

MENTAL HEALTH PROFESSIONALS ASSOCIATION

NEWSLETTER

Your guide to GAMHPA news, information, and events.

July August September 2019

A note from the editors:

Welcome to the GAMHPA newsletter. Our newsletter team keeps you posted about upcoming GAMHPA functions, meetings, and special member opportunities. You will find a calendar of GAMHPA meetings and events in the right column of the newsletter. Organizational activities are also posted at GAMHPA.org. GAMHPA offers wonderful opportunities for mental health professionals to come together in a friendly environment to network with each other, learn from each other and support each other.

-Laura & Silva



Laura Dickson, LCSW designs comprehensive retirement plans for small business owners and individuals seeking to maximize their retirement incomes. Laura combines her 25 years of psychotherapy practice with her experience as a financial planner to develop financial plans that are built to meet individual client needs holistically. Ms. Dickson can be reached by contacting her at her Glendale office at 100 N. Brand Blvd., Suite 200, Glendale, CA 91203. Her phone number is 818 243 9311 (office) 626 622 3863 (cell). Her email address is ldicksonlcsw@gmail.com and her company website address is spfinancialservices.com



Silva Depanian is currently a Registered Associate Marriage and Family Therapist in private practice under the supervision of Anita Avedian, LMFT, with offices in Glendale, Pasadena, and Hollywood. Silva specializes in helping individuals with chronic pain, anxiety, and codependent relationships. She has recently opened a Chronic Pain Support Group in Glendale, and as a Certified Anger Management Counselor, also facilitates both women's-only and co-ed anger management classes at her Pasadena and Hollywood locations. Silva can be reached via phone at 818-396-6376, via email at silvadepanian@gmail.com, or at her website sessionswithsilva.com.



Call for Submissions

We want to hear from YOU! GAMHPA is looking for mental health articles, press releases, essays, or case studies (under 1000 words) for our upcoming issues.

Submit to Laura Dickson at ldicksonlcsw@sbcglobal.net

CALENDAR OF EVENTS

QUARTERLY NETWORKING EVENTS

Summer - July 12th

Fall - October 18th

Acapulco Mexican Restaurant Y Cantina
722 N. Pacific Ave. Glendale, CA 91203
Pre-registration and payment is required by the Wednesday prior to event date at www.gamhpa.org

\$10 members, \$20 non-members.

No walk-ins will be permitted. Arrival before noon is recommended because parking is limited.

Check-In is at 11:45am - 12:00pm

Buffet Lunch is included from 12:00pm to 1:30p.m.

All are welcome

For questions contact Kimberly Wong at 626-260-1356 or

kimberlycwonglcsw@gmail.com. You can also contact Rachel Thomasian at rachelthomasian@gmail.com

BOARD MEETINGS

July 26,

Sept 27, Dec 6

All meetings 9:15am - 11:00am

Central Grille

801 N. Central Ave
Glendale, CA 91203

All are welcome

Experiencing Grief

Laura Dickson, LCSW

Grieving comes to most of us at some point in our lives. In fact, statistics show that each person can expect to experience the loss of a loved one once every nine to thirteen years. The resulting sadness may be the most painful of life's experiences. Because it is painful, however, our eventual adaptation to the loss can bring meaning and integrity to our lives – and this, ultimately, is a gift to us from the one we have lost. It is a reminder to us that the circle is unbroken. Our ability to adapt to loss is an important feature of the course of our lives. Change can instigate growth. Loss can give rise to gain. If we do not grieve the loss, however, it may drain us of energy and interfere with our living fully in the present. If we are not able to mourn at all, we may spend our lives under the spell of old issues and past relationships – living in the past and failing to connect with the experiences of the present. Grieving is a process of experiencing our reactions to loss. It is similar to mourning. The term bereavement means the state, not the process, of suffering from a loss. Normal grieving is an expected part of the process of recuperating from a loss. The intensity of the process comes as a surprise to most people – and for many it becomes one of their most significant life experiences. People have their own individual grief responses. No two people will experience the process in the same way. The first reaction to the loss of a loved one, even when the loss is expected, is usually a sense of disbelief, shock, numbness, and bewilderment. The survivor may experience a period of denial in which the reality of the loss is put out of mind. This reaction provides the person some time to prepare to deal with the inevitable pain. The feeling of numbness then turns to intense suffering. The person feels empty. There are constant reminders of the one who has been lost. There may be periods of increased energy and anxiety followed by times of deep sadness, lethargy, and fatigue. There may be a period of prolonged despair as the person slowly begins to accept the loss. The one who grieves may find it difficult to feel pleasure and it may seem easier most of the time to avoid other people. The bereaved may dream repeatedly about the lost loved one – or hear their voice or even actually see them. The grieving survivor may adopt some mannerisms of the one who has left. Sadness may be interspersed with times of intense anger. Many of us have difficulty in expressing anger toward one who has died. (However, anger enters into most of our relationships, and the relationship with the one who has died does continue, though changed, even after death.) We may reproach ourselves for not doing enough to prevent the death or for having treated the deceased badly in the past. The grieving person may become irritable and quarrelsome – and may interpret signs of good will from others as messages of rejection. Normal stressors may become triggers that set off periods of deep anger. Physical symptoms commonly accompany grief. These include weakness, sleep disturbance, a change in appetite, shortness of breath, dizziness, headaches, back pain, gastric reflux, or heart palpitations. Some people may show a “flight into health,” as if the loss were behind them and they had started to move on again. This pattern occurs frequently, especially in a society which encourages quick fixes, even though complete resolution of the grief process can take up to two or three years. To shorten the process by pretending that it has been completed is to invite a prolongation of the symptoms.

