

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

Welcome to our twelfth year of the Newsletter of the Glendale Area Mental Health Professionals Association, founded in 1992, now over 100 mental health professionals, practicing in Glendale, Burbank, Pasadena, La Canada, Los Feliz, and Silverlake.

Enclosed is a **membership form** for 2004. 550 copies of our annual directory are customarily published in April, so don't miss out on this kind of professional visibility. Dues are just \$60 for full members, and \$40 for organizations, prelicensed individuals, and supportive friends. To verify if

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you are a member, **your mailing label should say "member."** In an effort to broaden, we are distributing this issue of the newsletter to all mental health professionals in the **Los Feliz & Silverlake** areas.

While a specific date has not yet been set, we will be adding **guest speakers & one CEU** to our future networking luncheons. CE credits will be free to all GAMHPA members in attendance, through an arrangement with Professional Development Programs. Please look for updates in the Calendar of Events in upcoming issues of the newsletter.

We extend our thanks again to **Janet Richardson, M.F.T., of the GAMC Chaplain's Office** for arranging the location and menu of our last networking luncheon in December.

In addition to our extensive classified advertising and editor's thought-provoking commentary, we will be starting several new features in the newsletter this year. This issue launches a **column on business issues** in private practice. We are also

publishing a new **directory of websites** our members operate, which will also be included in the links section of our own website, www.psychotherapy.org/gamhpa. In our next issue we will be adding yet another new feature, **interviews** with GAMHPA members. ?

Calendar of Events

COMING SOON: CEU LUNCHEONS

We will be adding guest speakers & one CEU to our future networking luncheons. CE credits will be free to all GAMHPA members in attendance. Please look for updates here in upcoming issues of the newsletter.

2004 BOARD MEETINGS

February 20	September 10
April 16	October 22
June 25	December 10

138 N. Brand Blvd., Ste. 300,
Glendale. All are welcome.

From: _____

Request *Circulation*

? Read	_____	?
? Forward	_____	?
? Return	_____	?
? Keep	_____	?
? Discuss	_____	?



From the Editor's Couch

Larry Brooks, Ph.D.

The Professional/Personal Identity of a Therapist: A Story in Multiple Parts

Do I dare enter this room and present my thoughts to you? Who am I to presume that I have something of value to say? Often when I compose a public thought, I think of the lines from Emily Dickinson, "This is my letter to the World / That never wrote to Me." This sentiment echoes through my life and seeps into spaces that I imagine are filled with love.

I stated in a previous essay (1), "as we move through the spaces of our life, we assume different versions of self without fully recognizing the transformational function of context or the accommodative mechanisms of adjustment." I quoted Gershon (2) Molad who said, "we understand what an analyst says only in the context of the autobiography of his dialogical-development," which he calls the "dialogical-autobiography." This dialogical autobiography unfolds in the context of multiple relationships that create multiple possibilities for the expression and discovery of self.

The German poet, Rilke, chose to represent the Existence of the individual with the modest symbol of a room. He wrote a short prose passage in 1900 called "The Dragon-Princess" when he was in his twenties, around the time that Freud published *The Interpretation of Dreams*. His prose calls out for an

expansion of consciousness through facing fears and moving beyond comfortable limitations. He says, "if we think of the existence of an individual as a larger or smaller room, it appears evident that most people only know a corner of their room, a place by the window, a strip of floor on which they walk up and down. Thus they have a certain security."

How does one understand the personal context of a life, the broad reaches of the self, both the outer and inner limits within the unfolding autobiographical dialogue? Freud's structural theory of ego, id and super-ego no longer adequately describe the complexity of the Self. Stephen Mitchell's concept of a "relational model" expands the scope of the self. He introduced this model in his book, *Object Relations in Psychoanalytic Theory*, which he co-authored with Jay Greenberg. Individuals develop within relationships and come to know themselves within relationships. The relational structure redefines the self as matrix that encompasses internal and external domains, personal and non-personal elements.

