

**A Publication of the
Glendale Area Mental Health Professionals Association
(818) 771-7680 www.psychotherapy.org/gamhpa
October/November 2010 Volume XIX Number 6
Circulation: Print 235, E-Mail 707**

GAMHPA News

GAMHPA full member (licensed clinician) dues will reduce in 2011 from \$70 to \$60 and associate dues will drop from \$45 to \$35. We hope this translates to growth in our membership in the coming year because one of our long-standing policies is inclusion.

Our mid-year-update of the 2010 GAMHPA Members Directory is available free online. This 60-page resource is a well-respected referral tool. The directory is heavily cross-indexed by insurance accepted, specialized services, treatment modalities, therapy groups offered, and second languages available. Download the file to your desktop or print a copy from psychotherapy.org/gamhpa.

Our next networking luncheon will be Friday, January 28. You need not be a member to attend. Please see the calendar on this page for details. We hope you'll join us. Bring your business cards.

Calendar of Events

QUARTERLY NETWORKING LUNCH

Friday, January 28
Fortune Inn Mandarin Restaurant
117 E. Broadway, Glendale

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 2010

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

Nov 19

In This Issue

Brooks: Editor's Couch 2
Carr: Love and Courage 4
Karbelnig: Termination 3

About GAMHPA 14
Affiliate Agencies 12
Board of Directors 14
Calendar of Events 1
Classified Advertising 8
How to Join 14
News 1
Newsletter Policies 14
Office Space 10
Our Mission 14
Publications 12
Services for Professionals 11
Therapy Groups 8
Websites of Members 13
Winners of Free Advertising 7

PLEASE ROUTE

From: _____

Request *Circulation*

Read _____
 Forward _____
 Return _____
 Keep _____
 Discuss _____

From the Editor's Couch



Larry Brooks, Ph.D.

The Lost Art of Reading Feelings Part One

It is not unusual when I ask a relatively new client, why do you think you are feeling anxious or depressed, to hear responses like "I don't know," "I've been feeling this way a long time," or "it just comes upon me at certain times of the day without reason." With exploration, we are often able to identify a set of circumstances that have contributed to the unpleasant feelings.

It seems that the ability to understand feelings is lacking in many and in others it is a fragile tool that is all too easily compromised in the heat of interactions. I can't count the times my wife and I have had the following exchange: "Why are you angry at me? I am not angry at you! You are angry at me!" This exchange happens in many homes across the country reflecting the ease at which individuals misunderstand themselves and others as a result of projecting their feelings onto others. Individuals walk through the world of interpersonal relationships believing that people are angry at them, disappointed in them, or scorning them without ever substantiating these feelings. The combination of misunderstanding and not recognizing feelings is central to the difficulties that individuals have

navigating their lives and the interpersonal conflicts that arise.

Many individuals live with feelings deposited in their body as sensations, somatic aches and tensions that leave little trace of any psychological significance. They experience hurt as anger, depression as tiredness or physical sickness, and anxiety as tension, physical conditions that lead them to the ER or their general practitioner. What is difficult and allusive, but critical to understand is that feelings are signals that communicate important information that registers as sensation in body and conveys information about how one feels in the social world.

Recently I began to reconsider this lost ability to understand feelings as I was reading a rather dense book on the art of reading a poem. I did an Amazon search on the topic "the art of reading feelings." Amazon produced a dazzling array of titles that had one thing in common: they were all geared toward very young children.

The connection between these two art forms is both coincidental and telling. The rarefied art of reading poetry rests on the centrality of ambiguity and uncertainty in the construction of poetry and the requisite need to have what Keats referred to as "negative capability" in understanding it. He described this capability in the following way: "that is when man is capable of being in uncertainties, Mysteries, doubts, without any irritable reaching after fact & reason--" This art is a sensibility cultivated over time with practice. The "negative" represents the capability of dealing with negativity, those unresolved tensions that don't simply resolve into solutions.

The lost art of reading feelings speaks to a relic encased in our personal history that people tend to ignore, minimize, and deny. Happiness,

sadness, fear, and anger are the four primary feelings. Guilt, shame, anxiety, resentment, jealousy develop later. Most preschoolers are fluent in the language of primary feelings. They feel things intensely and express their feelings uninhibitedly. By the time they have passed through elementary school, most have lost the ability. As adults, most approach the world of feelings with distrust and shame. This art of reading feelings is also a sensibility and a capacity that has atrophied through the process of development. In some, trauma has severely damaged this ability.

One can describe this atrophy as leading to emotional illiteracy, the difficulty in attending to, processing, and understanding one's emotional state. The crowning achievement of emotional illiteracy is what I call the concretization of feelings, where what is felt about an experience is not only a compressed version of that experience, but it is understood to be the reality of that experience. In this mode of experiencing feelings are experienced as facts. If I feel that you are angry with me, you are angry with me. If I see the sneer in your face or hear scorn in your tone, you are feeling scorn. The achievement of certainty comes at the cost of experiencing interpersonal reality in its full, diverse, and often contradictory states. In contrast to Keats idea of "negative capability" that apprehends life through the broadest lens, concretization reduces experience to its smallest tolerable unit.

