuana, gambling, spending, or sex as a means of coping. By immersing ourselves in an addiction, the addiction itself becomes the focus of our lives.

Even if someone is married, raising children, and has a full-time job, they can still be completely wrapped up in an addiction that controls their lives. They often don't understand the root of this addiction.

They do not realize that their addiction is suffocating the trauma. Although they will experience emotional, financial, and spiritual deprivation, the addiction maintains their denial.

### 2. Through intellectualization

A second means to ignoring trauma is through intellectualization. We read stories of other people and realize that our situation wasn't as bad. We tell ourselves that since other people have it so bad, we really must not have been traumatized.

We also might look at our lives and think that everything is fine. We push aside the thoughts that question our emotional well-being. We ignore that voice inside of us that says we need to look at this pain.

## Why does someone ignore trauma?

### 1. Fear

Having been in this field for three decades, I think one of the strongest reasons people refuse to deal with their trauma is because of fear.

We could be terrified of dealing with the past. It could seem far too overwhelming to face. We want our lives to be predictable, and it can seem far too unpredictable and scary for many people to investigate their past.

We might be afraid that we could become completely overwhelmed and physically incapacitated. We are uncertain as to what we will uncover, and we are uncertain as to how deep this pain goes. This fear of the unknown prevents us from moving ahead in life and dealing with past trauma.

### 2. Shame

The story of my father is related to shame. Sadly, it wasn't until near the end of his life that he shared with me his story. I believe that his religious upbringing caused him enormous shame around this story. Not that his faith was wrong, but it was how his community instructed him about his faith that brought about this shame.

His community was extremely conservative, with very strict moral standards. Shame was often used as a means of keeping adults as well as teenagers in control. It was this misplaced and false shame that caused him to keep this memory a secret.

**(Article continues on Page 10.)**

(Article continues from Page 9.)

## What can someone do about trauma?

### 1. Create a ritual.

As clinicians, we have probably assisted our clients in creating a ritual that fits their situation. It's a very powerful experience. It could be planting a tree which represents life and spiritual growth. It could also be burning something that represents the past and throwing it into the wind.

### 2. Confide in a trusted friend.

Besides receiving professional care, sharing your secret with a trusted friend is a very powerful and healing experience. We need care and acceptance from someone who knows us. This deeper knowledge of us will bring us a stronger sense of acceptance, not just by this person, but through acceptance of ourselves.

### 2. Seek professional help.

Even as clinicians, we know there are times in our lives that we too need to seek professional help. You will want to research the background of your therapist to see that they are trained in dealing with trauma. There are many very effective and scientifically proven treatments for trauma such as EMDR, Brain Spotting, and Havening.



Steven Unruh, MDiv, LMFT

**GAMHPA Member, Steven Unruh, MDiv, LMFT is a Divorce Mediator and LMFT. He completes the entire divorce process along with all the documentation. He files in 13 different courthouses throughout Southern California. More information can be found at [www.stevenunruh.com](http://www.stevenunruh.com). He can be reached by calling (818) 523-5723 or e-mailing [stevenunruhmf@gmail.com](mailto:stevenunruhmf@gmail.com).**

## Brief Medicare Covers LMFTs

### LMFTs now included

AAMFT's CEO Chris Michaels made a statement January 2, "On behalf of the American Association for Marriage and Family Therapy (AAMFT) and the 72,000 MFTs we represent, today we celebrate a historic milestone—licensed marriage

and family therapists (LMFTs) can now provide services to Medicare beneficiaries and receive reimbursement from Medicare."

In 2022, 1 out of 4 Medicare beneficiaries reported having a mental health condition, yet only half reported receiving treatment.

### Online application

<https://pecos.cms.hhs.gov/pecos/login.do#headingLv1>

### Paper application

<https://www.cms.gov/medicare/cms-forms/cms-forms/downloads/cms855i.pdf>

## Brief Medi-Cal Repayments

### Demands for repayment from 20 years ago

In 2023, several psychologists received demands from the Medi-Cal Third Party Liability and Recovery Division of the Department of Health Care Services (DHCS), attempting to recover alleged overpayments from over 20 years ago.

