

A Bi-Monthly Publication of the
Glendale Area Mental Health Professionals Association

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President Urges Now the Time to Join



Words from the President

Sharon Rae
Deacon, Ph.D.

Call for Membership

To those GAMHPA members who have already renewed their membership for 2001: thank you.

To those who will run to the mail box to get their application in before the end of this tax year: thanks in advance.

To those who get this newsletter but have not yet joined our ranks: we look forward to hearing from you and would love to spotlight your work in a future newsletter.

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A membership application and renewal form is enclosed with this issue. See page 8 of this newsletter for further details about membership and a description of the benefits. Please join or renew now!

Mid-Year Directory Update

Enclosed with this issue of the newsletter is your copy of the midyear membership directory update. Included are new members as well as corrections and additions to existing listings. Please insert this with you existing year 2000 GAMHPA Membership Directory.

Continuing Education

Our continuing education program has started successfully, and we are quite proud of the results. We hope more of you will benefit in the future. We hope to offer 10 programs a year—every first Friday of the month with the exception of August and December. If you have a topic or a professional you would like to recommend for a presentation, we are all ears. If there is a topic you would like to present yourself, we would love to hear about that as well. Let me take this time to remind you that we are still trying to start a speakers bureau, so send me your

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Calendar of Events

Continuing Education

GAMHPA, in cooperation with Professional Development Programs, offers continuing education credit. Register for these upcoming seminars by calling (818) 243-0839.

Aging, December 1
Rowin Cantrell, M.D.

Marketing, February 2
Jim De Santis, Ph.D.

Children of Divorce, March 2
Larry Brooks, Ph.D.

All programs are Fridays, 8-9am

Year 2000 Board Meetings

Friday, December 8
9:30-11am
3245 N. Verdugo Road

Everyone welcome. Call ahead if you plan to attend: (818) 771-7680.



From the Editor's Couch

Larry Brooks, Ph.D.

I Think Therefore I Am
I Think Therefore I Am Not

As a result of a series of nagging injuries, once again I found myself limping through life, dragging an aching leg that seemed to be communicating a message I did not want to hear. I diagnosed my malady as an indication of "mental knee syndrome," a condition co-existing in the mind and in the body. Stairs were particularly challenging. Each step posed a painful psychological dilemma. My bad leg symbolized all that was defective in me: what held me back, my weakness, my fears, my mother, my father, my impatience, my stupidity, my detachment, my self-consciousness. My good leg, having exhausted its limited supply of patience and goodness, registered disdain as it waited and wondered how far I would have gotten had it not been for the bad leg and how far I will get.

The meddling influence of my 49-year-old body on my immediate life plans left no room for negotiation. The paradox was annoying: the more I strained to do, the less I was able to do. Defying the maxim of achievement, "practice makes perfect," the harder I tried, the more imperfect I felt. I seemed to be having trouble reconciling this aggravating truth of middle age with my youthful and stubborn ego ideal. More pointedly, I was having difficulty reconciling myself with myself.

Since I could no longer go to the gym, I found pockets of unexpected spare time. On one unremarkable, gray day I arrived early in my office. I believe that this is how all epiphanies begin. In the absence of any compelling task, I sorted old papers. I found an article that I had written a year ago. The quote I used to introduce an essay on the difficulties of psychological change seemed contrived in its relevance. It was like bumping into an image of myself on the street. It stated, "What we can't reach flying, we must reach limping." My reaction was acute: a chuckle, a mental spasm, and a deep recognition and appreciation of my limp. What ensued was both significant and predictable. My limp became meaningful, more than a temporary inconvenience, and much more than a sign of what was defective. I slowed my step. Each step became a moment to pause, and to reflect.