Contemporary assertions of a "relational self" call for a relational topography that expands current, limited nosological systems and recognizes and explores the outside-inside evolving domains of self-experience. Not-self elements of the self consist of relational-contextual factors located in settings and in relationships. It is not what we think or feel at a given moment that defines the Self, but the structure of our lives that gives breath and depth to various manifestations of self. The world we inhabit and the world we avoid along with our thoughts and dissociations constitute the self. Psychological well being and pathology are contextual. I am different in my office than I am at

home, than I am on the tennis court, than I am at a conference.

The multiple expressions of self impinge on the therapeutic process. The "preferred" therapeutic self co-exists with many non-preferred self-states. There has been minimal acknowledgment or exploration of these non-preferred self states outside the parameters of examining counter-transference. What parts of the therapist's self are missing from professional inquiry? And what are the implications for the therapy that we provide? If I assume that my "therapeutic self" represents my real self, then I can minimize the periodic outbursts at home or the anxiety attacks at a conference. I polish my therapeutic self while my non-therapeutic selves conspire in exile. If the profession collectively privileges their "therapeutic self," then what is missing from the public dialogue that generates knowledge and standards.

I recently attended a conference sponsored by the International Federation of Psychoanalytic Education, an austere sounding name that belies the friendliness, openness, and enthusiasm of many of its members. I was immediately introduced to Judy Vida who in turn introduced me to Gershon Molad. This was special. I had been reading their collaborative papers, and they were the reason I was at the conference. To my surprise they had read and enjoyed an article (1) I wrote that employed their concepts of clinic and conference space. On hearing this I was swept away by their interest like a teenager meeting his hero. For a moment I was the person that I wished to be. Then the unpleasant implications of who I was began to erode this dream-like

(Article continues on page 3.)

EDITOR'S COUCH

(Article continues from page 2.)

moment. This personal clash of selves happened to occur in public conference space.

I can be myself in this room with these people, but not when I am feeling so insecure. They are smart, some eloquent and wise, some profoundly plain. Some seem interested in me. I begin to feel like an outcast as I listen to the symphony of internal voices crescendo. Do I dare speak? The pressure of the conflict is more intense than usual. I expect more of myself. The invitation to be myself is halted by a precipice of fear constructed over years of living. I test the waters with a short comment in one presentation. I interact with attendees in the halls in between meetings in what I labeled as interstitial space, a private-semi-private passing moment of intimacy where individuals seem more comfortable and honest. Interstitial space siphons off the dialogue of conference space, that is often dominated by performance and driven by fear and shame that compel the analyst/therapist to present a professional competent "false self" to colleagues. In conference space the analyst silences the personal, the vulnerable, the messy, "the missing parts," so as not to be shamed by the group. Interstitial space invites disclosure. It includes what colleagues say during breaks, or at lunch. It is filled with gossip, complaints, admiration, weariness, sexual excitement; it is the non-public subversive conference that embraces the "missing parts." It also absorbs my internal monologue "unfit" for public dialogue.

Typically when I attend conferences, or present at workshops, I exist in

interstitial space. I have become aware of not only the protective character of interstitial space, but also its adaptive function. Molad (2) talks about the "illusion of the door frame" that demarcates conference from clinic space, the latter a place of more authentic dialogue. He asserts that this illusion marks the "arrested development of the analyst." I view the door frame as a personal boundary, a necessary feature of relational topography that marks the multiple passages within life. The quality of the boundary will be different for different people and different for the same person in different settings. How one utilizes interstitial space will also vary. It can function as a sanctuary, a productive work place or a subversive playground.

I would have preferred to end this essay with how I triumphantly mastered my anxiety and proceeded to speak out at the conference. By the end of the second day I was exhausted and disappointed in myself. I have struggled with this conflict long before I had constructs such as clinic and conference space to reference my distress. I considered not returning for the final day, a wish so unwelcome that I was disturbed by its presence. I tried to reduce the stress by reducing my expectations of myself. I could not let myself off the hook. It was a conflict I could not avoid. I did return. I participated more during last set of meetings. However during the final wrap up, as others shared their experience of the conference, I didn't share my struggle that still burned inside. Only later as I drove home, in the comfort of my car, was I able to process this experience.

I. Brooks, L.D. (2003). "The Therapist's Professional/Personal

Identity: A Divided Self," GAMHPA Newsletter, Aug/Sept/Oct.

2. Molad, G.J. (2001). "On Presenting one's case: embraced trauma and the dialogue between analysts." *The Psychoanalytic Review*, 88:95-111. ?