This is not a scam. There is no statute of limitations for recoupment by an administrative agency. However, the California Psychological Association has contacted DHCS requesting they desist and return any funds recouped for alleged overpayments during that time period.

***If you or a colleague have received a demand for repayment from DHCS that goes back more than 20 years, please contact Elizabeth Winkelman, JD, PhD, Director of Professional Affairs, California Psychological Association, at [ewinkelman@cpapsych.org](mailto:ewinkelman@cpapsych.org) 916-662-3792 [www.cpapsych.org](http://www.cpapsych.org).***

## Brief Anthem Payment Errors

### Payment glitches

We are learning of multiple reports that Anthem Blue Cross of California may be processing valid telehealth claims (coded with the CPT modifier -95) at a lower rate than the contracted rate for the same service provided in-person.

As a result, patient copays may be calculated at a higher rate.

Pre-service quotes, provided either by Anthem customer service or by automated benefits systems such as Availity, and the resulting claims payments may be inaccurate.

Provider service representatives are explaining that the bulk of these errors is due to artificial intelligence algorithms being used to review and process claims.

***If you or a colleague have received payment at a lower rate for telehealth services from Anthem, please contact Jennifer Alley, Director of Government Affairs, California Psychological Association, at [jalley@cpapsych.org](mailto:jalley@cpapsych.org).***

## Brief Podcast

### Where should we begin?

**Esther Perel**

**Category: Society & Culture**

**Rating: 4.8 Stars**

**Apple iTunes, Google Play**

Step into the office of noted author, lecturer, and relationship expert, Esther Perel who helps couples with common struggles and complex issues.

This podcast is recommended for therapists and non-therapists alike. Her work destigmatizes couples therapy while offering helpful insights and tools.

Recent topics include:

- Motherless women
- Infidelity
- Pleasure
- You can be right or be married

### What is a podcast?

*A podcast is a digital audio file that can be downloaded automatically by subscription from the internet to a computer or mobile device, typically as a series of installments on a particular topic.*

## Brief E-Mail Scam

### Party “invitations”

We have now seen multiple instances of a new type of e-mail scam to which we should all be alert. The scam involves receiving an e-mail that looks like an event invitation from someone we know.

The e-mail contains a logo by "punchbowl." An enclosed graphic looks like a colorful envelope with a postage stamp. The message may say, "SPECIAL INVITATION FROM \_\_\_\_\_." or "Shhhhhhhh" or "RSVP Special Guest." A click-box underneath says, "Open invitation."

Mental health professionals are having their e-mail accounts hacked and having this e-mail mass-mailed from their address.

So, be cautious about opening an e-mail like this or clicking on any embedded links unless you make additional personal contact with the sender to verify the source.

## Brief Corporations

### New requirements for professional corporations

Effective January 1, the Corporate Transparency Act requires most corporations including professional corporations to file a Beneficial Ownership Information Report (BOIR) with the Department of the Treasury Financial Crimes Enforcement Network (FinCEN).

The new reporting requirement is designed to prevent money laundering and other financial crimes. The act requires corporate entities to report personal information and upload identification for all corporate owners and company applicants.

Corporate owners can complete the BOIR directly over the FinCEN secure website or can designate a third party, such as an attorney or accountant, to file the BOIR on their behalf.

Corporations registered before January 1, 2024 have until January 1, 2025, to file their initial BOIR.

Failure to file a BOIR may result in significant fines and penalties.

**For more information or to complete your BOIR, visit the following website:**

**<https://www.fincen.gov/boi>**



# Links On Mental Health

## Dopamine fasting: Some MDs are prescribing it. Should you?

<https://www.medscape.com/viewarticle/dopamine-fasting-some-mds-are-prescribing-it-should-you-2024a10000wm>

## Kaiser to spend \$150M to improve mental health care services under settlement agreement

<https://www.sfchronicle.com/politics/article/kaiser-agrees-spend-150m-improve-mental-health-18423174.php>

## DSM-5-TR panel members received \$14M in undisclosed industry funding

<https://www.medscape.com/viewarticle/dsm-5-panel-members-received-14m-undisclosed-industry-2024a10000pa>

## Report shows more than half of mental health care visits conducted via video-based telemedicine

<https://medicalxpress.com/news/2024-01-mental-health-video-based-telemedicine.html>

