

A Publication of the
Glendale Area Mental Health Professionals Association
 (818) 771-7680 www.psychotherapy.org/gamhpa
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GAMHPA News

GAMHPA acknowledges our newest members, who joined between October 2004 and April 2005. They are listed in the box on this page below. Please welcome them to the association.

This month we feature two GAMHPA members, one in a detailed interview and a second in a new member's professional bio. Jim De Santis offers his continuing series on marketing with some thoughts on

the value of creating a website for your practice.

Joining the Board is a great way for clinicians to gain visibility in the professional community, meet many potential referrers, and build a thriving practice. This is especially a valuable opportunity to clinicians new to the area or new to practice. We have found that most people who have joined the Board have done so by just showing up, listening in, and volunteering for activities they are interested in being involved in or in starting themselves. ?

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New Members

We welcome new full members who have joined in 2005:

Mary DeVan, L.C.S.W.
 Cynthia Henrie, M.F.T.
 Ann Jackson, M.F.T.
 King-Hwa Lang, M.F.T.
 Emily Moore, M.F.T.
 Linda Poverny, Ph.D., L.C.S.W.
 Barbara Waldman, Ph.D.

And new 2005 associate members:

Front Point
 Michael Smith
 Kathryn Watson
 Kathleen Young

Calendar of Events

QUARTERLY NETWORKING LUNCHES

All lunches in Glendale.
 12-1:30pm, Wednesdays.
 Separate tabs. Call ahead to reserve at (818) 551-1714.

June 22, Far Niente
 October 5, Olive Garden

BOARD MEETINGS

June 24 November 18
 September 2

Fridays, 9:30-11 a.m.
 138 N. Brand Blvd., Ste. 300,
 Glendale. All are welcome.
 Call ahead at (818) 551-1714.

From: _____

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A Conversation With . . .

By Gloria Ashby Dahlquist, L.M.F.T.



**Joyce Lauterback, P.T.,
L.M.F.T.**

When did you first know you wanted to be a psychotherapist?

I was a physical therapist first. While working as a physical therapist, somehow everybody fielded the patients that were really emotional, really angry or really depressed, or the ones that the other physical therapists didn't want to deal with... to me. I did enjoy working with them. Very early in my PT career, I was lucky enough to be trained in biofeedback. That began the whole mind-body connection awareness for me. As a PT, in the early 1980s, I used biofeedback with patients in chronic pain management and medical stress management programs. After having learned biofeedback, I just happened to meet people who were Reichian therapists. Reich's idea of body armoring, which describes how people lock emotions in certain parts of their body, intrigued me as a physical therapist. I pursued training to become a Reichian practitioner, and it was then that I had some introduction to psychotherapy theories. I realized that I didn't feel competent enough to do bodywork, because you're actually doing psychotherapy when you're working with people's emotions locked in their bodies. At about the same time, I began my personal journey into psychotherapy with an excellent therapist. That's when I decided to

become a marriage and family therapist.

What experiences in childhood do you suppose influenced your becoming a therapist?

Nothing that I was able to identify in childhood, until I had my first Bowen seminar (in graduate school) and learned about family systems, I thought Murray Bowen had been a fly on the wall in my household. I consider myself a family systems theorist because it just makes so much sense to me. In retrospect, of course, I think that most people get into therapy because of family dynamics. My family certainly had its crazy dynamics. They were also very loving and supportive in their own

"I like helping people get to that place where they are accepting of themselves and can let go of a lot of those criticisms and esteem issues they carry around that keep them from having the rewarding relationships at home and at work that they deserve."

way. I think one of the most influential things was that I'm an only child. Very early in my life, my parents separated and divorced, so it was just me and my mom. In therapy, I realized that my mother's critical and overbearing behaviors that pushed me to perfection had more to do with her own sense of inadequacy rather than me being inadequate. My personal growth was to differentiate and figure out what was true for me and how that was separate and different from my mother and other family.

Whom do you regard as your biggest support and/or inspiration?

My husband is one of my biggest fans. If I told Steve that I wanted to fly to Mars and do therapy with the Martians, he would say, "That would be great, Honey. If anybody could do it you could!" So supportive! We had been married about five years when I went to graduate school. During the course of 24 years of marriage, he's been with me through everything that I've done; Reichian training, post-grad, in depth TA, Bodydynamics, Reiki training, Dreamtending, and other workshops that I frequently attend at Pacifica Graduate Institute. Sometimes I think it would be fun to go back for my doctorate there for a degree in the

Spiritual, since I have degrees in the realms of the body and mind. My husband would be right there helping me figure out how to achieve it. I've never had anyone believe in me so strongly especially at times when I doubted myself.

Where did you study?

Cal-Fam, now called Phillips Graduate Institute, is where I received my graduate degree. I received my Bachelor of Science degree in Physical Therapy at Russell Sage College in Troy, New York.

What do you like most about being a therapist?

I like helping people grow into themselves, so that when they look into a mirror they see a reflection of the wonderful person that others see instead of the heap of imperfection they see, helping them make that connection with themselves. That was so important for me in my own therapy. I've been blessed with

some really good therapists... they've helped me come into my own. I like helping people get to that place where they are accepting of themselves and can let go of a lot of those criticisms and esteem issues they carry around that keep them from having the rewarding relationships at home and at work that they deserve.

What discourages you about your profession?

That there's still a stigma associated with receiving therapy. There are a lot of people who embrace it, and there are still a lot of people who feel ashamed or afraid to go to therapy. I always tell anyone who expresses that to me that my experience is that it's the healthiest people who go to therapy. I consider therapy personal growth and it's an important aspect of our psycho-social-spiritual evolution, individually and collectively.

