

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

Just a last reminder that we are approaching the close of our membership drive and of your opportunity to be included in the **2004 GAMHPA Directory**. Please renew or join now. This directory is well-used for cross-referral purposes.

We are adding **guest speakers & one CEU** to our future networking luncheons. CE credits are free to all GAMHPA members in attendance, through an arrangement with Professional Development Programs.

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Please look in the Calendar of Events section on this page for further details about our next upcoming event.

In addition to our extensive classified advertising and editor's thought-provoking commentary, we have been starting several new features in the newsletter this year. This issue launches a new feature written by Gloria Ashby Dahlquist, **interviews** with GAMHPA members. Our first member highlighted is Marie Poore, LMFT. This is a great opportunity to get to know your colleagues.

Like our last issue, we are sending out this issue of the newsletter to an **additional 200 readers** to broaden our exposure and accessibility in the local professional community.

We also want to draw your attention to our extensive **advertising section**. Classifieds make up the bulk of our periodical. The GAMHPA Newsletter is probably your single best source for local listings of groups, office space, and services. ?

From: _____		
Request	Circulation	
? Read	_____	?
? Forward	_____	?
? Return	_____	?
? Keep	_____	?
? Discuss	_____	?

## Calendar of Events

### CEU LUNCHEONS

Spousal Abuse Workshop

*Domestic Violence: Assessment and Intervention Narrative*  
Paula Newman, Psy.D.

Friday, May 14, 12:30-1:30 pm  
Glendale Adventist Medical Center, Basement Level, Room 3.

Lunch will be served at 12 noon for \$10. Meets BBS spousal abuse requirement for MFTs and LCSWs. Submitted for MCEP. Course is free to GAMHPA members, \$30 course fee for non-members. To register, call (818) 243-0839.

### **2004 BOARD MEETINGS**

April 30	September 10
June 25	October 22
	December 10

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



## From the Editor's Couch

By Larry Brooks, Ph.D.

How to Read Something You Don't Like And Get Along With Someone You Disagree With

How do you respond when you are criticized? How do you think when challenged by opinions that evoke strong negative feelings? It might be an editorial that you read, a remark made by a co-worker or a gesture as slight as a shift in tone in your significant other's questioning voice. These instances are common occurrences that characterize the ever-present disharmonious dimension of human discourse. They are irritating and trivial, often ignored and internalized, yet pivotal to understanding the nature of human conflict, and the profound simple difficulty impeding the resolution of such conflict.

Several weeks ago an essay appeared on the Op-ed page of the *Los Angeles Times* titled "Psychoanalysis is Dead, So How Does that Make You Feel?" It was a vitriolic misinformed attack against Freud and Psychoanalysis. It generated a quick response in the following day's letters to the editor section. My initial response was to launch a counter attack. I realized that I was jumping into an ideological battlefield, riddled with a danger obscured by its banality. As I constructed a rebuttal, my thinking resembled the internal arguments with my wife that clutter my brain as I replay scenes in our never-ending marital battle.

This adversarial mode of communication seems encoded in the human genome. It is characterized by a primitive, unreflective mindset that perceives otherness as threatening and all too easily views the world in terms of us versus them. The signification of otherness is difference. Other individuals think, feel, believe, and act differently than we do. This self-evident quality of separateness is particularly difficult to accept when one is emotionally dependent on another. Individuals need the support and recognition from people in their lives, particularly from significant others. Separateness or difference threatens the tenuously constructed socially dependent self that requires a stream of positive confirming affirmations. If this self could speak, it might say, I NEED you to see my reality as I see it. I NEED you to recognize me and agree with me unconditionally. Agreement is essential.

The difficulty of accepting difference seems central to understanding the problem of interpersonal conflict. While encountering difference challenges the cohesiveness of an individual, the conflict generated by difference challenges the capacity of the couple to sustain a relationship. Differences between individuals often polarize and separate a couple, rather than join and enliven them. Relationships breakdown over the smallest differences. Under the pressure of conflict, and the requirements of self-defense, differences harden into irreconcilable positions. The other, whether spouse or stranger becomes an "it," an adversary whose difference embodies the problem. "I am right and you are wrong," says the embattled self. The best of intentions, the skills of conflict

resolution dissolve in the face of conflict. Communication serves the purpose of persuasion, attack, and defense. Understanding shrinks to a single objective that is blind to the other's point of view. The outcome of such discussions is often an impasse buttressed by repeated rounds of verbal sparring or burning silence.

