

A Bi-Monthly Publication of the
Glendale Area Mental Health Professionals Association
 (818) 771-7680 www.psychotherapy.org/GAMHPA
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Directory Distributed, Networking Hosted



Words from the President

Sharon Deacon, Ph.D.

Along with this Newsletter, we are sending you today the 2002 GAMHPA Members Directory. Thanks go to David Fox for nine successive annual editions. Place it in your existing GAMHPA Member Directory ring binder. We encourage you to photocopy and distribute it

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among your colleagues.

Often GAMHPA Newsletter readers believe they are GAMHPA members when they are not. Fully 80% of our readers are not members. If you have not submitted an application form and dues annually, you are not a member. So why join if you already receive the newsletter and directory? Firstly, you are not listed in the directory, but see page 7 of this newsletter about all the other compelling benefits you are missing.

In our Board's efforts to enhance your opportunities to meet with other professionals, we contacted over 200 mental health professionals in the Pasadena area. Thanks to the hard work of Susan Papalia, on our Membership Committee, we have added to our membership, and several new members came to our April networking party. Hope to see more of you Saturday, July 13, at the next networking party.

We would like to start something new in the fall by inviting graduate students to meet a group of us and discuss the nuts and bolts of starting a private practice. If any of you are interested in participating in this mentoring activity or have connections to local graduate schools, give us a call. ?

Special Education and the Mental Health Professional

Ed Brostoff,
Educational Consultant Advocate

Over the last decade more and more children are ending up in special education classes. At the national level this is a major education funding debate. State governments and school districts are demanding more funding to meet the Federal requirements of the Individuals with Disabilities Education Act (IDEA).

At the local level, schools are overcrowded and budgets are tight. This puts pressure on schools to save money used for special education. On the other hand more and more parents are becoming aware of the rights of their children to receive special education services if their children are disabled.

At the same time more and more mental health professionals are finding themselves faced with parents of children with special needs wanting to know how to obtain services for their children. This can and does create

(Article continued on page 2)

Special Education
(Article continued from page 1)

problems for the mental health clinician. First, education jargon and mental health jargon are not the same. Second, most therapists do not have the time or background to help parents in this area. In addition therapists with good reason do not want to get entangled with education bureaucracies.

The solution to the above problem for mental health professionals has several answers. For some parents, they do not need outside help. They have educated themselves about the issues, especially as it affects their children and are the best advocate for their needs. In other cases, this is not the case. These parents need help. The help may be a part of the treatment the therapist is already providing, for example in the areas of self-assertiveness. It may not be a knowledge problem.

On the other hand for some parents advocating for their own children may be both an emotional problem and a lack of knowledge. These parents probably feel overwhelmed with the task of helping their special needs children. This is a situation where a parent advocate may be of assistance to both the parent and the therapist. The advocate is trained and experienced in educational advocacy and can help the parent work their way through the special education hurdles. At the same time, the therapist concentrates on the emotional problems. By helping to deal with the school side of the problems the parent is facing, the advocate may as a side effect help relieve some of the parents feelings of being overwhelmed.

It does make sense that mental health personnel should know some basics about special education. This includes the fact that the process starts with the parent writing a short letter addressed to the school principal expressing the concern that their child is not learning well and the parent believes it is caused by a disability such as a language problem, emotional problem, autism, hearing loss, or a visual problem. In this letter they may also need to request the school to do an "assessment" of their child. By law, the school must respond in fifteen days to the parent about what they plan to do. By just giving this information to parents, therapists can provide parents with a great service for them and their children.

Ed Brostoff is an associate member of GAMHPA. He can be contacted at (323) 664-9312. ?



From the Editor's Couch

Larry Brooks, Ph.D.

Dr. Brooks's editorial column will return in the next issue of the GAMHPA newsletter. The couch is only temporarily vacated. ?

