

A Bi-Monthly Publication of the  
Glendale Area Mental Health Professionals Association  
(818) 771-7680 [www.psychotherapy.org/gamhpa](http://www.psychotherapy.org/gamhpa)  
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## GAMHPA News

We are proud to provide our readership with the tenth annual edition of the GAMHPA Members Directory enclosed with this issue. Thanks to David Fox for editing this well-respected and well-used Glendale resource for ten years.

Please see our calendar of events on this page for details about our next networking luncheon. Our last luncheon was a success with 24 in attendance, most of whom were new to our organization.

The time and place for our June 27 Board meeting will change to 10:30-12 in the Glendale Adventist Medical Center Education Conference Room. ?

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## Calendar of Events

### NETWORKING LUNCHEON

Friday, June 27, 2003  
12-1:30 pm  
Glendale Adventist Medical Center  
Education Conference Room  
Lunch available at \$8 per person.  
Pre-register by calling (818) 771-7680.

### BOARD MEETINGS

June 27 \*  
September 12  
October 17  
December 5

\* June 27th meeting only is 10:30-12 in the Glendale Adventist Medical Center Education Conference Room.

Other Board meetings are Fridays, 9:30-11am  
Positive Directions  
225-D N. Maryland Ave.  
Glendale

All are welcome.



## From the Editor's Couch

Larry Brooks, Ph.D.

### Countertransference Of Everyday Life

There has been a renewed interest in the subject of countertransference among contemporary psychoanalysts. Recently this inquiry has broadened its scope to examine such topics as therapist's self-disclosure. This represents a quantum change in how analytically oriented therapists work. It has transformed the boundaries of the therapist-client relationship. No longer adhering to the prescription of neutrality and abstinence, therapists are more flexible, show warmth and support, and reveal more of themselves in therapy. Countertransference, no longer a personal problem, but an inevitable quality of subjectivity, has ignited

(Article continues on Page 2.)

From: \_\_\_\_\_

Request                      Circulation

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**EDITOR'S COUCH**

(Article continues from Page 1.)

discussions among therapists characterized by personal honesty and candidness.

The current examination of countertransference has been largely restricted to the psychotherapeutic relationship. However, the structure of therapy with its intrinsic role differentiation sets parameters on the range of feelings a therapist can experience. Therapists occupy positions of power and authority. We are often idealized. At the very least, we are respected and deferred to. This privileged position like a spell lures the therapist into what Jody Davis, a contemporary psychoanalyst, has described as the "preferred vision" of the self, and what I have described in a previous essay as the "optimal self." The modal client all too often accommodates this preferred vision. Within these parameters, the therapeutic relationship can be helpful, but is limiting. Sinisterly, the shame-ridden shadow of the therapist's self lurks below the surface like the formidable mass of an iceberg. Those aspects of the client's psychological state that might evoke negative feeling states in the therapist are not noticed or ignored. Unstated tensions in the room shape quiet patterns of acting out. Most of us prefer to stay close to the surface, live within the preferred version of self, and avoid circumstances that could evoke the shameful self.

Personal therapy and supervision provide opportunities to explore these feelings. However, our professional group character also embodies the split between optimal and shameful versions of self. In therapy and in supervision the momentum of the mutual positive

transference often unwittingly supports a multigenerational accommodative process. Patrick Casement captured the hazards of this transmission pattern in an article titled "Learning from Life" that appeared in the August 2002 issue of *Psychoanalytic Inquiry*. In reflecting on his practice he noticed, that while his patients were getting better, none of them got angry with him. He recognized that his therapist "deflected" his anger, and that he did not feel free to express negative feelings toward her. He acted to please her as his clients were acting to please him. Only after working with an analyst who "was able to take whatever was thrown at him" was Patrick able to deal with his client's anger and engage them more authentically.

I strongly identified with Patrick Casement. I feel that much of my therapy falls into the "helpful but" category. I wondered about my hidden feelings and how they influence my relationships to clients. I decided to investigate this subject in the following manner. I began to monitor my "split second" reactions to life, what I am calling countertransferences of everyday life. These feelings are manifest in relationships with family members, colleagues, friends, clerks, attendants, and strangers passing in the street. My intent was to engage my illusive shadow self outside the comfort of the office where my optimal self reigns like a threatened king.