Jessica Benjamin (1) has described this impasse in terms of a "doer-done to" relationship. One either submits to the other's point of view and feels defeated, or asserts one's perspective and dominates the other. Benjamin states that "Each feels unable to gain the other's recognition, each feels in the other's power." The "doer-done to" relationship develops into a fixed and rigid dynamic where two individuals are furiously locked in an unchanging dance. This dynamic is pathognomic of what becomes irreconcilable conflict, whether it occurs at the level of a couple, the group, or the nation.

I returned to the offending essay. I decided to reread it from a different perspective. I stopped debating. I left my defenses at the door. I allowed the text to influence me: to rub against my skin, to infuse my blood. If this were an encounter with a person rather than a text, I might have held my ground. The process was emotionally challenging. My gut response was to turn hurt into assault. The author boldly stated that Freud was "fantastically wrong about nearly every important thing that he had to say." He chastised adherents whose reputation and pockets benefited from their investment in

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**EDITOR'S COUCH**

(Article continues from page 2.)

Freud's theory at the expense of their clients. The author was hitting below the belt. I plodded through the text turning accusations into questions for reflection. As I read and reread the essay, the insults evaporated. I began to think about the questions that remained: what is the nature of personal investment in a theory or idea? How do we come to believe in one theory over another, what kind of evidence do we employ to substantiate our beliefs, and why are we so attached to our ideas? What is the role of suggestion and influence within the therapeutic relationship? What are my reasons for believing in Freud? What is this author's investment in killing Freud?

These questions led me far from the battlefield. A good discussion ends inconclusively, and not with a bang. I reflected on the complex history of my involvement with psychoanalysis. Initially I struggled with psychoanalytic ideas, such as the unconscious which seemed counter intuitive to my rational brain. Later on I proudly identified my orientation as psychoanalytic. I worked over time to accommodate to the technical prescriptions of neutrality and abstinence. Eventually I separated from the psychoanalytic fold only to return as contemporary psychoanalysis has evolved into a creative, flexible mode of critical thinking.

Christopher Bollas, an English Analyst described in *The Shadow of the Object* the "self-analytic element" which is the capacity to receive "news from the self" in relationship to others. In between or outside the domain of projection (casting out an objectionable part of the self) and

introjection (taking in of an overvalued aspect of another) there is "evocation" which involves the creation of a new mental experience. To transcend "the does done to" dynamic one has to balance assertion with recognition, splice evocation with projection and introjection. One needs to assert self and recognize and value the other's difference what Benjamin describes as "mutual recognition." What this means in vivo is that at the moment when you need recognition from your significant other who simultaneously needs your recognition, you give what seems too precious to give in order to receive what can never be coerced.

I. Benjamin, Jessica "Beyond Doer and Done-to" An Intersubjective View of Thirdness" Submitted to the *Psychoanalytic Quarterly*, April 2003.  
?

## A Conversation With . . .

By Gloria Ashby Dahlquist, L.M.F.T.

This month we introduce a new column created by GAMHPA member Gloria Ashby Dahlquist. Called "A Conversation With . . .", its mission is to introduce us to each other and hopefully inspire more personal connection among members. Interviewees will be chosen at random. This month, Gloria talks with:

**MARIE POORE, L.M.F.T.**, has been



servicing the community for over 20 years in various capacities ranging from private practice, school therapist, clinical supervisor,

adjunct faculty member at Phillips Graduate Institute, clinical coordinator/director of community counseling centers, and BBS orals commissioner. She has been a GAMHPA member since 1992. She recently purchased a suite in the medical condominium where her offices have been located for several years, and is enjoying wearing another hat . . . interior designer!