Calendar of Events

NETWORKING EVENTS

Saturday, July 13, 6-9 pm
At the home of Sharon Deacon
1728 Earlmont, La Canada
Bring an appetizer, salad, or dessert. No Host Bar.
Call if you plan to attend.
(818) 957-5166

CONTINUING EDUCATION

Programs are Fridays, 8-9 am.
Each is CEU and submitted for MCEP. Seminars administered by Professional Development Programs. Pre-register at (818) 243-0839.

Gender Symmetry and Complementarity: Studies in the Shifting Relational Space
June 7, Corinne Rupert, Ph.D.

Adolescent Substance Abuse
July 12, Dan Leon, L.C.S.W.

Onsite Treatment of Trauma: The 911 Tragedy and its Aftermath
September 13, Rosemarie White, Ph.D. (2 hours, 2 CEUs)

BOARD MEETINGS

July 12	November 1
September 6	December 6

Fridays, 9:30-11 am
Positive Directions

Classified Advertising

GROUPS

Nadig ad 3 issues left including this one

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.

ADULTS MOLESTED AS CHILDREN. Small, open-ended AMAC group in Burbank's Media District. Thursday evening, 7:30-9 pm. Insight-oriented group process, most appropriate for well-functioning clients, preferably also in individual treatment or 12-step programs (any). Free pre-group interview. Fee \$40 per week, negotiable. Kathy Downing, M.F.T., (818) 845-0151. Primary therapist's inquiries welcome.

ANGER MANAGEMENT GROUP: A 12 week Anger Management Group is held at Valley Community Clinic in North Hollywood on Tuesdays from 12-1:30 pm. The fee is \$25 per session. For more information contact Barbara Ballenger, M.F.T. at (818) 763-1718, ext. 352.

CO-ADDICTS/CODEPENDENTS GROUP: For Partners of Sexual Addicts. This weekly group allows partners to work through their feelings and problems associated with being the partner of a sexual addict. Partners find out about their role in the "problem" and learn about the disease of sexual addiction. Individual therapy is available, also. Dale K. Rose, M.F.T., 818-783-1283.

CO-ED ADULT PERSONAL DEVELOPMENT GROUP. Growth and insight oriented group, high-functioning, addresses interpersonal dynamics in a supportive environment. Wednesday, 6-7:30 pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714.

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, 10 am-1 pm. \$22 per meeting. South Pasadena location. Call Deborah McColl, M.A., M.F.T., at (213) 896-5127.

THE DEL MAR GIRL POWER PROGRAM promotes resilience, self-discovery, and empowerment in preteen and teen girls. Groups available for 4th and 5th graders, middle and high school girls, and seniors heading for college. Workshops and consultations available for parents as well. Contact Melissa Johnson, Ph.D., (626) 585-8075.

GAY MEN'S PERSONAL DEVELOPMENT GROUP. Growth and insight oriented group addresses life enrichment, self-esteem, and personal relationships. Tuesday, 6-7:30 pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714.

MEN'S PERSONAL DEVELOPMENT GROUP. Growth and insight oriented group addresses male-female relationships, work life, coping, and roles. Thursday, 6-7:30 pm. Glendale. 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 Gil Speer at Gilstchr@aol.com or call (323) 661-7769.

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 time-limited 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 letting go of unhealthy relationships sooner, building trust in self and others, making better choices, limit-setting, healing past hurts and knowing where to go/what to do to "get out there" in safe, productive ways. Groups last 12 weeks, with a new group forming every six weeks, \$40/week. Monday evenings from 8:15 pm to 9:45 pm or Wednesday evenings 7:15 pm to 8:45 pm 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.T., 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.T., for details, (818) 240-0340.

MOM'S 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.

SERVICES

ACCEPT ATM, DEBIT AND CREDIT CARD PAYMENTS for your professional services. Service developed by psychologists specifically for mental health professionals. Very easy to use. Fair rates, 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 offers psychoeducational testing for specific learning disabilities, attention deficit hyperactivity disorder, and emotional difficulties, both in children and adults. Reduce the stress and frustration of an undetected client problem. To discuss a case or receive a brochure, contact us at (818) 548-8449.

