

**A Publication of the
Glendale Area Mental Health Professionals Association
(818) 771-7680 www.psychotherapy.org/gamhpa
June/July 2006 ? Volume XIV Number 3 ? Circulation 671**

GAMHPA News

In this issue, Gloria Dahlquist, our columnist, interviews GAMHPA member, Nick Ryan, LMFT, ATR.

Jim De Santis, provides another installment in a series on the business aspects of private practice: on practice frustrations.

Our next continuing education event is being planned around the subject of diagnostic dilemmas. If you would like to help with the planning of this event, please contact Larry Brooks, our program chair.

Our next quarterly networking lunch will be Wednesday, July 26, at Fortune Inn on Broadway east of Brand in Glendale. ?

Calendar of Events

QUARTERLY NETWORKING LUNCHES

All lunches in Glendale.
12-1:30pm, Wednesdays.
Separate tabs. Call ahead to reserve at (818) 551-1714.

July 26, Fortune Inn
Oct 18, Notte Luna

BOARD MEETINGS

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

July 21 September 15
 November 10

Call ahead to let us know you are coming at (818) 551-1714.

In This Issue

About GAMHPA	11
Affiliate Agencies	10
Benefits of Membership	12
Board Meeting Schedule	1
Board of Directors	11
Calendar of Events	1
Classified Advertising	6
Feature: Business of Practice ...	5
Feature: Member Interview ...	2
GAMHPA News	1
How to Advertise	11
How to Join GAMHPA	11
Member Websites	4
Office Space	7
Professional Services	8
Publications	9
Therapy Groups	6
Winners of Free Advertising ...	10

From: _____

Request *Circulation*

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

A Conversation With . . .

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



**Nick Ryan,
LMFT,
ATR-BC**

When did you first know you wanted to be a psychotherapist and art therapist?

I knew I wanted to go into the health care profession very early. In high school I knew I wanted to head in that direction. I thought about psychology then, and was also very involved in the arts, especially drama. I had this idea about going into physical rehabilitation and using the creative arts to help people who enter rehab. So that was my focus in undergraduate school. My first job out of undergraduate study was at a psychiatric hospital as a recreation therapist. My exposure to a psychiatric population and to the mental health professionals there was a strong influence in the direction that I later moved. Additionally, the way I interacted with the patients felt very gratifying and natural to the way that I think and relate to people. With this experience, I moved in the direction of psychotherapy. I realized that combining creative arts with psychotherapy would be a perfect marriage for me.

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

A big influence was my family and the situation we lived. During my adolescent years, my stepfather's drinking escalated. I developed a lot of survival skills around that, which included developing a strong intuition which resulted in being very aware of how people are present in the space around them. I think that helped me develop therapist skills, like being able to be with someone in distress or in an intense emotional state. I can easily be with them and adjust myself and the environment to help them feel contained or less anxious. Knowing I could do that early on, and also being very introverted and the one friends counted on to be a listener, made me feel comfortable in the helper role. I saw this was a strength of mine.

Often, until you look at a problem outside of yourself, and begin to play with alternative ideas in a safe space, can you begin to explore solutions without direct consequences.

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

My biggest inspiration has been my clinical supervisors during my traineeships. I still maintain relationships with Barbara Wyman and Roger Winter. The way they thought about things, the way they were able to share ideas was very inspirational. They fostered my curiosity for my patients and my self so that I could explore beyond what

my initial understanding might have been.

My primary supporters are my family and significant other, who have always encouraged me to pursue my ambitions. My significant other took care of everything else when I was in grad school and is patient with me when I've had a long day.

Where did you study?

I earned my masters at Loyola Marymount University in the dual track program, Marital and Family Therapy and Clinical Art Therapy. I attended the part-time program while I continued working full time at the psychiatric hospital.

What do you like most about being an art therapist?

I appreciate the impact creativity has on a person's ability to express themselves, even thoughts and feelings they may not have been consciously aware of before. The art shifts the way we think, from the left to the right side of the brain. The art creates a special way to brainstorm solutions, solutions one may not have thought about before. Often, until you look at a problem outside of yourself, and begin to play with alternative ideas in a safe space, can you begin to explore solutions without direct consequences. One can dip a toe in the water through the art. With some clients, I bring the art to them, in terms of visualization. I have clients use sculpting in a way that Satir might work with a family. I may have family members assume different poses (using the art material), re-positioning people and

exploring different ways of being in the contexts they are and aren't familiar with. The art opens so many doors.

