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GAMHPA News

Our thanks go to Bonnie Cesak, R.N., L.C.S.W., for her excellent presentation on the subject of aging and long-term care, presented through GAMHPA, Professional Development Programs, and Glendale Adventist Medical Center. Twelve people were in attendance for this information-packed continuing education lecture.

Please welcome our newest board member, James Gagne, M.D., with

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whom you were acquainted in the last installment of Gloria Dahlquist's interviews. If you are interested in becoming more involved in GAMHPA by serving on the Board of Directors or want to nominate someone for a position, please contact any board member for details.

Enclosed with this issue is a membership application and renewal form. If the mailing label on this newsletter says "non-member" then you are not registered. Now is the time to join or renew to be included in the 2005 directory. Enclosed with this issue is a mid-year update containing additions and corrections. Please place it with your 2004 directory to keep your referral resources current.

In this issue, newsletter editor, Larry Brooks, Ph.D., delivers some potent thoughts about the therapist's divided professional/personal identity.

Gloria Dahlquist, L.M.F.T., brings us another interesting personal interview, featuring outgoing board member, David D. Fox, Ph.D., who will continue as a member but be less involved in GAMHPA leadership activities.

We are fortunate to offer an article by Joyce Lauterback, P.T., M.F.T., & Erik Argenti, R.N. on partial hospitalization & intensive outpatient programs and how they can be a resource to outpatient psychotherapists.

In his business series, Jim De Santis, Ph.D., explores how to deliver a polished marketing message in 60 seconds or less. ?

Calendar of Events

2005 BOARD MEETINGS

January 14	June 24
February 25	September 2
April 8	November 18

Fridays, 9:30-11 a.m.
138 N. Brand Blvd., Ste. 300,
Glendale. All are welcome. Call
ahead at (818) 551-1714.

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From the Editor's Couch

By Larry Brooks, Ph.D.

[I've been reviewing essays that I've written over the last 8 years with the intent of writing a book. I would like to share with you sections of this work in progress. So if it seems that you have read some of this before, you probably have. As always, I am interested in feedback as well as personal experiences that were evoked by your reading.]

The Therapist's Professional/Personal Identity: A Divided Self

Is it possible to be a good therapist and a flawed person, intimate and effective with clients but detached and distracted from one's spouse, patient and understanding in the office but critical and hypersensitive at home? What is the relationship between these various qualities of self and therapeutic behavior, between the persona of the therapist and the Soul of the person? How does our personality shape our practice? How does our practice influence our personality? How do the unhealthy aspects of ourselves influence the work we do? How do we recognize ourselves when so much is dissociated, left behind, projected out? How do we discover, hold, understand and use the contradictory and complimentary aspects of ourselves at home, in the office, at conferences, and in our writings?

It takes a lot to constitute an authentic voice. One struggles repeatedly not

only against the expectations and standards of the group, but also against one's prescriptions and prohibitions. Carl Jung said in *Modern Man in Search for a Soul*, "The patient does not feel himself accepted, unless the very worst in him is accepted too." This quote goes directly to the heart of the struggle for authenticity.

Do I dare enter these rooms and present my thoughts to you? Who am I to presume that I have something of value to say when ancient voices question and doubt such assertions? Who are you, my reader? What voices compete in your mind? How will you receive me? Often when I compose a public thought, I think of the lines from Emily Dickinson, "This is my letter to the World/That never wrote to Me." This sentiment echoes through my life and seeps into spaces that I imagine are filled with love.

The following pages contain personal reflections, theoretical discussions, and anecdotes from clinical work, supervision, and conferences that explore the interplay between the personal and professional aspects of becoming a therapist. Becoming a therapist is a state of mind, a sensibility, as well as a process of developing an identity. Establishing a professional identity is nestled within the grander project of establishing one's personal identity. It is a unique aspect of our profession to have one's professional identity so intimately linked with one's personal self and yet distinct and under certain circumstances obliquely and conflictually related to it. Our professional identity can protect, constrain, and potentiate the development of the self.

