



Glendale Area

Mental Health Professionals Association

NEWSLETTER

YOUR GUIDE TO GAMHPA NEWS,
INFORMATION AND EVENTS
October November December 2012

GAMHPA Celebrates 20th Anniversary!

by Jim De Santis, Ph.D., GAMHPA President

This October, GAMHPA celebrates it's 20th year in existence--remarkable for an association which has no parent association, no national network. A significant milestone like this is an opportunity to take a look back, reflect, and learn from our experiences.

When our association was started in 1992, the Clinton health care reform plan was in development. Statistics showed that 90% of lives in California were already covered by some form of managed care. Many clinicians were concerned that a private-pay patient base was rapidly becoming a thing of the past. The opportunity to join panels was drying up. We thought we might be forced into clinics or "anchor" groups. An atmosphere of fear and dread developed. The need for information and reassurance was high. A need developed for a local network of like-minded professionals to provide support.

At the same time, no centralized resource existed in the Glendale area for identifying which professionals in the community were offering what kinds of services. Most referrals are local and most referrals are made across, rather than within, disciplines. For some of us who were recently licensed and just entering private practice, the existing network of professionals familiar with each other in the community was hard to break into.

We had no blueprint from which to build. The Glendale Area Mental Health Professionals Association, "GAMHPA," began with a simple form letter sent out to a small list generated primarily from the phone book of professionals in town. We invited them to an informal networking mixer to discuss current trends and the potential value of forming a local professional association--not for profit, not for contracting, not for political purposes.

Our association was founded on the principle of parity in the organization for all mental health disciplines. We recruited accordingly. We found that psychologists and marriage family and child therapists (California's equivalent of the licensed professional counselor), joined in greatest numbers, at about 30-40% each. Over GAMHPA's history about 385 individuals and organizations have been members at some time.

Geographically, about half of our membership each year came from our "target" city of Glendale, but nearly as many joined from neighboring communities, a total catchment area of perhaps half a million residents. An additional 25% join from other communities, near and far, sometimes as distant as 20 miles away.

While the association's first "resource list" published in the fall of 1993 numbered only 15 people, enrollment rose rapidly over the following year when our first published "directory" listed 77 members. By the second full year we stabilized at approximately 100 and have stayed there ever since.

cont. page 2

Calendar of Events

BOARD MEETINGS 2012-2013

138 North Brand Blvd,
Suite 300
Glendale, CA 91205

- Friday, Nov 9, 2012
- Friday, Jan 25, 2013
- Friday, Mar 15, 2013
- Friday, May 17, 2013
- Friday, July 12, 2013
- Friday, Sept 20, 2013
- Friday, Nov 22, 2013

All meetings 9:30- 11 am
All are welcome.

LUNCHEONS 2013

TBA

CEU EVENT

Thursday, Feb 21, 2013
Topic- DBT
Details TBA

GAMHPA's HOLIDAY MIXER

Friday, Nov 30, 2012
Details TBA

GAMHPA Celebrates 20th Anniversary cont.

We found it took a year or two learning how to get an organization started and running on its own. The association developed from ideas drawn from many sources, including a variety of other professional associations, as well as from our own membership. Some ideas that we tried failed. Some ideas that we tried succeeded. We kept our bylaws and organizational structure simple, we kept our dues low and our budget lean. We tried to maintain a balance of paper publications and in-person events. Among our best ideas, however, was being interdisciplinary, that is, including all mental health disciplines as equal members, fueled the growth and prosperity of the organization.

At the very beginning, three individuals in particular were cornerstones. Joshua Gross graciously provided meeting space for our networking events. Larry Brooks was its first president and thereafter remained its stalwart newsletter editor and program chair for many years. David Fox was the architect of the directory and mailing list database. And, obviously, thanks goes to many others who have generously served on the board and contributed great ideas throughout these two decades.

At many of our initial networking meetings, professionals would light up when someone in the group identified themselves, people who had heard of each other but never met before, one professional who was at that very moment in need of locating another provider with a particular specialty or a newly forming therapy group. We found that soon after the startup of our association, colleagues already had begun to recognize each other at workshops and conventions of other organizations as "GAMHPA members," creating a feeling of fraternity where that type of connection had not as often existed before.

We have found that GAMHPA has proven to be an effective vehicle for gaining valuable exposure among established colleagues, for generating referrals, for publishing articles of professional interest, for keeping informed about important current trends in the field. We hope GAMHPA long remains an institution for the benefit of mental health in our community.



