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GAMHPA News

We are working to decrease our costs and contribute to conservation by shifting our mailing list to e-mail. Please let us have your professional e-mail address if we do not already have it. We are now distributing more newsletters via e-mail (480) than via the postal service (350). Each paper copy costs about \$2 to deliver. Congratulations on going "green," GAMHPA.

In this issue, please welcome a second feature article by GAMHPA member Alan Karbelnig on the subject of countertransference, beginning on page 2.

We are fast approaching the deadline for inclusion in the 2009 GAMHPA Members Directory. Please submit your applications now. A copy of the form is enclosed with this issue of the newsletter. Our dues are lower than any professional association in the area that we are aware of.

Larry Brooks is planning our next continuing education conference for 2009 on the topic of technology, media, and mental health. If you are interested in helping, have an area of interest that you would like to present, or have a location to offer, please contact him. ?

Calendar of Events

QUARTERLY NETWORKING LUNCHES

April lunch date and location to be announced.

All lunches 12-1:30pm
All are welcome.
Each person pays their own.
Bring your business cards.

Reserve ahead with Jim De Santis at (818) 551-1714.

BOARD MEETINGS

Fridays, 9:30-11am
138 N. Brand Blvd., Ste. 300
Glendale. All are welcome.

Feb 27
Apr 10
June 19
Sept 4
Nov 6

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A Psychodynamic Train Wreck: The Natural History of a Counter-Transference Enactment



Alan Karbelnig,
Ph.D.

(Bolstered by Soren Kirkegaard's lament that "ours is a paltry age because it lacks passion," Dr. Alan Karbelnig writes this regular column to provoke thoughtful reaction from his colleagues. He has been a member of SGVPA since 1988, and served as its president in the early 1990s; he has chaired the SGVPA Ethics Committee for 14 years. Alan is a Training and Supervising psychoanalyst at the New Center for Psychoanalysis and the Newport Psychoanalytic Institute. He practices psychoanalytic psychotherapy and forensic psychology in South Pasadena.)

Simply put, psychoanalytic psychotherapists enter into intimate but bounded relationships with the persons consulting them, become embroiled in their internal dramas, and then interpret rather than enact them. Ideally, the process unfolds

with both emotion and containment, facilitating a helpful shift in personality. But this requires tremendous self-discipline. Much of the training, personal psychotherapy and continuing education of psychodynamic psychotherapists serves to help them manage these highly intense encounters.

Last Spring, I provided a brief course of psychotherapy during which this dramatic re-enactment process unhappily derailed. I offer this brief and fictionalized recounting in the hope that you can avoid a similar fate. At that time, a gay attorney named Joey consulted me weekly for help breaking a pattern of aborted intimate

By the end of the first session, I was already wondering how and when this pattern would repeat itself in the transference relationship.

relationships. He was in his young 40s, and had been in three significant romantic relationships, each lasting more than five years, and each ending in the same way. He would begin the relationship highly idealizing his partners—usually for their occupational achievement as doctor, lawyer, or celebrity actor—and then end with a gradual devaluation of them leading to his termination of the relationship.

By the end of the first session, I was already wondering how and when this pattern would repeat itself in the transference relationship. I actually

interpreted this early on. Joey initially rejected the possibility that this idealization-devaluation cycle could be repeated in our work, citing the "outward signs" of my occupational success.

Approximately three months later, and just as I was beginning to experience the excruciating back pain that ultimately led to my diagnosis of endocarditis, Joey left me an angry message immediately after a session. He felt criticized at my having mentioned that he appeared sad. He was furious that I'd made him so aware of his appearance. I had no hint of his having reacted this way during the session. My recollection was that I had offered the observation with great empathy and sensitivity.

Perhaps because of my own vulnerability, I reacted strongly, and with intense concern. I immediately called him, acknowledged that I'd received the message, and invited him to come in before his usual weekly appointment to discuss what had occurred.

