

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

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GAMHPA News

The 2006 Membership Directory is now available for download at www.psychotherapy.org/gamhpa. Please note updated and corrected directory information for members listed in this newsletter on page 3.

If you have not joined GAMHPA, our application form is printed in the middle of this issue. The process will take just a minute to complete, and the cost is only \$60 for full members.

After a hiatus, Larry Brooks, our Newsletter Editor, returns to offer his perspectives "from the editor's couch" on page 2. On page 6, Jim De Santis discusses the business benefits of writing.

Gloria Dahlquist, our columnist, interviews GAMHPA member, Michelle Barone, M.F.T., on page 4. On page 3, we also welcome new member Thomas Oldenburger, L.C.S.W.

Our next networking luncheon is set for Wednesday, April 18, at the Olive Garden in Glendale. Bring your business cards. Our continuing education event being planned for early 2007 will address diagnostic dilemmas. If you would like to contribute to the planning of this event, please contact Larry Brooks, our Program Chair. ?

Calendar of Events

QUARTERLY NETWORKING LUNCHES

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

April 18, Wednesday, Olive Garden Italian Restaurant, 101 N. Brand Blvd., Glendale

CONTINUING EDUCATION

"Diagnostic Dilemmas"
Planned for early 2007.
CEUs will be offered.
Contact Larry Brooks for details at (818) 243-0839.

BOARD MEETINGS

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

November 10

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

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PLEASE ROUTE

From: _____

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From the Editor's Couch

Larry Brooks, Ph.D.

We have all had difficult cases where we have made mistakes, where we have been pushed into a corner and acted outside our "preferred versions" of self. I've chosen a case to illustrate how our beliefs about who we are and our theories about what we do can unwittingly create conditions for impasses with our clients.

She was a therapist in training who came for counseling to fulfill her graduate school requirement. She was never comfortable in her role as client. I was never comfortable in my role as not her therapist. Early into our work, she brought me a paper that she had written that critiqued the frame. In this paper she stated that the frame was established and maintained for the comfort of the therapist at the expense of the client. It was a mechanism used to manage the needs of the client based on what the therapist could tolerate. She claimed that the therapist's narcissistic insistence on maintaining the frame encouraged the client's accommodation, and accentuated the compliance of the false self. She felt that the needs of the true self, especially the regressive needs, cried out against the rigidity of the frame, particularly the compulsive commitment to ending sessions on time. While the client is invited to open her heart, she must abruptly stop at the end of the hour. This rigid

adherence to the frame posed a grave threat to the client who might need more flexibility in order to grow. My client felt this rigidity to be harsh, insensitive and potentially re-traumatizing.

She was articulate, pleasant, and yet seemed intent on not becoming my client, at least on my terms. She was neither demanding nor argumentative. She would casually minimize the value therapy, frequently remind me of ways in which she obtained therapy from friends, alternative healers, while complain that she wasn't getting anything out of our therapy. She made her co-payment at the start of each session with a certain ambiguous acknowledgment that left me feeling

We have all had difficult cases where we have made mistakes, where we have been pushed into a corner and acted outside our "preferred versions" of self.

unmistakably paid. There was often anxiety floating in the office creating a background of suspense and discomfort. She seemed inclined to chat. This triggered in me an anxiety about my role, and an insistence on acting more like the therapist. The more I acted like a therapist, the more she resisted acting like a client. We became locked in an impasse. Efforts to talk about the impasse only deepened it. I was too afraid and unsteady to address the difficulty as our impasse. We sustained a tense and uncomfortable relationship for 11

sessions, until she decided to find another therapist. I was wounded, but relieved when she terminated therapy.

The case presented difficulties for me. I felt uncomfortable being with her. I viewed her statements about the inequality of the frame as defensive. While she never explicitly asked or demanded that I modify my approach, her Being insisted on what I unthinkingly felt to be a major demand. I thought about her personality inconsistencies as evidence of underlying problems of dependence and trust. I presented this case to a consultation group and received support and confirmation of my formulations. The group agreed that she indeed was a difficult and resistant patient.

In retrospect I came to understand that she did not want to be in therapy with me because I failed to be the therapist that she needed. I was unwilling to meet her on her terms and accept her wish not to be the patient that I needed her to be. I didn't want to bend: I didn't even see the bend in the road. I expected her (needed her) to talk about problems in therapy, which she didn't do. My difficulty in addressing this impasse was a mutually determined difficulty that I failed to address as such because I didn't recognize it as a mutual impasse. I thought of it in terms of resistance and felt it was our job to understand her resistance. This approach merely strengthened the impasse.

On a more general level my unreflective response to the impasse indicated my blind spot palpably felt

by her. I don't see my smile or sneer as I look into another's eyes. I don't always hear the anger in my voice, even after it is pointed out to me. While I can never know myself without an Other, I often don't recognize myself in another's description. I can never see myself as others see me. They can never know me as I know myself. How does one reconcile interpersonal ambiguity, contradictions, and complementarity? How does one make sense of the inside outside discrepancies and utilize these differences as a source of information when they seem so threatening. In the spirit of Winnicott's 1971 essay where he differentiated object use from object relating, I suggest that in order to see oneself and recognize the impact one has on another, especially in the heat of a conflict, whether it is a patient or significant other, one needs to "surrender" to the perspective of the other. Without this surrender, self-awareness is defensively encrusted in convictions emboldened by idealizations and devaluations, and in the case of therapist, emboldened by our job description. ?



Meet New GAMHPA Member--

Thomas Oldenburger L.C.S.W.