Jim De Santis, Ph.D., is GAMHPA President. He is in private practice in Glendale. As part of his clinical work he offers educational testing and group therapy. He also offers consultation to therapists on marketing a private practice. He can be reached at www.JJDeSantis.com or (818) 551-1714.

GAMHPA's First CEU Event a Huge Success!

*by Board Program Chairs Rachel Thomasian, MFT and
Kimberly C. Wong, LCSW*

On September 13, 2012, GAMHPA held its first CEU workshop as a BBS Continuing Education Units Provider (PCE 5187).

The 2-Hour CEU workshop featured GAMHPA member Mary E. DeVan, LCSW, who presented "Hoarding: What Clinicians Need to Know as We Approach DSM-V." The interesting and informative workshop was completely full with over 30 in attendance. Participants learned about the continuum of hoarding behaviors, treatment options, and gained an overall better understanding of the experience and complexity of someone who hoards.

Additionally, participants had the opportunity to learn about Peace Over Violence West San Gabriel Valley Center, a local non-profit agency focusing on sexual and interpersonal violence www.peaceoverviolence.org. GAMHPA plans to hold future events two to three times a year at different non-profits as a way for therapists to learn about community resources while attending a CEU workshop, enjoying food, and networking with colleagues.

Photos from the event



Next CEU Event
All About DBT
Thursday, Feb 21, 2013

Rachel Thomasian is a Licensed Marriage and Family Therapist with private practice offices in Glendale and Sherman Oaks. She specializes in helping teens and adults deal with trauma, anger, and anxiety. She can be reached at (818) 599-1234 or at rachelthomasian@gmail.com.



Kimberly C. Wong, LCSW has been in private practice for eleven years in South Pasadena working with individuals and couples. She specializes in trauma recovery, substance and behavioral addictions, relationships, women's issues, and LGBT (lesbian, gay, bisexual, and transgender) affirmative psychotherapy. She can be reached at (626) 260-1356 or KimberlyCWongLCSW@gmail.com.

Visit us at gamhpa.org!

A Note from the Editors



Elaine Ahmad, LCSW

This is an exciting time for GAMHPA, given its upcoming 20th anniversary and the success of its first continuing education breakfast. I was lucky enough to attend the GAMHPA-sponsored workshop on September 13th given by Mary De Van, LCSW, on the topic of hoarding. There was time for chatting with new and longtime GAMHPA friends and a wonderful breakfast spread, including GAMHPA board member, Rachel Thomasian's, homemade fruit salad. I don't know how many attendees were there because they treat clients with hoarding issues versus those

who came because it is such a fascinating topic. I confess to being in the latter category and Mary did a fantastic job in helping us to understand this complex disorder. Now every time I see a pile of mail on my breakfast table, I think of how Mary referred to clutter as "deferred decisions." On that note, I better get to work on that pile.

Elaine

Elaine Ahmad is a licensed clinical social worker who has been in private practice for twelve years in the Burbank area. In her dwindling free time, she edits her novel, writes and reads fiction, and drives her two sons to soccer practices. She can be reached at elaine.ahmad@gmail.com or (818) 398-2579.

Things are getting hectic! School's back in session, the holidays are coming, there's so much to do right now and so much to plan for in the upcoming hours, days, weeks and months. With all this busyness, feelings of overwhelm are starting to lurk, looking for a way to derail me or get me to behave in ways that don't fit in with my long term goals (giant piece of chocolate cake, anyone?) I'm feeling it, our clients are feeling it, and maybe you're feeling it, too. As we all know, mindfulness can be extremely helpful in conquering the overwhelm monster. I've set my iPhone to chime several times a day to remind me to take a moment to pause. I'd love to hear your thoughts on ways you stay mindful amidst all the rush and hurry. See you at the next networking lunch!

Suzette

Suzette Bray is a Licensed Marriage and Family Therapist and Executive Director of Village Counseling and Wellness in Burbank. She spends her limited time outside of the office frantically attempting to thwart the more dangerous adventures of her thrill-seeking two-year-old son. She can be reached at (818) 238-9895, villagecounselingandwellness.com or suzettebraymft@sbcglobal.net.



Suzette Bray, MFT

Five Questions with Timothy Gunn, Ph.D

What would you do for a living if you weren't a therapist?

I can guarantee I would do something in the helping professions. I looked into nursing and social work before becoming a psychologist. I was also a volunteer children's pastor between undergrad and graduate school.