Suggestions for Experiencing Grief

All of us grieve in different ways, depending on the circumstances of the death, our own personal characteristics, and the meanings attached to the death by those left behind. Nonetheless, there are some specific actions that most of us can take to complete the process in a way that allows us to move on, eventually, to a whole and meaningful life again.

Allow yourself to grieve and feel the depth of your loss. Grieving is hard work. We may feel that we should be “strong” and hold in our emotions, that happy thoughts and feelings are the only way to get through a trying time. This approach, however, makes it very difficult to complete the process of grieving. It is important to accept the reality of the loss. The person who died is gone and will not return. This fact must be accepted in order for the grief process to continue. Try to understand why the death occurred and the events that led to the death. Give yourself permission to feel and think about whatever comes up regarding your loss. If happy thoughts and feelings come your way, allow them to happen. Similarly, if dreadful pain, sadness, and anxiety show up, when tears turn to uncontrollable sobs, give in to these temporary feelings. Embrace your sadness, know it, and make it your own. If it is difficult to open yourself to these feelings, it may help to make a personal commitment to complete the grief process in the near future. Vow to yourself that for your own benefit, for the good of others in your life and for your future happiness, you need to get through your loss completely and in a healthy way. This means opening yourself up to all of your feelings and thoughts, both positive and negative, and letting them happen.

Accept the help of others and let them know what you need. Don't try to do it alone. This is the cardinal rule in grief work. Isolation is bad for most people, and it is especially harmful for a person who is grieving. Research shows that people who have social support complete the grieving process better than those who try it in isolation. Social support should be available to you during the entire grieving process, but especially initially after the death. Find people who can be trusted absolutely and can listen well. We need to share the intense thoughts and feelings that we experience when we are alone. It is during the time of grieving that many people look for the help of a professional therapist who is likely better prepared than most to empathize with you and guide the process productively. Other people give you a sense of security and reality when your life has been turned upside down by the loss of a loved one. Accepting the help of others during mourning is not a sign of weakness. It simply means that you can allow yourself to be comforted during a rough period, and this will contribute to your strength later. Sometimes other people may not know what you need, even if their intentions are good. In this case, it is important to educate them. If they say the wrong things, let them know. If there are specific things that you need, tell them. Assertiveness may be difficult during grieving because you have little energy, but clear communication is essential to getting your needs met.

Experiencing Grief

Laura Dickson, LCSW

Be realistic in processing your grief. Read up on grief work or talk to a therapist who can describe the grief process. Understand what you are trying to accomplish, and realize that your pain will subside in time. There is a clear goal in sight. Understand what this death means to you and what issues it brings up for you. The loss may be there always, but you can come to understand it and feel comfortable with yourself in time. Accept the fact that you will have some reactions during the process that you may not like – angry blowups, ignoring other people, moodiness. Expect your loss to dredge up intense emotions, although these feelings will pass in time. Your way of grieving is particular to you and your individual loss. It is not helpful to blame or to be blamed for the unique way each of us grieves. Don't let the personal judgments of others determine how or to what degree you should grieve. Your grieving is your own

Submit to the grief process and take care of your needs. Even though grieving is hard work, and we may prefer to avoid it, there is no way around it. There is a major disruption in your life when a loved one dies and this entails a period of re-adjustment.

Here are some real-life concerns to keep in mind during the grief process.

Give yourself some quiet time alone. Find a good balance between being around others and giving yourself some solitude so that you can reflect on your loss and process your feelings.