## Four common SOAP note mistakes to avoid

<https://www.simplepractice.com/blog/4-mistakes-to-avoid-when-writing-soap-notes/>

## Rare cases of possible Alzheimer's transmission in recipients of discontinued medical treatment

<https://www.cnn.com/2024/01/29/health/alzheimers-transmission-human-growth-hormone-treatment/index.html>

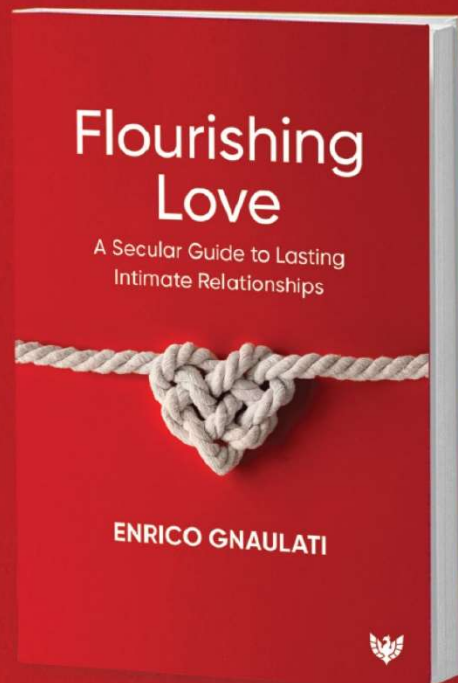
## Why mental health apps are under scrutiny

<https://www.theguardian.com/society/2024/feb/04/they-thought-they-were-doing-good-but-it-made-people-worse-why-mental-health-apps-are-under-scrutiny>



(Photo circa 1920) Long interested in airplanes, Leslie C. Brand, Glendale real estate developer and often referred to as the “Father of Glendale,” hosted “fly-in” parties at his El Miradero home, now Brand Library & Art Center and park, located at the top of Grandview.

# A HUMANISTIC MANIFESTO ON LASTING LOVE



How might couples bring their better selves to an intimate partnership? Their natural human potential for benevolence, loyalty, forgiveness, fairness, and humor to enhance their romantic union? Can a sex life survive domesticity? Is it ever possible for parenthood to be deeply rewarding? Can marriage be more than satisfactory, even flourish, without a religious identity? What do lasting loving bonds look like, up close?

*Flourishing Love* tackles all these questions and more to reveal the secrets to a lasting intimate partnership without the glorification of domestic drudgery, heteronormativity, and surrender of personal happiness often baked into till-death-do-we-part moral-religious ideas about marriage.

“With humor, frankness, and wisdom born of deep personal experience, Enrico Gnaulati teaches us how to be better lovers and partners. Every married couple should read this book in bed together.”

**Clancy Martin**, author of *How Not to Kill Yourself: A Portrait of the Suicidal Mind*.

“In this era of quick fixes and fleeting encounters, Gnaulati’s voice is a welcome counternarrative, particularly for those who have become cynical about the virtues—or even possibilities—of gratifying, lasting bonds. *Flourishing Love* is a must for anyone yearning for deep and enduring partnership.”

**Kirk Schneider**, author of *Life-Enhancing Anxiety: Key to a Sane World*.





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800.599.8820  
www.insighttreatment.com

## Consultations & Trainings

We at Harmony in Parenting invite you to join our individual or group consultations for professionals working with young children and parents.

**Visit our website or call for more information!**

(818) 810-7079

[www.HarmonyinParenting.com](http://www.HarmonyinParenting.com)

### *Growing through Connection*

Therapy Services for Adults, Parents, and Children

by Rosalie Finer, Ph.D. (PSY10877) and Azine Graff, Psy.D. (PSY24847)

**Can You Correctly Name  
These Famous Figures in Mental Health?**



**Jane Addams**  
Social Work



**Lawrence Kohlberg**  
Moral Development



**Harry Stack Sullivan**  
Social Factors



**Wilhelm Reich**  
Character Structure

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**INTERNS AND ASSOCIATES.** Atwater Village Therapy is looking for pre-doctoral internship or post-doctoral level psychological associates to join our practice for Fall 2024. We'll be hiring two associates, one who works primarily with adults and provides individual, couples, and DBT group therapy; and a second who works primarily with teens. Additional information can be found at [www.atwatervillagetherapy.com](http://www.atwatervillagetherapy.com). Liz Gustafson, PhD, [liz@atwatervillagetherapy.com](mailto:liz@atwatervillagetherapy.com). [12/23]