Wherever I go there I am waiting to be discovered. I lose myself being-in-the-moment only to find myself in a complex array of projections that constitute my lived world. I tip a waiter who looks at me. The momentary look freezes my mind. Am I weird? The owner of the café I

routinely visit barely acknowledged me. He was cold, perhaps angry with me. He doesn't like me. Have I offended him? Why is the world so angry with me? Perhaps I'll never return. Why am I so angry? Approaching my house I often feel that I've done something wrong: came home too late, bought the wrong shampoo. I am defending myself from attack before I walk through the door. I am wrong, deeply damaged, waiting to be wronged. I sit in the dentist's chair, strapped to my vulnerability, trying to relax my mind which is streaming thoughts. I don't want to be a problem. I am tensing up too much. They think that I am a baby. Be tough! Be easy! Don't be difficult or demanding! I am demanding and needy. All of the above and more. Don't look too long into the eyes of the Dentist. Don't dare intrude into personal space. Intrude? I am so tentative. I pace my words, soften my tone so as not to intrude. I survive the ordeal with the dentist and myself. I call my wife to touch base. Speaking to one's spouse is like walking on a thin line that separates two countertransferential masses ready to collide. I mention my ordeal at the dentist. She doesn't recognize my discomfort. Instantly I withdraw. My voice icily ends the conversation. I am swirling in unimportant vulnerability. I don't want to be touched, looked at, challenged. I go to a familiar Chinese restaurant for lunch. I mirror the waiter's casual conversation. Yes it is rainy. I commiserate that it's not good for business. I blend into the landscape so as not to intrude, be needy, too difficult, too vulnerable, too honest or too defensive. I return to work

(Article continues on page 8.)

## Classified Advertising

### GROUPS

**ADULTS MOLESTED AS CHILDREN.** Small, open-ended AMAC group in Burbank's Media District. Thursday evenings, 7:30-9:30 pm. Insight-oriented group process, most appropriate for well-functioning clients, preferably also in individual treatment or a 12 step program. Free pre-group interview. \$180 per month. Kathy Downing, M.A., M.F.T., (818) 845-0151. Primary therapist's inquiries welcome.

**ANGER MANAGEMENT FOR ADULTS.** This is a group for men and women who would like to learn how to recognize and utilize their anger in a more constructive way through facilitated discussion and experiential exercises. In a supportive environment, you will learn what your anger will be telling you and how you can appropriately channel it for higher self-esteem and more satisfying relationships. Mondays 7-8:30pm. California Family Counseling Center, Encino, (818) 386-5690, ext. 460 or 406.

**ANGER MANAGEMENT GROUP.** A 12-week anger management group is held at Valley Community Clinic at 6801 Coldwater Canyon in North Hollywood on Tuesdays from 5-6:30pm and on Wednesday's from 11-12:30. The fee is based on a sliding scale. 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 group for high achievers who want more out of life—to find lasting intimacy, achieve career satisfaction, and expand friendships. Uses here-and-now interaction to increase self-awareness. Compliments concurrent individual or conjoint psychotherapy. Wednesday, 6-7:30pm. Glendale. Jim De Santis, Ph.D., C.G.P, Lic. #PSY10315, (818) 551-1714.

**COUPLES WORKSHOP FOR PREMARITAL COUPLES.** Most couples enter into a marriage with a great deal of love and good intentions. It is life's circumstances that catch them unawares and unprepared. We are offering an educational and collaborative workshop to help couples create a

Louise Elerding ad  
x 2 issues left including this one

vision for a more satisfying marriage. Thursday, 7:30-9, California Family Counseling Center, Encino, (818) 386-5690, ext. 421 or 473.