Allow yourself to have some breaks from your grief. Grieving is difficult. As in any hard job, you need a break from it from time to time. Go out and try to have a good time with friends. Read a good book. Lose yourself in a good movie.

If possible, avoid making long-term decisions. Times of crisis decrease our ability to make rational decisions. Put decisions off until things have settled down to a more stable pattern.

Take care of your health. Grief is a time of high physical risk. Even though it may be difficult, try to get some physical exercise, even if it is only a daily walk. Maintain a nutritious diet, but don't avoid indulging in special treats occasionally since self-nurturing is important during the process. Above all, avoid alcohol and drugs during this time. They may provide a temporary feeling of relief, but your goal should focus on grieving productively, not avoiding it.

Grieving is a very personal experience and one of our most painful to endure. It is also a journey into the depths of our lives that can ultimately reveal our strength of character.



Spotlight Interview

Spotlight Interview

Evan Amarni, M.S., LAADC-CA, ICADC, CIP
CEO/Executive Director
www.multiconceptrecovery.com



- I. Funny thing is I am not a therapist, although I probably could be. My Masters is in I/O Psychology and I have really used that education to build Multi Concept Recovery, keeping in mind that an organization can function best when that staff are happy and thriving, is strengths based when it comes to the talent of the staff as well as the people it serves, and the environment of care is set up in a way that is welcoming and comfortable encouraging people to share and be vulnerable. All my undergrad education is in substance use disorders and have been working in this profession for over 10 years.
- II. One thing in my treatment bag of tricks that I would not live without would be the ability to separate my agenda from our clients. This can be so challenging to do and in the past have found my self really putting forth the effort to ensure the clients agenda is being honored and I am there to coach and guide and partner with the client on his/her journey, wherever that takes us.
- III. There are a couple books that come to mind but if I have to choose one....this book really opened my eyes to a perception of my experience that I was not aware of when I experienced a really really dire situation in my life and it is called Against The Stream. This book really put things in to perspective for me when it comes to the philosophy that everything in our lives are temporary (impermanence) and that as a result of our attachment to impermanent people, places, things, and situations we experience suffering. The idea of the sooner we understand and are aware that this takes place the more we are able to live a more peaceful life.
- IV. The most beautiful place I have ever been is under water. I really enjoy scuba diving and found it to be the most beautiful at approximately 80 ft down under the water in Cozumel. It was like an entirely different world under there that was quiet, peaceful and beautiful all at once.
- V. The best advice...sitting with an older friend, when I was just studying to become a drug and alcohol counselor, at breakfast he asked me what I was going to school for and after I told him he asked me "so what do you want to be when you grow up?" this question threw me off of the conversation because I had never thought about that before that moment. So I replied "I don't know." and he said the most profound and meaningful thing to me, "You better just keep going to school until you figure it out." and it was because of that brief conversation that I continued on in my education and am doing what I am doing today. So if you don't know what you want to be when you grow up just keep going to school until you figure it out.

Directory Information ONLY for New Members and Renewing Member Changes

RENEWING member: There are ___ NO changes ___ changes to my directory information below from last year. In the event I have made changes, ALL sections below are FULLY completed.

Groups Offered

Topic, Target Problem, or Focus	Members	Time/Day	Fee
Topic, Target Problem, or Focus	Members	Time/Day	Fee
Topic, Target Problem, or Focus	Members	Time/Day	Fee

Clients Treated

- Children
- Adolescents
- Young Adults
- Adults
- Seniors

Non-English Languages

- Spanish
- Other: _____
- Other: _____

Problem Areas Treated

- Addictions
- AIDS/HIV
- Anxiety Disorders
- Attention Deficit
- Behavioral Problems
- Brain Damage
- Chronic Illness/Pain
- Divorce
- Eating Disorders
- Learning Disabilities
- LGBT Issues
- Marital Problems
- Medical Management/Non-Compliance
- Mood Disorders
- Multicultural/Ethnic Diversity
- Multiple Personality
- Occupational Problems
- Panic/Phobias
- Personality Disorders
- Physical Abuse
- Rape/Molestation/Incest
- Reproductive Issues
- Sexual Dysfunction
- Trauma/PTSD
- Other: _____

How did you hear about GAMHPA?