What are you reading right now?

I just finished a book about pediatric concussions called The Concussion Crisis: Anatomy of a Silent Epidemic by Linda Carroll and David Rosner. For the internship support I provide at Alliant University, I'm reading 101 Great Answers to the Toughest Interview Questions by Ron Fry. I'm also reading Sir Ken Robinson's Out of Our Minds: Learning to be Creative about how schools are "killing" our children's creativity. He advocates for less structure in school curricula and encourages creativity, dance, and arts programs in the schools.

What accomplishment are you most proud of?

My marriage and family. We've been married for almost five years. I got married during my internship. A lot of time, energy and thought went into that decision. My wife is my greatest supporter. Our marriage and soon-to-be two kids are my most proud "accomplishment."

What do you do to re-energize yourself?

Exercise pretty regularly. I like to read, a lot of audio books too. I continue to be involved in church. We try to spend time with friends on the weekends. I have a two-year-old son (with another one on the way) and playing with him is always re-energizing.

What is your favorite quotation?

I don't know if it's my favorite one but it's the one that comes to mind: "Criticism is something we can avoid easily by saying nothing, doing nothing, and being nothing" from Aristotle.



Timothy Gunn, PsyD, practices in Pasadena, CA with Connolly Counseling and Assessment (a group practice providing therapy and assessment services.)

Removing Brain-Based Limitations with LENS Neurofeedback

By Diann Wingert, LCSW, BCD

Traditional neurofeedback has been around since the 1970s and has been shown to be effective and well tolerated for a variety of brain based disorders. Its usefulness has been limited by several factors: 1) over-exaggerated claims by some early pioneers in the field, causing credibility problems, 2) limited published research, combined with lack of support from the medical community, and 3) the significant time, money and commitment involved, particularly when compared with the perceived cost and ease of popping a pill.

The Low Energy Neurofeedback System (LENS), a relatively new form of neurofeedback, was developed in the early 1990's by Len Ochs, PhD, a Northern California psychologist. LENS directly stimulates biochemical changes that are thought to help the brain regulate itself. We might think of it as helping the brain to reboot, like a computer that is no longer functioning optimally.

The actual treatment itself consists of invisible radio frequency waves at an intensity several thousand times weaker than what your brain is exposed to each time you hold a cellular phone to your head. Not only is the feedback signal incredibly weak, the length of exposure is extremely short. The duration of actual feedback during a typical LENS session is a total of seven seconds. When I first encountered information about the LENS, I was very skeptical but intrigued. A neurologist acquaintance pronounced all neurofeedback "voodoo" and attributed any perceived benefits to placebo. Undaunted, I continued my investigation.

It has been observed among neurofeedback clinicians that dysfunctional thinking, moods, and energy levels are correlated with high amplitudes of slowed brainwave activity. LENS appears to positively impact functioning in these areas by reducing this activity. LENS also appears to break up the rigid, self-protective way the brain has of responding after physical or psychological stress or trauma. Patients often report feeling a greater sense of calm, increased self-awareness and the ability to observe their habitual tendencies in thinking and feeling, allowing them to pull back and make different choices.

We have all worked with individuals who are rigid and inflexible, seemingly incapable of experiencing or demonstrating anything more than a limited range of affect, or an excruciatingly restricted behavioral repertoire. Some patients seem to be perpetually stuck in overdrive - unable to wind down at the end of the day, or even to sit still for very long without excessive fidgeting, foot tapping, knuckle cracking or frequent smoking breaks. Others seem to be perpetually shut down emotionally and physically, with flattened affect, low energy and minimal interaction with others.

All of these individuals are suitable candidates for treatment with LENS because their limitations go beyond personality pathology or the residue of stress or injury. There is significant evidence that during any kind of trauma (physical, infectious, toxic, or emotional), the brain defends itself by releasing neurochemicals that prevent seizures and overload. Unfortunately, this protective response also reduces the brain's overall functional capacity, causing limitations in multiple arenas.

One woman I worked with, "Linda," a middle-aged attorney, had suffered a "mild" traumatic brain injury ten years ago during a car accident. At discharge, the doctor told her that "this is as good as it's going to get." Since then, she was forced to give up her law practice due to cognitive limitations: a dramatically shortened attention span, word finding difficulties, deficits in comprehension, processing and memory and mental confusion. Her self-esteem plummeted, leading to depression and difficulties in her interpersonal relationships.