The other thing about art in treatment is that there are not always words to describe experiences. I have worked with several children with histories of abuse and trauma, and talking about it may not always be the best avenue for them. Using imagery is one way to help them access emotions, create containment for those emotions, and find some measure of control.

I have had to learn to trust the process, because when I do, in time, something significant occurs. It's exciting.

What discourages you about your profession?

Certainly insurance companies and the limitations it can put on the work that needs to be done. The other thing that is not so much discouraging, but frustrating, is when I work with adolescents whose parents may have different expectations of what therapy can do for their child and the amount of time in which they want it to happen. External pressures such as that can be a challenge.

What is your generally philosophy about your work?

The relationship is core. If I can trust that, remain patient, and move at a pace the client sets, then the relationship will develop...as long as I remain respectful and attuned to where they are. When that happens, I think that is when the work will get done, because the relationship is there. Often when there is

disappointment, or a disconnect, or something from a negative transference emerges, when we can work through that, treatment can shift in a significant way. It really demonstrates how valuable the relationship is. The patient, the therapist, if we can just sit with each other and ride out the storm...that is really gratifying. That's when I go home excited about the day.

I like using object relations as a framework, though I'm not married to a particular theory. I will also use narrative interventions and cognitive-behavioral as well. What I really enjoy is the psychoanalytic theories because they focus on the transference and counter-transference. Utilizing my self as a tool in the relationship is what I believe makes treatment work.

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

This is such an interesting question for me because I often tell my trainees and supervisees how important it is. But I am the worst person to practice self-care. I know that it is important, and I advocate for it all the time, but I'm terrible at it. I'm not consistent. Things I wish I did more is art, playing with my dogs, and just play more. I did my masters thesis on counter-transference and the outcome was the value of self-care and how to use the art as a way to decompress. Often in my free time I find myself reading clinical books. I also go to psychoanalytic seminars which I really enjoy. Doing art for my own use, for no one else to view is also beneficial and rejuvenating for me.

How would you describe your favorite client?

Right now I love working with teenagers, which hasn't always been true. It's so exciting to see them actually involved in treatment, not doing it just because their parents want them to. They actually look forward to therapy and have been quite open to looking at things. That is very exciting. I also enjoy working with couples. They pose different types of challenges and the work is often lively. I am really trying to build a practice primarily with adults, though I keep getting children and adolescents referrals.

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

One of my strengths is that I value even the "ugly" parts of people. That has saved some treatment with children, adults, and the couples I've worked with. Often there is so much shame around revealing certain parts of the self to anyone. Clients see that I can embrace those darker parts with them and not pathologize it or reject it. I know that I too am able to accept my darker side. I'm not frightened by it. I am also very flexible in the way that I do my work; I don't bring in an agenda to the client, but follow their lead.

In five or ten years, I see myself still doing clinical work and supervision. I also plan to pursue my doctoral degree. I hope through my creativity, to find many ways to make a contribution to our profession.

Nick Ryan is a Licensed Marriage & Family Therapist and a Board Certified Art Therapist. He is the

Assistant Director of Mental health Services at a child and family service agency in Altadena and has a private practice in Montrose. For appointments call (818) 298-7975.



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 at (818) 766-9348 or gloriadahquist@aol.com. ?

Websites by GAMHPA Members

Michelle Barone, MFT	www.michellebarone.net	Private practice
Larry Brooks, Ph.D.	www.pdpce.com	Continuing education
Martha Carr, M.F.T.	www.mcarrmft.com	Private practice
Lorraine Cummings, LCSW	www.caringwithpassion.com	Geriatric care management
Sharon Deacon, Ph.D.	www.drdeacon.com	Group practice
Jim De Santis, Ph.D.	hometown.aol.com/jjdesantis	Testing, groups, business consultation
Rosalie Finer, Ph.D.	www.rosaliefiner.com	Private practice
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
FrontPoint	www.frontpoint.org	Group practice
Deborah McColl, M.F.T.	www.deborahmccollmftcc.com	Private practice, arts group, chem-dep
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 have a website you would like to submit for publication in this newsletter and placement as a link on the GAMHPA website, please contact David D. Fox, Ph.D., at (818) 246-3937.



The Business of Practice

By Jim De Santis, Ph.D.

Practice "Pains-In-The-Neck"

Is your practice a source of personal satisfaction? It should be.

Part of our clinical work as therapists is often instilling hope in our clients, motivating clients toward a sense of agency, and guiding progress toward goals of quality of life--adjustment, integration, success, and well-being. However, we may not apply the same principles and objectives to our own life. The cobbler's children go without shoes.