Over the next few days, as we exchanged messages looking for a suitable extra session time, I felt increasingly anxious myself. Could I have been too aggressive in the way I pointed out the sad facial expression? Could I have been more critical than I remembered? I felt increasingly vulnerable and inadequate myself.

With each message that I left offering alternative meeting times, Joey's negative responses escalated. This set of interchanges culminated in his ending the brief course of treatment by voicemail message. I left a final message offering a termination

session to at least review what had occurred. I never heard back from him.

Now having the benefit of more than six months of retrospection, I view the experience as a painful but enlightening example of transference-countertransference run amok. If I had it to do over again, I would have simply left one message of acknowledgment with an invitation to come in sooner to discuss what occurred. I believed instead—real or imagined— that Joey needed the contact, that he needed a more overt invitation from me. In doing so I may well have initiated the same cycle that had led to his seeking help in the first place. The more vulnerable I became, the more he devalued me, finally leading him to terminate the treatment in much the same way that he'd ended many romantic relationships in the past.

So what lessons can be taken from this sad tale? Never forget the power of the drama of the person consulting you or of your own personal vulnerability to become negatively embroiled in it. Perhaps most significantly, remember the crucial importance—more than maintaining an observing ego, more than carefully managing boundaries, more than remaining emotionally attuned—of this commonsensical trait: Patience.

GAMHPA Member, Alan Karbelnig, Ph.D., can be reached at 625 Fair Oaks Avenue, Suite 270, South Pasadena, (626) 441-7778. ?

In Memoriam

It is always a shock to hear when one of our own has fallen.

This is sadly to announce the loss of GAMHPA member, Guillermo Brzostowski, M.F.T. He passed away suddenly from an aneurysm in late November. He had become licensed less than two years ago, and was building a good practice in Silverlake.

He was beloved by many as a generous, intelligent, and ebullient soul. He will be missed.

Winners of Free Advertising

In each issue of the newsletter, we randomly select and announce six GAMHPA members, each of whom is awarded the opportunity to distribute a practice brochure or flier as a newsletter insert at no charge. Please contact the Newsletter Editor to make arrangements.

This benefit is worth \$327 in first-class postage to each winner.

Congratulations go to the following winners:

Cherylynn Berger, L.C.S.W.
Tina Clarfield, R.N, Ph.D.,
M.F.T.
Steven Horwitz, M.D.
Jessica Le Roy, M.F.T.
Linda Pillsbury, L.C.S.W.
Nancy Wade, Ph.D.



The Business of Practice

Jim De Santis, Ph.D.

When Should You Close Your Practice And Just Get a Job?

When should you close your practice and just get a job? This is a serious question that has probably crossed the mind of most private practice clinicians at some time in the course of their careers.

At the beginning of the new century, we currently are facing into the headwinds of an extended recession the likes of which we have not seen in decades.

Corporations are announcing tens of thousands of layoffs daily. Residential foreclosures are at a high and swelling. State and federal governments are contemplating extraordinary measures to batten down the hatches.

Affecting the total workforce, this environment surely may have an impact on the healthcare industry—both in increased health costs related to greater social stresses and in decreased numbers of subscribers on the employment roles. This may put downward pressure on clinician reimbursement and utilization.

In answer to the question, I would recommend closing a practice the same way I would recommend opening a practice—gradually through the processes of adjustment and

monitoring. Sailors in a storm listen to the wind and watch the seas and reef their sails accordingly.

In both directions—opening and closing—it is important to be aware of the otherwise crushing costs of office overhead. There are opportunities to decrease your overhead but keep operating. One can therefore adjust to almost any volume of business, small or large. About five percent of local clinicians change offices each year; this means that office space is in constant flux. Many clinicians offer

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space for sublet, prorated either on a per day, per half day, or per hour basis. One can obtain professional malpractice insurance that is less than the rate for full time practice. Like the population at large, more clinicians are using cell phones as their primary phone number for business. Virtual office space is available through companies where you can use space a la carte: lobby, receptionist, waiting room, conference room, desk space, mail delivery, audiovisual equipment, internet access.