**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.T., at (213) 896-5127.

**CREATIVE WRITING AS THERAPY.** Based on Norman Corwin's brilliant and human approach to writing, I have developed the therapeutic aspects that focus on increased awareness and self-esteem. Join us for this 8-week journey of growth

Larry Nadig ad  
x 4 issues left including this one

and discoveries. Tuesdays 7-9pm. \$30 per session. At Glendale Family Services in Montrose. Call Susan G. Ziemer-Brender, R.N.C., #97719, MFT #28193 at (818) 244-7257.

**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., Lic. #13102 (626) 585-8075.

**FAMILY MEMBERS OF ALCOHOLICS/ADDICTS.** Small open-ended, insight-oriented Process Group with 12-Step emphasis. Monday evenings, 7-9pm, Westside, Colleen Land, Psychotherapist, Addiction Specialist, Lic. #MFT70181, (310) 887-0553.

**GAY MEN'S PERSONAL DEVELOPMENT GROUP.** Growth and insight-oriented group addresses life enrichment, self-esteem, and personal relationships. Tuesday, 6-7:30pm. Glendale. 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 FOR LESBIANS WHO ARE PARENTS.** Time limited educational and support group for lesbian mothers. Answer questions, share ideas, dispel myths, learn about research, improve parenting skills. Groups forming for mothers of teen and pre-teen children and mothers of new children. Location in Pasadena, cost \$35/session with a commitment to 4-session blocks. Contact Chris D. Cooper, Ph.D., Lic. #PSY17395 at (626) 293-5252.

**HEALING AFTER LOSS: THE JOURNEY TOWARD ACCEPTANCE AND RENEWAL.** A support group designed to aid in the healing after a loss. In this group you will share feelings associated with loss and explore ways to heal and renew. This group is both educational and experiential. Tuesday, 6-7:30pm California Family Counseling Center, Encino, (818) 386-5690, ext. 456 or 451.

**MEN'S GROUP FOR ENDING DOMESTIC VIOLENCE.** A group for men who wish to stop angry, controlling or violent behavior. We offer support for facing pain and confusion and the opportunity for growth and change. This group

follows probation guidelines for court referrals. Mondays, 7-9pm. California Family Counseling Center, Encino, (818) 907-9980 or (818) 386-5690, ext. 437.

**MEN'S GROWTH & SUPPORT GROUP.** 1-1/2 year old established Burbank men's group presently has one opening. Dynamic process and insight oriented group working on self-enrichment, mutual respect, and insight. This ongoing weekly group has excellent cohesion and works in an atmosphere of safety. Interview or brochure by contacting Andrew Sway, M.A., L.M.F.T., Lic. #MFC34846, (818) 829-7900.

**MEN'S PERSONAL DEVELOPMENT GROUP.** Growth and insight oriented group addresses male-female relationships, work life, coping, and roles. Thursday, 6-7:30pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. #PSY10315, (818) 551-1714.

**OPTIONS TO ANGER FOR TEENS: AN ANGER MANAGEMENT AND VIOLENCE PREVENTION GROUP.** Interactive program is designed for today's teenager. This is a structured series of meetings where adolescents will learn how to recognize their escalating feelings of tension and frustration that can lead to anger and violence. Ongoing group meets Thursday 7-8:30pm. California Family Counseling Center, Encino, (818) 386-5690, ext. 481 or 403.

**PARENTING GROUP.** "Parenting is not about being perfect, it's about being effective." In a supportive group with other parents, using the STEP guide, you will learn: what your children want when they misbehave; how to handle emotions: your children's and your own; ways to use encouragement to build self-

confidence and self-esteem; how to really listen to your child. English speaking: Tuesday, 7-8:30pm, California Family Counseling Center, Encino, (818) 386-5690, ext. 460 or 448.

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

**SINGLES 12 WEEK RELATIONSHIP GROUP.** A 12-week time-limited co-ed 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 8:15-9:45pm or Wednesday evenings 7:15-8:45pm in downtown Pasadena. Call Andrew Whaling, M.F.T., at (626) 564-0480.