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**LICENSED PSYCHOLOGIST.** Advanced Applied Psychology in West Los Angeles is seeking a full-time psychologist to provide outpatient telehealth assessment and treatment services to individuals, couples, families, or groups. Interested clinicians should apply by submitting a cover letter and resume to Dan Litov, PhD, at [DrLitov@AdvancedAppliedPsychology.com](mailto:DrLitov@AdvancedAppliedPsychology.com). [10/23]

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**PSYCHOLOGISTS.** Western Pacific Psychological Network is looking for full-time licensed psychologists to conduct psychological testing and evaluations and write comprehensive reports for adult patients in the State of California using telehealth. Psychological assessments focus on occupational health, fitness for duty, pre-surgical clearance, pain management, and addiction potential. If interested in this position, please e-mail your CV & cover letter to [hr@wppn.md](mailto:hr@wppn.md). [10/23]

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**THERAPISTS.** Greenhouse Therapy Center is seeking licensed psychologists, psychological associates, licensed or pre-licensed mental health clinicians, and occupational therapists. We prioritize developmental, relational, and neurobiologically-informed approaches to therapy to provide care to children, adolescents, adults, couples, parents, and families. We provide benefits for full-time team members. Application, position, and pay details at <https://www.greenhousetherapycenter.com/join-our-team/>. Contact Andrea Davis, PhD, Director, [director@greenhousetherapycenter.com](mailto:director@greenhousetherapycenter.com). [12/23]

## GROUPS

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**ANGER MANAGEMENT CO-ED GROUP.** Woodland Hills. Chrys Gkotsi, LMFT, Lic. # 113638. Call (818) 990-0999 or visit [www.AngerManagement818.com](http://www.AngerManagement818.com).

**ANGER MANAGEMENT MEN'S TELEHEALTH GROUP.** California. Lena Haiek, AMFT (supervised by Chrys Gkotsi, LMFT Lic. # 113638). Call (818) 990-0999 or visit [www.AngerManagement818.com](http://www.AngerManagement818.com).

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ANGER MANAGEMENT WOMEN'S TELEHEALTH GROUP. California. Angelica Churchian, LMFT, Lic. # 125124. Call (818) 990-0999 or visit [www.AngerManagement818.com](http://www.AngerManagement818.com).

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CHRONIC ILLNESS WOMENS TELEHEALTH GROUP. Burbank. Angela Williams, PsyD, Lic. # 23374. Call (818) 452-3339 or e-mail [awpsyd@gmail.com](mailto:awpsyd@gmail.com).

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**LGBTQ+ PROCESS 18+ GROUP.** Los Angeles. Thomas Blake, LMFT, Lic. # 136903. Call (949) 371-3766 or e-mail [thomas@thomasblaketherapy.com](mailto:thomas@thomasblaketherapy.com).

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SOCIAL SKILLS GROUP. Glendale. Ira P. Heilveil, PhD, Lic. # 7726. Call (818) 275-2587 or e-mail [iraheilveil@yahoo.com](mailto:iraheilveil@yahoo.com).

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THERAPIST CONSULTATION TELEHEALTH GROUP. Encino. Azine S. Graff, PsyD, Lic. # 24847 & Rosalie Finer, PhD, Lic. # 10877. Call (818) 824-9915 or e-mail [rosalie@grefin.com](mailto:rosalie@grefin.com).

THERAPIST CONSULTATION TRAUMA TELEHEALTH GROUP. Montrose. Amoret Kaufman, LMFT, Lic. # 105150. Call (818) 651-6161 or e-mail [amoret@amoretcounseling.com](mailto:amoret@amoretcounseling.com)

THERAPIST PRIVATE PRACTICE DEVELOPMENT VIRTUAL CONSULTATION GROUP. Biweekly support group for therapists who are either recently licensed or relocated, re-entering the private sector, wanting to increase net income, not seeing the type of patients they work with best. Offers practical action-oriented guidance and peer support to help set customized goals, identify target markets, design coherent and ethical marketing strategies, and track results. James J. De Santis, PhD, Lic. # 10315. Call (818) 551-1714 or e-mail [jjdesantis@aol.com](mailto:jjdesantis@aol.com).