Certainly any endeavor is not without its annoyances, but what constitute the biggest frustrations and obstacles to happiness in your own business? Inventory them. Some examples are: delivering services you don't enjoy, treating client populations you don't like, too few clients or too many, too much month at the end of your money, frequent non-emergency crises, too many cancellations and unkept appointments, working long hours or late hours, excessive office clutter, difficult office landlords or suitemates, incessant junk mail, paperwork and phone calls, accounting and billing, frequently unpaid claims, a lengthy commute to the office. Any of these sound familiar?

What do these problems stem from in your own case? In all honesty, how much is each a product of your personality or of biases and assumptions you harbor about business rather than being a product of truly limited professional opportunities or of genuine economic necessity? How many practice frustrations are a result of premature compromises or of fear?

Whether or not our style is to give direct advice to our clients, just by virtue of our broad experience in observing human nature, we are experts at knowing solutions. What are some solutions to actively commit to and initiate today either to reduce or eliminate just one business pain-in-the-neck? Which solutions are just a decision away.

creative procrastination and instead applying discipline, turning off the lights when you leave the office, blocking out time for leisure and fun?

Is your practice a source of personal satisfaction? Life being what it is, if you won the lottery today, would you go in to work tomorrow? If not, why? ?

"Is your practice a source of personal satisfaction? Life being what it is, if you won the lottery today, would you go in to work tomorrow? If not, why?"

Among proactive strategies to success are: adopting an attitude of abundance rather than scarcity, being selective and setting limits and saying "No," streamlining our approach to tasks with smart and effective policies and procedures, better time management and prioritization in letting go of inessential details and dealing only with tasks that are important, applying sound principles and active attention to practice growth and maintenance, thwarting

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.

CHILDRENS SOCIAL SKILLS GROUP. Ongoing small group designed for latency-age children, focusing on improving relationships with friends and family members. Through activities and discussion, the group allows youth age 7-11 to learn and practice newly-developing skills in a safe, supportive environment. Compliments concurrent individual or family psychotherapy for your clients. \$50 per session. Pasadena. For consultation about a case, contact Rosalie Finer, Ph.D., Lic. # 10877, (818) 786-3491.

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. This ongoing workshop will support and energize your creative process. Saturday, 10am-1pm. \$30 per meeting. South Pasadena location. Call Deborah McColl, M.A., M.F.T., at (626) 665-7363.

DEL MAR GIRL POWER. Groups for girls second grade through high school. Promote self-discovery, hardiness, growth-fostering relationships, and empowerment. Social skills groups also available. Melissa Johnson, Ph.D. (PSY 13102), Institute for Girls' Development, (626) 585-8075, ext. 108.

FAMILY MEMBERS OF ALCOHOLICS/ADDICTS. Small open-ended, insight-oriented Process Group with 12-Step emphasis. Monday evenings, 6:30-8pm, Westside, Colleen Land, Psychotherapist, Addiction Specialist, Lic. #MFT70181, (310) 887-0553.

GAY MEN'S PERSONAL DEVELOPMENT GROUP. Growth and insight-oriented group addresses coming out, dating and relationships, HIV status, career issues, life enrichment. Uses here-and-now interaction to increase self-awareness. Compliments concurrent individual or conjoint psychotherapy. Thursday, 6-

7:30pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. #PSY10315, (818) 551-1714.

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.

INSTITUTE FOR GIRLS' DEVELOPMENT SUMMER WORKSHOP SERIES. A fun, in-depth experience in self-discovery and hardiness! 2006 Theme: Mind, Body and Spirit! Third-fifth grade meet Monday-Friday July 10-21. Sixth-eighth grade meet Monday-Friday July 24-August 4. Entering ninth grade meet Monday-Friday August 7-11. Activities include indoor and outdoor activities, arts and crafts, journaling and creative writing, skits and role-plays, Yoga, fun activities with guest experts. To learn more please refer to our website: www.InstituteForGirsDevelopment.com or contact Robin S. Harpster, M.A. (MFC 41937), at (626) 585-8075.

MEN'S GROWTH-SUPPORT PROCESS GROUP. Wednesday 7-8:30pm. New group starting. Safe environment. \$45/session with discounts available. Call for referral, brochure, or intake assessment appointment. Andy Sway, M.A., L.M.F.T., MFC34846, (818) 563-1152.