Doing psychotherapy is at best a difficult job and paradoxical in its

difficulties. For many of us the job involves absorbing the pain of others, caring, attempting to understand complex dynamics, and trying to be helpful, while attending to and containing our emotional turbulence. Turbulence brings people into therapy. Many of us who become therapists are thrust in this direction by the turbulence within our own lives. Our client's pain and triumphs affect us. We become deeply attached to some of our clients. We become angry, hurt, and envious of them. Our personal stress and problems seep into the consultation room. The boundary between these two worlds, the personal and professional is neither distinct nor easily managed: these worlds are intertwined. Over the years an identity as a helper, therapist, or psychoanalyst develops that contains and makes use of this emotional turbulence. We are, to quote Jung, "wounded healers."

Countertransference plays a central and sustaining role in the process of becoming a therapist. Our therapeutic tools including our theories and techniques are personal, rooted in the depths of our psyche and crafted by our efforts to cope with suffering. We are our techniques. Our emotions, wounds, and thoughts personalize these techniques and theories.

Identity as a construct is multi-dimensional. The professional identity of a therapist is a subdivision of the self. If our graduate degree outlines a titular role that is more often misconstrued by the public, then our theoretical orientation defines a foundation that is tantamount to a way of life. We communicate much of our

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professional identity through this theoretical insignia, while simultaneously concealing and omitting much. It is difficult to render the complex relationship between theoretical affiliation and identity, between who we are, how we act, and how we describe our actions. At the critical interfaces of experience, reflection and communication, there are disjunctions and an ever-present possibility for distortion. To describe these relationships would require an understanding of the historical struggle of our becoming and to glimpse this struggle entails the rigor of a psychoanalysis. A life comes into focus through its details. Molad, an Israeli psychoanalyst, states that "we understand what an analyst says only in the context of the autobiography of his dialogical-development." We understand a person to the extent that he or she is open to being known by another.

Our theoretical affiliation circumscribes our identity with resonant recognition points. Our selection of an orientation is equivalent in many respects to selecting a mate. We become passionately attached to our theories. This attachment, like any deep attachment, emerges out of the conscious/unconscious depths of the personality, what the Irish poet Yeats has described as the "foul rag and bone shop of the heart." Reason and judgment, memory and desire, hope and dread are elements in this dramatic process. During graduate school, a period of intensive professional socialization, we study, absorb, and eventually identify with a theoretical perspective. We become a Kleinian, Kohutian, Relationalist, Jungian, or Cognitive Behaviorist.

This conversion to a theoretical orientation functions not only to organize one's clinical understanding, but also to consolidate one's professional/personal identity. It tacitly prescribes how one operates in the world professionally. It influences the books one reads and doesn't read, the conferences one attends and doesn't attend, and the colleagues one associates with.

My attachment to psychoanalysis has traversed a developmental trajectory that has passed through the stages of separation and individuation, as psychoanalysis itself has evolved over the last 25 years. I discovered Freud accidentally as an anxious, self-conscious, insecure high school student. Browsing the limited books that my parents kept on display, I found a copy of Ernest Jones's biography of Freud and read it. Curiosity and despair nudged me forward. I read *Interpretation of Dreams*, *Introduction to Psychoanalysis*, and *Civilization and Its Discontents*. I kept a dream journal and spent a considerable amount time writing down dreams, day residues and associations. Encountering Freud opened a door to the possibility of understanding my anxious insecurity. I was following in Freud's footsteps, charting new ground as I conducted my fledgling self-analysis. Prior to reading Freud, I had never encountered a discussion of the phenomenon of anxiety. The anxiety that had been so confusing and destabilizing was potentially meaningful. This was an epiphany that initiated me on my path.

I entered graduate school in 1977 at the California School of Professional Psychology, Berkeley Campus. At that time, three distinct theoretical orientations competed for graduate students' attention; psychoanalytic,

cognitive-behavior, and family systems theory. I chose psychoanalytic. Psychoanalysis was dark and deep. It appealed to my darkness like existential literature and subversive rock of the 60's had when I was younger. It also built a bridge to more secure ground by providing a language to investigate the ambiguous and painful.