On route through life I often ruminate about myself. These ruminations take the form of comparative self-assessments. How do I compare to a funnier, smarter, stronger X is the raucous sound of my mentality. These ruminative side trips have at times taken me far off track and have littered my mind with garbage. The precipitants can be trivial, so insignificant that they are unnoticed. If noticed, so trivial that I am ashamed to acknowledge them. Triggered by some casual but significant mental event, a stupid comment for example, I will begin to doubt myself. This doubt quickly leads to self-criticism, more doubt, and painful comparisons like a broken record. In this process, my life is dramatically devalued to a single dimension, such as intelligence and

my self-worth is stripped of significance. To avoid this fall when I stumble requires tremendous effort.

Most systems of self-evaluation are based on a primitive logic often reflecting narcissistic vulnerability. This thinking is obsessive in nature, so entrenched and unyielding that some have characterized it as the mental equivalent of a neurochemical pathway. Its logic fervently organizes around a devalued sense of self, and establishes this sense of self as the fundamental truth. This truth is secretly harbored, masked with achievement and bravado. Nothing good gets in. Nothing bad is let out. This devalued sense of self is the shameful underside of omnipotence and grandiosity, and like its envied alter fails to discriminate Truth, mistaking an aspect of the self for the whole. Tragically, this truth becomes a fatal disease.

Trying to change how one thinks is not too dissimilar from trying to think like somebody else, or for that matter be someone else. On some level it represents a betrayal of self. Psychotherapy has not had an easy time dealing with problems of identity or character. It has only been within the last twenty years that the profession has shifted its focus to matters of the Self. In this process the profession has erected too thick a wall between themselves and problems of the Self, self-pathology, narcissistic suffering, vulnerability. Axis II in the DSM IV is symptomatic of this wall and the distance that has been constructed between I and it, us and them. Professionals walk

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Classified Advertising

GROUPS

ADULTS MOLESTED AS CHILDREN (SPANISH). Group to address the needs of Spanish-speaking women molested as children. Safe environment in which to process and resolve abuse issues impacting their relationships and functioning. Contact Teresita Morales, Ph.D., Lic. # PSY16668, at (626) 449-2484 ext. 2.

AMAC GROUP. Small, open-ended AMAC (Adults Molested as Children) group, women only, in Burbank's

Media District, Thursday evening, 7:30-9pm. Insight-oriented group process most appropriate for clients who are in individual treatment or who have had some therapy on their abuse issues. Free pre-group interview. Fee \$40 per week, negotiable. Kathy Downing, M.F.T., (818) 845-0151. Primary therapist's inquiries welcome.

CREATIVE PROCESS GROUP. A group for practicing and aspiring writers, musicians, visual artists, actors, etc., utilizing the "art as practice" Zen approach of Natalie Goldberg and the inspiring book, *Trust the Process: an Artist's Guide to Letting Go*, by Shaun McNiff. This 16-week workshop will support and

energize your creative process through experiencing the "deep ecology of creation." Emphasizes the development of daily meditation practice. Saturday 10am-1pm. \$22 per meeting. South Pasadena location. Call Deborah McColl, M.A., M.F.C.C., at (213) 896-5127.

DEL MAR GROUPS FOR GIRLS. Weekly groups for teenage girls focus on self-esteem and empowerment through dialogue, support, and creativity. Workshops and consultations available for parents as well. For more information, contact Melissa Johnson, Ph.D., Lic. # 13102, (626) 585-8075.

GAY MEN'S GROUP.

Insight-oriented men's group psychotherapy with focus on issues of life enrichment, self-esteem, and personal relationships. Tuesday evening, 6-7:30pm. Starts October 17. Call Jim De Santis, Ph.D., Lic. # PSY10315, (818) 551-1714.

GRIEF GROUP FOR TEENS. When someone close has died, teens can benefit from sharing support, coping with feelings, and working towards healing in this 16-week group. Contact Debra Kuperberg, M.F.T. Intern (IMF 34287), in the office of Melissa Johnson, Ph.D., Lic. # 13102, (626) 585-8075.