*When did you first know you wanted to be a therapist?*

Marie: As a teenager, at fourteen, my friend went to therapy every week. I would accompany her after school . . . we would walk to the therapist's office. I waited in the waiting room. I was very curious about the process. Sometimes I would be invited in

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**CONVERSATION WITH POORE**

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afterwards and would chat with the therapist. My friend had a suicide attempt and I think he saved her life. I was fascinated and grateful.

*What childhood experiences do you suppose influenced your becoming a therapist?*

Marie: Besides the above, when I was 10, my 17-year-old sister went through a rebellious time with my parents. I couldn't figure out why they couldn't get along. I would sit on the landing of the stairs, looking down at them in the hall, and observe. I remember trying to figure out what the problem was and if I could help. All the while feeling helpless.

*Whom do you regard as your biggest supporter and/or inspiration?*

Marie: My parents have inspired me to be the best person that I can be. My husband has always been and continues to be supportive, and inspires me daily. My 12-year-old daughter amazes and surprises me as well. She keeps me going. I have to keep working to pay her gymnastics bills!

*Where did you study?*

Marie: I went to Glendale schools, to Glendale College, transferring to Cal State Northridge where I studied Childhood Development and took courses in psychology. When I graduated, I enrolled in the master's program at Phillips Graduate Institute.

*What do you like most about being a therapist?*

Marie: All the different people that I am fortunate to work with! I work with children, teens and adults. I love couple and family therapy, because it is so interactive. It's great to (hopefully) help my clients help themselves. In turn, I feel so honored to learn so much from my clients.

*What discourages you about your profession?*

Marie: I feel frustrated and discouraged for my clients in need of psychiatric intervention. Psychiatrists' time is in such high demand. Often my clients end up waiting six to seven weeks for an initial assessment. Usually the problem needs a more immediate response. I am managing my frustration by encouraging my clients to advocate for themselves, and to develop an even better relationship with their primary care physicians.

*What is your general philosophy about your work?*

Marie: Families are so spread out today. Many of my clients express feelings of isolation and a lack of support. I feel that I offer many families support. They often tell me that I become an honorary member of their families. They often return to therapy with different children, at different developmental stages.

*Is self-care an important component of your work, and if so, what are your favorite restorative activities?*

Marie: Yes! Sleep! I really do make sure that I get enough rest, because my days are so full. My family life is wonderful, my husband and daughter are gifts! In my off time I like to garden, work-out and walk. I take plenty of time off for vacation and long weekends. My parents and I

have a great relationship... we see each other often. They are very supportive.

*How would you describe your favorite kind of client?*

Marie: I like them all! These days I am working with a lot of adolescent girls and their mothers. I especially enjoy that... it makes me appreciate my own mother and daughter. I am then better able to convey to my clients my belief that a healthy relationship is possible. I also see a lot of couples. Being married for 22 years provides a foundation for my work. My husband and I have been together since 8th grade... 30 years!

*What is the primary thing you would want your colleagues to know about you?*

Marie: Oh, I think they already know a lot about me. I have been working in the area 20+ years. I think most of my colleagues know that I am hardworking and have high standards for myself and others.



Our columnist, Gloria Ashby Dahlquist, is a Licensed Marital & Family Therapist. Her successful fee-for-service private practice is in Toluca Lake. She works primarily with

Gifted Adults and Highly Sensitive Persons who are survivors of childhood abuse or neglect. She tips her hat to James Lipton, host of the popular TV show, "Inside the Actor's Studio," and to her husband and grandchildren Rosa and Leon, who inspire. ?



## The Business of Practice

By Jim De Santis, Ph.D.

### Offering Personal Growth Can Be A Profit Center

Perhaps in the desire to win the insurance dollar in an era dominated by managed care, we as private practice psychotherapists may have inadvertently contributed to our reclassification as "providers" and our services constrained by medical criteria in an etiology-symptomology-diagnosis-treatment framework. We can easily begin to look upon ourselves purely as technicians, relegating ourselves to focusing only upon the lower half of Maslow's hierarchy of needs in our work with clients, dealing primarily with survival, insecurity, and fitting in. We end up guiding clients through crises, distress, pathology, illness, and remediation to "premorbid levels of functioning" to the point of "discharge from active treatment."

