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## GAMHPA News

With this issue of the GAMHPA newsletter we are providing you with the **2004 GAMHPA Membership Directory**.

If you did not join already this year, there is still time. We publish a **mid-year update** to the directory with any new members who have joined. You can tell if you are a member by looking at the mailing label on the envelop.

If you moved, plan to move, or we

are sending your newsletter and directory to a wrong address, please notify us with your correct address. If you are receiving this newsletter and directory and wish **to discontinue delivery**, please let us know as well.

In this issue, Larry Brooks reflects on consciously examining the therapeutic "frame." Gloria Dahlquist once again brings us an interesting biographical interview, this time of GAMHPA member **Thurman Couch, L.C.S.W., M.F.T.** And Jim De Santis offers some thoughts about the business of fee-setting in private practice. ?

## Thank You

We offer a special thank you to our "Charter" members—17 Full Members each of whom have contributed their support by maintaining a continuous listing in the *GAMHPA Directory* since its first official printing in 1994:

Daniel Alonzo, M.F.T.  
 Richard Atkins, M.D.  
 Larry Brooks, Ph.D.  
 Martha Carr, M.F.T.  
 Loretta Coha, L.C.S.W.  
 Gary Coleman, M.F.T.  
 Nanette de Fuentes, Ph.D.  
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 Ann Caporale, L.C.S.W.  
 Larry Nadig, M.F.T., Ph.D.  
 Marie Poore, M.F.T.

## In This Issue

A Conversation With	4
About GAMHPA	12
Affiliate Agencies	11
Board Meetings	1
Board of Directors	12
Business of Practice	5
Calendar of Events	1
Classified Advertising	7
GAMHPA News	1
How to Join GAMHPA	12
How to Advertise	12
Member Websites	11
Office Space	9
Opinion	2
Professional Services	10
Publications	11
Therapy Groups	7
Winners of Free Advertising	3

## Calendar of Events

### 2004 BOARD MEETINGS

June 25                      October 22  
 September 10          December 10

9:30-11 a.m.  
 138 N. Brand Blvd., Ste. 300,  
 Glendale. All are welcome.

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

Request                      Circulation

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



## From the Editor's Couch

By Larry Brooks, Ph.D.

### Psychotherapy as Countertransference

Christopher Bollas (1), an English Psychoanalyst, has made the thought-provoking statement that the "psychoanalyst's practice is a form of countertransference." He is not referring to the specific reactions of a therapist to a client, but to the heart felt structure of the psychoanalytic situation, the frame, the conditions of practice, and the ground rules of engagement with clients. Historically the frame (2) has been conceptualized as a necessary and salutary boundary established by therapists in order to create the conditions of safety for the client. In contradistinction, Bollas states that Freud created the psychoanalytic situation out of his unmet and unanalyzed needs. "What Freud could not analyze in himself--his relation to his own mother--he represented through his creation of the psychoanalytic space and process."

Bollas' essay prompts therapists to examine the countertransference significance of the frame or risk acting out their countertransference in their maintenance of the frame. If the classical frame expresses the analyst's unconscious needs along side conscious practical considerations, the frame becomes a psychological construction that blends contradictions and inconsistencies with procedures. One can look at the classical frame as one would

examine a dream. The patient, the analyst, and the rules governing their interaction represent different aspects of the analyst. The patient is expected to free associate while the analyst acts in accordance with the principles of abstinence, anonymity, and neutrality. One can see how the analyst/patient amalgam embodies a paradoxically scintillating tension between the wish to be known intimately and the fear of being known.

This paradoxical tension persists in contemporary psychoanalytic and psychotherapy practices. The therapist's wish for intimacy and the countervailing fear create cross currents layered into the psychotherapeutic frame. Clients walk into an office. They accommodate to a structure that combines personal and impersonal elements in the most tantalizing ways. They are clients or patients, not friends, but they are privileged to an intimacy that few friends enjoy. They experience an unparalleled though limited exclusivity: they are listened to, encouraged to be intimate for 45 or 50 minutes once or multiple times a week. They pay for this privilege and then leave. This is indeed a strange configuration that conjoins intimacy with the formality of a business relationship.

While there has been much focus on the co-construction of therapeutic meaning, the frame is the unilateral creation of the therapist. The length of session, flexibility over ending session, fees, personal disclosure, gift giving and receiving, and extra-therapeutic contact have been set up by convention with the needs of the therapist in mind. Historically, therapists viewed the frame as inviolable (2). Therapists have too uncritically accepted the conditions

that structure clinical practice as necessary givens, without examining either its psychological significance or its impact on the client. Therapists consciously maintain these conditions, and only under duress and with great reluctance modify them. Client's counter reactions to the frame have been interpreted as acting out.