What is your general philosophy about your work?

I think it's not only a philosophy, it's also been a personal challenge: to just let things evolve the way they will. Whether that's my private practice, when it waxes and wanes, or my other work areas at Mount St. Mary's and Glendale Adventist Medical Center. I'm trying to develop a personal philosophy to just allow what is, instead of me trying to make it be what I think it should be or want it to be. I can be pretty obsessive, so it's definitely my personal challenge. I've come to realize that God/Universal Energy/Divine Wisdom, has a sense of humor, and gives you what you want, not always in the wrapping you wanted! Or gives you what you need even if you weren't asking for it.

Is self-care an important component of your work, and if so, what are your favorite restorative activities?

Oh yes! I think it's incredibly important to practice what you preach. I like massage, definitely, and playing with my animals (two cats, two dogs and a parrot), meditating, hanging out with girlfriends or my husband, traveling, playing with my grandsons. Something I teach my clients and my students is how to relax and meditate and manage their stress.

How would you describe your favorite kind of client?

Definitely my favorite clients are men or women, needing help in identifying and expressing their needs and wants, seeking balance and growth and wanting to learn how to be more assertive and set boundaries with their partners, families and families of origin, or at work. I often see women who come in with intuition about their direction and just need to be validated and learn some practical tools and communication skills.

I love working with people who are interested in exploring their physical ailment as a metaphor for emotional concerns or dealing with the emotional fallout from a physical disability. Also, I like helping families deal with the changing dynamics when a member is medically or physically compromised.

Lastly, I enjoy working with anyone who is seeking ways to understand his/her spiritual self and incorporate that spiritual aspect into his/her routine daily life.

What is the primary thing you would want people to know about you?

I am a practitioner who really embraces all of the concepts and practices of integrating mind, body and spirit. In our western culture, we usually focus on only one of those aspects at a time. Now science is catching up to the knowledge of that integration and is developing ways to provide evidence based research on the efficacy of Reiki, for example. As I was anticipating our conversation today, I was thinking about how much I want people to know that I am a resource for anyone wanting to grow in this direction and acquire more knowledge.

Joyce Lauterback, P.T., L.M.F.T., is a marriage and family therapist in Glendale, with almost 30 years experience specializing in the mind-body-spirit connection. In addition to seeing clients in her office, she is an adjunctive faculty member at Mt. St. Mary's College, teaching courses in Therapeutic Interactions and Complimentary Medicine to physical therapy doctorate students. For the past five years, she has facilitated support groups for the Los Angeles County Chapter of Amyotrophic Lateral Sclerosis Association (ALSA), providing emotional support and information to people with ALS and their families. Ms. Lauterback has recently completed a grant funded program for the National Office of the ALSA, called the Circle of Care. This is a program that teaches one how to establish a volunteer support network to provide assistance for and prevent burnout in caregivers for people with ALS. It will be presented at the ALSA National Clinical Conference in March 2005, and this model will be implemented in the 48 ALSA chapters across the country.

Currently, she also works as admissions coordinator for the Intensive Outpatient Psych Program at Glendale Adventist Medical Center and recently created The Healing Heart Program, that provides counseling to cardiac patients as an integral part of their rehabilitation.

Joyce Lauterback may be reached at (818) 421-9729 or joylout@earthlink.net.



Our columnist, Gloria Ashby Dahlquist, is a Licensed Marital & Family Therapist. Her successful fee-for-service private practice is in Toluca Lake, California. She

works primarily with Gifted Adults and Highly Sensitive Persons who are survivors of childhood abuse or neglect. She may be contacted at (818) 766-9348 or gloriadahquist@aol.com. ?

Welcome to New Member Ann Jackson, M.F.T.

Licensed since 1993, Glendale has been my private practice location for 12 years. A graduate of Phillips Graduate Institute, some of my specialties are blended families, marital and divorce issues, parenting, child therapy, women's issues, depression, and anxiety. I especially like working with families as they cope with various transitions in family life. I also work with the Glendale Unified School district as a counselor for elementary age children who are at risk, and as case manager at Glendale Adventist Medical Center Outpatient Psych Unit. I run groups focused on cognitive behavioral therapy and coping skills for mental illness. In this setting I have learned a great deal about more severe forms of depression, bipolar, anxiety, and schizophrenia.

My background includes massage therapy and an understanding of the body/mind connection, making my work focus not only on the emotional and mental life of the client, but their physical and spiritual life as well. My office is at the Laughlin Center for Mind and Body Therapy where we offer a variety of services including marriage and family therapy, chiropractic, massage therapy, and tutoring for children. We are handicap accessible. Our address is 3795 La Crescenta Ave., Ste. 100; we can be contacted at (818) 415-5063.

New GAMHPA members can publish a brief professional biography in our newsletter. ?

Wouldn't You Like Your Practice Information On the Desks of Over 500 Referrers?

GAMHPA members benefit from their articles and biographies, insert fliers and brochures, free classified ads and inexpensive display ads in this newsletter reaching over 500 mental health professionals in Glendale, Burbank, Pasadena, La Canada, Los Feliz, and Silverlake.

For further details on how to join, turn to the back page of this issue.



The Business of Practice

By Jim De Santis, Ph.D.

Elements of a Basic Solo Practice Website

Consumers are using the internet more and more to locate products and services and to research their purchases before they buy. It is becoming a meaningful part of the business of mental health practice to have at least basic presence on the internet. It tends to denote a savvy professional.