GROUP THERAPY. Co-ed, insight-oriented group psychotherapy that offers the opportunity for peer feedback in a structured and supportive environment. Wednesday evening, 6-7:30pm. Call Jim De Santis, Ph.D., Lic. # PSY10315, (818) 551-1714.

MEN'S GROUP. Insight-oriented group psychotherapy that examines issues around male-female relationships, work life, coping, and roles. Monday evening, 6-7:30pm. Call Jim De Santis, Ph.D., Lic. # PSY10315, (818) 551-1714.

PERSONAL GROWTH AND SUPPORT GROUP. Leaderless, introspective, longstanding, seeks new members, male and female. No charge. Meets alternate Saturdays in member's homes. Contact Amyhowell@earthlink.net, (626) 794-7577.

SEXUAL ADDICTION GROUP. Group for men struggling with sexual addiction including excessive time spent on the Internet seeking

pornography and other acting-out behaviors. Contact Teresita Morales, Ph.D., Lic # PSY16668, at (626) 449-2484 ext. 2.

SINGLES 12-WEEK RELATIONSHIP GROUP. A 12 week coed group allowing singles to prioritize their personal lives, connect with other thoughtful singles, and discover what needs to be done to move towards dating more or developing a loving long-term relationship. Issues usually include screening potential partners, letting go of unhealthy relationships sooner, limit-setting, healing past hurts, changing old patterns, developing new plans, and taking reasonable risks. Opens 4 times a year, \$35/week, 12-week commitment. Monday evenings from 8:15-9:45pm or Wednesday evenings from 7:30-9pm in downtown Pasadena. Call Andrew Whaling, M.F.T., (626) 564-0480.

SUPPORT GROUP FOR CHILDREN OF DIVORCE. Time-limited group to provide support, understanding, and practical help for children whose parents are separated or divorced. Contact Larry Brooks, Ph.D., Lic. # PSY8161, at (818) 243-0839.

SUPPORT GROUP FOR PARENTS OF CHILDREN WITH ADHD. This group will offer education and support to parents whose children have Attention Deficit Disorder. This group will help parents strategize their way through the maze of information and support services available for their child. As a parent of two ADHD children, Susan can speak with empathy and experience. She will offer valuable tools for dealing with problems related to discipline, organization, self-esteem, and school

work. She will also teach parents how to advocate for their child in various environments. Fee: \$35 per week. Call Susan Papalia, M.F.C.C., member of CHADD, at (626) 798-5073.

WOMEN'S SUPPORT GROUP. For women ages 30-55 who have had brief interventions in individual treatment and would like ongoing therapy that focuses on personal growth, interpersonal relationships, and ongoing improvement in symptoms of mild to moderate depression and/or anxiety. This group is designed to provide both support and insight for growth. Glendale. Call Bonnie Lowry, M.A., M.F.C.C., for details, (818) 240-0340.

Flier Winners

As an incentive to joining GAMHPA, in each newsletter we publish six randomly drawn names of members who are awarded the privilege of distributing a marketing flier to the newsletter readership at no charge—an \$80 value. Congratulations to our six new recipients this issue:

Frostig Center
Bertha Head
Tamara J. Klumpe, Ph.D.
Herbert Krose, L.C.S.W.
Reese Angela Lawton, Ph.D.
Jacqueline Miles, Ph.D.

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

OFFICE SPACE

BURBANK. Near media mall & Olive Avenue. Psychotherapy office to rent full time. Suite includes 3 offices plus large well-appointed waiting room that can be used for groups. Utilities included. Good energy. Jan Tucker, Ph.D., (818) 558-1474.

BURBANK. Furnished offices in small casual building. Patio entrance. Available part time. Spacious, suitable for groups. Reasonable rents. Myra Riddell, L.C.S.W., (818) 843-7195.

BURBANK/TOLUCA LAKE MEDIA CENTER. Beautiful office suite includes waiting room, call light system, furnishings, and kitchen. Great location near all major studios for greater referral possibilities. Plenty of easy street or lot parking. \$650 full time or \$350 half time. Call (818) 843-6054, Camille Caiozzo, Ph.D.