I was trained within ego-psychoanalytic and object relational models, the prevailing psychoanalytic orientation during the late seventies and early eighties in Northern California. Mahler and Kernberg were in, Melanie Klein was out, and Kohut was beginning to stir unrest. Margaret Mahler's theory of separation individuation provided a guiding light and anchor. Combined with Kernberg's theory of internal object relations, I felt I had a map of the world that helped me make sense of me as well as the clients that I was starting to treat.

I was slowly constructing my psychoanalytic identity. I felt that my psychoanalytic map illuminated a discernible path and a way of being. I aspired to become a competent analytically oriented therapist. I measured my progress against the analytic ideals of abstinence, anonymity, neutrality, and the well-timed, and tactfully titrated correct interpretation. I identified with and envied supervisors who seemed to embody these qualities. I could not measure up. I longed to achieve that state of sturdy calmness and confidence that I associated with psychological health and believed was needed as a condition of doing effective therapy. Initially I felt uncomfortable in this professional

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role. I felt awkward not answering personal questions that client's asked me. When I answered these questions, I felt like I had committed a sin. I felt restricted by what I thought I should and shouldn't say to clients, and threatened by supervisor's towering expectations. I worked under the belief that it was bad technique, which meant I was a bad therapist to gratify clients, engage in small talk or answer questions. I was instructed that the only valid activity was interpretation or inquiry leading to interpretation. I believed that my difficulties represented a personal deficiency. I kept this deficiency hidden from supervisors and friends. I fudged process notes to the best of my conflicted ability, as I consciously polished my professional analytically-oriented false self. My false self was supervised and supported by the psychoanalytic community. The rest was silent and isolated withdrawing into some subterranean bunker. I never talked in supervision or case conferences about how inept and anxious I felt. I was never asked. Talented analytic supervisors stayed on the surface of my false self. There seemed to be a conspiracy of false selves, an unstated policy that prohibited direct open discussion of vulnerability. It was a time for achievement and the show of competence. For years I felt inadequate and uncomfortable doing therapy. For the longest time I could not convert this discomfit into skepticism and critical doubt or discourse. I secretly harbored it as a conviction that something was wrong with me. I hoped that with time, with more therapy and supervision I would get better. I persevered. ?

A Conversation With . . .

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

**David D. Fox, Ph.D.**

When did you first know you wanted to be a forensic neuropsychologist?

Fox: I was a psychology major in college and was attracted by the idea of helping people deal with complicated interpersonal issues. I liked the science of it, and I always had an interest in the physical part of psychology. I had professors who were big names in the field and found the workings of the brain very fascinating.

When I finally got to be a grownup in the field of psychology, by practicing it, I found that psychological testing was also fascinating. I liked the precision and logic of it. And I was interested in how the brain affects us. In clinical practice that particular combination inevitably gets you dragged into court. So I figured if I was going to be dragged into court, I might as well be good at it.

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

Fox: I don't know that I can cite anything in particular. I had some health problems as a child and maybe that gave me an interest in health issues in general. Since childhood, I have always had an interest in science and the study of biology and chemistry. Rather than psychological theory, I was always more interested in the physical side of things. I do

remember a science project as a kid that laid out what a brain looks like and what different areas of the brain do. I had considered being a physician for awhile, but ironically, it didn't seem scientific enough for me. It seemed too practitioner-oriented. I like doing research and experiments and have been fortunate enough to be able to do that. I'm real glad about that.

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

Fox: My wife has been really supportive. She is now an administrator (a social worker by training). I had good training from big name physiological psychologists like Michael Gazzaniga and Melvin Schwartz and others. Whenever I encountered them and what they were doing, I was fascinated. They certainly stirred up a lot of interest in me that I wanted to pursue further.

Where did you study?