A client whom I have been seeing for several years in psychotherapy illustrates how naturally one concretizes feelings. He has complained that his wife ignores him and treats him disdainfully. When asked what she does, it is difficult for him to describe, except to say that they argue a lot. With exploration,

he describes how he often feels anxious and helpless. He regards these feelings as unmanly and unacceptable, and feels contempt for himself when he has these feelings. This sets the scene for what often erupts into an argument. He will approach his wife on a mundane matter. He will notice something in her tone or gaze that suggests disdain and react to her defensively and angrily without being conscious of his underlying feelings of contempt toward his helplessness. He believes with conviction that she feels disdain for him without recognizing his own self-contempt.

Feelings are signals that provide information about the world, not facts. As informative as feelings can be, they frequently mystify and misinform. As signals, feelings are more like open-ended questions than absolute signs of what is. The path to emotional literacy involves first recognizing the presence of feelings and then being able to make sense of them, interpret and decode them, a capacity that is essential to anyone who aspires to live in his or her own skin and wishes for intimacy with another.

Part two will discuss the development of emotional literacy.

Larry Brooks, Ph.D., co-founder and Past President of GAMHPA, and it's first and only newsletter editor, is in full-time private practice in Glendale. He can be reached at his office at (818) 243-0829 or through his website at drlarrybrooks.com.

“In the Room the Women Come and Go, Talking of Michelangelo:” Counter- Transference and the Termination Process



Alan Karbelnig,
Ph.D., A.B.P.P.

[Bolstered by Soren Kirkegaard's lament that "ours is a paltry age because it lacks passion," Dr. Alan Karbelnig writes this essay to provoke thoughtful reaction from his colleagues.]

Not only women, of course, but all who consult us naturally come and go. Perhaps the ebb and flow in relationships, including the therapist-patient relationship, is what T.S. Eliot meant by these lines of *The Love Song of J. Alfred Prufrock*. Individuals may start psychotherapy in crisis, or just for personal growth. They may leave weeks later, or years later, with warning or without, improved or not. Since we cannot help but become intimately involved with those who consult us, we must exercise caution in managing our feelings as termination approaches.

The termination process in fact elicits any number of intense emotions in us,

many of which might be viewed as shameful or unprofessional. Who among us has not felt deeply hurt, even abandoned, by the unexpected decision by a patient to suddenly leave the psychotherapy process? And what of the even darker emotions rarely discussed: anger at patients' leaving during some crucial phase of the therapy relationship, relief to be away from those we find too frustrating, fear that they may seriously mishandle some aspect of their lives without our help, sadness that we will deeply miss patients that we have come to love, or worry that we will suffer financially because of lost income. Because psychotherapy is an intensely personal process—more a structured transformation than a “treatment”—these feelings are all to be expected.

So what then are we to do with such emotions, particularly the ones that strike us most powerfully? We process them as we would any strong counter-transference feeling encountered as part of psychoanalytic psychotherapy. We endeavor to derive the meaning that is beneficial for the patient and then deliver it via confrontation, interpretation, or empathy.

But perhaps even more importantly, we need to be on guard for the likelihood that our feelings as the relationship winds to an end often have more to do with our own psychology. Counter-transference is typically elicited by a combination of ours and our patients' feelings, a manifestation of the so-called two-person model of psychoanalytic psychotherapy. But some counter-transference is more localized in the therapist alone, and terminations are particularly prone to fall into this

category. This is because therapists find themselves in the more vulnerable role of the party being left; for most of the relationship, patients are in the more vulnerable position.

The best way to proceed when faced with these termination feelings is to look inside and determine what nerves are being struck in us. Financial concerns, for example, are almost always a function of our own psychology, and the same could be said for our hurt at feeling abandoned by the patients to whom we have become particularly attached.

Once we have delved into our own psychology, then our attention should turn back to that two-person model. The therapeutic dyad should then mutually explore the meaning of the desire for the termination. Here it is crucial that the autonomous functioning of patients be given the most weight. In my view, we should err on the side of honoring patients' desire to terminate. But, in consonance with every phase of the work, we explore with them the meanings of the decision. These range from an accurate assessment that a piece of therapeutic work is completed to an exploration of any number of destructive reasons for the termination. Sometimes patients quit in order to avoid encountering a particularly painful aspect of themselves, their relationships, or some other aspect of their lives. Some leave masochistically: they have achieved all of the positive gains that they can tolerate. Some grow tired of exposing and exploring their vulnerability.