BURBANK/TOLUCA LAKE/NORTH HOLLYWOOD. Prime location, well-furnished. Call lights. Security. Convenient to San Fernando Valley, Los Feliz, Glendale, and Hollywood Hills. Sublet part time, various days, evenings. Windowed. Kathy Downing, M.F.T., (818) 845-0151.

GLENDALE. Large, furnished psychotherapy office in attractive suite with other professional, friendly psychotherapists. Part-time. Professional building, free parking for therapists and patients. Close freeway access. Handicap accessible. Private rest room. Furnished waiting room. Separate entrance and exit. Very reasonable rates. Call Suzanne Bloom, Ph.D., (818) 545-0600.

GLENDALE/MONTROSE AREA. Two full days per week available within a suite of psychotherapy offices with call system, waiting room, bathroom. Newly remodeled, ample parking, reasonable rate. Call Marie, (818) 957-8385.

LA CANADA. Charming, upscale location, safe, quiet, freeway close. Well-appointed suite with bathroom, large waiting room, central air. Utilities included. Full time \$425. Kay Kates, M.F.T., (818) 790-7672.

LA CANADA. Psychotherapy office for rent. Attractively furnished in a professional building. Ample parking Reception room. Tuesday, Thursday, and Friday available. \$150 per month (one day). \$275 (two days). \$350 (three days). Call Ed Spangler, M.F.T., (818) 790-4401.

MONTROSE. Office for rent in established Counseling Center that has moved to new location. One office, 150 square feet, available for lease at \$500 per month (includes utilities). Contact Robert Kerrebrock, Ph.D., (818) 957-5358.

PASADENA. Part-time psychotherapy office available in a beautiful historic building near old town Pasadena. Waiting room with separate entrance/exit, reception

area, soundproofing, and a light signal system. This comfortably furnished, windowed office is available on Fridays and weekends. Please contact Susanna Friedlander, Ph.D., at (818) 548-4770 for further information.

STUDIO CITY. By the hour or block. Very comfortable office with waiting room. For more info: Email drarci@mpowerment.org or call 877-477-9542.

SERVICES

ATTENTION DEFICIT DISORDER AND LEARNING DISABILITIES. The Assessment Center provides psychological testing for specific learning disabilities, attention deficit hyperactivity disorder, and emotional difficulties, both for children and adults. Reduce the stress and frustration of an undetected client problem. To discuss a case or receive a brochure, contact us at (818) 548-8449.

PROFESSIONAL DEVELOPMENT PROGRAMS. PDP is certified by the CPAAA and the BBSE to provide continuing education to Psychologists, Licensed Clinical Social Workers, and Marriage and Family Therapists. We work with small groups and agencies to design programs to meet your specific needs. Call (818) 243-0839 or Email ProDevProg@AOL.COM for information about our programs.

PSYCHOLOGICAL AND PSYCHIATRIC BILLING SERVICES.

Billing various insurance companies (including Medi-Cal and Medicare), assertive follow-ups, patient statements, insurance detailed coverage information. Services strictly confidential. Call Juania at (818) 240-5910 or Page (818) 566-2859.

SELF-HELP MATERIALS. If you have developed any self-help materials and would to sell them on the Internet, visit www.helpself.net. Contact Larry Nadig, Ph.D., at (818) 240-8295 or DrNadig@aol.com if you are interested.

POSITIONS

INTERNS wanted at Glendale College Counseling Center. No stipend, but free supervision. Please contact Joanna Saporito, L.C.S.W., at (818) 957-2819.