COACH available for psychiatrists and MSW's preparing for board exams. Francie Issenman, L.C.S.W., developed and wrote extensive material for the Association for Advanced Training in the Behavioral Sciences' (AATBS) preparatory manuals for MSW's preparing for the LCSW oral board examination. She also conducted the AATBS training seminars for MSW's in both northern and southern California. Most recently she has been assisting psychiatrists in developing treatment planning and psychotherapeutic intervention skills in preparation for general as well as child psychiatric board exams. For individual or group coaching sessions, please call Francie Issenman, L.C.S.W., at (818) 759-3433.

NUTRITIONAL THERAPIES for anxiety, depression, OCD, ADD, and mania, addressing the underlying causes of these problems such as PMS, Menopausal Syndrome, yeast (Candida), parasites, food reactions, chronic fatigue, fibromyalgia, and heavy metal toxicity. Can be used to augment medication or in place of it. Contact Nancy Mullan, M.D., at (818) 954-9267

PROFESSIONAL DEVELOPMENT PROGRAMS. PDP is certified by the CPAA and the BBS 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. Visit our Website at www.pdpce.com, call (818) 243-0839, or Email ProDevProg@aol.com for information about our programs.

SPECIAL EDUCATION ADVOCACY. Services provided to parents needing help in obtaining special education services from public schools. This includes the initial assessment as well as supporting parents in the IEP process to make sure their children receive all of the services the child needs. Call Ed Brostoff at (323) 664-9312.

MISCELLANEOUS

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 wanting to grow their private practice. 12 facilitated meetings, every other Tuesday, 10-11:30 am. Action-oriented small group using a didactic, peer support, and homework format. CEUs for MFT and LCSW relicensure. Glendale. 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.

START A PRIVATE PRACTICE. 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 new graduates wanting to start a private practice. 12 facilitated meetings, every other Thursday, 10-11:30 am. Action-oriented small group using a didactic, peer support, and homework format. CEUs for MFT and LCSW relicensure. Glendale. Call (818) 551-1714 for further information or brochure.

WHOSE CHILD?: An Adoptee's Healing Journey from Relinquishment through Reunion . . . and Beyond, 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 + \$3.70 S&H for first book, \$1.00 each additional. Ordering information: Mail check/money order to: Triad Publishing, PO Box 299, Verdugo City, CA 91046-0299. To order by Phone/Fax, please call: 818-957-5526 and an invoice will be included in your shipment. You can also learn more about Whose Child? and order by credit card by visiting: home.earthlink.net/~triadpublishing and clicking on your favorite online retailer. Read All about Kasey and Whose Child?: www.authorsden.com/kaseyhamner.

OFFICE SPACE

BURBANK/TOLUCA LAKE.

Therapist office in two office suite: Great location, call light and parking included. Easy access from freeway. Reasonable rent. Please contact Lisa O'Connell, (310) 281-5573.

GLENDALE. Furnished, elegant office available in the Exchange area (116 N. Maryland Ave.). New paint, new carpets, leather furniture, signal light system, and art on the walls in a beautiful brick building adjacent to restaurants, shops, and theaters. Available full or part-time. Contact: Rodney Boone, Ph.D., at (818) 547-2623.

GLENDALE. Office space available in multidisciplinary mental health group in Glendale. Office is close to freeway, soundproofed, separate exit and signal light system. Fax and copier available. Rental fees are \$30 to \$45 per day. For further information contact Manohar Shinde, M.D., or Brian Conlan, L.C.S.W., at (818) 956-0101.

PASADENA. Serene, beautifully furnished private office in historic Pasadena building near freeways & Old Town, available Tuesday & Thursday, as well as Wednesday evenings and Saturday mornings. Call (626) 795-9718.

PASADENA. Great location, near freeways and Old Town, available mornings plus Friday and Saturday. Mountain views, new furniture, your own indoor parking space. Receptionist, large waiting room, separate exits, easy freeway access and parking lot for clients. A quiet building, wonderful staff, with the following 24/7: Security, use of different size group rooms, or conference rooms to see clients outside of regular hours, kitchen, brewed coffee, fax and copiers. Please call Andrew Whaling, M.F.T., (626) 564-0480.