Fox: I got my undergraduate degree at UC Santa Barbara, which was not a clinical program at the time. Their emphasis was on learning theory and physiological psychology. David Premark (of learning theory fame) was there at the time.

Then I went to San Diego State University for my masters degree. I wasn't sure what I wanted to do with a masters in psychology, other than "would you like fries with that?" so I got more clinical training at San Diego State and then I got my doctorate at Wayne State University in Detroit. I had a neuropsychological internship and general clinical internships. These reinforced my interest in how brains function.

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A CONVERSATION WITH . . .

David D. Fox, Ph.D.

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What do you like most about being a neuropsychologist?

Fox: I like most that it's on the cutting edge of where science is today. In a certain sense we have done a lot of exploration of things we can't put our hands on... the unconscious and so forth. Those are all good things. But it seems where science is really headed these days is toward understanding how the brain does what it does.

It's also a bit of a problem because if I pick up a neuropsychological journal, I read everything in it, not just the things that are directly relevant to my task at hand. So I can get bogged down when I'm on a project (laughter). When I started in the field, there were few books written on neuropsychology. (Those were all on parchment paper or tree bark, which was cumbersome.) Now there are a dozen books a month published.

What discourages you about your profession?

Fox: Lawyers. Not necessarily because they're bad people, but the needs of lawyers are not the same as the mental health professional or the neuropsychologist. They have certain things they need to accomplish, and sometimes they may want us to give opinions that we're not qualified to give. Or not want us to talk about things that we feel are important. So it's a constant struggle... they aren't scientists and they aren't health practitioners. Sometimes it works out well and sometimes it's a conflict. They have a

specific job to do. We're there to help with the Trier of Fact, which is the entity in the court (a judge or jury) who makes a decision in the case. Our job as professional expert witness is to convey to the Trier of Fact relevant information which is beyond their expertise. That's why we're considered experts. There's often a misunderstanding. In court, an "expert" means someone who has an area of knowledge which is beyond the ordinary person's knowledge that can illuminate some issues in the case that couldn't be explained any other way. For example, if somebody says they have PTSD from an event, the average person may not know what that is. An expert could come in and say what it is and how it affects someone... So we educate the Trier of Fact about important issues. Which sounds just fine until you have to work with lawyers, who have their own needs because they're trying to sell one point of view or another.

What is your general philosophy about your work?

Fox: I think at this point my general philosophy is, even though it sounds hokey, is to be true to myself. It's easy to be dragged into other people's agendas. In the "med-legal" field, it's usually the lawyer who has an agenda. It's very easy to want to try to help the lawyer but we have to be very concerned about boundaries and not getting drawn into their agenda. We need to have our own agenda, which is truth. To shed light on the facts the Trier of Fact needs to know. It's very hard to do. So my philosophy is to stay within myself, within my area of expertise. To understand what I'm doing and not get sucked into what they want me to do. (Smile)... think of dealing with borderlines all the time... constantly

putting up boundaries and saying, no, I'm not going to do that... here's where the boundary is.

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

Fox: It becomes increasingly important for me because it's very easy to get too involved with the work. It's hard for me to say no. Someone might call me up and say they have someone with a developmental disability and we need some expert testimony on their case, so that she will get services through the Regional Center, let's say. It's very tempting for me to try to squeeze it in somehow and then get overwhelmed and eventually resentful. I have to constantly work at saying no... it's a constant struggle. And since I do a lot of my work at home, I don't have a good boundary when I work at it. I have to give myself hours, say, 8:30 to 5:30. And then quit for the day.

For fun, I have an interest in photography, with quite a lot of equipment. I take pictures and print them for my own amusement. I like the theater, travel with my wife, and golf (which may actually add to my tension)! I try to keep a sense of humor because I find that if I don't have one, something's really wrong and I'm getting too tense. I try to keep it in all things, even professional relationships. I see psychotherapy clients as well, and I find it makes a tremendous difference. I think we generally just take ourselves too seriously. The essence of a sense of humor is to have a new perspective, which is the essence of psychotherapy.