PSYCHOLOGIST. Half-time position available in Burbank middle/high school for special education adolescents. The school has a small, intimate setting that works within a multidisciplinary team. The psychologist would have a primary caseload and would provide individual, family, and group therapy. He/she would be responsible for attending weekly clinical meetings, staff meetings, and case conferences.
JOB QUALIFICATIONS: Ph.D. required. Licensing not necessary if the applicant is close to qualifying for exams. Please fax resume to Marcia Machol at Magnolia Park School, (818) 954-0449.

MISCELLANEOUS

Experiencing God through Stress and Loss: A Journey through the Book of Job. Very helpful booklet related to grief issues available, primarily for persons with a Judeo/Christian background. Flyer available with more details. Email drcari@mpowerment.org or call (877) 477-9542.

MARKETING FOR MENTAL HEALTH PROFESSIONALS. Many people find it easier to stay motivated and achieve goals when encouraged by a peer group over time. This workshop is designed for mental health professionals and interns wanting to develop a private practice. 12 facilitated meetings, every other Tuesday, 10-11:30am. Action-oriented small group using a didactic, peer support, and homework format. Call (818) 551-1714 for further information or brochure.

NARRATIVE STUDY GROUP. Explore Narrative and Collaborative therapy methods in monthly group with other therapists interested in these exciting postmodern approaches to therapy with AAMFT Approved Supervisor. Call Mary Donovan Ph.D., M.F.T., Lic. # 13239, at (818) 243-7425.

WHOSE CHILD? by Kasey Hamner is now available! This highly regarded book is an adoptee's life story, written for the adoption community and helping professionals, to help them develop a better understanding of the lifelong emotional aspects of adoption and reunion. ISBN: 0-9674145-0-4, 308 pages, \$14.95 each + \$1.23 CA sales tax + \$3.50 S&H for first book; \$1.00 each additional. Send check/money order

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AFFILIATE AGENCIES

COLDWATER COUNSELING CENTER is a non-profit organization based in Studio City providing depth psychotherapy to adults and children on a sliding-scale basis. All therapists and interns have had, and continue to engage in, extensive personal analysis. The staff--mostly licensed M.F.C.C.'s--include three Jungian psychoanalysts and a number of analysts in-training. Satellite locations include offices in Glendale and on the Westside. For information or a brochure, call (818) 508-0703.

EMPOWERMENT! is a non-profit organization that offers quality affordable counseling to those in distress. We specialize in recovery from trauma and dissociative disorders. We are located in Burbank. "Toll Free: (877) 477-9542." Our web site to "www.mpowerment.org".

GLENDALE FAMILY SERVICE has been providing outpatient mental health services to the surrounding communities for over 60 years. We offer individual, group, family, and couples counseling, and psychiatric services. In addition, we have a domestic violence program (both in English and Armenian) and parenting classes. An outpatient substance abuse treatment program, the Verdugo Recovery Services Program, is also available and provides services free of charge to individuals receiving welfare. Our hours of operation are: 9am-10pm Monday-Thursday, 9am-8pm Friday, and 9am-5pm Saturday. (818) 248-2286.

POSITIVE DIRECTIONS COMMUNITY COUNSELING CENTER, serving the Glendale area community since 1986, offers high-standard, low-fee, short- and long-term psychotherapy. With the exceptional ratio of one supervisor per three interns, Positive Directions is dedicated to providing excellent psychotherapy to clients who can't afford private practice fees. Substance abuse counseling is also available as well as information and referrals, sober social events, and a variety of self-help meetings. (818) 247-8180; CounselPD@AOL.com.

T.H.A.W. A safe harbor in which to continue the healing process through classes in creative expression including body image, body movement, yoga, writing, tai chi, and acting. For women who have suffered from physical or emotional abuse, including domestic violence, rape, and incest. Clinically supervised. Sliding-scale fees. Tuesday, Thursday, Friday. 9am-1pm. For intake evaluations, contact Wendy Clarke, M.A., or

Leslie deBeauvais at Theater of Hope for Abused Women, (818) 766-9702. ?

President's Column
(Continued from Page 1)

CV and the topic or topics you would like to speak on. I look forward to hearing from you.