"I found you on the internet" is an increasingly frequent opening statement from prospective clients. In the last year or two, I've noticed that I and colleagues of mine are seeing an upsurge in the number of incoming patient self-referrals generated through the internet.

For the non-technical therapist, a website need not be enigmatic or intimidating. Think of a website simply as an electronic version of a brochure or set of fliers or leaflets that is available to anyone who has access to a computer and to the internet.

While many design companies offer website set-up for small businesses, anyone with a basic understanding of text-editing software can assemble and post a basic website on their own. Most word-processing programs allow you to save a file with the appropriate formatting. Whether you do it yourself or hire someone, consider including the following

components in your private practice website.

A home page is the main page, or index, of your site. It tends to display a menu of the content in the site to the reader and is organized like an outline.

The content of a website can include many elements that you may already have written to promote your practice, such as a professional biography, a description of specializations or services you offer, your treatment philosophy and preferred methodologies, and potential benefits and advantages of services you offer. I've had prospective clients call and say, "I've already read your resume, and I think you may be a good match for what I'm looking for."

I strongly recommend treating your website not simply as a promotional piece but as an offering of useful content as well. The core of a website can be any content you have written about mental health, including articles on mental health topics, self-tests and checklists, and suggested books and readings in bibliographic form. This material is an opportunity for a prospective client to pre-screen you—to see how you think and gauge your suitability for the issues that bring them to you.

Most internet sites will offer the reader a list of other related and useful internet resources the reader can link to directly, such as other websites with mental health

It's essential to list in your website all methods that a prospective client can contact you, including not only your office address and phone number but also an e-mail link, and directions or map to your office.

Most website will have a "hit counter," basically like a mileage guage, as a means of counting how many people view your site over time and therefore of indirectly assessing how well your site is being used.

Include a copyright notice on anything you have written and consider including a disclaimer on your website about errors and limitations of liability. The Healthcare Portability Act also now requires that, if you have a presence on the web, that you post the same notice of privacy practices you give your clients.

In terms of design, avoid inserting too many images that slow down the loading of a web page. If a page doesn't load in just a couple of seconds, many viewers will move on. Too many fonts and colors will make a site so busy that it is unpleasant and distracting. Also, as a general rule, keep your pages short enough so that they don't exceed the vertical size of the screen they are being viewed on. Again, viewers tire of paging up and down a screen. The goal is to keep your site easy to access and easy to navigate.

Among the most problematic errors enterprising web designers make is leaving outdated information posted. So keep your information current and you will demonstrate credibility. A second cardinal error in web design is emphasis on state-of-the art, such as applets, flash, java, etc. As soon as you jazz up a site with high tech features, you are causing technical problems for some end users and alienating them. A website need not be complicated or sophisticated to be an effective marketing tool. Keep it simple for a true win-win. ?

Why Join GAMHPA?

Many of our Newsletter readers and Membership Directory recipients believe they are members of GAMHPA when they are not. In fact, 80% of our circulation are not members. If you have not completed an application or renewal and paid annual dues, then you are not a current member. Only members receive the following additional benefits.

Resources	Directories with member names and practice information are published annually, placed on the desks of over 500 potential referrers in the community. Newsletters with member advertising and articles are circulated bimonthly to over 500 readers in the local professional community.
Advertising	Running classified ads for groups, services, and office space are free to members. Members are randomly awarded the opportunity to bundle their practice flier or promotional brochure with the newsletter at no charge—an \$80 value. Members receive discounts for display advertising, newsletter insert advertising, and mailing list address labels.
Visibility	Members can publish articles in the newsletter on professional topics to gain collegial exposure and respect. Members are randomly selected to be featured in a biographical interview in the newsletter. Members may present a talk to colleagues on a professional topic, advertised as an association program event.
CEU/MCEP	Reduced rates to members for local continuing education units good toward professional licensure renewal.
Multidisciplinary	Equal membership is offered to all licensed mental health professionals regardless of discipline, reflecting real patterns of professional referral in the community.
Local	A geographically local membership base reflects how most client referrals are local.
Inexpensive	Membership dues are lower than most professional associations. Just \$60 per year for licensed mental health professionals, \$40 for students, interns, allied professionals, and organizations.

For a membership application form or to renew your expired membership, call GAMHPA at (818) 771-7680 or visit <http://www.psychotherapy.org/gamhpa> to download a copy of our application form.

Classified Advertising

GROUPS

AMAC GROUP. (Adults Molested as Children) Small, open-ended women's group, Burbank. Stability & previous or concurrent individual treatment needed. \$180 per month, negotiable. Kathy Downing, M.F.T., (818) 845-0151. Primary therapist's inquiries welcome.

ANGER MANAGEMENT FOR ADULTS. This is a group for men and women who would like to learn how to recognize and utilize their anger in a more constructive way through facilitated discussion and experiential exercises. In a supportive

environment, you will learn what your anger will be telling you and how you can appropriately channel it for higher self-esteem and more satisfying relationships. Mondays 7-8:30pm. Fee: \$20.00 per session. California Family Counseling Center, Encino, (818) 386-5690, x474.

ANGER MANAGEMENT GROUP. A 12-week anger management group is held at Valley Community Clinic at 6801 Coldwater Canyon in North Hollywood on Tuesdays from 5-6:30pm and on Wednesday's from 11-12:30. The fee is based on a sliding scale. For more information contact Barbara Ballenger, M.F.T., at (818) 763-1718, ext. 352.