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A CONVERSATION**WITH . . . David D. Fox, Ph.D.***(Article continues from page 5.)**How would you describe your favorite kind of client?*

Fox: I judge that by, when I get a phone call and somebody tells me what they want from me, am I smiling, or holding the phone tight? The ones that make me smile, ironically, are the ones who are not involved in the med-legal sense at all, but may be someone who potentially has something wrong with their brain (a bad thing for them, obviously). It's the most interesting for me, because it's a detective job for me to find out what's going on with their brain and what implications that has for them. And what recommendations I might have for them. People coming directly to me for help, rather than being sent to me by lawyers, are the ones I most enjoy.

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

Fox: I would want them to know that there's more to being in the profession of psychology than how we usually think of it. I've explored some of that . . . expert witness work, teaching, personnel screening. I'm always trying to do something different. I think if you just do the same thing all the time, you'll burn out on it. The key is to keep it different, keep changing things. I would encourage mental health professionals to think of variety in their work.

The other thing is, we're all on this earth a short period of time, so let's keep a perspective on that. I'm trying to enjoy my life!

David D. Fox, Ph.D., is a clinical psychologist with over 20 years experience and currently is in independent practice in Glendale specializing in psychological assessment and neuropsychology. In addition, he is the owner/director of Consultants In Psychological Assessment and Clinical Director of The Human Factors Groups. Currently, Dr. Fox also serves as an expert witness on psychological assessment, is an adjunct faculty member of Pepperdine University's Graduate School of Education and Psychology, and conducts seminars on psychological testing. He has taught assessment courses at the California School of Professional Psychology, Pepperdine, and the Cambridge Graduate School of Psychology and is the author of nearly a dozen professional publications on psychological assessment, the MMPI and neuropsychology. Previously, he directed the Psychological Testing Service for Southern California Kaiser Permanente. Dr. Fox may be reached by telephone at (818) 246-3937, at his website www.psychotherapy.org/fox, or his e-mail at DavidFox@psychotherapy.org.



Our columnist, Gloria Ashby Dahlquist, is a Licensed Marital & Family Therapist. Her successful fee-for-service private practice is in Toluca Lake, California. She works primarily with Gifted Adults and Highly Sensitive Persons who are survivors of childhood abuse or neglect. She may be contacted by calling (818) 766-9348 or by e-mail at gloriadahlquist@aol.com. ?

Partial Hospitalization & Intensive Outpatient Programs

By Joyce Lauterback, P.T., M.F.T., & Erik Argenti, R.N.

When mental health professionals hear the name Partial Hospitalization Program, it conjures up an outdated image of a chronic population of people with mental illness attending a day program working on arts and crafts projects.

Now, many of the clients in need of PHP/IOP are the same clients seen in private practice—people with careers, families, and homes, who can still function even with intense symptoms of depression, anxiety, or mania.

Pressure and stress can build up over time, whether it is because of changes in the work environment, marital discord, recent losses, or other situations that become too difficult to manage. Symptoms may worsen and gradually your client is no longer functioning as well, no longer able to perform their job responsibilities. These changes impact family and other relationships. A usual course of action is to consult with the client's psychiatrist regarding medication adjustment and increase individual therapy to two or three times per week. Sometimes this tactic is enough to get the client through a rough period.

Other times, the client may need a higher level of care but is not acute enough for an inpatient admission.

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Partial Hospitalization

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That is when a referral to a partial hospitalization or intensive outpatient program is appropriate.

To begin the admissions process for a PHP/IOP, call the facility to set up an intake interview for your client. Following the interview, client information is reviewed to determine if the person can benefit from the program. The client's insurance benefits are verified and authorization is obtained so that the client is aware of their financial responsibility prior to beginning the program. This process can usually be completed within 24 to 48 hours.

In most cases, insurance companies want the client to continue individual therapy while they attend a program, especially because individual therapy is an important component of our discharge plan. A signed release from the client keeps an open line of communication between the team, the individual therapist, and the psychiatrist.