**SMOKING CESSATION.** A 7-week group to stop smoking is held at Valley Community Clinic at 6801 Coldwater Canyon in North Hollywood. There is a very small nominal fee based on a sliding scale. For more information contact Barbara Ballenger, M.F.T. at (818) 763-1718, ext. 352.

**SUPPORT GROUP.** Are you the loved one of a police officer or

fireman? Would you like some support? Welcome to our group! We share concerns, hopes, dreams, stresses, triumphs. We bond and build connections with those who care and understand. Facilitated by licensed MFT, Gloria Ashby Dahlquist, M.A., in Toluca Lake. Meets weekly, Tuesday, 7:30pm. \$45. Call (818) 766-9348.

**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.

**TEEN SUPPORT GROUP.** For teenagers whose parents are separated or divorced. Children learn how to cope with chaos and confusion of the transition and regain personal control, how to make sense of two parents in two places, how to increase his/her self-esteem, and how to understand s/he was not the cause of the separation or divorce. Wednesday's 4-5:30pm, California Family Counseling Center, Encino, (818) 386-5690, ext. 471 or 460.

**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.

**WOMEN'S WORKSHOP FOR MID-LIFE ISSUES.** An educational, interactive workshop for women to learn about the very real physical, hormonal, emotional and relational issues that occur in this phase of life. California Family Counseling Center, Encino, (818) 386-5690, ext. 457.

**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/TOLUCA LAKE MEDIA DISTRICT** Part time. Call lights, all windowed offices, very convenient to freeways 5, 2, 134-101. Great location. Easy street or lot parking. Friendly collegial atmosphere. Nicely furnished. Kathy Downing, (818) 845-0151.

**GLENDALE.** Multidisciplinary, successful private practice group has one office for rent, part or full time, in large suite with separate exit, signal light, soundproofing, large waiting room with separate rest room, kitchen and fax and copy machine available. Opportunities for referrals. For further information contact Brian Conlan, L.C.S.W., or Manohar Shinde, M.D., at (818) 956-0101.

**MONTROSE.** Charming office space in Montrose available for licensed therapist. Reasonable day and evening rates. Plenty of free parking and additional amenities. Call Susie Andruk, L.M.F.T., (818) 949-4013.

**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., at (626) 564-0480.

**SILVERLAKE.** Available July 1: Large therapy space with waiting room in ideally located two-story building, convenient to major freeways, near popular neighborhood eateries. Share schedule with us -- a variety of times available. Silverlake Psychotherapy Associates, c/o Anita Frankel, M.A., M.F.T.. (323) 661-0297 or afrankel@earthlink.net.

**TOLUCA LAKE.** Furnished office near studios. Electric light call system, use of fax and computer. Good deal on Fridays and Saturdays. Walk way to office--ideal for privacy. Call Dr. Louis Leveen for information at (818) 762-1137.

### GROUPS FOR PROFESSIONALS

**COACH** available for psychiatrists and MSWs 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 MSWs preparing for the LCSW oral board examination. She also conducted the AATBS training seminars for MSWs 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.

**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. 18 CEUs available for MFTs and LCSWs. Glendale. Call (818) 551-1714 for further information or brochure.

**SUPERVISION CONSULTATION GROUP.** Earn CE hours while participating in a small, time-limited group that provides supervision and support to clinical supervisors. Starting in April, meeting every other Tuesday from 12:00-1:45pm. Contact Larry Brooks, Ph.D., Lic. #PSY 8161, at (818) 243-0839.

### 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](http://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) 551-1714. (Lic. #PSY10315).

**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 CPAAA 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. Call (818) 243-0839, or e-mail ProDevProg@AOL.COM for information about our programs.

**PSYCHOLOGICAL ASSESSMENT.** Psychological assessments provided are designed to help with diagnosis and treatment planning for clients age 18 and over. This can be especially helpful with new clients or clients with a complex presentation. Fees are reasonable, and reports are

comprehensive, integrating material from interview and a battery of tests selected to answer your diagnostic and treatment questions. Contact Chris D. Cooper, Ph.D., Lic. #PSY17395, at (626) 293-5252.