MEN'S PERSONAL DEVELOPMENT GROUP. Growth and insight oriented group addresses male-female relationships, career, self-care, and personal fulfillment. Uses here-and-now interaction to increase self-awareness. Compliments concurrent individual or conjoint psychotherapy. Thursday, 7:45-9:15pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. #PSY10315, (818) 551-1714.

MIXED ADULT PSYCHOTHERAPY GROUP. Ongoing small group for high functioning adults interested in personal growth through the intersubjective experience. Development of interpersonal insight, effective self-expression, increased capacity for trust and intimacy. Compliments concurrent individual or conjoint psychotherapy for your clients. \$50 per session. Pasadena. For consultation about a case, contact Rosalie Finer, Ph.D., Lic. # 10877, (818) 786-3491.

PARENT SUPPORT GROUP. For parents of children and teens who are difficult, spirited, academically struggling or underachieving. In a safe and nurturing environment, the group provides both a psychoeducational and supportive format for parents to better understand and address their child's unique needs, learn about barriers to academic achievement and develop effective strategies for behavioral management. Dr. Finer has significant experience in working with challenging youth as well as their families both within schools and clinical settings. Compliments concurrent individual, conjoint, or family therapy for your clients. \$50 per session. Pasadena. For more information, contact Rosalie Finer,

Ph.D., Lic. #PSY10877, at (818) 786-3491.

PARENTS FINDING SOLUTIONS. Several ongoing weekly groups for parents including parents of teens, parents of girls with ADHD. Contact Dr. Lisa Blum (PSY 19790), Institute for Girls' Development, (626) 585-8075, ext. 108.

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) 759-1898.

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 7:30-8:45pm in Pasadena. For more information please contact Michael Obarski, Ph.D., or Peter Sepsis, M.S., M.P.H., at (626) 943-4084.

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 at the Institute for Girls' Development (for women 18 – 30). Groups offered: Developing the Creative Self, Healing Body-Food-Soul, Relationships, Transforming Anxiety, Depression, and Stress, Healing from Trauma. Melissa Johnson, Ph.D (PSY13102) (626) 585-8075, ext 108. Program Co-Coordinator: Psychological Assistants Amy Willcoxon, Psy.D. (PSB 31585) and Georgina Smith, Ph.D. (PSB 31320).

OFFICE SPACE

BURBANK/TOLUCA LAKE. Office space available in beautifully decorated therapist suite with waiting room. Full- or part-time in charming brick building in heart of the Media District. Contact Barbara Hancock, M.F.T., MFC #24941, (818) 556-5223.

BURBANK/TOLUCA LAKE. Heart of the Media District, beautifully furnished office with window in two office suites. Available daytime Monday, day and evening Wednesday, Friday, and Sunday. \$150.00 per month for one day.

Please contact Shelia Goss, M.F.T., (818) 348-8568.

GLENDALE. Office space available 5 mornings a week plus Monday & Friday all day. Beautifully decorated with view toward mountains and Pasadena. Receptionist, copier, and full kitchen. Landmark building, corner of Brand & Broadway. Call Tina Clarfield, Ph.D., (818) 507-1550.

MIRACLE MILE. Great location at Wilshire/Fairfax. Attractive two-suite office fully furnished with all amenities, including parking. Available days, evenings, and weekends. E-mail Michelle at mcauley1@sbcglobal.net or call (323) 931-6025.

OLD TOWN PASADENA. Newly constructed office with upgrades, available immediately, full or part-time, furnished or unfurnished, waiting room, separate patient exit, call light system, soundproofing, fax, copy machine. Free patient parking close by. Please call Dr. Peter Radestock at (626) 583-8440.

PASADENA. Beautiful, historic Pasadena office near freeways and Old Town. Spacious psychotherapy offices available part time, day, and evening hours. Call light system, waiting room, separate restroom, kitchen, fax, copy machine, DSL with firewall. Contact Harriet Callier, Institute for Girls' Development, (626) 585-8075, ext 6.

SHERMAN OAKS. Full time or split 50:50. Window office. Free parking. Secure building. Unfurnished. Signal light. Attractive waiting area, kitchen, fax/copier. Congenial environment. Close to freeway. Call (818) 783-0781.

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 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.

CONSULTATION PROCESS GROUP. Ongoing small group focuses on professional development for licensed psychotherapists through emotionally safe intersubjective process approach to understand your impact on clients, including increased awareness of countertransference, tolerance for affect, ability for empathic confrontation, and capacity for interpretive depth. Group will be facilitated by licensed clinical psychologist with significant experience in training and consultation. \$50 per session. Pasadena. Rosalie Finer, Ph.D., Lic. # 10877, (818) 786-3491.