TRANSGENDER ALLY SUPPORT GROUP. Los Angeles. Thomas Blake, LMFT, Lic. # 136903. Call (949) 371-3766 or e-mail [thomas@thomasblaketherapy.com](mailto:thomas@thomasblaketherapy.com).

TRAUMATIC LOSS SUPPORT GROUP. Pasadena. Jennifer L. Nyhan, LMFT, Lic. # 132408. Call (626) 415-7432 or e-mail [jennifer.nyhan@therapyheals.com](mailto:jennifer.nyhan@therapyheals.com).

WOMEN & INTIMACY GROUP. West Los Angeles. Alexandra Katehakis, PhD, LMFT, CSAT-S, CST-S, Lic. # 36902. Call (310) 843-9902 or e-mail [alexk@centerforhealthysex.com](mailto:alexk@centerforhealthysex.com)

WOMEN 55+ TELEHEALTH GROUP. Burbank. Angela Williams, PsyD, Lic. # 23374. Call (818) 452-3339 or e-mail [awpsyd@gmail.com](mailto:awpsyd@gmail.com).

WOMEN WITH LOW SEXUAL DESIRE TELEHEALTH GROUP. Sherman Oaks. Kimberly Resnick Anderson, LCSW, Lic. # 72906. Call (818) 334-5811 or e-mail [kimberly.sexualhealth@gmail.com](mailto:kimberly.sexualhealth@gmail.com).

WRITERS SUPPORT TELEHEALTH GROUP. Pasadena. William Haddad, LMFT, Lic. # 133140. Call (213) 793-8744 or e-mail [william.lmft@icloud.com](mailto:william.lmft@icloud.com).

YOUNG ADULTS 19-35 TELEHEALTH GROUP. Pasadena. Jennifer L. Nyhan, LMFT, Lic. # 132408. Call (626) 415-7432 or e-mail [jennifer.nyhan@therapyheals.com](mailto:jennifer.nyhan@therapyheals.com).

## SERVICES

CONTINUING EDUCATION. Anger Management Essentials is a NAMA and CAAMP approved anger management certification training. The training offers 21 CE's and offers both in-person and streaming live. Receive both the adult and the teen's book along with the necessary business forms for your practice. Get on the CAAMP Provider's list for the courts and probation. Associates welcome! Group discounts are offered. Register at [www.AngerManagementEssentials.com](http://www.AngerManagementEssentials.com). Contact Anita Avedian for more information at [anita@anitaavedian.com](mailto:anita@anitaavedian.com). [12/22]

FLOURISH THERAPY + WELLNESS CENTER. We're excited to share about our new center for adults! Flourish is a division of the Institute for Girls' Development, a Psychological Corporation, located in our beautiful space in Old Pasadena. Services include therapy, learning and connection opportunities, and wellness programs for adults of all ages. For more information, visit [www.flourishtherapy.care/](http://www.flourishtherapy.care/). [6/21]

INSIGHT TREATMENT PROGRAM. We are an insurance-based adolescent PHP/IOP for teens and their families (ages 13-18). We have been helping teens dealing with mental health and/or substance use issues for over three decades. Our warehouse spaces serve as a teen clubhouse and are located in Pasadena, El Monte, Van Nuys, Santa Clarita, South Bay, and Modesto. We offer an initial in-person assessment at no charge. Give our admissions line a call at (888) 295-9995. [11/23]

LOWER INCOME DBT. Choices Counseling & Skills Center in Sierra Madre currently has openings for lower income California clients in our comprehensive DBT Program in partnership with Living Success Center, a non-profit organization, to offer more DBT services to the public who are having difficulty affording DBT treatment. Service is provided by masters-level practicum trainee clinicians being supervised by DBT-trained supervisors. Fees are based on a sliding scale related to client income. Contact us at (626) 470-9834 or [info@choices.care](mailto:info@choices.care). [10/23]