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:

Susan Andruk, M.F.T.
Terri J. Brenneman, Ph.D.
Suzanne Brumer, Ph.D.
Susanna Friedlander, Ph.D.
Tamara J. Klumpe, Ph.D.
Susan Papalia, M.F.T.



The Business of Practice

Jim De Santis, Ph.D.

The Importance of Personal Satisfaction in Private Practice

Making your private practice thrive as a business need not be difficult or complicated. One simple but important way we can optimize our private practice is by keeping alert to the element of personal reward, or satisfaction, we derive from our work.

At any time over the course of a career we can inadvertently lapse into marketing and delivering primarily or exclusively those services that clients most often seek out or pay well for, while perhaps neglecting other work we may enjoy more. The more you practice some aspect of the craft, the

more competent you are likely to become and the more known for it. Over time, one can become identified as a provider of services we are competent at but do not derive the most enjoyment from. We can drift into focusing merely on what we CAN offer rather than what we ENJOY offering. What can result is any combination of complacency, boredom, or burn-out.

While it is obvious we should practice within our scope of competence and provide the highest level of quality service, we nevertheless can neglect prioritizing our own personal satisfaction with the work.

What's a "good" referral for you? When the phone rings, what kind of client do you look forward to setting the appointment with? Brainstorm a list of kinds of clients you prefer working with. What kinds of professional activities make you look forward to your day? Which types of services do you offer or approaches you use that you most enjoy? Which types of issues do like the most?

When we are most enjoying our work we are most likely to feel vital and creative. Probably we enjoy those professional tasks that we are not only competent at but also that are intellectually challenging or personally meaningful.

A successful business of course requires ethics and profitability; one cannot neglect attention to competence in delivering a service or providing services for which we will be well paid for a livelihood; however, it is truly best to market those services that one enjoys the most. More than likely, if you do what you naturally enjoy the most, business success will naturally follow. The true entrepreneur enjoys maximizing his potential not only for productivity and financial security but also for personal fulfillment, balance in life, and sense of well-being. ?

Websites Operated by GAMHPA Members

Larry Brooks, Ph.D.	http://www.pdpce.com	Continuing education
Sharon Deacon, Ph.D.	http://www.drdeacon.com	Group practice
Jim De Santis, Ph.D.	http://hometown.aol.com/jidesantis	Solo practice, workshops, & groups
David D. Fox, Ph.D.	http://www.psychotherapy.org	Resource center & web hosting
Melissa Johnson, Ph.D.	http://www.girlpowernow.com/	Group practice & non-profit program
Larry Nadig, Ph.D., M.F.T.	http://www.professionalcharges.com	Credit card services
Andrew Whaling, M.F.T.	http://www.greatmarriagesnow.com	Marriage/relationship counseling
Andrew Whaling, M.F.T.	http://www.seminarsforsingles.org	Singles seminars

If you are a GAMHPA member and have operate a website that you would like to submit for publication in this newsletter and placement as a link on the GAMHPA website at www.psychotherapy.org/gamhpa, please contact David D. Fox, Ph.D., GAMHPA Webmaster, at (818) 246-3937 or at DavidFox@psychotherapy.org.

Classified Advertising

GROUPS

Last Larry Nadig ad this issue

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. Fee: \$20.00 per session. California Family Counseling Center, Encino, (818) 386-5690, x474.

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.

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.

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. Fee: \$35.00 per session. California Family Counseling Center, Encino, (818) 386-5690, x456.

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. Fee: \$40 per session, sliding scale available. California Family Counseling Center, Encino, (818) 386-5690, x437.

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.

MEN'S GROWTH-SUPPORT PROCESS GROUP. Monday 7-8:30 PM. New group starting. Safe environment. \$45/session with discounts available. Call for referral, brochure, or intake assessment appointment. Andy Sway, MA, LMFT, MFC34846, (818) 829-7900.

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. Fee: \$20 per session. California Family Counseling Center, Encino, (818) 386-5690 x481.

PARENTING GROUP (English). "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. Monday 7-8:30pm. Fee: \$25/individual, \$40/couple (per session). Discount if paid in full: \$160/8 weeks/individual, \$280/8 weeks couple. California

Family Counseling Center, Encino, (818) 386-5690, x460.