Upon completion of the day program, appropriate clients may be invited to participate in an evening aftercare group.

The primary benefits of attending a partial hospitalization/intensive outpatient program include receiving validation from others experiencing similar feelings and group support. The frequency of spending three to five days per week intensifies the therapeutic process and the absorption of cognitive material. This framework provides structure and support throughout the week to help clients work through their current issues. The duration of treatment is determined by the treatment team

(including the referring therapist), based on individual need, and can be as short as three weeks or as long as two months or more. ?



The Business of Practice

By Jim De Santis, Ph.D.

Articulate Your Basic Message

Frequently, the window of opportunity a business has to convey what it offers is fleeting. Sometimes the opportunity is literally just a few seconds. We live in the era of the "sound-bite." You may notice that many marketing campaigns therefore will focus on just one or a relative few core messages to convey to the target audience.

While we may as therapists have mastery over technique, this alone does not necessarily mean we have facility in describing to others what we do. Yet w as therapists may equally have just a few short moments to convey to an interested referral source or potential client what we can offer. Our preparedness and clarity at that moment may be decisive in winning the business.

Clearly, a therapist may have more than one service or product, more than one approach or perspective to offer prospective customers. You may therefore have several potential messages to convey, but be prepared to identify the audience and to deliver the most relevant message.

Articulate your basic marketing message thoughtfully. The most important elements should be

centered on benefits & advantages (i.e. results): such as adjusted children, a successful career, a satisfying relationship—not that we ever guarantee results, but we should be focused in our marketing chiefly on results.

To become comfortable and polished, write a short paragraph of no more than 50-100 words for each of your areas of specialization or each target audience that describes what you offer without using technical jargon. Describe the problem you are addressing from the patient's point of view, what the research shows and what treatment options are available. Delineate your treatment philosophy or theoretical orientation from a practical standpoint in terms of your understanding of human nature, what people really want, why they have the difficulties they have, and why your methods are appropriate. Put into words the potential value of your services, how your approach may differ from other treatments or practitioners. Finally, consider any ethical limitations to those services or their potential outcomes.

Keep your descriptions concise and free of clinical jargon. This exercise is designed to help you synopsise your services so, ideally, you can explain to someone what you do in 60 seconds or less. This format is frequently called an "elevator pitch," that is to say a statement you can deliver in the span of time typical on an elevator ride when two people might chat.

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Business of Practice

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Some examples of sentence stems to frame your delivery are:

"I specialize in _____. What I do is _____. How people benefit is _____."

"I enjoy _____. How I do this is _____. The advantage of this approach is _____."

"You know how sometimes people _____? Well, when they do, I can _____."

"If you _____, I can help by _____."

Ideally, these messages should be memorized and rehearsed.

Not incidentally, one is probably well-advised to similarly draft and rehearse

brief statements describing practical matters for new patients, including such information as your fees, insurance, your office hours and availability for a first appointment, access to your office, and how you schedule a first appointment. ?

Winners of Free Advertising

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

Congratulations to:

- Daniel Alonzo, M.F.T.
- Anita Frankkel, M.F.T.
- Mariah Gomez-Falcon, Ph.D.
- Joyce Lauterback, M.F.T.
- Reese Angela Lawton, Ph.D.
- Grace Ann Montgomery, Ph.D.
M.F.T.