Services Offered

- Anger Management
- Behavior Therapy
- Biofeedback
- Child Custody Evaluation
- Cognitive Therapy
- Couples Therapy
- Critical Incident Debriefing
- Divorce Mediation
- Educational Testing
- Family Therapy
- Forensics/Expert Witness
- Hypnosis
- Individual Therapy
- Inpatient
- Medication
- Neuropsychological Testing
- Organizational Consultation
- Play Therapy
- Psychoanalysis/Psychodynamic Therapy
- Psychological Testing
- Religious Issues
- Sex Therapy
- Stress Management
- Other: _____
- Other: _____

Funding Accepted

- Will provide superbill for out-of-network PPO
- Aetna
- Anthem Blue Cross
- Beacon Health (VO)
- Blue Shield
- Cigna
- Healthnet
- Managed Health Network
- Medi-Cal
- Medicare
- Magellan
- Motion Picture
- Optum (UH, UBH, UBHPC)
- TriWest/TriCare
- Victim Witness
- Worker's Compensation
- Sliding Scale
- Credit Card
- Cash Fee Range: _____

Portrait of Virginia Satir

Lynne Azpeitia, LMFT

Virginia Satir was one of the most imaginative and creative teachers and therapists that I have ever met. Learning from her was truly an experience of living life fully. You never knew what was going to happen next once Virginia started working with someone but you could always be certain that you would learn a lot about yourself, people in general, and how Virginia worked. It was very exciting to learn from her and to be a part of the development and unfolding of her work. Virginia Satir was my teacher, mentor, colleague and friend. Our association continued for 15 years until her death. She was one of the most extraordinary people I have ever known. Virginia made doing complex and profound things seem easy and simple with her exquisite skills, positive, 'can do' attitude, and her willingness to go to new places with people. When Virginia began to work with someone, she would listen for a while, share with them what she was understanding about them and what they were interested in having happen; then she would say something like "Let's start right here by doing this, and then we'll see what happens next. How would that be?" The next thing you knew you were off on a learning adventure with Virginia as guide. Whenever Virginia started working you either watched from your seat or were selected to take a more active part right there in the action with her. She often orchestrated scenes of past, present or future interchanges and ideas that came alive as members of the audience were elected to represent and enact the key elements, dynamics or people involved. This Satir theatre provided the star, Virginia's term for client, because "we are all the stars of our own lives", with a dynamic, externalized view of their internal pictures, models, and experiences that could be looked at, commented on, explored, and experimented with. New perspectives, choices and decisions were always a result of this work. The Parts Party, Family Reconstruction, Couple and Family Sculpting are a few of The Satir Model's vehicles that utilize this process, as do the Communication Stances Virginia is most widely known for. As Virginia guided the star through the experience of watching the sculpture or enactment as it unfolded under her expert direction, she would periodically stop the action and have the star, or the people role playing, comment on their experience, thoughts or feelings through her expert facilitation. It was through these seemingly casual and random interchanges that profound realizations, information, and awareness would surface, which Virginia would then expertly weave back into the work. Doing this allowed the experience and information to become integrated into the star's conscious awareness. It was by using this type of relating and processing that Virginia was able to create the conditions for a transformation to take place—a change that would have lasting effects on the star, the people role playing, the audience, and, ultimately, Virginia herself. In the Satir Model, the guide benefits, learns, and grows right along with the star. The art of The Satir Model, which began first with Virginia facilitating these interactions and exchanges, is in how the Satir guide uses his or her self in relation to the star, the role players, and the audience and manifests these interchanges, surfacing the thoughts, feelings, perceptions, expectations, and yearnings during this orchestrated learning experience. How the Satir guide harvests the learnings during and after the enactment or sculpture further brings into awareness what has transpired as well as information and new discoveries that can be utilized again by the star to make more fitting choices in the future. Virginia Satir was a genius. Her ways of working with and understanding people are some of the best in the world. The Satir Model is easily taught, learned, understood, and used by clients, professionals, the business community, and the general public throughout the world. Her customizable universal formulas and practical, down to earth tools and methods are effective with a wide range of people and cultures, and provide immediate and lasting results that can be replicated. The Satir Model is one of the most comprehensive, multi-dimensional, practical and effective therapy and change approaches around. It helps people understand themselves and each other, heal their wounds and transform their lives. The Satir Model produces rapid results and encourages a proactive approach to life. It also provides human systems with a guide to what is needed to support healthy human relationships, navigate change, and create systems of interaction and community that support the growth and development of the person as well as the business or organization. The transformational processes of The Satir Model are easily explainable, understandable, learnable and transferable. Virginia Satir's approach works equally well with therapy, business, education, creative pursuits, and many other areas of human systems interaction. The tools, teachings, principles and practices that Virginia Satir developed are timeless, and are, perhaps, an even better fit today than when she when she first began teaching and using them. The Positive Psychology Movement and the Interpersonal Neurobiology approach are currently using science and research to illustrate and support core teachings and practices that are quite similar to those that Virginia developed, used, and taught more than four decades ago. As a therapist, graduate professor, and supervisor of psychotherapists and marriage and family therapists, I've learned, practiced, and become proficient at teaching, training, supervising, and doing therapy with the major and minor therapeutic theories and approaches. My esteem for The Satir Model is a result of my lifelong study of the best human and organizational growth, change and transformation systems. Virginia Satir succeeded greatly with the body of knowledge she pioneered while she was with us. The legacy that she left us, her tools, teachings and practices that are the Satir Model, are as reliable as having Virginia herself present. Experience this for yourself.