Yet from not only a clinical but also a business standpoint, personal growth is a valuable psychological service. Whatever you chose to call it—fulfillment of human potential, well-being, resilience, a deep sense of satisfaction with life, balance in living, optimal adjustment, meaningfulness to life, or self-actualization—happiness is among the most fundamental and sought after of human goals. It is likely to have been the inspiration for many of us to enter the field, either in our own personal self-discovery or in hoping to transmit some semblance of it to others.

Growth may not be what the typical psychotherapy patient enters the consulting room requesting. Once asymptomatic, many believe their need for psychological services is utterly complete and are ready to terminate treatment—and many will. While distress is a good motivator of change, and probably brings most clients into therapy in the first place, it is not the only motivator. Humanity contains in it an instinct driving toward expansion, exploration, and development. Sometimes this inner voice is loud and demands to be heeded, sometimes it is soft and all too easily ignored.

From a business standpoint, no one wants to "buy" psychotherapy because, in technical terms, no "customer" is interested in "features" (i.e. treatment modalities or methodologies), they are interested in benefits and advantages (i.e. outcomes), such as adjusted children, a successful career, or a satisfying relationship.

"Selling" growth, if you will, requires a relatively simple message to articulate. Ask your client to identify what constitute the biggest obstacles to personal and professional success and abiding happiness in their life. Ask your client what kinds of self-talk interfere with seeking optimal adjustment in living. Ask what your client's inner child most needed and was deprived of in childhood. Or ask what your client's vision is of a future filled with well-being. You may find that you evoke tears.

There are epidemiological base-rates for depression, anxiety, other diagnostic entities, but not for growth, per se. Private practice does not have to be a competitive enterprise with colleagues or a zero-sum game. Growth and well-being are always in

demand, usually in short supply. Looking for a moment from a purely business standpoint, growth work is apt to be a profit-center for your practice.

While growth may sell itself, the only constraint, really, is on the resources the client is willing to bring to bear on the problem, mostly time and money. And, of course, growth is not likely to become an eligible benefit of medical insurance coverage any time soon.

This brings us to clients' common objection about "affordability," which is often less a matter of an actual dollar ceiling on what a person has in discretionary income than on a question of values and priorities. People spend money on what they perceive is valuable. I have had too many conversations with clients who are unthinkingly prepared to place a luxury car lease, high-end entertainment system, or an annual resort vacation ahead of the cost of personal psychotherapy. But once the point is made clear, people will pay a premium for things that offer advantages over other things they can buy. Yes, a vacation, for example, can stimulate feelings of well-being, so too can a sufficient dosage and frequency of recreational drugs or alcohol, but not as long-lasting as the feeling created by a successful career, a satisfying marriage, or adjusted children.

From a clinical and ethical perspective, although we cannot guarantee specific results because the causative factors are too complex, we certainly can and perhaps ethically should discuss such possible goals and potential positive results as a basic

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**BUSINESS OF PRACTICE**

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matter of good informed consent: "Here are some things you may want to consider." We certainly are obligated to inform patients of potential negative outcomes. Remember the bumper sticker: "You think education is expensive? Try ignorance."

The advantage of talking to clients in the language of personal growth and well-being is that we open up the upper half of Maslow's hierarchy of what we may be able to offer our clients. From the business perspective again, bear in mind that one of the best kinds of marketing is "internal prospecting," i.e. it is cheaper and easier to keep an existing customer than to find a new customer. Does your existing patient caseload know that what they may benefit from, beyond the symptom relief you have already provided them, is well-being? How many of your clients think you only provide symptom-relief and cannot address

personal growth issues? The true hallmark of "customer satisfaction" is not to simply meet, but to actually exceed, the expectations of the customer.

Good business, good marketing is not inconsistent with sound, ethical practice. Selling has a bad reputation as pushy, manipulative, or deceitful. Good selling is thoughtful, caring, and sincere. The private practice clinician doesn't mind selling, which at its core involves introducing goods and services which offer a genuine value to those who truly can benefit from them. It's just good service delivery. Furthermore, ethical selling may involve introducing people to products or services they need but either don't know they need or don't know are available. This definition really should appeal to the professional's highest sense of ethics: putting the client's welfare first is among the most important ethical principles. ?