Websites by GAMHPA Members

Larry Brooks, Ph.D.	www.pdpce.com	Continuing education
Martha Carr, M.F.T.	www.mcarrmft.com	Private practice
Sharon Deacon, Ph.D.	www.drdeacon.com	Group practice
Jim De Santis, Ph.D.	hometown.aol.com/jjdesantis	Testing, groups, practice development
David D. Fox, Ph.D.	www.psychotherapy.org	Resource center & web hosting
James Gagne, M.D., Q.M.E.	www.drgagne.com	Private practice and articles
Ira Heilveil, Ph.D.	www.pacificchild.com	Nonpublic agency for children
Melissa Johnson, Ph.D.	www.girlpowernow.com/	Information & resources regarding girls
Melissa Johnson, Ph.D.	www.instituteforgirlsdevelopment.com	Private practice focusing on girls
Deborah McColl, M.F.T.	www.deborahmccollmfcc.com	Private practice, arts group, chemical dependency
Karin Meiselman, Ph.D.	www.meiselman.net	Private practice
Larry Nadig, Ph.D., M.F.T.	www.professionalcharges.com	Credit card services
Andrew Whaling, M.F.T.	www.great-marriages-now.com	Marriage/relationship counseling
Andrew Whaling, M.F.T.	www.singledirections.com	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, please contact David D. Fox, Ph.D., GAMHPA Webmaster, at (818) 246-3937 or at DavidFox@psychotherapy.org.

Supervision Groups Starting February 2005

Supervision Group
Supervision-Consultation Group: Supervising the Supervisor

Larry Brooks, Ph.D.

(818) 243-0839

drlbrooks@earthlink.net

**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 (626) 665-7363.

DEL MAR GIRL POWER GROUPS. Ongoing weekly groups for girls, 4th grade through high school, promote self-discovery, hardiness skills, growth-fostering relationships, and empowerment. Contact the Institute for Girls' Development (formerly the psychology office of Dr. Johnson) at (626) 585-8075, ext. 8.

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. Thursday, 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. Meets Wednesday evening. 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, 7:30-9pm. 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.

PARENTS FINDING SOLUTIONS. Ongoing weekly groups. Informative, supportive workshops. Individualized coaching and counseling for parents. Contact Dr. Melissa Johnson at the Institute for Girls' Development, (626) 585-8075, ext. 1.

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.

STRESS MANAGEMENT TRAINING. An education and process oriented training course to help participants understand the physiology and psychology of stress and learn skills to manage physical, emotional, and behavioral reactivity. For men and women with chronic health conditions as well as those overwhelmed by fear, anxiety, and anger due to a variety of life events. This is an ongoing 12-session course. Participants may join at any time. Tuesdays from 6:15-7:30pm in Pasadena. For more information please contact Michael Obarski, Ph.D., or Peter Sepsis, M.S., M.P.H., at (626) 943-4084.

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.

YOUNG WOMEN'S PROGRAM FOR COLLEGE AND GRADUATE STUDENTS. New! Groups, individual therapy, workshops, and resources empower young women through their college experience and

beyond. Contact Joy Malek, M.S., at the Institute for Girls' Development, (626) 585-8075, ext 3.

OFFICE SPACE

ATWATER. Office available at Los Feliz Boulevard location in suite of five psychotherapists. Hourly, part-time, or full-time available. Contact David Willoughby, at (323) 661-4270.

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/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.

GLENDALE. Psychotherapy office for rent. Prime downtown Glendale location in The Exchange. Looking for clinician with five or more years of professional experience to rent a full-time windowed office in a suite with a group of well-established psychotherapists. Opportunity for cross-referrals and collegial relationships. Waiting room, call light system, acoustical insulation, kitchen. Handicap-accessible. Near restaurants & shops. Covered off-street parking. Close to three freeways--134, 5, 2. Contact Jim De Santis, Ph.D., at (818) 551-1714 or JJDeSantis@aol.com.

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.

MONTROSE. Spacious office with large windows in a suite of four offices, available immediately. Suite includes secretarial area, bathroom, large waiting room with lighting system, and ample reserved garage parking. In the heart of Montrose with easy freeway access. Please contact Brian Morrison, Ph.D., at (818) 957-7983 or Nicle Weingarten, M.F.T., at (818) 249-5690.

MONTROSE. Charming office, art therapy room, and group room available for rent on a month to month basis. Saturdays and evenings available. Comfortably furnished, with kitchenette and bathroom. Freeway convenient, ample free parking. Contact Susie Andruk, (818) 949-4013.