Managing the termination phase of the psychotherapy process requires great skill by psychotherapists: we

must identify our own vulnerability; we must actively engage the patient in exploring the possible meanings of their decision; we must allow patients' their autonomy at a time when we may disagree with, and be highly emotionally impacted by, their desire to leave. We are left alone with some of our most intense emotions, ranging from triumph to defeat, from loss to joy, from anger to relief. Having invested heavily in time and love and care for these individuals, we end up alone. Here we should be seeking solace from our connections with our colleagues, our friends, and our family members. Perhaps we should apply the Buddhist ideals of neither clinging nor craving, thereby more freely allowing our patients to, using T.S. Eliot's words again, "come and go, talking of Michelangelo."

GAMHPA Member, Alan Karbelnig, Ph.D., A.B.P.P., 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. He can be reached at (626) 441-7778 or amkarbelnig@gmail.com.

Unemployment and Psychotherapy

Martha Carr, Psy.D., L.M.F.T.

As a psychotherapist I see many distressed individuals and couples. Recently I have had an influx of couples in which one of the partners has been unemployed from six months to two or more years. The longer the unemployment, the higher the stress level in the couple, often resulting in increased conflict. In cases where a couple presents for counseling instead of an individual, I spend a significant amount of time working with the impact of unemployment on the marital dyad. Also, individual therapy is often recommended for the unemployed person for additional support. Often highly skilled and creative, my clients have generally committed many years to a career. Spending time exploring their thoughts and feelings about their situation has revealed some consistent themes that emerge in these circumstances.

The most common experiences are fear, helplessness, and loss of self-esteem and motivation. Ironically, now that the person has lots of time to develop personal interests, develop new skills, exercise, or pursue enrichment, what often occurs instead is lethargy leading to a lack of self-care. Basically, people get depressed. The more the unemployed person is perceived as passive toward his or her situation, the more stressed and angry (even resentful) the partner becomes (despite consciously empathizing with their partner's plight!) This of course increases the fear in the unemployed

person that the relationship will soon be lost too. Helping the couple communicate their fears and responses to one another in a safe context is essential.

Sometimes unconscious beliefs will surface under the stress of the situation. This is an opportunity to explore those deeply embedded experiences that are getting activated. These can be worked through and separated from responses to current stressors. One man who had been unemployed for eighteen months expressed a feeling of anger at the entire field that had previously supported him. He thought that after the many years he had invested someone "should" offer him a job. His bitterness about others not taking care of him created a sense of betrayal.

On closer examination he realized his unemployment stirred up early childhood experiences of emotional deprivation. His wife wanted him to develop other options and pushed for him to go back to school to change paths or just take any kind of job rather than wait for his luck to change. She saw it as a back-up plan but to him it represented another failure at getting the care he deserved, which he understandably had difficulty accepting. Also, identity is often intertwined with occupation and to give up pursuing something, especially something that has been creatively or personally satisfying, is as objectionable to the soul as losing a limb is to the body!

People have various adaptive capacities to situations that are out of their control. Some are more flexible than others, believing that they have the capacity to impact their world.

This self-perception is often based on the level of positive secure attachment relationships in childhood, innate personality traits, life-experience, and current support. The most secure people have thoughts that are optimistic and adaptive. It is easier to find the motivation to pursue something if one assumes a successful outcome. It's not that there won't be feelings of discouragement, sadness or anger when confronted with obstacles, but there will be less stress overall because the person believes something can be done about their situation. If one has rigid and negative beliefs—"nothing I do will make a difference"—the tendency is to give up and feel victimized. Learned helplessness.

Helping people express their thoughts and feelings and illuminating their underlying organizing principles can often restore a sense of hope. Normalizing the situation given our economy is helpful too—knowing one is not alone makes it easier and less personal. Depression is a stress response in the body, so it is vital to encourage clients to stay healthy and exercise. This reduces tension and promotes the creation of endorphins in the bloodstream.

Helping clients forge relationships that are supportive, loving, and stable also reduces stress as they provide a person with a sense of security and continuity about the future. Plus extra-familial connections sometimes lead to job opportunities! It may also be a good time to help clients re-evaluate their lives—there may be a long-held desire for another career that the client is now free to pursue. Ultimately, help clients stay positive and not give up. Things will change. My favorite line is one that a cheerful

gentleman told me one day during a conversation we had in the market. Curious about his profession I asked what he did for a living. "I'm a philosopher," he said. When he saw the quizzical look on my face, he clarified: "That's what I am when I am between jobs."

Martha Carr, Psy.D. L.M.F.T., is a psychoanalyst and psychotherapist in private practice in Toluca Lake, Burbank. She is co-director and faculty member of the Newport Psychoanalytic Institute, Pasadena Campus and adjunct faculty at CSUN. She can be reached at (818) 559-7261 or e-mail martha.a.carr@gmail.com. Check out her website mcarmft.com.