However, the opposite is not true. What you cannot do when you formally close your practice is easily to reopen it for a single client or a single day of clients. What you cannot do

when you formally close your practice is easily to rebuild professional referral relationships.

This is the same apparent chicken-and-egg problem as the new private practitioner. Got a call from a prospective client? Need a business card, need a phone number, need an answering machine, need a waiting room, need a meeting space, need insurance, need office forms right away. Waiting for a prospective client? Should you first get an office, a phone, a business card, insurance, office forms? Which comes first?

Unlike the sandwich shop, the dry cleaner, the auto body shop, or the paint store—all of which need a relatively fixed amount of space and therefore require relatively fixed overhead—therapists can be a bit more creative and flexible in their business.

When you should close your practice and just get a job? Never. Go ahead and get the job if the situation worsens. But keep the practice open.

Jim De Santis, Ph.D., is a clinical psychologist in full time private practice in Glendale. He offers workshops and individualized consultation to mental health professionals on business and entrepreneurship. He can be reached at (818) 551-1714 or JJDeSantis@aol.com. ?

Why Join GAMHPA?

<i>Publications</i>	Directories with member names and practice information are published annually, placed on the desks of potential referrers in the community. Newsletters with member advertising and articles are circulated bimonthly to over 750 readers in the local professional community.
<i>Advertising</i>	Classified ads are free to members. Members are randomly drawn to place their practice flier or promotional brochure with the newsletter at no charge—a \$327 value. Members receive discounts for display advertising, newsletter insert advertising, and mailing list address labels. Member websites are published in the newsletter.
<i>Visibility</i>	Members can publish articles in the newsletter on professional topics. Members may present a talk to colleagues on a professional topic, advertised as an association program event.
<i>Communication</i>	Members can join our internet discussion group and communicate through e-mail on pertinent topics such as finding office space, finding out about current events in mental health, airing clinical questions, and finding referral resources.
<i>CEU/MCEP</i>	Reduced rates to members for local continuing education units applicable toward professional licensure renewal.
<i>Multidisciplinary</i>	Equal membership is offered to all licensed mental health professionals regardless of discipline, reflecting real patterns of professional referral in the community.
<i>Local</i>	A geographically local membership base reflects how most client referrals are local.
<i>Inexpensive</i>	Membership dues are lower than most professional associations. Just \$70 per year for licensed mental health professionals, \$45 for students, interns, and allied professionals.

To join, you may contact any Board Member or log on to the Association website to download a copy of our Membership Application Form at www.psychotherapy.org/gamhpa.

institute for girls' development

A Psychological Corporation



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- Self-discovery • Hardiness skills
- Growth fostering relationships

Services & Programs

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- Del Mar Girl Power Group Therapy (2nd grade–High School)
- Parents Finding Solutions Program (coaching, groups, workshops)
- Young Women's Program (for adults in their 20's & 30's)
- Summer Workshop Programs (3rd grade–High School)

Presentations, Workshops & Trainings

- Available through our Center for Education on Girls' Development

For more information, visit us on the web:

www.InstituteForGirlsDevelopment.com

626.585.8075 ext. 108

Melissa Johnson, Ph.D. PSY13102

New Therapy Groups in Glendale

Women's Midlife Passages
 Moving Through Bereavement
 Thriving with Diabetes



Ongoing supportive and educational groups use here-and-now discussion, as well as cognitive and psychodynamic approaches to optimize self-care and coping. Complements concurrent individual or conjoint psychotherapy for your clients.

Bonnie A. Cesak, LCSW, RN, the facilitator, is a licensed clinical social worker and registered nurse who has extensive experience in both the medical and mental health fields.

California Licensed Clinical Social Worker #18570

Information or Appointment (818) 240-1355

Glendale Area

Mental Health Professionals Association

Enter the Digital Mental Health Community

GAMHPA Yahoo Group

Forum for GAMHPA members to widely distribute information about their services, groups, office rentals, referral needs, and much more.

A great way to connect and get to know fellow members!