CO-ADDICTS/CODEPENDENTS GROUP. For partners of sexual addicts. This weekly group allows

partners to work through their feelings and problems associated with being the partner of a sexual addict. Partners find out about their role in the "problem" and learn about the disease of sexual addiction. Individual therapy is available, also. Dale K. Rose, M.F.T., (818) 783-1283.

CO-ED ADULT PERSONAL DEVELOPMENT GROUP. Growth group for high achievers who want more out of life—to find lasting intimacy, achieve career satisfaction, and expand friendships. Uses here-and-now interaction to increase self-awareness. Compliments concurrent individual or conjoint psychotherapy. Wednesday, 6-7:30pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. #PSY10315, (818) 551-1714.

Websites by GAMHPA Members

Michelle Barone, MFT
 Larry Brooks, Ph.D.
 Martha Carr, M.F.T.
 Sharon Deacon, Ph.D.
 Jim De Santis, Ph.D.
 David D. Fox, Ph.D.
 James Gagne, M.D., Q.M.E.
 Ira Heilveil, Ph.D.
 Melissa Johnson, Ph.D.
 Melissa Johnson, Ph.D.
 Deborah McColl, M.F.T.
 Karin Meiselman, Ph.D.
 Larry Nadig, Ph.D., M.F.T.
 Andrew Whaling, M.F.T.
 Andrew Whaling, M.F.T.

www.michellebarone.net
www.pdpce.com
www.mcarrmft.com
www.drdeacon.com
hometown.aol.com/jjdesantis
www.psychotherapy.org
www.drgagne.com
www.pacificchild.com
www.girlpowernow.com/
www.instituteforgirlsdevelopment.com
www.deborahmccollmfcc.com
www.meiselman.net
www.professionalcharges.com
www.great-marriages-now.com
www.singledirections.com

Private practice
 Continuing education
 Private practice
 Group practice
 Testing, groups, practice development
 Resource center & web hosting
 Private practice and articles
 Nonpublic agency for children
 Information & resources regarding girls
 Private practice focusing on girls
 Private practice, arts group, chem-dep
 Private practice
 Credit card services
 Marriage/relationship counseling
 Singles seminars

If you are a GAMHPA member and operate a website that you would like to submit for publication in this newsletter and placement as a link on the GAMHPA website at www.psychotherapy.org/gamhpa, please contact David D. Fox, Ph.D., GAMHPA Webmaster, at (818) 246-3937 or at DavidFox@psychotherapy.org.

CREATIVE PROCESS GROUP. A group for practicing and aspiring writers, musicians, visual artists, actors, etc., utilizing the "art as practice" Zen approach of Natalie Goldberg. This ongoing workshop will support and energize your creative process. Saturday, 10am-1pm. \$30 per meeting. South Pasadena location. Call Deborah McColl, M.A., M.F.T., at (626) 665-7363.

FAMILY MEMBERS OF ALCOHOLICS/ADDICTS. Small open-ended, insight-oriented Process Group with 12-Step emphasis. Monday evenings, 7-9pm, Westside, Colleen Land, Psychotherapist, Addiction Specialist, Lic. #MFT70181, (310) 887-0553.

GAY MEN'S PERSONAL DEVELOPMENT GROUP. Growth and insight-oriented group addresses life enrichment, self-esteem, and personal relationships. Thursday, 7:30-9pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. #PSY10315, (818) 551-1714.

GROUP FOR LESBIANS WHO ARE PARENTS. Time limited educational and support group for lesbian mothers. Answer questions, share ideas, dispel myths, learn about research, improve parenting skills. Groups forming for mothers of teen and pre-teen children and mothers of new children. Location in Pasadena, cost \$35/session with a commitment to 4-session blocks. Contact Chris D. Cooper, Ph.D., Lic. #PSY17395 at (626) 293-5252.

HEALING AFTER LOSS: THE JOURNEY TOWARD ACCEPTANCE AND RENEWAL. A support group designed to aid in the healing after a loss. In this group you will share feelings associated with loss

Institute for Girls' Development
Display Advertisement goes here.

and explore ways to heal and renew. This group is both educational and experiential. Tuesday 6-7:30pm. Fee: \$35.00 per session. California Family Counseling Center, Encino, (818) 386-5690, x456.

MEN'S GROUP FOR ENDING DOMESTIC VIOLENCE. A group for men who wish to stop angry, controlling or violent behavior. We offer support for facing pain and confusion and the opportunity for growth and change. This group follows probation guidelines for court referrals. Mondays 7-9pm. Fee: \$40 per session, sliding scale available. California Family Counseling Center, Encino, (818) 386-5690, x437.

MEN'S PERSONAL DEVELOPMENT GROUP. Growth and insight oriented group addresses male-female relationships, work life, coping, and roles. Thursday, 6:00-7:30pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. #PSY10315, (818) 551-1714.

MEN'S GROWTH-SUPPORT PROCESS GROUP. Wednesday 7-8:30pm. New group starting. Safe environment. \$45/session with discounts available. Call for referral,

brochure, or intake assessment appointment. Andy Sway, M.A., L.M.F.T., MFC34846, (818) 829-7900.

OPTIONS TO ANGER FOR TEENS: AN ANGER MANAGEMENT AND VIOLENCE PREVENTION GROUP. Interactive program is designed for today's teenager. This is a structured series of meetings where adolescents will learn how to recognize their escalating feelings of tension and frustration that can lead to anger and violence. Ongoing group meets Thursday 7-8:30pm. Fee: \$20 per session. California Family Counseling Center, Encino, (818) 386-5690 x481.