This article originally appeared in a Virginia Satir Global Celebration Publication and is reprinted here with permission of the author.



Lynne Azpeitia, LMFT, AAMFT Approved Supervisor, Virginia Satir Global Network Clinical Member, works with couples and gifted, talented, and creative adults in Santa Monica—and provides workshops, consultation, training, and supervision to licensed and pre-licensed therapists, and supervisors. A Professor Emeritus of Phillips Graduate University, Lynne is internationally recognized for her skillful, innovative training and extensive knowledge of The Satir Model and Virginia Satir's work. Contact her at (310) 828-7121 or Lynne@Gifted-Adults.com



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Melissa J. Johnson, PhD (PSY 13102)

GAMHPA Listserv

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

This free service will accept messages for:

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CLASSIFIED ADVERTISING

Employment Positions:

School Psychotherapist.

La Canada Unified School District is offering a part-time (20-25 hours per week), independent contractor position to serve the mental health needs of Special Education referrals throughout the La Canada Unified School District. The candidate should be an L.M.F.T., L.C.S.W., or licensed psychologist with at least three years experience providing school-based services; have experience working with Special Education clients and be familiar with the Special Ed milieu of IEPs, case management meetings, goal criteria, etc.; be experienced in family systems work, play therapy interventions, and adolescent issues; have experience working with children (ages 6-17) with autism, developmental delays, depression, anxiety and self-harming behaviors; and be welcoming, attentive, and possess a good sense of humor. This position begins in late May (starting date to be negotiated). Qualified applicants, please contact Frinna De La Cruz at (818) 952-8397 or fdelacruz@lcsud.net.

Pre-Licensed and Post-Doctoral (CAPIC) Positions:

The Institute for Girls' Development is accepting applications for full time prelicensed and post-doctoral candidates. For details on these training positions working with children, teens, families, and young adults, visit our private practice website: www.instituteforgirlsdevelopment.com/employment/

Licensed Therapist: DBT:

The Institute for Girls' Development's Comprehensive DBT program serves teens, families, and young adults as well as school-aged children. Applicants with DBT training and experience are invited to apply for this full time position in our practice. For details, visit our practice website: www.instituteforgirlsdevelopment.com/employment/

Licensed Therapist:

Child and Adolescent Specialty Program (C.A.S.P.): The Institute for Girls' Development is accepting applications for full time licensed therapists (LMFT, LPCC, LCSW, and Psychologists) to join our practice. For details, visit our practice website: www.instituteforgirlsdevelopment.com/employment/

Groups:

Rainbow Grit Group:

Do you know an LGBTQ teen who is looking for a safe and supportive place to share, connect and grow? Rainbow Grit meets weekly at the Institute for Girls' Development (626) 585-8075, ext 108. www.IFGD.care.

Wellness Grit Group:

A place for teen girls and young women experiencing chronic pain and/or chronic health issues. Meet weekly with others for support, connection, self advocacy and mindfulness. Institute for Girls' Development. (626) 585-8075, ext 108. www.IFGD.care.

Girl Power Group (4th and 5th grades):

In this creative space, girls engage in activities, art, movement, and conversation to build their skills for friendship and emotional awareness and management. Institute for Girls' Development. (626) 585-8075, ext 108. www.IFGD.care.

Men's Healthy Relationships Group:

This group is for men seeking to develop healthy and satisfying relationships with their partners. Men in this group are dealing with intimacy issues and disorders, i.e., conflicted, compulsive, addictive, and hyper-sexuality. Complements concurrent individual and/or couples therapy. Thursday 7:00 - 8:30 P.M. Glendale. D. Lee Stoltzfus, Ph.D. PSY 8607, MFT 6746, CSAT (818) 248-1140.

Men's Dating Support Group 25-35:

A place for men to talk about dating, relationships, sex, and women. Themes include examining limited beliefs, sharing dating skills and knowledge, brainstorming where and how to meet eligible women, screening women for compatibility, troubleshooting problem situations, and receiving candid positive feedback. Goals include clarifying what you really want, making the best of yourself, building confidence, and meeting more of the right women. Alternate Fridays, 6-7:30 pm, Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714, JJDeSantis@aol.com or JJDeSantis.com.