To visit, go to

health.groups.yahoo.com/group/gampha

Glendale Area

Mental Health Professionals Association

Top Reasons to Visit GAMHPA Online

1. Links to Member Websites
2. Online Feb/March 2009 Newsletter
3. Online 2008 Directory
4. Online 2009 Application Form

psychotherapy.org/gamhpa

Classified Advertising

GROUPS

BEREAVEMENT SUPPORT GROUP. If you have suffered a loss, no need to grieve alone. Please call to join a bereavement group where you can find support in this difficult time of your life. For more information, please call Dawn Krikyan, RN, MSN, PMHCNS-BC, at (626) 399-6646.

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. Complements concurrent individual or conjoint psychotherapy. Wednesday, 6-7:30pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714.

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.

DEL MAR GIRL POWER. Groups for girls second grade through high school. Promote self-discovery, hardiness, growth-fostering relationships, and empowerment. Social skills groups also available. Melissa Johnson, Ph.D., Lic. # PSY 13102, Institute for Girls' Development, (626) 585-8075, ext. 108.

FAMILY MEMBERS OF ALCOHOLICS/ADDICTS. Small open-ended, insight-oriented Process Group with 12-Step emphasis. Monday evenings, 6:30-8pm, Westside, Colleen Land, Psychotherapist, Addiction Specialist, Lic. # MFT70181, (310) 887-0553.

GAY MEN'S PERSONAL DEVELOPMENT GROUP. Growth and insight-oriented group addresses dating and relationships, career issues, life enrichment. Uses here-and-now interaction to increase self-awareness. Complements concurrent individual or conjoint psychotherapy. Thursday, 6-7:30pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714.

LESBIAN PROCESS GROUP. Ongoing, meets on the second and fourth Tuesday each month from 7-8:30pm. \$50 per month. Openings for 2 people. Maximum 8 women. Interview required. In Sherman Oaks. Call Dr. Mathis, (818) 386-9028.

MEN'S PERSONAL DEVELOPMENT GROUP. Growth and insight oriented group addresses male-female relationships, career, self-care, and personal fulfillment. Uses here-and-now interaction to increase self-awareness. Complements concurrent individual or conjoint psychotherapy. Thursday, 7:45-9:15pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714.

MOVING THROUGH BEREAVEMENT. Ongoing supportive and educational group uses here-and-

now discussion, as well as cognitive, psychodynamic, and biopsychosocial perspectives to optimize self-care and coping. Complements concurrent individual or conjoint psychotherapy for your clients. Consultation about a case, call Bonnie Cesak, LCSW, RN, (Lic. # 18570), Glendale, (818) 240-1355.

PARENTING GROUP FOR PARENTS OF TEEN AND PRE-TEEN GIRLS. This 12-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 Lisa Blum, Psy.D., Lic. # PSY19790, at (626) 585-8075 x104.

PERSONAL GROWTH GROUP. Enhance individual therapy. Provide couples who are willing to work individually alternatives for self-development. Offer clients a place to practice deepening their intimate relating. Openings are now available in on-going group for high achieving men and women seeking more satisfying relationships and meaningful life work. We explore how the choices we make are influenced by our level of self-awareness. Wednesday, 6:30-8pm. \$45/group. Contact Suzy Boyle, L.M.F.T., Lic. # MFC25347, at (626) 577-9352. Providing insight-oriented therapy in Pasadena since 1990.

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, dream work, 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) 759-1898.

SUPPORT GROUP FOR MEN GOING THROUGH SEPARATION AND DIVORCE. Starting January 2007. Meets Wednesday eves. 7:30-9pm. \$45 per session. For more information call Larry Brooks Ph.D., Lic. # PSY8161, at (818) 243-0839.

SUPPORT GROUP FOR WOMEN. You are invited to work out your issues in a warm and supportive environment. For more information, please call Dawn Krikyan, RN, MSN, PMHCNS-BC, at (626) 399-6646.