PARENTING GROUP (English). "Parenting is not about being perfect, it's about being Effective." In a supportive group with other parents, using the STEP guide you will learn: what your children want when they misbehave; how to handle emotions: your children's and your own; ways to use encouragement to build self-confidence and self-esteem; how to really listen to your child. Monday 7-8:30pm. Fee: \$25/individual, \$40/couple (per session). Discount if paid in full: \$160/8 weeks/individual, \$280/8 weeks couple. California Family Counseling Center, Encino, (818) 386-5690, x460.

PARENTING THE "DIFFICULT" CHILD. A 10-week support group offering parents of spirited, difficult, or challenging children/youth a nurturing environment to better understand and address their child's unique needs. The group provides both a psychoeducational and supportive environment for parents to process their experiences. Dr. Finer and Dr. Gould have significant experience in working with challenging youth as well as their families both within school and private practice settings. Pasadena area. For more information, contact Rosalie Finer, Ph.D., Lic. #PSY10877, or Michelyn Gould, Psy.D., Lic. #PSY17294, at (818) 786-3491.

PARENTS FINDING SOLUTIONS. Ongoing weekly groups. Informative, supportive workshops. Individualized coaching and counseling for parents. Contact Dr. Melissa Johnson at the Institute for Girls' Development, (626) 585-8075, ext. 1.

PERSONAL GROWTH AND SUPPORT GROUP. Leaderless, introspective, longstanding, seeks new members, male and female. No charge. Meets alternate Saturdays in

members' homes. Contact Gil Speer at (323) 661-7769, gilstchr@aol.com.

SECOND HALF OF LIFE GROUP for women 48+ who are interested in deepening their relationship with the Self through creative activities designed to tap inner resources and promote individuation in a nurturing and supportive environment. Activities include art, music, movement, sand play, meditation, guided imagery, dreamwork, role play, as well as cognitive exercises and group discussion. Tuesday and Wednesday evening groups in Encino. Limited to six people per group. Concurrent or prior individual therapy recommended. Call Christi at (818) 906-0406 x3.

SINGLES 12 WEEK RELATIONSHIP GROUP. A 12-week time-limited co-ed group allowing singles to prioritize their personal lives, connect with other thoughtful singles and discover what needs to be done to move towards dating more or developing a loving long-term relationship. Issues usually include letting go of unhealthy relationships sooner, building trust in self and others, making better choices, limit-setting, healing past hurts, and knowing where to go/what to do to "get out there" in safe, productive ways. Groups last 12 weeks, with a new group forming every six weeks, \$40/week. Monday evenings from 8:15-9:45pm or Wednesday evenings 7:15-8:45pm in downtown Pasadena. Call Andrew Whaling, M.F.T., at (626) 564-0480.

SOCIAL SKILL DEVELOPMENT AND ENHANCEMENT GROUPS. Small groups designed for children and adolescents striving to improve relationships with friends and family members. Group is both educational and experiential, allowing youth to

learn and practice newly developing skills in a safe, supportive environment. Pasadena area. Please call Rosalie Finer, Ph.D., Lic. #PSY10877, or Michelyn Gould, Psy.D., Lic. #PSY17294, at (818) 786-3491.

SMOKING CESSATION. A 7-week group to stop smoking is held at Valley Community Clinic at 6801 Coldwater Canyon in North Hollywood. There is a very small nominal fee based on a sliding scale. For more Information contact Barbara Ballenger, M.F.T. at (818) 763-1718, ext. 352.

Winners of Free Advertising

In each issue of the newsletter, we select six randomly drawn members who are awarded the privilege of distributing their own practice brochure or flier as a newsletter insert at no charge—alone worth as much as \$135.

Congratulations to:

Glenda Corstorphine, MFT
James Gagne, MD
Colleen Land, MFT
Emily Moore, MFT
Linda Poverny, Ph.D., LCSW
Front Point

STRESS MANAGEMENT TRAINING. An education and process oriented training course to help participants understand the physiology and psychology of stress and learn skills to manage physical, emotional, and behavioral reactivity. For men and women with chronic health conditions as well as those overwhelmed by fear, anxiety, and anger due to a variety of life events. This is a 12-session course. Tuesdays from 6:15-7:30pm in Pasadena. Beginning February 15. For more information, please contact Michael Obarski, Ph.D., or Peter Sepsis, M.S., M.P.H., at (626) 943-4084.

SUPPORT GROUP FOR PARENTS OF CHILDREN WITH ADHD. This group will offer education and support to parents whose children have Attention Deficit Disorder. This group will help parents strategize their way through the maze of information and support services available for their child. As a parent of two ADHD children, Susan can speak with empathy and experience. She will offer valuable tools for dealing with problems related to discipline, organization, self-esteem, and school work. She will also teach parents how to advocate for their child in various environments. Fee: \$35 per week. Call Susan Papalia, M.F.T., member of CHADD, at (626) 798-5073.

WOMEN'S SUPPORT GROUP. For women ages 30-55 who have had brief interventions in individual treatment and would like ongoing therapy that focuses on personal growth, interpersonal relationships, and ongoing improvement in symptoms of mild to moderate depression and/or anxiety. This group is designed to provide both support and insight for growth.

Glendale. Call Bonnie Lowry, M.A., M.F.T., for details, (818) 240-0340.

YOU AND YOUR TEEN - A PARENTING GROUP. This 16-week group format combines parent education with sharing and support. This group is designed to help parents enhance their relationships with their teens. For more information, contact Melissa Johnson, Ph.D., Lic. #13102, (626) 585-8075.