PASADENA. Great location, near

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

TOLUCA LAKE/BURBANK. Large, windowed office in new two-office suite in prime Media District. Excellent freeway access and amenities. Available January, 2005, full or part time. Contact Martha Carr, M.F.T., (323) 461-7239 or e-mail mcarrmft@aol.com.

PRACTICE OPPORTUNITIES

SEDONA. Well-established, thriving part-time psychotherapy practice in exquisite Sedona, Arizona, for someone with a "gift" for working with children and teens. Cozy office with views of Sedona's spectacular red rocks. Will stay to connect you to all referral and clinical sources. Call to discuss. Barbara, (818) 790-9543.

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 WORKSHOP.

Third year of successful how-to workshops designed for mental health professionals and students/interns 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, 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.

PRIVATE PRACTICE OFFICE FORMS. Field-tested, up-to-date kit of patient intake, financial agreement, HIPAA, specialized consent, and clinical assessment forms now available via download from the web. For more information or to examine samples, visit the internet at <http://hometown.aol.com/jjdesantis/office.html> or (818) 551-1714.

PROFESSIONAL DEVELOPMENT PROGRAMS. PDP is certified by the CPAAA and the BBS to provide continuing education to Psychologists, Licensed Clinical Social Workers, and Marriage and Family Therapists. We work with small groups and agencies to design programs to meet your specific needs. Call (818) 243-0839, or e-mail ProDevProg@AOL.COM for information about our programs.

PSYCHOLOGICAL ASSESSMENT. Psychological assessments provided

are designed to help with diagnosis and treatment planning for clients age 18 and over. This can be especially helpful with new clients or clients with a complex presentation. Fees are reasonable, and reports are comprehensive, integrating material from interview and a battery of tests selected to answer your diagnostic and treatment questions. Contact Chris D. Cooper, Ph.D., Lic. #PSY17395, at (626) 293-5252.

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

"BEST THING I EVER DID FOR MY PRACTICE." Successful, field-tested private practice marketing system. Complete development pack includes 226-page manual, CD-ROM, sample forms and letters. For further information or to order, visit the web at <http://hometown.aol.com/jjdesantis/start.html> or call (818) 551-1714.

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 THERAPIST DIRECTORY. Concise, up-to-date directory of outpatient psychotherapy groups in the Los Angeles metropolitan area. Over 200 facilitators and 400 groups. Edited by a licensed psychologist & certified group psychotherapist. Web page has received over 3,000 hits from visitors. View or download from <http://hometown.aol.com/jjdesantis/grplist.html> or call (818) 551-1714 to request a copy or submit your free listing today.

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. Theater of Hope for Abused Women, 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 (818) 766-9702. ?

GAMHPA

Glendale Area Mental Health Professionals Association
Suite 300
138 North Brand Boulevard
Glendale, CA 91203-2620
(818) 771-7680
www.psychotherapy.org/gamhpa

The mission of the Glendale Area Mental Health Professionals Association is to advance professional

development through networking, continuing education, and public awareness. We offer equal membership to all licensed mental health professionals regardless of discipline. We are an interest group only and do not provide referrals to the community. We are not a profit-making organization.

BOARD OF DIRECTORS

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Program Chair, Newsletter Editor,
(818) 243-0839

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

James Gagne?, M.D., Q.M.E.
Member at Large,
(818) 790-4300

NEWSLETTER

The GAMHPA Newsletter is customarily published bimonthly, 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, we are sending your newsletter to a wrong address, or you wish to discontinue delivery, please notify us.

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.

2005 Newsletter Deadlines

Jan 21	Feb/March issue
Mar 18	April/May issue
May 20	June/July issue
July 22	Aug/Sept issue
Sept 22	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.

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

Display ads must be camera-ready; please submit one copy for each issue. To submit an insert—such as a flier or brochure—provide the number of copies to cover the mailing list. Inserts must be no larger than 3 3/4" x 9 1/8". Make checks payable to "GAMHPA." Due to publication processes, each newsletter is delivered approximately three to four weeks after our deadline.

GAMHPA Newsletter.
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