#### 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.

#### WANTED

**FULL TIME OFFICE SPACE** for a clinical psychologist in the Glendale area. Services will mainly consist of neuropsychological assessments in Armenian, Farsi, & English; potentially a nice addition to a multidisciplinary group. Please call Audrey Khatchikian, Ph.D., at (818) 246-5532.

#### PART TIME LICENSED

**PSYCHOLOGIST** for psychological testing of infants, children, and adolescents in LA County. Set own schedule. Spanish speaking helpful but not necessary. Please call H. Keith Massel, Ph.D., (805) 563-9249.

#### PUBLICATIONS

**ADOPTION FORUM** by Kasey Hamner is here! *Whose Child?* is still available. Visit our website for testimonies and ordering information at [home.attbi.com/~triadpublishing](http://home.attbi.com/~triadpublishing). Order directly from Triad Publishing: *Whose Child?*: \$14.95 + \$3.00 shipping, *Adoption Forum*: \$17.95 + \$3.00 shipping, both titles: \$27.95 + \$4.50 shipping (CA residents add

8.25% sales tax). Send Check/Money Order to: Triad Publishing, PO Box 299, Verdugo City, CA 91046. Phone/Fax/Email your order to 818-293-1505, 775-878-0243, [TriadPublishing@attbi.com](mailto:TriadPublishing@attbi.com) respectively.

**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: <http://home.earthlink.net/~triadpublishing> and clicking on your favorite online retailer. Read all about Kasey and *Whose Child?*: <http://www.authorsden.com/kaseyhamner>.

#### 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.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., at (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](mailto: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. ?

**EDITOR'S COUCH**

(Article continues from page 3.)

feeling shaky. I ready myself, breathing deeply to regain my center, reclaim that preferred feeling of being. I need to be stable and confident for myself as well as for my clients. I hope my sessions won't be too difficult. This hope folds into clinical musings about my clients, a process as automatic as wiping one's nose after sneezing.

This reconstituting process has a cost. I leave something important of myself behind. Winnicott's ideas about "use of the object" and the "false self" are relevant to this discussion. His concept of "use" embodies the capacity of two individuals to face each other honestly, to impact each other passionately, sometimes hatefully, sometimes lovingly, and contain each other's feelings while maintaining one's own precarious balance. The "false self" declines this engagement frightened that it is too dangerous to be direct or outspoken. The "false self" "goes along to get along."

I am in a consultation group. The group has been helpful, but I am struggling with feelings of disappointment. I was derailed by the challenge of whether or not to bring up these feelings. I obsess. I consult. I am afraid to hurt, to offend, to be perceived as difficult and demanding. I feel ashamed and foolish, ashamed for having these feelings and foolish that as a therapist I am afraid to discuss them. I decide to open my mouth. I sputter out my words of disappointment. I am not getting enough. I am listened to. A member of the group gently tells me that she sometimes finds it difficult to bring up issues with me. She perceives me as walled off. I am

surprised because I had been feeling a distance and lack of responsiveness from the group. I realize that I've been pushing them away with words that strained to connect.. Ah ha, the way I feel treated has been the way I've been acting. We survive this moment of engagement. For the time being I feel authentic and solid. ?

**GAMHPA**

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**2003 BOARD OF DIRECTORS**

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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. We are not a profit-making organization.

The GAMHPA Newsletter is published six times a year, distributed

to the local mental health community in Glendale, Burbank, Pasadena, La Canada, Los Feliz, and Silverlake.

Newsletter Submission Deadlines

July/Aug issue	June 13
Sept/Oct issue	Aug 15
Nov/Dec issue	Oct 17

## 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
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## Winners of Free Advertising

In each issue of the newsletter, we publish six randomly drawn names of members who are awarded the privilege of distributing their own marketing brochure or flier as an insert with the newsletter at no charge—an \$80 value.

Congratulations to:

Tina Clarfield, R.N., Ph.D.,  
M.F.T.

Nanette de Fuentes, Ph.D.

Michael Stevenson, Ph.D.

Richard Wax, M.F.T.

Fran Wintroub, Ph.D.