NEWPORT PSYCHOANALYTIC INSTITUTE

“To awaken a profound understanding of human experience, promoting the art and discipline of psychodynamic psychotherapy and psychoanalysis”

Doctor of Philosophy in Psychoanalysis
Doctor of Psychology in Psychoanalysis
Certificate in Psychoanalysis
Two Year Certificate in Dynamic Psychotherapy

Warm ambiance
Small colloquiums of talented clinicians
Distinguished faculty from throughout Southern California
Full programs at our Tustin and Pasadena campuses

911 E. Colorado Blvd, Suite 200, Pasadena, CA 91106
250 W. Main Street, Suite 202, Tustin CA 92780
Phone: 626.796.2776 • 714.505.9080
FAX: 714.505.9465
admin@npi.edu www.npi.edu

MENTAL HEALTH ALLIANCE FOR TEENAGERS (MHAT)

Is looking for teenagers aged 15 to 19 to join our peer support counseling groups.

The groups are lead by a licensed clinician in Pasadena.

Teens come every week and their self-esteem is positively affected.

Call (626) 794-2007 for more information.

institute for *girls'* development A Psychological Corporation

Empowering girls & women for life through
Self-discovery
Embodiment
Hardiness Skills
Growth fostering relationships



Psychological Services:

Individual & Family Therapy
Group Therapy for Girls, Teens, Adults
Young Women's Program
Parents Finding Solutions (Including New & Expecting Moms)
Embodied Living Programs
Psychological & Educational Assessment

Presentations, Workshops, & Trainings

Available through our Center for Education on Girl's Development

www.InstituteForGirlsDevelopment.com

626.585.8075, ext. 108

Melissa Johnson, Ph.D. PSY13102

Newport Psychoanalytic Institute

Larry Hedges, Ph.D., Psy.D., ABPP
Training and Supervising Psychoanalyst, Author

**MAKING LOVE LAST: CREATING AND MAINTAINING
INTIMACY IN LONG-TERM RELATIONSHIPS**

Saturday, Oct 23, 2010

9:00AM – 4:00PM Coffee & Registration 8:30AM
Lake Avenue Church – the Family Life 203 Room
393 North Lake Avenue
Pasadena, CA 91101

Incorporating advances in neurosciences, infant research, anthropology, sociology and relational psychology, Dr. Hedges will show us how we can establish more rewarding relationships – including the psychotherapy relationship

**To register please call NPI
(714) 505-9080 or (626) 796-2776
Or e-mail admin@npi.edu**

General Admission: \$105 pre-registered \$115 at the door
Students: \$75 pre-registered \$85 at the door



Enrico Gnaulati Ph.D.

announces the expansion of his child/adolescent
psychoeducational testing practice

- ☑ Cognitive, academic, and psychosocial assessments (learning disorders, ADHD, autistic spectrum)
- ☑ Accommodations and modifications (SAT accommodations, curriculum modifications, 504 plans)
- ☑ Learning style evaluations
- ☑ Family-school liaison services
- ☑ Developmental/humanistic perspective
- ☑ In-depth parenting consultation on test results
- ☑ Identifying study conditions/teaching style/tutoring approach to optimize learning
- ☑ Identifying cognitive/academic strengths/weaknesses for optimal curriculum choices

200 E. Del Mar Blvd.
Suite 206
Pasadena, CA 91105

626.584.9968
dr.gnaulati.net

Winners of Free Advertising

In each issue of this 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.

This benefit can be redeemed at any time within the next 12 months and is equivalent to \$433 in first-class postage for each recipient.

Congratulations go to the following winners in this issue:

Elisabeth Abbott, M.A.
Rose Bryan
Paula Denney, M.F.T.
Joanna Lee Haase, Ph.D., M.F.T.
Karin Meiselman, Ph.D.
Edward Spangler, M.F.T.

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
To subscribe, click on the "Join This Group!" tab.

Classified Advertising

GROUPS

ACTORS' SUPPORT GROUP. Weekly group for actors to share their stresses and successes and to obtain supportive feedback from other actors. Address issues such as audition/performance anxiety, personal and professional identity, self-esteem, and self-care. Group facilitator is a former actor. Atwater Village. Group is forming now. For more information, please call Elisabeth Abbott, M.F.T. Intern, #62674 (Supervisor: Stacy-Colleen Nameth, L.C.S.W.), at (323) 769-5702 or e-mail elisabeth@fulfillinglifetherapy.com.

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.

DIVORCE SUPPORT GROUP for those trying to find meaning and purpose in the dissolution of their relationship. Offers an opportunity to work through feelings of anger, grief, disappointment and fear within a supportive community of others and find the inner resources to move through this difficult transition and live a more meaningful and fulfilled life. Group meets once a week in Van Nuys. Cost is \$35. Call Christi

Taylor-Jones, M.F.T., Lic. # MFT36960, at (818) 759-1898 for more info.

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.

FTM/GENDER QUEER GROUP. Group for people who identify as Female-to-Male Transmen or who identify as Gender Queer. Group will be a supportive group. Issues can be about identity issues, life issues... whatever is on your mind! This is a highly supportive process group! Closed group of 6 or less. Must be willing to make a minimum of a 6 month commitment to the group and attend on a regular basis. Meets every other Saturday from 6pm-7:30pm. Call Cindie Henrie, M.F.T., Lic. # MFT41617, at (323) 829-3548.