Gay Men's Personal Development Group:

Growth and insight-oriented group addresses dating and relationships, career issues, life enrichment. Uses here-

and-now small group dynamics to increase self awareness, understand one's impact on others, and practice better ways of self expression. Second and fourth Thursdays, 7-9 pm, Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714, JJDeSantis@aol.com or JJDeSantis.com.

Moving Through Bereavement:

On-going 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.

Divorce And Separation Support Group For Father's:

For men who have children or teens and are contemplating, going through, or recovering from separation or divorce. Topics include communicating with an estranged spouse, coping with the legal process, co-parenting effectively, optimizing your relationship with your children, developing a new home life, building a new community of friends, dating again, maintaining productivity at work, and achieving personal satisfaction in life. First and third Thursdays, 7-9 pm, Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714, JJDeSantis@aol.com or JJDeSantis.com.

Write Your Life to "Right" Your Life:

Writing groups in Toluca Lake. This group meets once per week for 10 weeks; anyone can join any week as this is not a "chronological" process. Help your clients augment their therapy process by journaling and writing, even fictionalizing the stories of their lives into publishable works. I am both a licensed MFT in California and a professional writer and teacher of -

creative writing. Vickie.saxon@gmail.com or (818) 640-3789.

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 info: susan@susanchakmakian.com or (818) 839-0390.

Divorce Class:

The Law Collaborative hosts free family law classes on the second Saturday and fourth Wednesday of every month, as a free service to the community. An attorney answers questions and concerns of attendees regarding divorce, child support, child custody, and alimony. It is extremely beneficial to people currently affected by divorce in any way. If you would like more information on this topic, please call Courtney at (818) 348-6700 or send an email to courtney@thelawcollaborative.com.

Women's Dating Support Group 40-65:

A place for women to talk about dating, relationships, sex, and men. Themes include examining limited beliefs, sharing dating skills and knowledge, brainstorming where and how to meet eligible men, screening men for compatibility, trouble-shooting problem situations, and receiving candid positive feedback. Goals include clarifying what you really want, making the best of yourself, building confidence in situations, meeting more of the right men, and acquiring new insights into the male perspective. Alternate Wednesdays, 6-7:30 pm, Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714, JJDeSantis@aol.com or JJDeSantis.com.

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 clinical encounter. Tuesdays 12:00 - 1:45. For more information contact Larry Brooks, Ph.D., Lic. #PSY8161 (818) 243-0839 or dlarrybrooks.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 application of theory to practice, and more effectively use in one's self in the clinical encounter. Fridays 3:15 - 5:00 For more information contact Larry Brooks, Ph.D., Lic. # PSY8161 (818) 243-0839 or dlarrybrooks.com.

Services:

Marketing Consultation:

Individualized coaching for mental health professionals and students/interns wanting to start or build a private practice. Formulate goals, identify optimal niches and target markets, design ethical and effective marketing strategy, write effective advertising materials, and track results. Flexible format uses in-person meetings, telephone, and e-mail as-needed. Jim De Santis, Ph.D., Glendora and Glendale, at (818) 551-1714 or JJDeSantis@aol.com.

Private Practice Office Forms:

Field tested, up-to-date quick-start kit of forms includes patient intake, financial agreements, HIPAA notice, consents and releases, and clinical screening forms. CD-ROM, paper copy, or digital files via e-mail. For more information or to examine samples, visit JJDeSantis.com.

The Therapist's Journey formerly known as Professional Development Programs:

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 dlarrybrooks.com

Free Divorce Options Professional Training:

Do you know your clients' critical divorce choices? Pasadena Collaborative Divorce (PCD) presents this FREE PUBLIC SERVICE to educate professionals working with couples, and to empower couples with options that preserve respect and money. Few people are actually familiar with all the divorce options, for example: *Self-Representation, *Mediation (Traditional, co-mediation or enhanced mediation), *Collaborative *Divorce and Traditional Litigated Divorce. Professional presenters are trained in all the options: Licensed Mental Health Professionals ("Divorce Coaches," "Child & Co-Parenting Specialists"), Financial Professionals specifically trained in divorce financial matters, and Family Law Attorneys. Registration Required. Call or text Ria Severance, LMFT: (626) 354-4334. We also come to you to educate and train groups of 10+ FREE! When?: Third Tuesday: April 16, May 21 and June 18, 2019, noon-1:30pm. Where?: Donald E. Wright Auditorium in Pasadena Central Library, 285 E. Walnut St., Pasadena, CA 91101 (across from courthouse).