YOUNG WOMEN'S PROGRAM FOR COLLEGE AND GRADUATE STUDENTS. New! Groups, individual therapy, workshops, and resources empower young women through their college experience and beyond. Contact Joy Malek, M.S., at the Institute for Girls' Development, (626) 585-8075, ext 3.

OFFICE SPACE

BURBANK. Spacious and windowed office. Comfortably furnished with play therapy supplies available to share. Freeway convenient and central to SFV, LA, Hollywood, SGV. Ample free street & residential parking. All therapist suite with signal lights, refrigerator, microwave and waiting room. \$11/hr or \$130/day monthly. Discounts for multiple day/week monthly commitment. Andy Sway, LMFT. Cell: 818/620-3307, VM-pager (818) 829-7900.

BURBANK/TOLUCA LAKE/NORTH HOLLYWOOD. Call lights, well-furnished, security. Convenient to San Fernando Valley, Los Feliz, Glendale, Hollywood Hills. Sublet part time, various days, evenings; all offices windowed. Kathy Downing, (818) 845-0151.

GLENDALÉ. Office space available 5 mornings a week plus Monday & Friday all day. Beautifully decorated

with view toward mountains and Pasadena. Receptionist, copier, and full kitchen. Landmark building, corner of Brand & Broadway. Call Tina Clarfield, Ph.D., (818) 507-1550.

GLENDALÉ. Multidisciplinary group practice has office space for rent in large, centrally located suite near the juncture of Glendale and Burbank. The suite contains signal lights, fax, large waiting room with separate rest room for clients, kitchen, and separate exit. Psychiatric consultation available. One large window office is available Mondays and Thursdays. A large office and group room will be available June 1st, three days a week. Cost for one day is \$125 per month. Please contact Brian Conlan, L.C.S.W., or Manohar Shinde, M.D., at (818) 956-0101.

GLENDALÉ. Cozy bungalow with three offices in Glendale, north of the 134 on Glenoaks near Jackson St., with private parking and plenty of on-street parking for clients. Call-light system, kitchenette, handicapped accessible, waiting room, separate exit. One office available for sublet on an hourly, day, or monthly basis. Times and days are flexible. Please contact Craig Peterson, Psy.D., (818) 475-5504 or (213) 989-8756.

MIRACLE MILE LOS ANGELES. Great location in Miracle Mile at Wilshire/Fairfax. Psychotherapy office, fully furnished with all amenities, including parking. Available days, evenings, and weekends. Please call Lorah at (323) 353-8546 or mcauleyl@sbcglobal.net.

MONTROSE. Spacious office with large windows in a suite of four offices, available immediately. Suite includes secretarial area, bathroom, large waiting room with lighting system, and ample reserved garage parking. In the heart of Montrose with easy freeway access. Please contact Brian Morrison, Ph.D., at (818) 957-7983 or Nicle Weingarten, M.F.T., at (818) 249-5690.

MONTROSE. Charming office, art therapy room, and group room available for rent on a month to month basis. Saturdays and evenings available. Comfortably furnished, with kitchenette and bathroom. Freeway convenient, ample free parking. Contact Susie Andruk, (818) 949-4013.

OLD TOWN PASADENA. Newly constructed office with upgrades, available immediately, full or part-time, furnished or unfurnished, waiting room, separate patient exit, call light system, soundproofing, fax, copy machine. Free patient parking close by. Please call Dr. Peter Radestock at (626) 583-8440.

PASADENA. Office space available in newly renovated building in Pasadena's Playhouse District. Excellent location. Free parking, handicapped accessibility. Office space leased by the hour, day, or 6 hour blocks of time. Spacious, pleasant offices. Opportunities for referrals. Contact Debbie Hedgecock, L.C.S.W., (626) 821-4028.

PASADENA. Great location, near freeways and Old Town, available mornings plus Friday and Saturday. Mountain views, new furniture, your own indoor parking space. Receptionist, large waiting room, separate exits, easy freeway access

and parking lot for clients. A quiet building, wonderful staff, with the following 24/7: security, use of different size group rooms, or conference rooms to see clients outside of regular hours, kitchen, brewed coffee, fax and copiers. Please call Andrew Whaling, M.F.T., at (626) 564-0480.

PASADENA. Beautiful, historic Pasadena office near freeways and Old Town. Spacious psychotherapy offices available part time, day, and evening hours. Call light system, waiting room, separate restroom, kitchen, fax, copy machine, DSL with firewall. Contact Harriet Callier, Institute for Girls' Development, (626) 585-8075, ext 6.

TOLUCA LAKE/BURBANK. Large, windowed office in new two-office suite in prime Media District. Excellent freeway access and amenities. Available January, 2005, full or part time. Contact Martha Carr, M.F.T., (323) 461-7239 or e-mail mcarrmft@aol.com.

WILSHIRE DISTRICT. Between USC and Larchmont Village, 3 miles southwest of (2) Freeway dead-end. Attractive/view office suitable for group therapy. Affordable, ideal second office, with security, too. Call Rhea Johnson (Tues-Sat), (213) 388-0262.

PRACTICE OPPORTUNITIES

EXPERIENCED, REGISTERED M.F.T. INTERN (1700+ hours) seeks supervision and office space for Saturdays and one evening per week. Have 12 ongoing clients. Please email janer90068@yahoo.com.