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.

GAYS AND LESBIANS. A support group for gays and lesbians meets on Wednesday nights at Holy Family Catholic Church in South Pasadena. For more information please call Elizabeth S. Taylor, Ph.D., at (626) 792-1103.

GIRLS' THERAPY GROUPS at the Institute for Girls' Development. Empowering elementary, middle, and high school girls through self-discovery, hardiness skills, growth-fostering relationships, and embodiment. Various group formats, including process, skill-building, art, and social skills. Clinical Director, Group Therapy Programs: Joy Malek, M.S., M.F.T., Lic # MFC47098, (626) 585-8075, ext. 108.

HEALING AND FREEDOM from Critical and Controlling Parents and/or Partners. Group for women who were raised by critical, controlling and/or narcissistic parents or who are in relationship with critical and controlling, narcissistic partners. Most women in the group have found that their self-esteem has suffered tremendously as a result of being emotionally and verbally abused, criticized or controlled in their lives. Excellent group! Closed group. Must be willing to make a minimum of a 6 month commitment. Meets every other Saturday from 3pm-5pm. Call Cindie Henrie, M.F.T., Lic. # MFT41617, at (323) 829-3548.

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 Betty Mathis, Ph.D., Lic. # PSY12093, (818) 386-9028.

MFT TRANSWOMAN SUPPORT GROUP. New Group Forming! Group for transsexual women who are in the process of transitioning from male-to-female who are at different phases of their transitioning process. This is a highly supportive process group! Closed group of 6 or less.

Must be willing to make a minimum of a 6 month commitment to the group and attend on a regular basis. Date and time TBD. Call Cathy Stansell, M.F.T., Lic. # MFT44123, at (562) 453-7961.

MONTHLY DREAM GROUP. This monthly group is open to adults who are curious about dreams and wish to experience a dream group. The group will be didactic and experiential. Participants will be presented a brief overview of ways of working with dreams in groups followed by an experience of working with a dream. The second Saturday of the month, 2:30-5pm, \$25 per session. Call Larry Brooks, Ph.D., Lic. # PSY8161, to reserve a place at (818) 243-0839 or drlarrybrooks.com.

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, L.C.S.W., R.N., Lic. # LCS18570, Glendale, (818) 240-1355.

NAMI GLENDALE. National Alliance on Mental Illness provides support, education, and advocacy to families and friends who have a loved one with a severe persistent mental illness. We have a weekly support group on Tuesday evenings at 6pm at Verdugo Mental Health Center, 1540 E. Colorado St., and a Spanish-speaking support group that meets the second and fourth Tuesdays at the same time and place. For further

information, visit www.namiglendale.org or call (323) 654-3844.

PARENTS OF GAYS AND LESBIANS. A support group for parents of gays and lesbians meets on Tuesday nights at Holy Family Catholic Church in South Pasadena. For more information please call Elizabeth S. Taylor, Ph.D., Lic. # PSY16308, at (626) 792-1103.

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. Wednesdays, 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.

SASS GROUP (Sexual Abuse/Assault Survivor's Support Group). Group for women who have been sexually abused, experienced incest, raped, sexually assaulted, exposed to adult sexuality too young, used in child pornography, or who have been or who are currently being stalked. Closed group of 6 or less. Must be willing to make a minimum of a 6 -onth commitment to the group and attend on a regular basis. Group meets every other Saturday 1-3. Call Cindie Henrie, M.F.T., Lic. # MFT41617, at (323) 829-3548.

SECOND HALF OF LIFE GROUP (Van Nuys) for women 50+ who are interested in working on issues related

to aging, children/grandchildren, caring for elderly parents, relationship issues and finding meaning/purpose in this stage of life. Facilitated by Jungian Psychotherapist, Christi Taylor-Jones, and includes dreamwork, sandtray, art, meditation and other activities designed to connect with the higher Self. Call Christi Taylor-Jones, M.F.T., Lic. # MFT36960, at (818) 759-1898 for times. Cost \$35/session.

SIGNIFICANT OTHERS SUPPORT GROUP (SOS Group). Group for women whose significant other has a gender identity issue or is gender variant. Partners may be transsexuals, transgender, intersexed, cross-dressers, gender-queer, transvestites.... They can be either male-to-female or female-to-male. Group meets every 2-3 weeks depending upon availability of group members. Closed group of 6 or less. Must be willing to make a minimum of a 6-month commitment to the group and attend on a regular basis. Call Cindie Henrie, M.F.T., Lic. # MFT41617, at (323) 829-3548.

