

A Bi-Monthly Publication of the
Glendale Area Mental Health Professionals Association
January/February 2001 ? Volume IX Number I ? Circulation 517

Continuing Education Program a Success



Words from the President

Sharon Rae
Deacon, Ph.D.

Transitioning to the New Year encourages us to take the time for reflection and planning. This was our eighth year of existence and my first year as president. GAMHPA continues to maintain a positive and helpful presence within the professional community.

Looking back on the goals that we set for Y2K I am pleased by the fact that we have succeeded in implementing our continuing education program in collaboration with Professional Development Programs. Our first three courses represented a good

start. Seminars covered a diverse range of topics including sleep disorders, EEG biofeedback, and psychotherapy with the elderly. I'd like to thank Drs. Michael Stevenson, EveLynn McGuinness, and Rowan Cantrell for their presentations. In 2001 we will be expanding our program as you can see in the advertisement included in this newsletter.

Looking forward to 2001, we hope that GAMHPA continues to grow and play a significant role in the professional community as well as the larger community. To this end, we hope to establish relationships with existing social, educational, and mental health agencies and organizations. We hope to provide a forum where other organizations can meet and exchange ideas. In the past, GAMHPA has focused primarily on the professional community. Through the newsletter and the directory, it has promoted the organization and its member in the community. Now it is time to expand this focus. It will be mutually beneficial for GAMHPA members and community agencies to know about each other.

(Article continued on page 8)

Calendar of Events

Continuing Education

All programs are Fridays, 8-9am
Register by calling (818) 243-0839.

Marketing for Mental Health Professionals, February 2
Jim De Santis, Ph.D.

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

Mental Health Practice & the Internet, April 6, David Fox, Ph.D.

Working with Gay & Lesbian Couples, May 4, Anthony Zamudio, Ph.D.

Techniques for Smoking Cessation, June 1, Sharon Deacon, Ph.D.

Year 2001 Board Meetings

January 19	August 3
February 23	October 5
April 20	November 30
June 15	

Fridays, 9:30-11am
3245 N. Verdugo Road

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From the Editor's Couch

Larry Brooks, Ph.D.

Thich Nhat Hahn advises, "Don't just do something; sit there" as an antidote to the driving dictum, "Don't just sit there; do something." This is a hard dictum for Americans to swallow. We have been raised on a diet of meat, potatoes, and action. Action, taking action, being active has been valued, over-valued, and idealized within our culture. Our cultural heroes, from Michael Jordan to Batman to Clint Eastwood, are action figures. Action, not reflection, is the force driving individuality. The locomotion of the toddler spurs separation from the mother. Identity through the life cycle is hammered and forged through heroic acts and defiant gestures. Action actualizes and sustains Being.

Conversely, lack of action, inactivity, has been viewed as a sign of weakness. Idleness, passivity, indecisiveness, lethargy, slowness, laziness, and inertia represent symptoms of disturbance. Laziness is embedded in our culture as an archetype and internalized by individuals as a negative introject.

Inertia is an intrinsic aspect of all matter. Rest is an essential condition of living. Our body experiences cycles of activity and rest over the course of a day called ultradian rhythms. Activity and inactivity constitute an essential relationship that unfortunately has been polarized in our culture. Who sleeps restfully? Who rests without guilt? Who is at peace? Contrary to the wisdom of

the body, in order to maximize the self, we have disturbed the balance and diminished, if not eliminated, a critical nutrient.

If we examine our actions, we just might see the wisdom in the prescription to just sit. The call to action seems pervasive in our daily lives, and our response is typically reflex-like. I banged my foot. My son was taking too long to get ready for school. A mother of child I was seeing in therapy questioned me about the lack of change in her child, implying that I wasn't doing enough. I felt criticized by my wife. The jacuzzi service failed to return my phone call again. In each situation I felt challenged and compelled to perform a corrective action. I shouted, prodded, brainstormed, defended, argued, and complained. And what if I didn't act? What if I chose to reflect?