The Business Of Practice:

Building an Optimal Private Practice for Mental Health Professionals. Paperback challenges and inspires mental health professionals to expand and refine their opportunities for a private practice that is personally fulfilling. Content emphasizes pragmatic, real-world information and action oriented steps to offering mental health services, while respecting both established business concepts and ethical principles of professional practice. \$18.95 online at Lulu Books or Lulu.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.

Holistic Health Coach Services:

Individualized wellness coaching program for overall health and happiness. Together we'll create goals around nutrition, sleep, habits, non-toxic products, exercise, stress management, you name it! Contact Jill Lawrence, AADP Holistic Health Coach at www.JillLawrenceHealth.com or Email: Jill@JillLawrenceHealth.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 dlarrybrooks.com.

Diagnostic Testing Directory:

The Assessment List is a free directory listing of 300 licensed psychologists throughout Los Angeles county who offer psychological assessment services, including educational, neuropsychological, forensic, vocational, custody, or general psychiatric differential diagnosis. View, print, or download from JJDeSantis.com.

East San Gabriel Valley Directory:

Free directory of 141 mental health professionals from Pasadena to Claremont, cross-indexed by specialties, services, second languages, and insurance accepted. View or download at www.JJDeSantis.com.

GAMHPA Members Directory:

120 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 directory of 900 outpatient psychotherapy groups offered by 300 licensed mental health professionals throughout Los Angeles county. Online directory has been viewed on the internet 34,000 times. Download a copy from TheGroupList.org.

Office Space For Rent:

Burbank:

Office space to share. Available Monday-Friday all day, plus some evening and weekend hours if needed. Located in the heart of Toluca Lake at 10000 Riverside Drive (across from Paty's). Rent is less than \$400/month depending on time needed. Waiting room, plus comfortable, bright corner therapy office. Vickie Saxon: (818) 640-3789 or Vickie.saxon@gmail.com.

Burbank:

Comfortable, warmly decorated office space available in therapy suite. Medical building close to Toluca Village, St. Josephs Hospital, NBC, Disney and freeways. All amenities supplied, including call light. Available on hourly, daily or monthly basis Contact: Miriam Davis, MFT at (818) 848-3022 or miriamdavis@verizon.net.

Burbank:

Inviting office space available for sublease at 4444 Riverside Drive. Located between Bob's Big Boy and Paty's Restaurant. Convenient parking. Reasonable rent. Available weekday mornings, all day Saturdays, and all day Sundays. Free group consultation with experienced and supportive officemates on Thursdays at noon. Contact Wendi Svoboda, LCSW at (818) 288-6711 or wsvobodalcsw@yahoo.com.

Burbank:

Fully furnished office with a cozy yet professional style. It is centrally located in a quiet area in Burbank close to the studios and near the Golden State Freeway. Parking is ample and free. If interested, please call (818) 848-5653.

Eagle Rock:

Office available in a mind-body psychotherapy suite with other like-minded therapists in the beautiful Eagle Rock area. All utilities included as well as wifi, fax, microwave and fridge. Available 10/1 at \$900. Unlimited free street parking in front of or behind the building. Beautifully landscaped, quiet building near the 2/134 freeways. scnameth@yahoo.com for more information!

Glendale:

PT office space available for mental health professional. Comfortable, welcoming space located in Beautiful Landmark Bldg., corner of Brand and Broadway. Receptionist, waiting area, full kitchen. Great work environment. Call Laurie McDonough, LMFT (818) 661-7147.

Glendale:

Competitive rent for furnished office (with waiting and common room) on Brand. Available in half and full day blocks with best rates for multiple days; includes internet, call light, printing, etc. Accessible by all freeways (134, 5, 2). Covered parking included for Therapist and guest parking. Contact Susan Chakmakian, MFT at 818-839-0390 or email at susanchak.mft@gmail.com.

Glendale:

Private room in charming houseturned-office available for rent. Property located in Glendale, easy access to the 134 & 5 freeways. Shared space includes access to WIFI, full bathroom and kitchen, idyllic garden in the backyard for relaxation. Ideal for therapists, acupuncturists, or other similar practitioners looking for a comforting space to work and service clients. Rental options include part-time or full-time, starting at \$300 per office. Call (818) 247-2062.

Glendale:

Three lovely windowed full time unfurnished offices and one furnished interior office available. Offices are 9.5 x 11 ft, 9.5 x 12 ft, and 8 x 10ft. The area is walkable, safe, with plenty of parking. Lovely 3 story office building with center atrium. Group room, meditation room, kitchen. Call Lights, parking, wifi, utilities included. Wanda Jewell, LCSW wj@wandajewell.com (323) 683-3624.