SURVIVORS' GROUP (AMAC). "Treatment of choice" for molest/incest (per research). High-functioning women's group, \$225 per month, prefer therapist's referral, collaboration. Minimums: 6 months' previous therapy, 6 weeks' minimum commitment, two initial interviews required. Kathy Downing, L.M.F.T., Lic. # 24403, 20 years' group experience, (818) 845-0151.

THRIVING WITH DIABETES. Ongoing supportive and educational group uses here-and-now discussion, as well as cognitive, psychodynamic, and biopsychosocial perspectives to optimize self-care and coping. Complements concurrent individual or conjoint psychotherapy for your clients. Consultation about a case, call Bonnie Cesak, LCSW, RN, (Lic. # 18570), Glendale, (818) 240-1355.

WOMEN COMING OUT 40ish AND BEYOND. This is a group for women who are coming out as lesbians a bit later in life, and/or who find themselves in a relationship with a woman and are struggling to understand what this means for their lives from here forward. Group is in Pasadena, Tuesdays 7:30pm, and cost is \$35/session. Contact Emily Moore, M.F.T., for information at

(626) 793-1078.

WOMEN'S DIVORCE SUPPORT GROUP. Women in their 40s and 50s who are divorced, or are in the process of divorcing, are cordially invited to join this group, moderated by an experienced divorce mediator. Monday evenings, limited to 6 participants. Call for more details and enrollment information. Referrals welcome. Elisse Blinder, Ph.D., Lic. # PSY11598, (626) 795-9718.

WOMEN'S MIDLIFE PASSAGES. Ongoing supportive and educational group uses here-and-now discussion, as well as cognitive, psychodynamic, and biopsychosocial perspectives to optimize self-care and coping. Complements concurrent individual or conjoint psychotherapy for your clients. Consultation about a case, call Bonnie Cesak, LCSW, RN, (Lic. # 18570), Glendale, (818) 240-1355.

WRITER'S GROUP. Don't succumb to "Mr. Holland's Opus" syndrome. Biweekly group for screenwriters, poets, playwrights, comedy writers, journalists, lyricists, authors. Focuses on identifying and overcoming obstacles to productivity, generating peer support and accountability for forward movement in your craft. Goal is high quality, timely output with personal career success and satisfaction. Alternate Wednesdays, 5-6 pm. Glendale. Jim De Santis, Ph.D., C.G.P, Lic. # PSY10315, (818) 551-1714.

YOUNG WOMEN'S PROGRAM at the Institute for Girls' Development (for women 18-30). Groups offered: Developing the Creative Self, Healing Body-Food-Soul, Relationships, Transforming Anxiety, Depression, and Stress, Healing from Trauma. Melissa Johnson, Ph.D (PSY13102) (626) 585-8075, ext 108. Program co-coordinator: Psychological Assistant Amy Willcoxon, Psy.D. (PSB 31585).

OFFICE SPACE

GLENDALE. Office space available five mornings a week plus Monday and Friday all day. Beautifully decorated with view toward mountains and Pasadena. Receptionist, copier, and full kitchen. Landmark building, corner of Brand and Broadway. Call Tina Clarfield, Ph.D., (818) 507-1550.

GLENDALE. Office space available for lease or sublease. Lovely, spacious office available full or part-time, furnished or unfurnished. Beautifully-located in the Exchange area near the Americana, the Glendale Galleria, and Downtown LA. Contact Gemela S. Macer, Ph.D., at jsm001@msn.com or (818) 242-5460.

GLENDALE. Office for lease in suite of therapists, on Brand Blvd., north of the 134 freeway. Off-street parking. Contact Joanna for more information. (818) 628-5050.

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 106.

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. Wonderful building, location, parking, handicap accessible,

waiting room, call light. Mondays, Tuesdays, days or 4-hour blocks; after 6:30 Wednesdays and Thursdays. Dr. Joan Scott (626) 796-1158, jnscottphd@sbcglobal.net. See "contact page" at jnscottphd.com for photo of building.