MARKETING WORKSHOP. Starts September 12. How-to workshop designed for mental health professionals and students/interns wanting to build a private practice. 12 facilitated meetings biweekly. Small group format uses practical lecture &

discussion, action-oriented assignments, and peer support. Now offering Tuesday morning series with 18 CEUs available for MFTs and LCSWs. Glendale location. Call Jim De Santis, Ph.D., at (818) 551-1714 for information or to register today.

SUPERVISION CONSULTATION GROUP. This group is for licensed mental health professionals who are interested in contemporary psychoanalytic theory. The goal of this group is to provide a place for open, creative discussion of case material with the objective of deepening one's therapeutic work, enhancing one's clinical understanding, and refining one's utilization of theory in practice. Therapists will have the chance to explore the personal dimension of doing therapy, looking at what they bring into the therapy room, their strengths, weaknesses, conflicts, and passions. Contact Larry Brooks Ph.D., Lic # PSY 8161 at (818)243-0839.

SERVICES

ACCEPT ATM, DEBIT AND CREDIT CARD PAYMENTS for your professional services. Service developed by psychologists specifically for mental health professionals. Very easy to use. Fair rates, no long-term contract, no expensive equipment to buy or lease. Check it out at: www.ProfessionalCharges.com, or contact Larry Nadig, Ph.D., at (818) 240-8295.

ATTENTION DEFICIT DISORDER AND SPECIFIC LEARNING DISORDER. The Assessment Center offers psychoeducational testing to evaluate specific learning

disorders, 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 Jim De Santis, Ph.D., Lic. #PSY10315, at (818) 551-1714.

BUSINESS CONSULTATION. Private, individualized how-to for mental health professionals and students/interns wanting to start or build a private practice. Formulate goals, identify optimal niches and target markets, design ethical and effective marketing strategy, write effective advertising materials, and track results. Jim De Santis, Ph.D., at (818) 551-1714 or JJDeSantis@aol.com.

CHILD AND FAMILY CONSULTATION. Consultation to professionals seeking to expand child and family psychotherapy skills. Three decades of experience with child development and parenting issues. Diagnostic and clinical processes develop awareness of character strengths and talents as well as problem areas. Continuing education units available. Frances Brown, L.C.S.W., (818) 780-9086.

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

fast-start kit of forms includes patient intake, financial agreements, HIPAA notice, consents and releases, and clinical assessment forms now available via CD-ROM, hard copy, or download from the internet. For more information or to examine samples, visit <http://hometown.aol.com/jjdesantis/office.html> or call Jim De Santis, Ph.D., at (818) 551-1714.

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

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

SPECIAL EDUCATION ADVOCACY. Services provided to parents needing help in obtaining special education services from public schools. This includes the initial assessment as well as supporting parents in the IEP process to make sure their children receive all of the services the child needs. Call Ed Brostoff at (323) 664-9312.

PUBLICATIONS

"BEST THING I EVER DID FOR MY PRACTICE." Successful, field-tested private practice marketing system. For further information or to order, visit the web at <http://hometown.aol.com/jjdesantis/start.html> or call Jim De Santis, Ph.D., at (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.

DIAGNOSTIC TESTING DIRECTORY. No cost to obtain a copy or submit a listing. New directory for purposes of professional cross-referral, listing 200 psychologists throughout Los Angeles county who offer psychological assessment services, whether educational, neuropsychological, forensic, vocational, custody, or general psychiatric differential diagnosis. View or download from <http://hometown.aol.com/jjdesantis/psychtest.html> or call Jim De Santis, Ph.D., at (818) 551-1714 or e-mail to JJDeSantis@aol.com.

GROUP THERAPIST DIRECTORY. Request a copy or submit your free listing. Concise, up-to-date directory of outpatient psychotherapy groups in

Los Angeles county. 300 facilitators and 800 groups, and growing. Edited by a licensed psychologist & certified group psychotherapist. Web page has received over 9,000 hits from visitors. View or download from <http://hometown.aol.com/jjdesantis/grplist.html> or call Jim De Santis, Ph.D., at (818) 551-1714 or e-mail to JJDeSantis@aol.com.

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.