"Linda" began to respond to LENS within 3-4 sessions. Over the course of the four months I treated her, I saw her twice weekly and each time we met, I noted and she reported improvements. She became giddy when she suddenly realized she could remember words that she had not been able to think of in over a decade, and without effort. As her limitations were shed, her mood brightened as well. When I first met "Linda" she presented as someone who had given up and was just going through the motions, appearing disheveled, with dirty hair and wearing stained and wrinkled clothing. She arrived smiling on the day of our final LENS session, her hair and nails freshly done and wearing a bright and flattering dress. As she left, she tearfully thanked me for "giving me my life back" and announced "She's baaaccckkk !" while waving at her own reflection in the mirror.

(Patient's name has been changed to protect her privacy.)



Diann Wingert, LCSW, BCD, is a certified LENS neurofeedback practitioner in private practice in Pasadena, CA. Diann treats adults, teens, and couples and specializes in integrative mental health; combining neurofeedback, biofeedback, energy psychology & stress management modalities with traditional psychodynamic & cognitive-behavioral psychotherapy. Diann can be reached at (818) 679-4879 or diannwingertlcsw@gmail.com Her neurofeedback website is www.pasadenaneurofeedback.com



Presents

Salman Akhtar, M.D.

Listening, Not Listening and Refusing to Listen

Saturday, November 3, 2012

9AM – 4PM • 6 CEUs

Pasadena Convention Center

As a professional, listening skills are the cornerstone to our success.

Are you able to identify and explain the clinical significance of differing modes of communication?

Enhance your listening skills, identify modes of communication, learn the origins of listening in the developmental matrix of a child-parent relationship, learn variables that can impede listening during clinical work.

Register at **626-796-2776** or **714-505-9080**
admin@npi.edu • www.npi.edu

Classified Advertising

(cont. on next page)

GROUPS

Dialectical Behavior Therapy Skills Training Groups for teens and adults who have difficulty with emotional regulation. We are launching a new, fully adherent DBT program in Burbank! Please contact Suzette Bray, MFT, MFC37518, Executive Director of Village Counseling and Wellness at (818) 238 9895 or suzette@villagecounselingandwellness.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 jjdesantis@aol.com.

Making a Difference in the Lives of Children with Learning Disabilities

For the past 60 years, the Frostig School has been changing the lives of children with learning disabilities. We are the oldest school for learning disabilities in Southern California. Our school offers a full range of academic and support services for students in grades 1-12.

- An extensive electives program (art, film, drama, music and computer technology), encouraging students to thrive and excel
- A curriculum approved by the California Department of Education and WASC accreditation, ensuring students receive the finest education possible

What sets us apart?

- Highly skilled credentialed teachers, who use a wide range of researched-based approaches to learning, along with state-of-the-art technology
- Small class sizes with a low student-to-teacher ratio (6:1), which provides students with a curriculum tailored to meet their needs



For more information or a tour of the Frostig School, please contact us at (626) 791-1255.

971 North Altadena Drive, Pasadena, CA 91107 | 626.791.1255 | www.frostig.org



FrostigSchool

Classified Advertising

GROUPS cont.

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, 7-8:30pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic # PSY10315, (818) 551-1714 jjdesantis@aol.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, LCSW, RN, Lic # LCS18570. Glendale, (818) 240-1355.

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 # LCS18570. Glendale, (818) 240-1355.

Post Traumatic Stress Disorder / Trauma / Sexual Abuse Survivors Process Group for Women. This group will allow survivors to share their abuse and recovery experiences, while providing a safe space for healing and to try out new, healthy coping skills. This group is targeted to sexual abuse, incest, assault, and rape issues. This is held every other Wednesday morning in Pasadena, CA. Please contact Cristina Mardirossian, LMFT at (818)434-6051 for more information.

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 # LCS18570. Glendale, (818) 240-1355.

Men's Separation and Divorce Support Group. For men either contemplating separation or divorce, going through it, or recovering from it. Communication with an estranged spouse, co-parenting, building a new circle of friends, dating, maintaining productivity at work, and achieving personal satisfaction with life. Wednesdays, 7:45-9:15 p.m., Glendale. Jim De Santis, Ph.D., C.G.P., Lic # PSY10315, (818) 551-1714, jjdesantis@aol.com.