## Winners of Free Newsletter 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:

Thomas Beck, M.D.  
Rowin Elizabeth Cantrell, M.D.  
Robert Roy Houghton, Ph.D.  
Rhea Johnson, Ph.D., L.C.S.W.  
Renate Kerris, M.F.T.  
Sharon Tobin, L.C.S.W.

## Websites by GAMHPA Members

Larry Brooks, Ph.D.	<a href="http://www.pdpce.com">http://www.pdpce.com</a>	Continuing education
Sharon Deacon, Ph.D.	<a href="http://www.drdeacon.com">http://www.drdeacon.com</a>	Group practice
Jim De Santis, Ph.D.	<a href="http://hometown.aol.com/jjdesantis">http://hometown.aol.com/jjdesantis</a>	Assessment, group therapy, workshops
David D. Fox, Ph.D.	<a href="http://www.psychotherapy.org">http://www.psychotherapy.org</a>	Resource center & web hosting
Ira Heilveil, Ph.D.	<a href="http://www.pacificchild.com">http://www.pacificchild.com</a>	Nonpublic agency for children
Melissa Johnson, Ph.D.	<a href="http://www.girlpowernow.com/">http://www.girlpowernow.com/</a>	Group practice & non-profit program
Larry Nadig, Ph.D., M.F.T.	<a href="http://www.professionalcharges.com">http://www.professionalcharges.com</a>	Credit card services
Andrew Whaling, M.F.T.	<a href="http://www.greatmarriagesnow.com">http://www.greatmarriagesnow.com</a>	Marriage/relationship counseling
Andrew Whaling, M.F.T.	<a href="http://www.seminarsforsingles.org">http://www.seminarsforsingles.org</a>	Singles seminars

If you are a GAMHPA member and 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](http://www.psychotherapy.org/gamhpa), please contact David D. Fox, Ph.D., GAMHPA Webmaster, at (818) 246-3937 or at [DavidFox@psychotherapy.org](mailto:DavidFox@psychotherapy.org).

## 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. 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. Activities include art, music, movement, sand play, meditation, guided imagery, dreamwork, role play, as well as cognitive exercises and group discussion. Tuesday and Wednesday evening groups in Encino. Limited to six people per group. Concurrent or prior individual therapy recommended. Call Christi at (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.

**PASADENA.** Part time psychotherapy office available in a beautiful historic building near old town Pasadena. Waiting room with separate entrance/exit, reception area, soundproofing and a light signal system. Please contact Susanna Friedlander, Ph.D., at (818) 548-4770, or Linda Sanserino, M.F.T., (818) 246-5457 for further information.

**PASADENA.** Office space to lease by the hour or day, part-time. Large office. Convenient location, free parking for clients, handicapped accessibility, FAX/phone. Spacious office great for child therapist as well as therapists just starting out. Located in Playhouse district of Pasadena. Opportunities for referrals. Contact Debbie Hedgecock, L.C.S.W., at (626) 821-4028.

**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. 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](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](mailto: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-- includes three Jungian analysts and a number of analysts-in-training. For information or a brochure, call (818) 508-0703, or visit us online at www.coldwatercounselingcenter.org.

**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. ?

**Your Display Ad Could Have Gone Here for Just \$50.**

# **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.

## **BOARD OF DIRECTORS**

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Susan Papalia, M.F.T., Vice President,  
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Larry Brooks, Ph.D.,  
Newsletter Editor, Program Chair,  
(818) 243-0839

Gloria Ashby Dahlquist, M.F.T.,  
Member at Large,  
(818) 766-9348

## **MEMBERSHIP**

Contact our Membership Chair for an application form to join. Full Member dues for licensed mental health professionals, \$60 per year.

Associate Member dues for students, interns, organizations, and others, \$40 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

Jun/Jul      May 21  
Aug/Sep     July 23

## **ADVERTISING**

Deliver advertising by the submission deadline to the editor. Advertising for services by psychologists or psychological assistants must include the license number of the psychologist.

### Advertising Rates

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

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.

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