SUPPORT GROUP FOR PARENTS OF GAYS AND LESBIANS. Group meets on Tuesday nights and a support group for gays and lesbians meets on Wednesday nights at Holy Family Catholic Church in South Pasadena. For more information please call Elizabeth S. Taylor, Ph.D., Lic. # PSY16308, at (626) 792-1103.

SURVIVOR'S GROUP. Group for women who have posttraumatic stress disorder and are survivors of childhood abuse or are survivors of traumatic events. This group is a process group. Excellent for getting support and learning effective coping skills and strategies. Closed group of 6 or less. Must be willing to make a

minimum of a 6 month commitment to the group and attend on a regular basis. Meets every Wednesday 8pm. Call Cindie Henrie, M.F.T., Lic. # MFT41617, at (323) 829-3548.

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, L.C.S.W., R.N., Lic. # LCS18570, Glendale, (818) 240-1355.

TRANSWOMAN SUPPORT

GROUP. Group for transsexual women who are in the process of transitioning from male-to-female who are at different phases of their transitioning process. This is a highly supportive process group! Closed group of 6 or less. Must be willing to make a minimum of a 6 month commitment to the group and attend on a regular basis. Meets every other Saturday from 10am-12pm. Call Cindie Henrie, M.F.T., Lic. # MFT41617, at (323) 829-3548.

WEEKLY DREAM GROUP. The weekly dream group is an ongoing group limited to 8 members. It is open to adults who are interested in dreams and see the value in using dreams as a means of self-exploration. Thursdays 6:30-8pm, \$50 per session. Call Larry Brooks, Ph.D., Lic. # PSY8161, to set up an initial consultation at (818) 243-0839 or drlarrybrooks.com.

WOMEN WHO LOVE OTHER

WOMEN (WOW Group!).

Supportive group for women who

are interested in being with another woman, involved with, dating or in a committed relationship with another woman. May identify as gay, lesbian, bisexual, bi-curious or heterosexual ("straight"). Self-identity is irrelevant! Great support group for women who love other women! Fun and playful group! Group meets every other Saturday in Los Angeles. Time TBD. Please call Cathy Stansell, M.F.T., Lic. # MFT44123, at (562) 453-7961.

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, L.C.S.W., R.N., Lic. # LCS18570, Glendale, (818) 240-1355.

YOUNG WOMEN'S GROUPS at the Institute for Girls' Development (for women 17-35). Connect with your "authentic self", develop a sense of empowerment, and experience mutual, growth-fostering relationships. Our groups are designed to help you develop skills for successful life transitions (school, work, relationships); feel more confident in managing anxiety, depression, and stress; learn more ways to heal from loss & trauma; enhance positive feelings about your body; find educational and vocational direction; and nurture your creative self. Clinical Director, Group Therapy Programs: Joy Malek, M.S., M.F.T., Lic. # MFC47098, (626) 585-8075, ext. 108.

OFFICE SPACE

EAGLE ROCK. Office in suite of three offices and waiting room. Full

time, unfurnished \$700 per month. 200 square feet and very adequate for groups. Lovely, serene suite in a professional building on Figueroa. Great location, affable suite mates. Willing to consider part time rental also. Please contact Dr. G. Ann Montgomery at (323) 982-9595.

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.

MONTROSE. Spacious, furnished corner office in four-office suite, available mornings Monday through Friday and all day Saturday. Well-maintained building in great location in quaint Montrose shopping park area. Call lights, wireless internet, and ample parking. Call (818) 249-8858 or e-mail mitchell-psychotherapy@mindspring.com.

PASADENA. Beautiful Psychotherapy office for \$950 per month. The office space is in a suite of friendly therapists. The suite has an elegant waiting room, small kitchenette, call light system, and is right around the corner from the restrooms. The suite is located in a highly desirable building in Pasadena (200 E. Del Mar Blvd.), with attached parking garage. The office is being offered unfurnished. Please call if you are interested in taking a look. Contact Jill at (626) 710-8550.

PASADENA. Beautiful, historic, convenient Pasadena building. Part time office space. Kitchen, call light system, office equipment. Delightful colleague community. Spacious

group room for workshops and retreats. Call (626) 585-8075, ext 116 or e-mail info@InstituteForGirlsDevelopment.com.

SHERMAN OAKS. Extra large room. Great building off 101 Freeway. Lit parking, handicap accessible, waiting room, call light, kitchen, & office machines available. Other therapists provide a warm professional environment. Room Available Wednesday after 3 pm, all day Friday and Saturday. Call B. Mathis, (818) 386-9028.

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.

EMDR CONSULTATION GROUP now forming. Join Laura Dickson, L.C.S.W., EMDRIA Approved Consultant, EMDRIA Regional Coordinator and Certified EMDR Therapist For EMDR Consultation. Obtain the hours you need to become a Certified EMDR therapist. Consultation groups meet the third

Friday of the month from 12-2pm. Contact Laura Dickson, L.C.S.W., at (626) 445-3862 or at ldicksonlcsw@sbcglobal.net. Cost is \$80 per 2 hour group.