Teen Talk Support Group. This co-ed support group is a safe place for teens to talk about everyday challenges with school, parents, relationships, and to get support from other teens. Increase self-esteem, healthy decision-making and self-awareness. Weds, 6-7:30pm. Glendale. Susan Chakmakian, MA, MFT, MFC41817. susan@susanchakmakian.com. 818-839-0390.

Men and Women's Interpersonal Therapy Group - A safe environment for adults to explore their issues and gain the support and feedback of other men and women. Members learn how to connect past experiences with present circumstances, to gain self-awareness and find new ways to cope and relate to others and find overall well-being. Thurs, 6:30-8pm. Glendale. Susan Chakmakian, MA, MFT. MFC41817. For more information: susan@susanchakmakian.com or 818-839-0390.

GROUPS FOR PROFESSIONALS

Consultation Group. For experienced licensed therapists who are 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 therapeutic encounter. Fridays 1:00 - 2:30. For more information contact Larry Brooks, Ph.D., Lic # PSY8161, (818) 243-0839 or drlarrybrooks.com.

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 ability to apply theory to practice, and more effectively using one's self in the therapeutic encounter. Tuesdays 12:00 - 1:30. For more information contact Larry Brooks, Ph.D., Lic # PSY8161, (818) 243-0839 or drlarrybrooks.com.

INTERN/TRAINEE Process Group

Being an intern/trainee can be emotionally stimulating at the least! And while it's important to work through your counter-transference with clients, and learn more about your own relationships, it may be an expensive prospect while you are interning. A group may be just what you need. Get support from your peers and guidance from someone whose been there. 300 hours in 100 hours! Led by Susan Chakmakian, MA, MFT. MFC41817. For info: susan@susanchakmakian.com or 818-839-0390.

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, in both 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, (818) 551-1714 jjdesantis@aol.com.

Business Consultation. Private, individualized how-to for mental health professionals and students/interns wanting to start 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.

Classified Advertising (cont.)

SERVICES

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.

The Therapist's Journey formerly known as Professional Development Programs is certified by the MCEPAA and BBS to provide continuing education to Psychologists, Social Workers, and Marriage and Family Therapists. The Therapist's Journey 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 check out the website at drlarrybrooks.com.

OFFICE SPACE FOR RENT

EAGLE ROCK OFFICE: Lovely window office in a professional suite. Sunny and light. Nice two-story garden building. Attractive warm suite has two professional offices, secretarial office, comfortable reception room, and private restroom. Free parking. On Colorado Blvd. (between Orange Grove and Figueroa). Easy access to 134/210 freeways. Available 3-5 days per week; month-to-month or annual sub-lease. Call (323) 340-1596 or (626)796-1093.

GLENDALE OFFICE SPACE:

Floor to ceiling windows office for rent. Three person suite, soundproofing, call lights, newly furnished, easy freeway access, parking garage on premises prime location and view of Brand Blvd. (818) 913-7301.

GLENDALE - Office available part-time in friendly 3 office suite on Brand Blvd. Great for psych... Or hypnotherapy practice (recliner in suite). Large interior office is furnished and ready for you to start. Comfortable waiting room, call lights, microwave, fridge, printer/copier, internet. Secured Parking included. Client parking. A great place to start or grow your practice! Contact Susan 818-839-0390.

GLENDALE. Full-time inner office in a suite with five clinicians in The Exchange, downtown Glendale. Can accommodate small groups as well as individual sessions. Attractive building with elegant architectural details and charm, 90-minute free parking in covered garage, central location with easy 134/5/2 freeway access, prestigious Brand address. Soundproofed spaces, comfortable waiting room with call-light system and aquarium, separate exit, kitchenette with sink and refrigerator, photocopier. We are looking for the right mid-career mental health professional with license, insurance, and established practice. Opportunity for cross-referrals. \$705 per month. If you are interested or know someone who is, contact Jim De Santis, Ph.D., at (818) 551-1714 or JJDeSantis@aol.com

LA CANADA. Just completed office space in La Canada with private waiting area, therapist signal system, sound proofing, plus separate entrance and exit. There are a total of 4 offices within the suite, the building is very well maintained with security for both the building and suite. Similar to 595 Colorado in Pasadena but it's in La Canada! Learn more about from Debra Kessler, Psy.D at www.drdebrakessler.com