WESTWOOD. Why not have a Westside office too? Furnished ground-floor office in courtyard building on Westwood Boulevard, 2 blocks south of Wilshire. Near Borders bookstore. Waiting room; call-lights. One to three days a week. Mary Donovan, Ph.D., (310) 474-4548.

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 MF.T.'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.

INSIGHT TREATMENT PROGRAMS. An intensive outpatient adolescent program for teens and their families. Four-day program modalities include individual, family and group process. Parent participation is required. Consultation and assessments available for parents. For more information contact Daniel Leon, L.C.S.W., (626) 564-2703.

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.
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Winners of Free Advertising

In each newsletter we publish six randomly drawn names of members who are awarded the privilege of distributing their own marketing flier to the newsletter readership at no charge—an \$80 value.

Congratulations to:

Daniel J. Alonzo, M.A.
Suzanne Brumer, Ph.D.
Anita Frankel, M.A., M.F.T.
Rhea Johnson, Ph.D., L.C.S.W.
Margaret L. Stoll, Ph.D.
Jacquelyn Weisman, M.F.T., RN

Why Join GAMHPA?

Many of our Newsletter readers believe they are members of GAMHPA when they are not. In fact, 80% of our Newsletter readership are not members. If you have not completed an application or renewal and paid dues annually, then you are not a member. Only members receive the following additional benefits.

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|------------------------|--|
| <i>Distribution</i> | 500 directories with member names and practice information are published annually, placed on the desks of 500 potential referrers in the community. 500 newsletters with free member advertising are circulated bimonthly to 500 readers in the community. |
| <i>Advertising</i> | Free running classified ads for groups, services, and office space for members. Members are randomly awarded free newsletter insert advertising. Members receive rate discounts for display advertising, newsletter insert advertising, and mailing list address labels. |
| <i>Marketing</i> | Members can publish articles on clinical or professional topics to gain collegial exposure and respect. New members can publish in the newsletter a brief summary of their professional background. |
| <i>All Disciplines</i> | A multidisciplinary membership base of all licensed mental health professions reflects real patterns of professional referral in the community. |
| <i>Local</i> | A geographically local membership base reflects how most client referrals are local referrals. |
| <i>CEU/MCEP</i> | Reduced rates to members for local continuing education units good toward professional licensure renewal. |
| <i>Inexpensive</i> | Membership dues are lower than most professional associations. Just \$50 per year for licensed mental health professionals, \$30 for students, interns, allied professionals, and organizations. |
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For a membership application form or to renew your expired membership, call GAMHPA at (818) 771-7680 or visit <http://www.psychotherapy.org/GAMHPA>.

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.

2002 BOARD OF DIRECTORS

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

Bonnie Cesak, R.N., L.C.S.W.,
Acting Treasurer, (323) 255-3411

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

Susan Papalia, M.F.T.,
Membership Committee,
(626) 798-5073

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

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

MEMBERSHIP

Full Member dues for licensed mental health professionals, \$50 per year.

Associate Member dues for students, interns, organizations, and others, \$30 per year. Dues may be deducted as an ordinary and necessary business expense but not as a charitable contribution.

Members exclusive benefits include listing in the annual members directory distributed to the professional community. Members can present a talk or publish an article on a professional topic. They can place free classified ads and receive low rates for display ads, newsletter flier inserts, and mailing list labels. Members receive low rates for continuing education. Members are automatically entered in drawings for free newsletter insert advertising.

NEWSLETTER

The GAMHPA Newsletter is customarily published six times a year, distributed to the local 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 moved, plan to move, or we are sending your 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.

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.

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.

Display ads must be camera-ready; please submit one copy for each issue in which it will appear. 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 due to publication processes, each issue of the newsletter is delivered approximately four to six weeks after our submission deadline.

Newsletter Submission Deadlines

Jul/Aug issue	hiatus
Sep/Oct issue	July 19
Nov/Dec issue	Oct 11

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¢

*10% discount when purchasing advertising in quantity (six issues).

GAMHPA Newsletter.

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