INTERNS/PSYCHOLOGICAL ASSISTANTS. The Institute for Girls' Development is offering a highly

selective training position promoting excellence in psychotherapeutic services and programs for girls and their families. M.A. or Ph.D. in Counseling or Psychology required. Candidates must have a background in working with children, adolescents, families, and groups. Minimum 20 hours a week. The Institute for Girls' Development embraces diversity in our staff and in the clients we serve. Additional program information: www.instituteforgirlsdevelopment.com. Fax letter of interest and resume to Dr. Melissa Johnson, President, at fax (626) 585-0440.

SEDONA. Well-established, thriving part-time psychotherapy practice in exquisite Sedona, Arizona, for someone with a "gift" for working with children and teens. Cozy office with views of Sedona's spectacular red rocks. Will stay to connect you to all referral and clinical sources. Call to discuss. Barbara, (818) 790-9543.

GROUPS FOR PROFESSIONALS

COACH available for psychiatrists and MSWs preparing for board exams. Francie Issenman, L.C.S.W., developed and wrote extensive material for the Association for Advanced Training in the Behavioral Sciences (AATBS) preparatory manuals for MSWs preparing for the LCSW board examination. She also conducted the AATBS training seminars for MSWs in both northern and southern California. Most recently she has been assisting psychiatrists in developing treatment planning and psychotherapeutic intervention skills in preparation for general as well as child psychiatric board exams. For individual or group coaching sessions, please call Francie Issenman, L.C.S.W., at (818) 759-3433.

MARKETING WORKSHOP. New series starts mid-May. Third year of successful how-to workshops designed for mental health professionals and students/interns wanting to build a private practice. 12 facilitated meetings biweekly. Action-oriented small group using a didactic, peer support, and homework format. Now offering Tuesday morning or Saturday afternoon sections. 18 CEUs available for MFTs and LCSWs. Glendale location. Call (818) 551-1714 for information or to register today.

PROCESS ORIENTED CONSULTATION GROUP.

Designed for licensed mental health professionals seeking a safe environment to confer with other mental health providers regarding cases, countertransference, and other professional development issues. Group will be facilitated by licensed clinical psychologists with significant emphasis on training and consultation. Pasadena Area. Please call Rosalie Finer, Ph.D., Lic. #PSY10877, or Michelyn Gould, Psy.D., Lic. #PSY17294, at (818) 786-3491.

SUPERVISION CONSULTATION GROUP. Earn Continuing education hours while participating in a small, time-limited group that provides supervision and support to clinical supervisors. Contact Larry Brooks, Ph.D., Lic. #PSY8161, at (818) 243-0839.

SERVICES

ACCEPT ATM, DEBIT AND CREDIT CARD PAYMENTS for your professional services. Service developed by psychologists specifically for mental health professionals. Very easy to use. Fair

rates, no long-term contract, no expensive equipment to buy or lease. Check it out at: www.ProfessionalCharges.com, or contact Larry Nadig, Ph.D., at (818) 240-8295.

ATTENTION DEFICIT DISORDER AND LEARNING DISABILITIES.

The Assessment Center offers psychoeducational testing for specific learning disabilities, attention deficit hyperactivity disorder, and emotional difficulties, both in children and adults. Reduce the stress and frustration of an undetected client problem. To discuss a case or receive a brochure, contact us at (818) 551-1714. Lic. #PSY10315.

NUTRITIONAL THERAPIES for anxiety, depression, OCD, ADD, and mania, addressing the underlying causes of these problems such as PMS, Menopausal Syndrome, yeast (Candida), parasites, food reactions, chronic fatigue, fibromyalgia, and heavy metal toxicity. Can be used to augment medication or in place of it. Contact Nancy Mullan, M.D., at (818) 954-9267.

PRIVATE PRACTICE OFFICE FORMS. Field-tested, up-to-date fast-start kit of patient intake, financial agreement, HIPAA, specialized consent, and clinical assessment forms now available via download from the web. For more information or to examine samples, visit the internet at <http://hometown.aol.com/jjdesantis/office.html> or (818) 551-1714.

PROFESSIONAL DEVELOPMENT PROGRAMS. PDP is certified by the CPAAA and the BBS to provide continuing education to Psychologists, Licensed Clinical Social Workers, and Marriage and Family Therapists. We work with small groups and agencies

to design programs to meet your specific needs. Call (818) 243-0839, or e-mail ProDevProg@aol.com for information about our programs.

PSYCHOLOGICAL ASSESSMENT. Psychological assessments provided are designed to help with diagnosis and treatment planning for clients age 18 and over. This can be especially helpful with new clients or clients with a complex presentation. Fees are reasonable, and reports are comprehensive, integrating material from interview and a battery of tests selected to answer your diagnostic and treatment questions. Contact Chris D. Cooper, Ph.D., Lic. #PSY17395, at (626) 293-5252.

60-Second Networking

Please take one minute right now to build your professional community. Consider who is new to your network of colleagues who may benefit from GAMHPA membership and may not yet know about our association. Share this newsletter as a way to mentor them.

SPEAK SPANISH CONFIDENTLY!

Expand your practice and employment opportunities. Native Spanish Speaking MFTI (and former language teacher) interviewing now for 12 students, including interns, psychotherapists, psychologists and/or Social Workers for intensive 6 month Spanish class. Two groups beginning July 2004 in Silverlake/Los Feliz area and Westside. For more information, call Guillermo Brzostowski, M.A., (323) 342-9866 or (323) 663-2998.

SPECIAL EDUCATION

ADVOCACY. Services provided to parents needing help in obtaining special education services from public schools. This includes the initial assessment as well as supporting parents in the IEP process to make sure their children receive all of the services the child needs. Call Ed Brostoff at (323) 664-9312.