Action and thinking are intimately related. Planning, anticipating, deciding, evaluating, judging, reasoning, remembering, and introspecting are considered executive cognitive functions. However, much of what one regards as higher cognitive functions is thinking in the service of directing, delaying or regretting an action. The capacity to delay action and not act on impulse is considered a developmental milestone typically achieved in early childhood. Wilfred Bion describes how thinking functions to transform, digest, mentalize experiences of frustration. The ability to tolerate frustration, emotional pain, rather than act out is a precondition to emotional learning and psychological change. However, an examination of one's obsessions and preoccupations, suggests that thinking, adult consciousness,

primarily functions to maintain, sustain, judge, and repair the self. For the most part, thinking is reparative rather than transformative: its task is the regulation of self-esteem.

While action actualizes Being by doing, thinking--that defining paradoxical human activity--creates possibility by not doing. Considering how consciousness has been wedded to self-esteem maintenance, one wonders if adult consciousness represents an emergent and comparatively immature state, more child-like than we care to admit. This largely unrealized potential for thought is what Ken Wilber, the philosopher of consciousness, means by "second-tier thinking." In his book, *A Theory of Everything*, he states "development in the child occurs by decreasing egocentrism/narcissism and thus increasing consciousness," what Wilber defines as the capacity "to take deeper and wider perspectives into account."

"Don't just do something, sit there." "Don't just obsess, meditate." If we were to incorporate these prescriptions into our lives, as a countervailing check on the impulse to act and to obsess, consciousness would look considerably different. If we were able to tolerate the symptoms of withdrawal, such as feelings of apprehension, restlessness, boredom, passivity, ineffectiveness, meaninglessness, and emptiness, then we might experience an expansion of consciousness. ?

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.

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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. Call Jim De Santis, Ph.D., C.G.P., 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., C.G.P., 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., C.G.P., 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.

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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.

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.

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OFFICE SPACE

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.

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 drcari@mpowerment.org or call 877-477-9542.

SERVICES

ACCEPT CREDIT CARD PAYMENTS for your professional services. Service developed by psychologists specifically for mental health professionals. Most economical, no long-term contract, no expensive equipment to buy or lease. Check it out at: www.ProfessionalCharges.com, or contact Larry Nadig, Ph.D., at (818) 240-8295.

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

FULL TIME CLINICIAN needed for behavioral health clinic in Glendale. Call Nancy Wade, Ph.D., at (818) 409-8571.

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 reservation.

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 + 8% CA sales tax + \$3.50 S&H for first book; \$1.00 each additional. Ordering information: Mail check/money order to: Triad

Publishing, P.O. Box 299, Verdugo City, CA 91046-0299. Voice Mail: 800-669-2466, press #, enter 8189575526 E-mail: triadpublishing@yahoo.com. Order by credit card by visiting: <http://www.geocities.com/triadpublishing> and click on favorite online retailer.

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

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:

The Assessment Center
Nurit Cohen, Ph.D.
Frances Dorobek, M.S.
Ira Heilveil, Ph.D.
Dave Hennerman, Ph.D.
Nancy Krosgeng, Psy.D.

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
(Article continued from page 1)

As always we are eager to have GAMHPA members participate in Board meetings, and I would like to invite all of you again. If there are those among you who have considered joining the Board please call. We would welcome your help. But I would like to take this opportunity to speak personally to the other members of the Board.

Thank you.

Being a member of this Board is more about sharing with friends than about work. The rest of the membership does not know what they are missing. Jim...You have no official GAMHPA office, but you still do far more work than I. Larry...I appreciate your understanding of the trials of life and your quiet hard work. David...I always enjoy your fine wit and the ready help you give to this computer illiterate. Lee...I do want some more iris' s in the Spring; they make me smile.

Thanks again. ?

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.

2001 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.

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.

Newsletter Submission Deadlines

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

<u>Item</u>	<u>Member</u>	<u>Non-Mem</u>
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¢

GAMHPA Newsletter.
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