**MARKETING CONSULTATION.** Individualized coaching for mental health professionals and students/interns wanting to start or build a private practice. Formulate goals, identify optimal niches and target markets, design ethical and effective marketing strategy, write effective advertising materials, and track results. Flexible format uses in person meetings, telephone, and e-mail as needed. James J. De Santis, PhD, Glendale, at (818) 551-1714 or [JJDeSantis@aol.com](mailto:JJDeSantis@aol.com). [2/24]

**MENTAL HEALTH BILLING AND CREDENTIALING.** We're accepting new clients. No minimum and free verification of benefits. Need to be credentialed in telepsychiatry? We can help your enrollment in all insurance networks. Contact us at Doris Mollenkopf, MBA, CPC, CRC, CCDS-O, CNA, (818) 238-9280 x5 or [info@managementresourcesbilli ng.com](mailto:info@managementresourcesbilli ng.com). [3/23]

**NEUROPSYCHOLOGICAL EVALUATIONS** for all types of neurological disturbances such as memory loss, attention/concentration difficulties, language deficits, and change in mood and behavior. Accepting most insurance plans including Medicare. Assessments also available in Armenian and Farsi. Audrey Khatchikian, PhD, Lic. # PSY18823, (818) 476-0066. [1/22]

**NEUROPSYCHOLOGICAL/ PSYCHOLOGICAL EVALUATIONS** for neurological conditions (dementia, strokes, head injuries), learning disabilities, and ADHD. Specialization in clinical and forensic evaluations for academic accommodations for standardized tests/licensing exams, immigration hearings, mental health diversion and mitigation, violence risk, civil and criminal competency/ capacity, fitness for duty, pre-employment, personal injury, and workers compensation. Contact Emin Gharibian, PsyD, Lic. # PSY29643, at (818) 253-1161 or visit [www.verdugopsych.com](http://www.verdugopsych.com). [1/22]

**PEDIATRIC NEUROPSYCHOLOGIST.** UCLA-trained clinical neuropsychologist, specializing in evaluation of children and young adults. Has expertise with neurodevelopmental disorders (e.g., learning disorders, ADHD), traumatic brain injury, epilepsy, emotional and behavioral difficulties, and other complex medical conditions. Available for consultation and education in these and other mental health-related topics, across healthcare/community settings. West-LA–Pasadena. Jesse Fischer, PhD, Lic. # PSY32710, (424) 272-1374, [www.JFischerPhD.com](http://www.JFischerPhD.com). [1/22]

## **PUBLICATIONS**

**THE BUSINESS OF PRACTICE:** Building an optimal private practice for mental health professionals. Paperback challenges and inspires mental health professionals to expand and refine their opportunities for a private practice that is personally fulfilling. Content emphasizes pragmatic, real-world information and action-oriented steps to offering mental health services, while respecting both established business concepts and ethical principles of professional practice. [www.Lulu.com](http://www.Lulu.com). [2/24]

**CHILD PSYCHIATRIST DIRECTORY.** 550 physicians who provide psychiatric services to children and adolescents throughout Los Angeles County. The Pediatric Psychiatrist Directory available on the internet at [www.JJDeSantis.com](http://www.JJDeSantis.com). [2/24]

**DIAGNOSTIC TESTING DIRECTORY.** 300 licensed psychologists throughout Los Angeles County who offer psychological assessment services, including educational, neuropsychological, forensic, vocational, custody, or general psychiatric differential diagnosis. The Assessment List available on the internet at [www.JJDeSantis.com](http://www.JJDeSantis.com). [2/24]

**EAST SAN GABRIEL VALLEY DIRECTORY.** 150 mental health professionals from Pasadena to Claremont, cross-indexed by specialties, services, second languages, and insurance accepted. The East San Gabriel Valley Mental Health Professionals Association Member Directory available at [www.JJDeSantis.com](http://www.JJDeSantis.com). [2/24]



**GLENDALE AREA THERAPIST DIRECTORY.** 200 licensed mental health professionals in the Glendale area, cross-indexed by specialties, services, second languages, and insurance accepted. The GAMHPA Directory is an online searchable directory available free at [www.gamhpa.org](http://www.gamhpa.org). [2/24]