SILVERLAKE. Great location! Weekday and weekend hours available in our Rowena Avenue office. First floor, no stairs, easy access. A quiet and comfortable suite with a charming interior design, shared with a solo chiropractor. Near Coffee Table, Trader Joe's, Gelson's. Anita Frankel M.F.T., Silverlake Psychotherapy Associates: (323) 661-0297 or afrankel@earthlink.net.

TOLUCA LAKE MEDIA DISTRICT, BURBANK. Large nicely furnished office in a two office suite available part-time. Spacious waiting room, call-lights, kitchen with microwave, refrigerator, copier. Wireless internet. Great soundproofing and air conditioning until evening. Easy parking. Available Mondays, Tuesdays, Saturdays. (818) 559-7261 or e-mail martha.a.carr@gmail.com.

GROUPS FOR PROFESSIONALS

COACH available for psychiatrists and M.S.W.s 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 M.S.W.s preparing for the L.C.S.W. board examination. She also conducted the AATBS training seminars for M.S.W.s 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. Not a one-size-fits-all, this how-to workshop is designed for mental health professionals and students/interns wanting to build a private practice. Twelve facilitated biweekly small group meetings use practical lecture and discussion, action-oriented assignments, and peer support. 18 CEUs available for M.F.T.s and L.C.S.W.s. Glendale. Call (818) 551-1714 for information or to register.

THERAPIST'S "GUIDE TO SELF CARE" GROUP. Helping others is our calling, but attending to our own needs is essential to achieving our objective. For the mental health professional who wants to create the life they truly want, this support group focuses on listening to your own biopsychosocial "signals" to maximize the things you enjoy, create an environment you are happiest in, reserve ample time for recreation, cultivate rewarding collegial relationships, and get more of your important tasks accomplished—in order to achieve personal satisfaction and well-being. On-going bi-weekly small group format, Wednesday, 10-11:30 a.m. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714.

SUPERVISION CONSULTATION GROUP. For licensed mental health professionals interested in contemporary psychoanalytic theory. The goal is to provide a place for open, creative discussion of case material with the objective of deepening one's therapeutic work, enhancing one's clinical understanding, and refining one's utilization of theory in practice. Therapists will have the chance to explore the personal dimension of doing therapy, looking at what they bring into the therapy room, their strengths, weaknesses, conflicts, and

passions. Contact Larry Brooks, Ph.D., Lic. # PSY 8161 at (818) 243-0839.

SERVICES

ATTENTION DEFICIT DISORDER AND SPECIFIC LEARNING DISORDER. The Assessment Center offers psychoeducational testing to evaluate specific learning disorders, 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 Jim De Santis, Ph.D., Lic. # PSY10315, at (818) 551-1714.

BUSINESS CONSULTATION. Private, individualized how-to 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. Jim De Santis, Ph.D., at (818) 551-1714 or JJDeSantis@aol.com.

COMPREHENSIVE NEUROPSYCHOLOGICAL EVALUATIONS AVAILABLE IN ARMENIAN, FARSI, AND ENGLISH. Dementia examinations and differential diagnosis (e.g., Alzheimer's disease, multi-infarct dementia, depression, other cognitive disorders of the elderly). Unexplained cognitive decline (e.g., memory problems, attention/concentration problems). Other neurological disorders (e.g., seizure disorder, tumors, stroke, Parkinson's disease). Head injuries (e.g., motor vehicle accidents, falls). Psychodiagnostic assessments (e.g., determining degree of thought disorder, delusions). School performance difficulties (e.g., ADD/ADHD, learning disabilities).

Competency evaluations (e.g., medical and financial decision-making capacity). Disability assessment (e.g., Worker's Compensation cases). Contact Audrey Khatchikian, Ph.D., at (818) 476-0066.

DR. AUDREY KHATCHIKIAN, PH.D. Now accepting Blue Shield and Medicare for neuropsychological evaluations and treatments. Please call (818) 476-0077.

PRIVATE PRACTICE OFFICE FORMS. Field-tested, up-to-date fast-start kit of forms includes patient intake, financial agreements, HIPAA notice, consents and releases, and clinical assessment forms. CD-ROM, hard copy, or e-mail. For more information or to examine samples, visit JJDeSantis.org or call (818) 551-1714.