FRONTPOINT CHILD & FAMILY THERAPY. FrontPoint is an organization of highly skilled licensed clinicians who specialize in helping children, adolescents, and their families reach their goals. Services include individual, family, & group therapy, parent consultation, playtherapy, psychological testing/assessment, & psychiatric services. We also provide individual and couples therapy for adults, and group presentations and trainings for schools, churches, and parent organizations. Fee for service, sliding scale, and most PPO insurance programs accepted. Reduced rates available for psychology graduate students fulfilling their therapy requirement. For more information, visit our website at

www.FrontPoint.org, or call (626) 396-9502.

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. 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, dmccoll@vmhc.org.

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. ?

Winners of Free Advertising

In each issue of the newsletter, we select randomly drawn members who are awarded the opportunity of distributing their own practice brochure or flier as a newsletter insert at no charge—worth \$140 in postage costs alone.

Congratulations to:
Hsing-Fang Chang, Ph.D.
Zaareh Manassian
Stacy-Colleen Nameth L.C.S.W.
Gil Speer, M.F.T.
Kathryn Watson, M.A.
Adam Weisman, Ph.D.

GAMHPA

Glendale Area Mental Health Professionals Association
Suite 300
138 North Brand Boulevard
Glendale, CA 91203-4618
(818) 771-7680
www.psychotherapy.org/gamhpa

BOARD OF DIRECTORS

Jim De Santis, Ph.D.,
President, (818) 551-1714

Bonnie Cesak, R.N., L.C.S.W.,
Membership Chair, Directory Chair,
(323) 255-3411

Larry Brooks, Ph.D.,
Program Chair, Newsletter Editor,
(818) 243-0839

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

James Gagne, M.D., Q.M.E.,
Sponsorship Chair,
(818) 790-4300

MISSION

Our mission 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.

MEMBERSHIP

Contact any Board member for an application form to join or download a copy from our website. 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.

BENEFITS

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 membership directory, distributed to the business and professional community, including hundreds of 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. They receive reduced rates for continuing education.

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, are planning to move, if we are sending your newsletter to a wrong address, or if you wish to discontinue delivery, please notify us.

EDITORIAL POLICIES

GAMHPA encourages members to contribute articles of scholarly or clinical interest for publication. 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.

2006 Newsletter Deadlines

July 21	Aug/Sept Issue
Sept 22	Oct/Nov Issue
Nov. 17	Dec/Jan Issue

ADVERTISING

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	\$20
1/8-page display ad	\$25	\$50
1/4-page display ad	\$45	\$70
1/2-page display ad	\$65	\$90
Mailing list, printed	\$15	\$25
Mailing list on labels	\$25	\$35
Mailing list on disk	\$80	\$80
e-Mail list	\$15	\$25
Newsletter inserts	17¢	29¢

Display ads must be camera-ready; 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. Make checks payable to “GAMHPA.” Due to publication processes, each newsletter is delivered approximately three to four weeks after a deadline.

GAMHPA Newsletter.
Copyright © 2006 GAMHPA.
All rights reserved. ?

Why Join GAMHPA?

Many of our Newsletter readers and Membership Directory recipients believe they are members of GAMHPA when they are not. In fact, 80% of our circulation are not members. If you have not completed an application or renewal and paid annual dues, then you are not a current member. Only members receive the following additional benefits.

Resources	Directories with member names and practice information are published annually, placed on the desks of over 500 potential referrers in the community. Newsletters with member advertising and articles are circulated bimonthly to over 500 readers in the local professional community.
Advertising	Running classified ads for groups, services, and office space are free to members. Members are randomly awarded the opportunity to bundle their practice flier or promotional brochure with the newsletter at no charge—an \$80 value. Members receive discounts for display advertising, newsletter insert advertising, and mailing list address labels.
Visibility	Members can publish articles in the newsletter on professional topics to gain collegial exposure and respect. Members are randomly selected to be featured in a biographical interview in the newsletter. Members may present a talk to colleagues on a professional topic, advertised as an association program event.
CEU/MCEP	Reduced rates to members for local continuing education units good toward professional licensure renewal.
Multidisciplinary	Equal membership is offered to all licensed mental health professionals regardless of discipline, reflecting real patterns of professional referral in the community.
Local	A geographically local membership base reflects how most client referrals are local.
Inexpensive	Membership dues are lower than most professional associations. Just \$60 per year for licensed mental health professionals, \$40 for students, interns, allied professionals, and organizations.

For a membership application form or to renew your expired membership, call GAMHPA at (818) 771-7680 or visit <http://www.psychotherapy.org/gamhpa> to download a copy of our application form.