Glendale/Montrose:

Office Space Available. Furnished, part time office space available in sought after medical building. Located across the street from USC Verdugo Hills Hospital in the Glendale/Montrose/ La Canada area. Free parking, WiFi, call system, handicapped accessible, windows, waiting room, desk/reception area, bathroom in the suite. Five seasoned therapists currently work in the suite. Several are retiring, moving, or limiting their practices. Referrals are guaranteed! Come join a group of supportive,

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 Laura Dickson at ldicksonlcsw@sbcglobal.net. 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:
July/Aug/Sept 2019 Issue June 1
Oct/Nov/Dec 2019 Issue Sept 1

ADVERTISING

All advertising questions should be directed to Laura Dickson at ldicksonlcsw@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-Member
Mailing list, printed	\$25	\$35
Mailing list on labels	\$30	\$40
Mailing list on disk	\$70	\$80
Member e-mail list	\$20	\$30

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. Submit to Laura Dickson at: ldicksonlcsw@sbcglobal.net

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.

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 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.

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caring, encouraging therapists! Let us help you build your practice. Call Marie (818) 957- 8385 or email at: mariep2@mac.com.

Miracle Mile:

Established Psychotherapy group sub-leasing office space. 3 furnished offices with views, waiting room, off-street parking and 24-hr security. Amenities included. Close to eateries and public transportation. Please email to info@cauleyassociates.com to inquire about availability and fees.

Montrose:

Office space available in Montrose. Room for rent 9 3/4 * 14 5/6 furnished or unfurnished by the month. If you are in need of just a few days we have a lovely room furnished 12 1/2 * 14 1/4 available Monday, Wednesday, Thursday, Friday, Saturday and Sunday. For information please call/text Maggie Murphy (818) 800-0279 or email MaggieMurphyLCSW@gmail.com.

Pasadena:

Pasadena Playhouse District: 700 sq ft office space designed for psychotherapy with private waiting room, office garden, bathroom, separate entrance and exit. Secretarial area for files and storage, common room with refrigerator and copier. Four offices in the building. Assigned therapist parking, client parking, Wi-Fi, utilities, and custodial included. Monthly rent dependent on length of full service lease. Please contact Mary Rotzien if interested at mary@drmaryrotzien.com.

Pasadena:

Interior (11'x10') psychotherapy office available full time (\$825/month) or ½ time (\$475/month) in beautiful, professional bldg. which is located in Pasadena and is adorned with mature trees and gardens. Office is one of six within suite shared by Lynn Becker, John Wayne, Dan Spector, Nancy Rhodes and Raquel Pizano-Hazama. Includes waiting room with light call system, kitchenette equipped with counter appliances and refrigerator, and dedicated file rooms. Subterranean parking is available for \$55/month. If you are interested, please contact Dan Spector at (626) 441-9700.

Pasadena:

Window office in attractive, cozy building. Shared waiting room in friendly suite. Office set up for kids or adults. Available all day Fridays & weekends. \$215/day/month or by the hour. Contact Bruce Hirsch (626) 395-7833 or drbruce@brucehirschphd.com.

South Pasadena:

Office space available for sublease in South Pasadena on Fridays all day for \$200/month and Sundays all day at a reduced rate of \$125/month. The cozy & quaint office is located on Huntington Dr. near Marengo in a single-story building built around an oak tree. This peaceful space has large picture windows on one side with views of a fountain waterfall and foliage, and it is perfect for individuals and couples. There is plenty of free parking on Huntington or in the front parking lot. The main lobby has call buttons for visitors, and there is a kitchenette area for building tenants. The rooms are soundproofed. There are several therapists in the building and opportunities for cross-referring. For more information, contact Kimberly C. Wong, LCSW directly via email, phone call, or text at KimberlyCWongLCSW@gmail.com or (626) 260-1356.

Silverlake:

Spacious and sunny 2nd floor office available Fridays after 12 PM and Saturdays after 11 AM. The Silverlake Avenue location is ideal for therapists wishing to serve the East side communities of Echo Park, Silverlake, and Los Feliz. We are "freeway close" - just a few minutes from the 2, the 5, and the 101. Please call Anita Frankel MA MFT at (323) 661-0297.

Silverlake:

Silverlake office available for sublet- centrally located. Spacious, attractive therapy room with attached waiting room and bathroom. Available some evenings, weekends and various mornings and afternoons. Please call Marney Stofflet for more information: (323) 662-9797.