**GROUP THERAPY DIRECTORY.** 700 outpatient psychotherapy groups offered by 300 licensed mental health professionals throughout Los Angeles County. The Group List has been viewed on the internet over 60,000 times at [www.TheGroupList.org](http://www.TheGroupList.org). [2/24]

**PARENTING RESOURCES.** Free online resources including tip sheets and activities for parents, children, and professionals in supporting management of stress, anxiety, ADHD, emotional regulation, and social-emotional learning to promote overall well-being are available to download from [www.harmonyinparenting.com](http://www.harmonyinparenting.com). [1/22]

**PRIVATE PRACTICE OFFICE FORMS.** Field tested, up-to-date quick-start kit of forms includes patient intake, financial agreements, HIPAA notice, consents and releases, telehealth, and clinical screening forms. Paper forms or PDF files via e-mail. For more information or to examine samples, visit [www.JJDeSantis.com](http://www.JJDeSantis.com). [2/24]

## **OFFICE SPACE**

**BEVERLY HILLS.** Part-time space on Beverly Drive, south of Olympic Boulevard, in a quiet first floor suite, with easy metered street parking. Within walking distance of Pavilions Market, restaurants, shopping. Printer/copier, Wi-Fi, and basic supplies available for renters. Potential for case consultation. For more information, please contact Karen Wulfson, LMFT, at (310) 475-1759 or [karen@karenwulfson.com](mailto:karen@karenwulfson.com). [7/23]

**BURBANK/TOLUCA LAKE.** Subletting opportunity for those looking to get back to in-person sessions. Conveniently located near other businesses, the studios, and the 134 freeway. Professional and inviting office space. Perfect environment for newly licensed clinicians looking to build their practice or for established clinicians needing a second office location 1-2 days a week. A choice of two offices with windows, waiting room, Wi-Fi, and storage area. Convenient parking. Rate of \$20/hour. For more information, please reach out to Wendi Svoboda, LCSW, at (818) 288-6711. [7/23]

**GLENDALE.** Full or part-time office available in two-story professional building surrounding a tree-lined central courtyard on Arden Avenue, in a suite of offices with furnished waiting room, amenities. Quiet neighborhood just minutes from heart of downtown Glendale. Close freeway access. Contact Margaret Stoll, PhD, at (310) 375-3607 or [margaret.stoll@gmail.com](mailto:margaret.stoll@gmail.com) or call Nora Chitilian, LMFT, at (818) 634-1063. [7/23]

**GRANADA HILLS.** Sublet located in the Citibank building, a quiet and peaceful, two-office, fully furnished suite with high ceilings & bright floor to ceiling windows, waiting room with beverage service, kitchenette, free parking, internet, HVAC. Office #1 is large and set up for play/child therapy and can also accommodate groups. Office #2 has a wonderful view of trees, and comfy stressless chair! Great for therapists that want to keep a hybrid practice.

Availability for full day sublet during the week from 7 am-7 pm and Saturday 9 am-3 pm. Jill Drenth, LCSW, (818) 621-4283 or [jilldrenthlcsw@gmail.com](mailto:jilldrenthlcsw@gmail.com). [9/23]

**LA CRESCENTA.** Office for rent approximately 10'x13', with large waiting area and kitchenette usage, on second floor with elevator access on Foothill. All utilities included. Walking distance to restaurants and a grocery store. Available either furnished or unfurnished. \$1000/month unfurnished, or \$1200/month furnished. Extra \$50/month for parking space. For additional \$50/month, you can have a designated parking space, otherwise street parking available nearby. Call or text (818) 446-7488 or email [info@givenguidance.com](mailto:info@givenguidance.com). [12/23]

**PASADENA.** Part-time space in office suite located in the Thatcher building near Lake Avenue in a seven-office suite of supportive professionals. Waiting room, group room, Wi-Fi, kitchen, private bathroom, elevator access, paid lot or free street parking. \$250 one day a week on a monthly basis. Contact Jennifer Levin, PhD, LMFT, at (626) 695-4211 or [jennifer@therapyheals.com](mailto:jennifer@therapyheals.com).