PSYCHOTHERAPIST SUPERVISION/PEER CONSULTATION GROUP. Supervision/professional peer consultation group for therapists who are interested in trauma, feminist therapy, gay and lesbian issues, gender identity issues, dissociative disorders, or who want to learn more and consult on cases. Lots of great information will be discussed, presented, and explored! Come be creative, get support, and enjoy an intimate process group with other therapists. Date/Time TBD. Call Cindie Henrie at (323) 829-3548.

SUPERVISING THE SUPERVISOR. This ongoing bi-weekly consultation group focuses on the experience of doing supervision. It adapts the supervision case model to look at supervisory case material. Using a contemporary psychoanalytic framework, it will provide a forum for supervisors to discuss their supervisory experiences, present cases, receive feedback on their work, and discuss relevant topics in field of supervision such as the use of the self in therapy and in supervision, the difference between supervision and psychotherapy, and the dynamics of co-transference in the supervisory relationship. Contact Larry Brooks, Ph.D., Lic. # PSY8161 at (818) 243-0839 and check out drlarrybrooks.com.

SUPERVISION CONSULTATION GROUP. For experienced licensed mental health professionals interested in contemporary psychoanalytic theory.

The goal of this small group (limited to 5) is to provide a place for open, creative discussion of case material with the objectives of deepening one's therapeutic work, enhancing one's clinical understanding, refining one's ability to apply theory to practice, and more effectively using one's self in the clinical encounter. Contact Larry Brooks, Ph.D., Lic. # PSY8161 at (818) 243-0839 and check out drlarrybrooks.com.

SUPERVISION CONSULTATION GROUP for therapists starting out in private practice. Targeted to clinicians with less than 5 years of post-licensure experience. This small group (limited to 5) will provide a setting to strengthen clinical skills as well as deal with the personal/professional challenges of being in private practice. It will utilize a contemporary psychoanalytic framework to discuss clinical material with objectives of deepening one's therapeutic work, enhancing one's clinical understanding, refining one's application of theory to practice, and more effectively using one's self in the clinical encounter. Contact Larry Brooks, Ph.D., Lic. # PSY8161 at (818) 243-0839 and check out drlarrybrooks.com.

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.

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 screening forms. CD-ROM, paper copy, or via e-mail. For more information or to examine samples, visit JJDeSantis.com.

PROFESSIONAL DEVELOPMENT PROGRAMS. PDP is certified by the MCEPAA and BBS to provide continuing education to Psychologists, Social Workers, and Marriage and Family Therapists. PDP works with small groups of clinicians and agencies to design programs to meet your specific training needs. Call Dr. Larry Brooks at (818) 243-0839 or drlbrooks@earthlink.net or check out the website at DrLarryBrooks.com.

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

CHILD PSYCHIATRIST DIRECTORY. Concise list of 440 physicians who provide psychiatric services to children and adolescents throughout in Los Angeles county, available on the internet at JJDeSantis.com.

DIAGNOSTIC TESTING DIRECTORY. Free directory listing 300 licensed 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.com.

EAST SAN GABRIEL VALLEY DIRECTORY. New directory of 130 mental health professionals east of the 605 freeway from Azusa to Pomona, cross-indexed by specialties, services, second languages, and insurance accepted. 60-page resource free to view or download at JJDeSantis.com.

GAMHPA MEMBERS DIRECTORY. 120 licensed mental health professionals in the Glendale area, cross-indexed by specialties, services, and insurance accepted. This 65-page resource is available free from the following internet address: psychotherapy.org/gamhpa.

GROUP THERAPY DIRECTORY. Free, up-to-date directory of outpatient psychotherapy groups in Los Angeles county. 600 facilitators and 1,500 groups. Edited by a licensed psychologist and certified group psychotherapist. Web page has received over 20,000 hits from visitors.

View or download from TheGroupList.org.

HOME SCHOOLING. "Finding Your Way: Exploring Your Family's Educational Journey," a workbook of discussion topics and thought-provoking exercises by GAMHPA member Michelle Barone, M.A., M.F.T. Learn more at michellebarone.com.

MISCELLANEOUS

MFT INTERNSHIP. Marriage and Family Therapist Intern searching for a supervised private practice internship in the Glendale area. If you have a position available, please contact Zhaklin Shakhbandaryan, M.A., M.F.T. Intern, #50844, at (818) 371-5067 or at jshakhba@yahoo.com.

AFFILIATE AGENCIES

NAMI GLENDALE. National Alliance on Mental Illness provides support, education, and advocacy to families and friends who have a loved one with a severe persistent mental illness. We have a weekly support group on Tuesday evenings at 6pm at Verdugo Mental Health Center, 1540 E. Colorado St., and a Spanish-speaking support group that meets the second and fourth Tuesdays at the same time and place. For further information, visit www.namiglendale.org or call (323) 654-3844.