PROFESSIONAL DEVELOPMENT PROGRAMS. PDP is certified by the CPAA 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.

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.

TREATMENT IN ARMENIAN, FARSI, AND ENGLISH: Individual and couple's psychotherapy. Contact Audrey Khatchikian, Ph.D., at (818) 476-0066.

PUBLICATIONS

DIAGNOSTIC TESTING DIRECTORY. No cost to obtain a copy or submit a listing. New directory for purposes of professional cross-referral, listing 230 psychologists throughout Los Angeles county who offer psychological assessment services, whether educational, neuropsychological, forensic, vocational, custody, or general psychiatric differential diagnosis. View or download from JJDeSantis.org call (818) 551-1714, or e-mail to JJDeSantis@aol.com.

GAMHPA MEMBERS DIRECTORY. Over 125 mental health professionals in the Glendale area, cross-indexed by specialties and insurance accepted. This 65-page resource is available free to review or print from the following internet address: psychotherapy.org/gamhpa.

GROUP THERAPIST DIRECTORY. Request a copy or submit your free listing. Concise, up-to-date directory of outpatient psychotherapy groups in Los Angeles county. 450 facilitators and 1,100 groups. Edited by a licensed psychologist and certified group psychotherapist. Web page has received over 19,000 hits from visitors. View or download from TheGroupList.org, call (818) 551-1714, or e-mail JJDeSantis@aol.com.

PEDIATRIC PSYCHIATRIST DIRECTORY. Concise list of 250 child psychiatrists in Los Angeles county, available on the internet at JJDeSantis.org.

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.

FRONTPOINT CHILD AND FAMILY THERAPY is an organization of highly skilled licensed clinicians who specialize in helping children, adolescents, and their families reach their goals. Services include individual, family, and group therapy, parent consultation, play therapy, psychological testing/assessment, and psychiatric services. We also provide individual and couples therapy for adults, and group presentations and trainings for schools, churches, and parent organizations. Fee for service, sliding scale, and most PPO insurance programs accepted. Reduced rates available for psychology graduate students fulfilling their therapy requirement. For more information, visit our website at www.FrontPoint.org, or call (626) 396-9502.

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. ?

Websites by GAMHPA Members

Michael Barnes, Ph.D.	www.michaelnbarnesphd.com	Private practice
Michelle Barone, M.F.T.	www.michellebarone.net	Private practice
Megan Bearce, M.F.T.	www.meganbearce.com	Private practice for gifted teens/adults
Kate Beiler, Psy.D.	www.katebeiler.com	Private practice
Rodney Boone, Ph.D.	www.cbtsocal.com	Cognitive behavioral therapy
Larry Brooks, Ph.D.	www.pdpce.com	Continuing education
Ed Brostoff	www.specialedhelp.com	Educational advocacy
Kristin Cantella, M.F.T.	www.kristincantella.com	Private practice
Martha Carr, M.F.T.	www.mcarrmft.com	Private practice
Michelle Cauley, L.C.S.W.	www.cauleyassociates.com	Private practice
Coldwater Counseling Center	www.coldwatercounselingcenter.org	Clinic
Lorraine Cummings, L.C.S.W.	www.caringwithpassion.com	Geriatric care management
Jim De Santis, Ph.D.	www.jjdesantis.org	Testing, groups, business consultation
David D. Fox, Ph.D.	www.psychotherapy.org	Resource center & web hosting
Anita Frankel, M.F.T.	www.therapyinla.com/area3.html#anitaf	Private practice
FrontPoint	www.frontpoint.org	Group practice
Enrico Gnaulati, Ph.D.	www.dr.gnaulati.net	Private practice
Ira Heilveil, Ph.D.	www.pacificchild.com	Nonpublic agency for children
Melissa Johnson, Ph.D.	www.instituteforgirlsdevelopment.com	Group practice & resources about girls
Jessica LeRoy, MFT	www.jessicaleroy.com	Private practice
Karin Meiselman, Ph.D.	www.meiselman.net	Private practice
Holly Miller, M.F.T.	www.hollytherapy.com	Private practice & art therapy
Newport Psychoanalytic Inst.	www.npi.edu	Training institute
Craig Peterson, PsyD, MBA	www.apapo.org/drcraigpeterson	Private practice
Marcel Ponton, Ph.D.	www.personagroup.com	Neurobehavioral assessment
Positive Directions	www.positivedirections.info	Counseling center
Arghavan Sadeghi, M.F.T.	therapist.psychologytoday.com/38050	Private practice
Megan Torrey-Payne, L.C.S.W.	www.megantorreypayne.com	Private practice
Anne Warman, Psy.D., M.F.T.	therapist.psychologytoday.com/45189	Private practice
Charles Weinstein, Ph.D.	www.charlesweinsteinphd.com	Private practice
Andrew Whaling, M.F.T.	www.great-marriages-now.com	Marriage/relationship counseling
Kathleen Williams, Ph.D.	www.psychologist-losangeles.com	Private practice
Cathy Wright, L.C.S.W.	www.petgriefsupport.com	Pet loss bereavement services