Often the settings of the frame sift out those clients who accommodate from those who don't within the first few sessions. It is not surprising that most clients who remain in treatment accept the frame, though some grudgingly. I have had clients politely joke about paying to have somebody listen to them. I've had one client; however, whose articulate protest of the frame provides a client's perspective on the frame. She was a therapist in training who came for counseling to fulfill her graduate school requirement. She was never comfortable in her role as client. She made this clear in the first session when she told me that she didn't like the idea of therapists telling clients what to do. I was never comfortable in my role as not therapist. There was often anxiety mysteriously floating in the office creating a background of suspense and discomfort that could not be addressed. I believed that her unarticulated anxiety associated with fears of dependency prompted her to avoid the role of patient. This triggered in me an anxious uncertainty about my role, and an insistence on acting more like the therapist. The more I acted like a therapist, the more she resisted acting like a client. We became locked in an impasse. Efforts to talk about the impasse only deepened it. We sustained a tense and uncomfortable

(Article continues on page 3.)

**THE EDITOR'S COUCH**

(Article continues from page 2.)

relationship for 11 sessions, until she decided to find another therapist.

One can look at our brief therapy as a struggle over the frame. She was articulate and insightful. She felt that the frame was established and maintained for the comfort of the therapist at the expense of the client. It was a mechanism used to manage the needs of the client. She claimed that the therapist's narcissistic insistence on maintaining the frame encouraged the client's accommodation, and accentuated the compliance of the false self. She felt that the needs of the true self, especially the regressive needs, cried out against the rigidity of the frame, particularly the compulsive commitment to ending sessions on time. While the client is invited to open her heart, she must abruptly stop at the end of the hour. This rigid adherence to the frame posed a grave threat to the client who might need more flexibility in order to grow. My client felt this rigidity to be harsh, insensitive, and potentially re-traumatizing for the client.

I felt that she never allowed herself to be my client. In retrospect I realized that I failed to be the therapist that she needed. I was unwilling to understand and accept her wish not to be a client. She was pleasant, neither demanding nor argumentative. She would casually minimize the value therapy, frequently remind me of ways in which she obtained therapy from friends, alternative healers, while complain that she wasn't getting anything out of the therapy. She would articulately highlight the artificial impersonal aspects of the frame. She made her co-payment at the start of

each session with a certain ambiguous acknowledgement that left me feeling unmistakably paid. I viewed her statements about the inequality of the frame as defensive. While she never asked or demanded me to modify my approach, her Being insisted on what I unthinkingly felt to be a massive demand. I thought about her personality inconsistencies as evidence of underlying problems of dependence and trust. I believed that she didn't want to be in therapy. I did not consider that she did not want to be in with me. I did not think about my need to end sessions on time and the subtle or not too subtle ways in which I began to disengage as the clock approached the end of the hour. I did not consider my focus on her defensiveness as counter defensive. In the end, she felt that I didn't get her resistance to therapy and told me so. I was wounded, but relieved.

As I thought about the issues of this case, the following images emerged. I imagined swimming in the ocean toward a raft located not too far from shore. I recalled childhood memories of arduously swimming toward a raft and the relief I felt when I had arrived. I thought about how my feelings in a therapy session resemble the feelings I had swimming. Will the ocean become too rough? Can I make it? Am I going too far? Will I be able to get back? Not being a strong swimmer, these feelings were always present when I swam away from shore. Another image entered my mind. Years ago I participated in a one day process-oriented group therapy training. At the end of the group, after we addressed termination, the facilitator left. As he opened the door to leave, it creaked. The sound stirred the still air. In the silence I felt the creepy image of a lid shutting on a coffin.

(1) Bollas, Christopher (1987) *The Shadow of the Object: Psychoanalysis of the Unthought Known*, New York, Columbia University Press.

(2) Robert Langs (1973) *The Technique of Psychoanalytic Psychotherapy*, (1976) *The Therapeutic Interaction*. ?

## 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:

Debbie Hedgecock, L.C.S.W.  
Audrey Khatchikian, Ph.D.  
Ann Kosinski, L.C.S.W.  
Ingrid Margolin, Ph.D.  
Larry Nadig, M.F.T., Ph.D.  
Nancy Wade, Ph.D.