PASADENA. Office space available in prestigious Rose Court on the grounds of Las Encinas Hospital. The office is 11.5 x 12.5 ft. fully furnished in mid century modern decor, dark walnut laminate floors, restroom inside suite, kitchenette with mini fridge & microwave, fax/copier and free wifi. Free parking for therapists & clients. Receptionist in suite M-F from 9:30-5. \$500 flat rate per month, utilities included. Available every day, including weekends except Thurs 12-7 PM. Please email your interest to: apkurk@gmail.com

Call for Submissions

**We want to hear from YOU!
GAMHPA is looking for mental
health articles, essays, or case
studies (under 1000 words) for our
upcoming issues. Send
submissions
to: elaine.ahmad@gmail.com**

PUBLICATIONS

Child Psychiatrist Directory. Concise list of 440 physicians who provide psychiatric services to children and adolescents throughout Los Angeles County available on the internet at JJDeSantis.com.

Subscribe to The Therapist's Journey, an E-newsletter that focuses on the subjective experience of doing psychotherapy in these changing times. Go to drlarrybrooks.com.

Diagnostic Testing Directory. Free directory of 350 licensed psychologists throughout Los Angeles County who offer psychological assessment services: educational, neuropsychological, forensic, vocational, custody, and general psychiatric differential diagnosis. View or download from www.JJDeSantis.com.

East San Gabriel Valley Directory. Free directory of 156 mental health professionals east of the 605 freeway from Azusa to Pomona, cross-indexed by specialties, services, second languages, and insurance accepted. View or download at www.JJDeSantis.com.

GAMHPA Members Directory.

117 licensed mental health professionals in the Glendale area, cross-indexed by specialties, services, second languages, and insurance accepted. This 65-page is available free at the GAMHPA website: gamhpa.org.

Group Therapy Directory. Free, up-to-date directory of outpatient psychotherapy groups in Los Angeles County. 500 facilitators and 1,250 groups. Directory has received over 23,000 visits on the internet. View or download from www.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, MFT. Learn more at michellebarone.com.

GAMHPA

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

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

Download an application form 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 and inserts, and mailing list labels. Members are automatically entered for free newsletter advertising. They receive reduced rates for continuing education. New members can submit a brief professional biography for publication in the newsletter.



BOARD OF DIRECTORS

Jim De Santis, PhD
President, (818) 551-1714
jjdesantis@aol.com

Bonnie Cesak, RN, LCSW
Treasurer and
Membership/Directory Chair
(818) 240-1355
baresasak@yahoo.com

Michelle Barone, MFT
Yahoo Group Moderator
(818) 951-7744
mebarone@earthlink.net

Elaine Ahmad, LCSW
Newsletter Editor
(818) 398-2579
elaine.ahmad@gmail.com

Suzette Bray, MFT
Newsletter Editor
(818) 238-9895
suzettebraymft@sbcglobal.net

Rachel Thomasian, MFT
Program Chair
(818) 599-1234
rachelthomasian@gmail.com

Emily Moore, MFT
(626) 793-1078
emooremft@sbcglobal.net

Mark Tinley, MFTI
Webmaster
(626) 389-0439
mark@pgcounseling.com

Kimberly Wong, LCSW
Program Chair
(626) 260-1356
KimberlyCWongLCSW@gmail.com

NEWSLETTER

The GAMHPA Newsletter is published quarterly on our website. Notices of publishing are 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 changed your email address, or mailing address, or wish to discontinue delivery please notify us.

EDITORIAL POLICIES

GAMHPA encourages members to contribute articles of scholarly or clinical interest for publication. Submissions should be forwarded to Editor Elaine Ahmad at elaine.ahmad@gmail.com. Opinions expressed in this newsletter are not necessarily those of the Association or its members. GAMHPA does not endorse any of the products or services advertised.

Newsletter Deadlines:

Oct/Nov/Dec 2012 Issue Sep 1
Jan/Feb/Mar 2012 Issue Dec 1
Apr/May/June 2012 Issue Mar 1

ADVERTISING

All advertising questions should be directed to Suzette Bray at suzettebraymft@sbcglobal.net. Classified and display ads run for one issue. Advertising for services by psychologists or psychological assistants must include the license number of the psychologist. Advertising is accepted up to one week before publication.

Advertising Rates:

Item	Member	Non-Member
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
Full-page display ad	\$100	\$150

Mailing lists are available. Contact Jim De Santis at:

jjdesantis@aol.com.

Rates:	Member	Non-Mem
Mailing list, printed	\$25	\$25
Mailing list on labels	\$30	\$40
Mailing list on disk	\$70	\$80
Member e-mail list	\$20	\$30