If you are a GAMHPA member and have a website you would like to submit for publication in this newsletter and placement as a link on the GAMHPA website, send your link to David D. Fox, Ph.D., GAMHPA Webmaster, at DavidFox@psychotherapy.org.

GAMHPA

Glendale Area Mental Health Professionals Association
 Suite 300
 138 North Brand Boulevard
 Glendale, CA 91203-4618
 (818) 771-7680
www.psychotherapy.org/gamhpa

BOARD OF DIRECTORS

Jim De Santis, Ph.D.
 President, (818) 551-1714

Bonnie Cesak, R.N., L.C.S.W.
 Membership/Directory Chair
 Treasurer, (323) 255-3411

Larry Brooks, Ph.D.
 Program Chair, Newsletter Editor
 (818) 243-0839

Michelle Barone, M.A., M.F.T.
 Yahoo Group Moderator
 (818) 951-7744

Pamela Toll, Psy.D.
 Social Events Chair
 (626) 224-4563

MISSION

GAMHPA was founded in 1992 by a few local area mental health professionals in private practice. Within several years, it 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 regardless of discipline, reflecting real patterns of professional referral. 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, \$70 per year. Associate Member dues for students, interns, and others, \$45 per year. Organizations, \$125 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 local professional mental health community and posted on our website. They have access to our internet discussion group.

Members 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. They receive reduced rates for continuing education. New members can submit a brief professional biography for publication in the newsletter.

NEWSLETTER

The GAMHPA Newsletter is customarily published bimonthly and distributed to the local mental health community, including Glendale, Burbank, Pasadena, La Crescenta, La Canada Flintridge, Los Feliz, and Silverlake. Contact us to be added to our mailing list. If you have moved, are planning to move, 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.

Newsletter Deadlines

Apr/May Issue	Mar 20
Jun/Jul Issue	May 22
Aug/Sep Issue	July 24
Oct/Nov Issue	Sept 25

ADVERTISING

All advertising questions should be directed to the Editor. Classified ads will run for two issues, display ads for one issue. Advertising for services by psychologists or psychological assistants must include the license number of the psychologist. Display ads must be camera-ready; submit one copy for each issue. To submit an insert—such as a flier or brochure—provide sufficient copies to cover the print circulation, noted on the masthead. Due to publication processes, each newsletter is delivered approximately three to four weeks after our deadline.

Advertising Rates

Item	Member	Non-Mem
Classified ad	Free	\$25
1/8-page display ad	\$25	\$50
1/4-page display ad	\$50	\$75
1/2-page display ad	\$65	\$90
Mailing list, printed	\$15	\$25
Mailing list on labels	\$30	\$40
Mailing list on disk	\$70	\$80
e-Mail list	\$20	\$30
Newsletter inserts	19¢	32¢

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