## A Conversation With . . .

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



**THURMAN COUCH, L.C.S.W., M.F.T.**, is in private practice in Pasadena, California. His experience includes psychotherapy, group programs on

growth, adjustment, loss and grief issues, home health service social services, and mental health services to the aging and disabled. He leads caregiver support groups for several nursing homes. His own private practice support group meets In La Canada. He may be reached at (626) 796-0750.

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

**COUCH:** Well, the straight answer is, at age 12. Sitting at the dining table in my family home, ten people around, parents bickering, I declared to myself: "I will never live this way. In fact, when I grow up, I'm going to be a family counselor. I forgot that over the course of time, and went off to college. My mother really wanted me to be a minister. And I went to a church college. But psychology brought my goal back.

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

**COUCH:** Well, you understand some of the rural culture and the sweep of Puritanism across America. In our generation we inherited a lot of the fallout from the Puritan ethic, shared

all around. We lived off the land. The church was the entire cultural center, the hub of all social life. Church services on Sunday and Wednesday, choir practice on Thursday, and I did janitor work at church on Saturdays. My father was a "walking alcoholic" from his teens, never missed a day of work, he would say probably. I had a very stoic, workaholic mother. The church provided the crucible in which we lived. There were some very nice people, they were leaders and they loved young people and supported many activities that benefitted us.

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

**COUCH:** Robert Lifton, a social psychologist, did work that was very influential for me. If I had to select a role model that influenced me a lot, I would say the late Rollo May.

*Where did you study?*

**COUCH:** I went to a liberal arts college in Arkansas, Hendrix College, about 400 students. It was affiliated with the Methodist Church when it was founded. It is still rated in the top 20 of liberal arts colleges. I went to Tulane University in New Orleans and got my taste of social work and then finished up at the University of Southern California.

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

**COUCH:** I think helping people is very gratifying to me. And in another sense, of course, being able to travel along on the path with people who are struggling. Ours is a profession enriched by our work with clients.

*What discourages you about your profession?*

**COUCH:** The stigma that still seems to pervade the way people perceive psychotherapy. It's too bad people who desire to have therapy shy away because of the stigma. A lot of it has dissipated now because so many people now have therapy and talk easily to each other about it. Especially teenagers are now open with each other about it.

*What is your general philosophy about your work?*

**COUCH:** I began with a psychoanalytic and developmental psychology basis in Freudian and neo-Freudian theory. But I've moved toward Object Relations more and more. And also toward Jungian analysis which emphasizes spiritual psychology. Since I grew up in a religious environment, I value the core of spirituality and the soul of the person.

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

**COUCH:** Yes, more and more. I grew up very religious and very disciplined, having a sense of serving others and neglecting myself. My original poor family never took vacations; we had no tradition of that in the country where I grew up. Ten years ago I took a vacation back to the Ozarks, and saturated myself with the place that was 40 miles from my family home that I had never visited. I hike, trek, backpack, and I do photography. And a little gardening.

(Article continues on page 5.)



## The Business of Practice

By Jim De Santis, Ph.D.

### Our Sensitivities about Money

*"What do you charge?"*

*"Do you have a sliding scale?"*

*"I can't afford your fee."*

*"My insurance says I pay you \$10."*

Many clinicians enter the field on the basis that it is a personal calling. Yet, if private practice must be run as a business to be successful, then it is important to recognize how our feelings and beliefs about discussing, setting, and collecting fees may influence our profitability--and our morale.

Mythologies about Money. For many therapists, money is an uncomfortable issue. What were you taught about money? Money can be perceived as dirty, scary, shameful, or too important--whether we have it or lack it. We may think taking money from someone in distress is exploitive. A distorted personal sense of unworthiness can interfere with setting a fee. We may lower, waive, or avoid raising our fee to avoid a client's abandonment, disapproval, or envy. We may transmit these same distortions to our clients.

Appointment Inquiries. When the first utterance from an incoming potential patient on the phone is, "What do you charge?" I tend to respond that, while I am happy to discuss my fee, (1) an hourly rate is not the best determinant of actual cost because the amount of time needed to resolve an issue can

depend on a lot of factors, including the nature of the problem and the motivation of the client, and (2) I don't know whether I can help the caller at all until I know what they are dealing with. I then attempt to engage the caller in a brief discussion to assess whether their issue is within my scope of competence.

Negotiating the Fee. My impression is that most therapists have some policy of reducing fees in response to a patient's financial limitations. Many seem to lower their fee either based on an impression of the client or on a guessing game they play, "Well how much can you afford?" I would offer as an alternative a mathematically pre-determined formula based on two variables: total household income and the number of people supported by that income. We can become unwitting victims of the abstraction called "affordability." I've had clients request a deeply discounted fee only to later mention they drive luxury cars, send their kids to private school, or live in an exclusive neighborhood. In which case, I have a discussion with the client about the real issue, which is about values and priorities.