PASADENA. Sublet available in the beautiful Thatcher Green Building. Minimum block rental four hours. Availability Monday, Wednesday, Friday, 8 am-8 pm. Tuesday, Thursday, Saturday available, 8 am-2 pm. Three-suite office, private bathroom, kitchenette, call light system, internet, printer, office supplies. Please e-mail Hillary Wright, PhD, at [hwrightpsych@gmail.com](mailto:hwrightpsych@gmail.com). [10/23]

PASADENA. Charming Marengo Avenue private bungalow office full-time sublet between Del Mar and California near 110 Freeway. Waiting room, separate exit, bathroom, kitchen, Wi-Fi, free parking. You can furnish and decorate as you like. In walking distance to Whole Foods, Trader Joe's, Old Town, and the Gold Line. \$925/month. For more information, contact Lisa Lewis, LMFT, LPCC, by text at (626) 319-5076 or by e-mail at [lisa@lisalewisounseling.com](mailto:lisa@lisalewisounseling.com). [9/23]

PASADENA. Offices for rent, furnished and unfurnished, in large suite of therapists and social workers. Large waiting room with water, tea and coffee, a separate kitchen with fridge and microwave, two individual gender-neutral bathrooms at the end of the hall, a yoga/ meditation room, and a balcony with plants and a table for therapists to use. All utilities and Wi-Fi are included. Within easy walking distance to restaurants and can be used for walk-talk therapy to Pasadena Community College and CalTech. Contact SC (Stacy-Colleen, she/her) Nameth, LCSW, at (323) 905-2256 or [scnameth@yahoo.com](mailto:scnameth@yahoo.com). [1/24]

SIERRA MADRE. Furnished office within a three-office suite to sublease. Contact Elizabeth Ortiz, LMFT, at [eortizmft@gmail.com](mailto:eortizmft@gmail.com). [7/23]

SOUTH PASADENA. Beautiful, cozy office with large picture window facing serene view of water/plants. Available for sublet Friday, Saturday &/or Sunday. Monthly rate for one day \$200 (\$125 Sunday). Daily rate reduced for two+ days. Perfect for individuals/couples. Main lobby has call buttons, stained glass, internal atrium/pond. Free parking, shared kitchenette, internet. Opportunity for cross-referring. E-mail, call, or text [KimberlyCWongLCSW@gmail.com](mailto:KimberlyCWongLCSW@gmail.com) (626) 260-1356. [1/24]

STUDIO CITY. Beautiful office for rent in a spacious psychotherapy suite on Ventura Blvd. Full or part-time. Large office with space to run groups. Furnished or unfurnished. Windows that open with views, free parking, opportunity for cross referrals from four experienced psychologists. Microwave and small refrigerator available. Please note: this office is located on the second floor and there is no elevator. Photos available upon request. For further information, contact Dale Rose, LMFT, at (818) 783-1283. [7/23]

STUDIO CITY. Beautiful windowed single office with private waiting room in secure building with parking spot. Available Monday and Wednesday, 8-3, \$200/per day/per month. Contact Debra Brause, PsyD, at [debra.brause@gmail.com](mailto:debra.brause@gmail.com). [12/23]

WOODLAND HILLS. Full-time and part-time space available. Anita Avedian, LMFT. Call (818) 426-2495 or e-mail [anita@anitaavedian.com](mailto:anita@anitaavedian.com). [7/23]

# Newsletter Policies

The GAMHPA Newsletter is published and circulated at no charge to the local mental health community, including San Fernando Valley, San Gabriel Valley, and downtown Los Angeles.

GAMHPA encourages members to contribute articles of clinical or scholarly interest for publication. Submissions should be forwarded to [JJDeSantis@aol.com](mailto:JJDeSantis@aol.com).

Opinions expressed in this newsletter are not necessarily those of the association or its members. GAMHPA does not endorse any of the products or services advertised. Readers are advised to open links in this publication at their own risk.

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Proofreading, Silva Deapanian  
Content/Ads, Jim De Santis

## PUBLICATION DEADLINES

Spring Issue	Mar 1
Summer Issue	Jun 1
Autumn Issue	Sep 1
Winter Issue	Dec 1

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Submit display ads in PDF or JPG format. Classified and display ads run for one issue.

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## GAMHPA

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Post Office Box 894, Glendora, California 91740-0894  
[www.GAMHPA.org](http://www.GAMHPA.org)  
(818) 771-7680

## On the Web

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