PERSONAL GROWTH AND SUPPORT GROUP. Leaderless, introspective, longstanding, seeks new members, male and female. No charge. Meets alternate Saturdays in members' homes. Contact Gil Speer at (323) 661-7769, gilstchr@aol.com.

SECOND HALF OF LIFE GROUP for women 48+ who are interested in deepening their relationship with the Self through creative activities designed to tap inner resources and promote individuation in a nurturing and supportive environment. Tuesday and Wednesday evening groups in Encino. Limit six people per group. Concurrent or prior individual therapy recommended. Call (818) 906-0406 x3.

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.

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.

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. Spacious and windowed office. Comfortably furnished with play therapy supplies available to share. Freeway convenient and central to SFV, LA, Hollywood, SGV. Ample free street & residential parking. All therapist suite with signal lights, refrigerator, microwave and waiting room. \$11/hr or \$130/day monthly. Discounts for multiple day/week monthly commitment. Andy Sway, LMFT. Cell: 818/620-3307, VM-pager (818) 829-7900.

BURBANK/TOLUCA LAKE. Part time space available. Three office suite with waiting room, beautifully furnished in antiques. Charming brick building in heart of media district. Call Annie, (818) 558-3922.

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.

GLENDALE. Psychotherapy office with call system, sound proofing, and great colleagues. Contact Ira Heilveil,

Ph.D., at (818) 241-6780 x209 for more information.

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.

WILSHIRE DISTRICT: Between USC and Larchmont Village, 3 miles southwest of (2) Fwy dead end. Attractive/view office suitable for group therapy. Affordable, ideal second office or practice-building location, security too. Call Rhea Johnson (Tues-Sats), (213) 388-0262.

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.

Third year of successful how-to workshops designed for mental health professionals and students wanting to build a private practice. 12 facilitated meetings biweekly. Action-oriented small group using a didactic, peer support, and homework format. Now offering Tuesday morning, Thursday evening, or Saturday afternoon sections starting the week of February 2nd. 18 CEUs available for MFTs and LCSWs. Glendale location. Call (818) 551-1714 for information or to register today.

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, 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.

PUBLICATIONS

BUY-ONE-GET-ONE-FREE book offer! Order "Adoption Forum" by Kasey Hamner (List Price: \$17.95) and receive "Whose Child?" by Kasey Hamner (List Price: \$14.95) free!! \$17.95 + \$4.50 S&H + \$1.48 = \$23.93. Send Check/Money Order payable to Triad Publishing. Mailing address: Triad Publishing, PO Box 299, Verdugo City, CA, 91046. Or, send your order by email to: TriadPublishing@comcast.net and we will send invoice with shipment. Phone/Fax: 818-293-1505, Website: www.KaseyHamner.com.

GROUP DIRECTORY. List groups that you facilitate. New concise, up-to-date directory of outpatient psychotherapy groups offered by mental health professionals in the Los Angeles metropolitan area. Over 150 facilitators and 350 groups have already joined. Edited by a licensed psychologist & certified group psychotherapist. Web page receives multiple hits daily from visitors. View or download from the internet at hometown.aol.com/jjdesantis/grplist.html or call (818) 551-1714 to request a copy or place your free listing.

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.

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. ?

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.

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MEMBERSHIP

Contact our Membership Chair for an application form to join. 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 receive a number of exclusive benefits. Members can present a talk or publish an article on a professional topic. They are listed in the annual members directory distributed to the business and professional community, including 550 colleagues in the mental health community and posted on our website. They can place free classified ads and receive discounted rates for display ads, newsletter flier inserts, and mailing list labels. Members are automatically entered in random drawings for free newsletter insert advertising and for publication of a professional bio in the newsletter. Members receive reduced rates for continuing education.

NEWSLETTER

The GAMHPA Newsletter is customarily published six times a year, distributed to the local mental health community, including Glendale, Burbank, Pasadena, La Canada, 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. 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

Apr/May March 12
Jun/Jul May 21
Aug/Sep July 23

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.

Item	Advertising Rates	
	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; 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 three to four weeks after our submission deadline.

GAMHPA Newsletter.
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