Websites by GAMHPA Members

Elisabeth Abbott, M.A.	fulfillinglifetherapy.com	Intern
Michael Barnes, Ph.D.	michaelbarnesphd.com	Private practice
Michelle Barone, M.F.T.	michellebarone.net	Private practice
Rachel Barr, M.F.T.	creativetherapyla.com	Private practice
Kate Beiler, Psy.D.	katebeiler.com	Private practice
Rodney Boone, Ph.D.	cbtsocal.com	Cognitive behavioral therapy
Larry Brooks, Ph.D.	dlrarrybrooks.com	Private practice & continuing education
Ed Brostoff	specialedhelp.com	Educational advocacy
Martha Carr, M.F.T.	mcarmft.com	Private practice
Valerie Cascadden, Ph.D., MFT	midlifecrisisrecovery.com	Private practice
Matt Casper	mattcasper.com	Private practice
Susan Chakmakian, M.F.T.	susanchakmakian.com	Private practice
Lorraine Cummings, L.C.S.W.	caringwithpassion.com	Geriatric care management
Gloria Dahlquist, M.F.T.	gloriadahquist.com	Private practice
Jim De Santis, Ph.D.	jjdesantis.com	Testing, groups, business consultation
Margot Desannoy, M.F.T.	willowspringscenter.com	Youth residential treatment program
Laura Dickson, L.C.S.W.	arcadia-counseling.com	Private practice
Jennifer Durham, M.S.W.	jendurham.com	Intern
David D. Fox, Ph.D.	psychotherapy.org	Resource center & web hosting
Anita Frankel, M.F.T.	therapyinla.com/area3.html#anitaf	Private practice
FrontPoint Child and Family	frontpoint.org	Group practice
Enrico Gnaulati, Ph.D.	dr.gnaulati.net	Private practice
Karen Greenhouse, PhD(c) MFT	instituteforcouplescounseling.com	Private practice
Joanna Lee Haase, Ph.D., MFT	drjoannaahaase.com	Private practice
Audrey Ham, Ph.D.	audreyhampd.com	Private practice
Joanna Lee Haase, Ph.D., MFT	drjoannaahaase.com	Private practice
Hillary Haynes, M.F.T.	hillaryhaynesmft.com	Private practice
Ira Heilveil, Ph.D.	pacificchild.com	Private practice
Cynthia Henrie, M.F.T.	therapist4me.com	Nonpublic agency for children
Institute for Girls' Development	instituteforgirlsdevelopment.com	Sexuality, gender, & feminist therapy
John Juarez	pasadenamediation.com	Group practice & resources about girls
Joanne Koegl, M.F.T.	jkoegl4therapy.com	Mediation
Gloria Lee, M.F.T.	gleecounseling.com	Private practice
Ricardo Martinez, Psy.D.	drnickmartinez.com	Private practice
Aracelli May, LCSW, M.Ed.	aracellimay.com	Private practice
Karin Meiselman, Ph.D.	meiselman.net	Private practice
Emily Moore, M.F.T.	emilymooremft.com	Private practice
Regine Muradian, Psy.D.	reginemuradian.com	Private practice
Stacy-Colleen Nameth, LCSW	tellyourstorytherapy.com	Private practice
NAMI Glendale	namiglendale.org	Support group
Craig Peterson, PsyD, MBA	drraigpeterson.com	Private practice
Linda Goodman Pillsbury, LCSW	lgpillsbury.com	Private practice, EMDR
Linda Poverny, Ph.D., LCSW	povernyandassociates.com	Private practice
Rebekka Roberts, Psy.D.	drrobertsonline.com	Private practice
Dale K. Rose, M.F.T.	dalerose.com	Private practice
Roger Schwarz, MFT, JD	rogersmarriagecounseling.com	Private practice
Lee Stoltzfus, Ph.D.	lifemanagementsystems4u.com	Private practice
Bridget Taormina, M.F.T.	helpingparentsandkids.com	Private practice
Mark Tinley, M.A.	marktinley.com	Intern
Megan Torrey-Payne, L.C.S.W.	megantorreypayne.com	Private practice
Anne Warman, Psy.D., M.F.T.	drannwarman.vpweb.com	Private practice
Charles Weinstein, Ph.D.	charlesweinsteinphd.com	Private practice
Andrew Whaling, M.F.T.	great-marriages-now.com	Marriage/relationship counseling
Kathleen Williams, Ph.D.	psychologist-losangeles.com	Private practice

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, (818) 240-1355

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

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

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, \$60 per year. Associate Member dues for students, interns, and others, \$35 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

Dec/Jan Issue	Nov 26
Feb/March Issue	Jan 21
April/May Issue	Mar 18

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 in bitmap format. To submit an insert—such as a flier or brochure—provide a .pdf format file and sufficient paper 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
Member e-Mail list	\$20	\$30
Newsletter inserts	19¢	32¢

GAMHPA Newsletter.
 Copyright © 2010 GAMHPA.
 All rights reserved.