PUBLICATIONS

"BEST THING I EVER DID FOR MY PRACTICE." Successful, field-tested private practice marketing system. Complete development pack includes 226-page manual, CD-ROM, sample forms and letters. For further information or to order, visit the web at <http://hometown.aol.com/jjdesantis/start.html> or call (818) 551-1714.

BUY-ONE-GET-ONE-FREE book offer! Order "Adoption Forum" by Kasey Hamner (List Price: \$17.95) and receive "Whose Child?" by Kasey Hamner (List Price: \$14.95) free!! \$17.95 + \$4.50 S&H + \$1.48 = \$23.93. Send Check/Money Order payable to Triad Publishing. Mailing address: Triad Publishing, PO Box 299, Verdugo City, CA, 91046. Or, send your order by email to: TriadPublishing@comcast.net and we

will send invoice with shipment. Phone/Fax: 818-293-1505, Website: www.KaseyHamner.com.

GROUP THERAPIST DIRECTORY.

Concise, up-to-date directory of outpatient psychotherapy groups in the Los Angeles metropolitan area. Over 200 facilitators and 500 groups. Edited by a licensed psychologist & certified group psychotherapist. Web page has received over 4,000 hits from visitors. View or download from <http://hometown.aol.com/jjdesantis/grplist.html> or call (818) 551-1714 to request a copy or submit your free listing today.

AFFILIATE AGENCIES

COLDWATER COUNSELING CENTER is a non-profit organization based in Studio City providing depth psychotherapy to adults and children on a sliding-scale basis. All therapists and interns have had, and continue to engage in, extensive personal analysis. The staff--mostly licensed M.F.T.s-- includes three Jungian analysts and a number of analysts-in-training. For information or a brochure, call (818) 508-0703, or visit us online at www.coldwatercounselingcenter.org.

INSIGHT TREATMENT PROGRAMS. An intensive outpatient adolescent program for teens and their families. Four-day program modalities include individual, family, and group process. Parent participation is required. Consultation and assessments available for parents. For more information contact Daniel Leon, L.C.S.W., at (626) 564-2703.

POSITIVE DIRECTIONS COMMUNITY COUNSELING CENTER, serving the Glendale area community since 1986, offers high-standard, low-fee, short- and long-term psychotherapy. Positive

Directions is dedicated to providing excellent psychotherapy to clients who can't afford private practice fees. Substance abuse counseling is also available as well as information and referrals, sober social events, and a variety of self-help meetings. (818) 247-8180, dmccoll@vmhc.org.

T.H.A.W. Theater of Hope for Abused Women, a safe harbor in which to continue the healing process through classes in creative expression, including body image, body movement, yoga, writing, tai chi, and acting. For women who have suffered from physical or emotional abuse, including domestic violence, rape, and incest. Clinically supervised. Sliding-scale fees. Tuesday, Thursday, Friday. 9am-1pm. For intake evaluations, contact Wendy Clarke, M.A., or Leslie deBeauvais at (818) 766-9702. ?

GAMHPA

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MISSION

Our mission is to advance professional development through networking, continuing education, and public awareness. We offer equal membership to all licensed mental health professionals regardless of discipline. We are an interest group only and do not provide referrals to the community. We are not a profit-making organization.

MEMBERSHIP

Contact any Board member for an application form to join or download a copy from our website. Full Member dues for licensed mental health professionals, \$60 per year. Associate Member dues for students, interns, organizations, and others, \$40 per year. Dues may be deducted as an ordinary and necessary business expense but not as a charitable contribution.

BENEFITS

Members receive a number of exclusive benefits. Members can present a talk or publish an article on a professional topic. They are listed in the annual membership directory, distributed to the business and professional community, including 550 colleagues in the mental health community and posted on our website. They can place free classified ads and receive discounted rates for display ads, newsletter flier inserts, and mailing list labels. Members are automatically entered in random drawings for free newsletter insert advertising and for publication of a professional bio in the newsletter. They receive reduced rates for continuing education.

NEWSLETTER

The GAMHPA Newsletter is customarily published bimonthly, distributed to the local mental health community, including Glendale, Burbank, Pasadena, La Canada, Los Feliz, and Silverlake. Contact us to be added to our mailing list. If you moved, if we are sending your newsletter to a wrong address, or if you wish to discontinue delivery, please notify us.

EDITORIAL POLICIES

GAMHPA encourages members to contribute articles of scholarly or clinical interest for publication. We encourage submissions in computer-readable format. Submissions must be forwarded to the editor by the deadline. 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.

2005 Newsletter Deadlines

May 20	June/July issue
July 22	Aug/Sept issue
Sept 22	Oct/Nov issue

ADVERTISING

Advertising for services by psychologists or psychological assistants must include the license number of the psychologist.

Item	Advertising Rates	
	Member	Non-Mem
Classified ad	Free	\$15
1/8-page display ad	\$20	\$45
1/4-page display ad	\$40	\$65
1/2-page display ad	\$60	\$85
Mailing list, printed	\$10	\$20
Mailing list on labels	\$20	\$30
Mailing list on disk	\$75	\$75
e-Mail list	\$10	\$20
Newsletter inserts	15¢	25¢

Display ads must be camera-ready; submit one copy for each issue. To submit an insert—such as a flier or brochure—provide the number of copies to cover the mailing list. Make checks payable to “GAMHPA.” Due to publication processes, each newsletter is delivered approximately three to four weeks after our deadline.

GAMHPA Newsletter.
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