Election News

The board would like to thank those of you who voted us in again for another term. Yes, the votes are in and the GAMHPA officers are as follows:

President: Sharon Rae Deacon, Ph.D.
Treasurer: Lee Conger, M.A.
Secretary: (vacant)
Membership Chair: David D. Fox, Ph.D.

Larry Brooks, Ph.D., remains in the appointed position of Newsletter Editor and Jim De Santis, Ph.D., in the position of Past President.

As all of you can see we still have a vacancy. If you would like to join the Board as Secretary we would welcome your support. Board members invest an average of only two hours a week in GAMHPA activities, and they benefit from their added visibility in the professional community.

In Closing

It is hard to believe that the first year of a new century is almost over. I hope it has been a good one for you. I would like to thank Jim, Larry, David, & Lee for the great jobs they have done. We have successfully

begun our continuing education program and watched GAMHPA continue to grow. Each has given freely of their own time and have made the entire year easy. ?

Editor's Column
(Continued from Page 2)

cautiously when handling Axis II as if afraid to stir some ancestral spirits. The profession too quickly pathologizes mechanisms of coping with vulnerability. Entrenched symptoms, black and white thinking are associated with borderline and narcissistic pathology. This vulnerability of the self is demonized. And it becomes increasingly more difficult to see ourselves in our clients and to empathize with our client's suffering. In the short run we risk improving our own self-esteem as we conceptually master our client's problems. ?

GAMHPA

Glendale Area Mental Health Professionals Association
Suite 300
138 North Brand Boulevard
Glendale, CA 91203-2620
(818) 771-7680
www.psychotherapy.org/gamhpa

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

2000 BOARD OF DIRECTORS

Sharon Rae Deacon, Ph.D.,
President, (818) 957-5166

Lee Conger, M.A.,
Treasurer, (818) 957-5166

David D. Fox, Ph.D.,
Membership Chair, (818) 246-3937

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

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

MEMBERSHIP

Contact our Membership Chair for an application form to join. Full Member dues for licensed mental health professionals, \$45 per year. Associate Member dues for students, interns, organizations, and others,

\$25 per year. Dues may be deducted as an ordinary and necessary business expense but not as a charitable contribution.

Members receive a number of exclusive benefits. New members can submit a 50-100 word summary of their professional experience and expertise for the newsletter. Members can present a talk or publish an article on a professional topic. They are listed in the annual members directory distributed to the business and professional community. They can place free classified ads and can receive discounted rates for display ads, newsletter flier inserts, and mailing list labels. Members are entered into drawings for free newsletter insert advertising. Members receive reduced rates for continuing education.

NEWSLETTER

The GAMHPA Newsletter is published six times a year, distributed to the local professional mental health community, including Glendale, Burbank, Pasadena, La Canada, Montrose, Los Feliz, and Silverlake. Contact us to be added to our mailing list. If you have moved, plan to move, or we are sending your copy of the newsletter to a wrong address, please notify us with your correct address.

GAMHPA encourages members to contribute articles of scholarly or clinical interest for publication. Authors should clarify questions of suitable content with the editor prior to submission. 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 Submission Deadlines

Jan/Feb issue	Dec 11
March/April issue	Feb 16
May/June issue	April 20
July/August issue	June 22

ADVERTISING

Deliver advertising by the submission deadline to the editor. Ads run in two issues except employment ads which run once. All advertising for services by psychologists or psychological assistants must include the license number of the psychologist.

Advertising Rates

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

Display ads must be camera-ready. To submit a newsletter insert—such as a flier, brochure, or postcard—provide a sufficient number of copies to cover the mailing list. Postcard and brochure inserts must be no larger than 3 3/4" x 9 1/8". Make checks payable to "GAMHPA." Please note that each issue of the newsletter is delivered approximately three to four weeks after the submission deadline.

GAMHPA Newsletter.
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