The Purpose of the Fee. How can we justify our hourly fee when a client doesn't benefit from a course of treatment? Conversely how do we justify the fee for each session that seems fruitless only later resulting in a life-changing breakthrough? Obviously, we cannot ethically guarantee outcomes to our work. Nor is the client paying for our caring. An alternative viewpoint is to see the hourly charge not as a "fee for service" but as the amount necessary to provide the necessary conditions under which the therapy can effectively proceed. The fee, then, covers all the many expenses of the therapist to create the time and space

for concentrating on the patient, including not only the office rent and utilities, but also transportation costs, time and cost of food, clothing, and shelter, rest and recreation, expenses toward the welfare of the therapist's family, and eventual retirement—essentially for maintaining the therapist's lifestyle. Only then can we apply our skills and experience, attention, empathy, and insight, as a function of our true "calling." ?

### A CONVERSATION WITH . . . THURMAN COUCH, L.C.S.W., M.F.T.

(Article continues from page 4.)

*How would you describe your favorite client?*

**COUCH:** Motivated, highly verbal, educated, artistic and talented, but needing some direction and guidance. Next to that would be adolescents. I love working with adolescents because they're so willing to learn, and to try new things.

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

**COUCH:** Despite the corrosive effects of pop culture, I am here to reflect the solid spiritual values that people seem to be in search of.



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, who inspire. ?

Kellogg & ICP Ads

## Classified Advertising

### GROUPS

AMAC GROUP. (Adults Molested as Children) Small, open-ended women's group, Burbank. Stability & previous or concurrent individual treatment needed. \$180 per month, negotiable. Kathy Downing, 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 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.

**BURBANK/TOLUCA LAKE/NORTH HOLLYWOOD.** Call lights, well-furnished, security. Convenient to San Fernando Valley, Los Feliz, Glendale, Hollywood Hills. Sublet part time, various days, evenings; all offices windowed. Kathy Downing, (818) 845-0151.

**GLENDALE.** Multidisciplinary group practice has office space for rent in large, centrally located suite near the juncture of Glendale and Burbank. The suite contains signal lights, fax, large waiting room with separate rest room for clients, kitchen, and separate exit. Psychiatric consultation available. One large window office is available Mondays and Thursdays. A large office and group room will be available June 1st, three days a week. Cost for one day is \$125 per month. Please contact Brian Conlan, L.C.S.W., or Manohar Shinde, M.D., at (818) 956-0101.

**MIRACLE MILE LOS ANGELES.** Great location on Miracle Mile. New psychotherapy office, fully furnished with all amenities. Available days, evenings, and weekends. Parking available. Monthly rate is \$275.00. Call Lorah Joe, (323) 353-8546.

**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 Continuing education hours while participating in a small, time-limited group that provides supervision and support to clinical supervisors. Contact Larry Brooks Ph.D., Lic. # PSY8161, 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.

#### SPEAK SPANISH CONFIDENTLY!

Expand your practice and employment opportunities. Native Spanish Speaking MFTI (and former language teacher) interviewing now for 12 students, including interns, psychotherapists, psychologists and/or Social Workers for intensive 6 month Spanish class. Two groups beginning July 2004 in Silverlake/Los Feliz area and Westside. For more information, call Guillermo Brzostowski, M.A., (323) 342-9866 or (323) 663-2998.

**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](mailto:TriadPublishing@comcast.net) and we will send invoice with shipment. Phone/Fax: 818-293-1505, Website: [www.KaseyHamner.com](http://www.KaseyHamner.com).

GROUP THERAPIST DIRECTORY. List the groups that you facilitate. New concise, up-to-date directory of outpatient psychotherapy groups in the Los Angeles metropolitan area. Over 190 facilitators and 400 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 <http://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](http://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](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. ?

**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>	Testing, 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).

# 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

Jim De Santis, Ph.D.,  
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 (626) 798-5073

Bonnie Cesak, R.N., L.C.S.W.,  
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 Program Chair, Newsletter Editor,  
 (818) 243-0839

Gloria Ashby Dahlquist, M.F.T.,  
 Member at Large,  
 Newsletter Columnist  
 (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. If you are receiving this newsletter and wish to discontinue delivery, please let us know.

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

July 23      Aug/Sept issue  
 Sept 17      Oct/Nov issue

## 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

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
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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