I am a Licensed Clinical Social Worker who has just opened a private practice in the Los Feliz area. My two areas of specialty are Gay Issues and Work Stress. I believe I am uniquely qualified for these specialties because I grew up as a gay boy in a conservative community in the 1950s and kept my sexual orientation hidden for 30 years. I came out in my 30s, found my domestic partner (of 20 years) and began a 20-year career in the computer industry. I became good at corporate management but also became quite aggressive, workaholic, demanding, and mean. I finally realized that I did not like what I had become, so I decided to pursue my lifelong dream of becoming a therapist. I graduated from Cal-State Los Angeles with an M.S.W. and the highest academic award (the Certificate of Honor). I did an internship as an outpatient therapist at the Gay & Lesbian Center of Los Angeles, then worked for one year at the Department of Children & Family Services and two years at San Fernando Valley Mental Health Center treating adults with chronic mental illnesses. I am currently in my second year working with SED children at Los Angeles Child Guidance Clinic. I am available on Saturdays to work with adults, adolescents, or couples who want help with Gay/Lesbian issues or problems related to work stress.

Thomas Oldenburger, L.C.S.W., can be reached at (323) 326-3761 or thomasoldenburger@earthlink.net.
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Directory Updates & Corrections

The following are recent corrections and updates to the 2006 GAMHPA Membership Directory.

Francie Issenman, L.C.S.W.
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Glendale, CA 91203

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1411 N. Hollywood Way
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A Conversation With . . .

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



Michelle Barone, L.M.F.T.

When did you first know you wanted to be a psychotherapist?

I was pretty little. By the time I was 12, I would say. My family says that I would talk about how people were feeling from the time I was a very little child. I didn't know exactly what a therapist meant. But I did want to be a child psychologist early on. When I got out of high school I went and got my special education credentials first, because somehow it didn't seem that I should be a psychologist at age twenty.

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

Both my mom and my aunt, who was my surrogate mom, were very progressive. My aunt was a dancer who helped develop dance therapy in the early 60s. They both did a lot of encounter groups. So as a kid I was always around those kind of things that were new at the time, which familiarized me with it. My mom worked as an administrative assistant helping set up mental health clinics,

day treatment programs and counseling centers. I spent a lot of time in that milieu, because after school I would go there and hang out in the recreation room, waiting for my mom. It is like second nature for me to be in those settings. I do teaching now at a psychiatric hospital, and I am very comfortable there.

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

My parents, mainly my mother, and my aunt, the dancer, and my cousin. I spent a lot of time with my cousin as a young teen. They lived out in a rural area in northern California. She had her babies by natural childbirth, breastfed them, and lived a natural lifestyle. Later when I went to get my teaching credential, I attended Pacific

I am eclectic, but the overriding approach is developmental. I look at clients through that perspective, and go from there.

Oaks College, which is really focused around child development. So I was very much influenced from a young age by a family who was progressively child-centered in a natural lifestyle.

Where did you study?

After high school I went to Valley College for two years, and then to Pacific Oaks for my bachelor's degree in infant/toddler development. I did an extra year there for my certification in special education. Then I went to work at Hathaway Home for

Children, a residential treatment home for severely emotionally disturbed kids. I worked there for seven years as a special ed classroom teacher. That was when autism and Asperger's Syndrome were just starting to be recognized. So I worked with some pretty disturbed children, and it was very easy for me.

Then the mental health system changed, and kids began to be routed from juvenile hall into mental health. These were clearly very different from the kids that we had been seeing, who were developmentally delayed. When I observed the children from the juvenile system, I began to think. Why were these children not being helped sooner? What did their families need so the children could have their needs met?

That propelled me to go back and get my master's degree in Marital & Family Therapy from California Family Study Center (now Phillips Graduate Institute). I appreciated that Cal-Fam had its own brand of progressiveness. I got licensed as an MFT and got pregnant with my first child at basically the same time. Then all my infant/toddler training

from PO kicked in, and things just began to all blend together. Now in my private practice I see a lot of spirited, developmentally delayed, and disordered children, all the kids that look like they just don't fit anywhere. Twenty-something odd years later.

What do you like most about being a therapist?

I like the stories. It's always fascinating to me how people got to where they are now. Like, how did

that happen? And then I like helping people look for solutions to things that seem really overwhelming to them. Sometimes it's a really simple solution, which they might discover just from looking at the problem through a different window. It always feels like a puzzle. People's problems don't get to me. I find it challenging and mysterious to fit it all together. I love it, too, when clients use the therapy to facilitate finding their own answers. In short, I love the puzzle part of it.

What discourages you about your profession?

Managed care. To me that's the biggest professional discouragement. I have to do a lot of education with my patients with managed care to help them understand they only get a limited number of sessions, and then how to problem solve a way to continue treatment if their work is not finished in that amount of time. I am also discouraged that people still carry a lot of shame and resistance to mental health treatment because the stigma remains to this day, despite much wider dissemination of knowledge. Another thing I find curious, though not necessarily discouraging, is that people want the fix to be so fast.

What is your general philosophy about your work?

I am eclectic, but the overriding approach is developmental. I look at clients through that perspective, and go from there. I help people learn to be comfortable with their temperament, to increase their self-acceptance. I do cognitive-behavioral work, too. I help people understand the biochemical component, and how it affects emotions. I help people understand that their feelings

are not necessarily all tied to some psychological, traumatic event.

How do you self-care?

I have a weekly standing appointment for massage therapy, with someone I've known for years, and I do personal care like manicures and pedicures. I definitely work a lot, and in the last year have gotten good at playing as much as I work. In the last year, I also got a housekeeper, which I had never done. I don't know why for all those years I thought I could do it all, but it became too much. This was a huge step for me. I found someone who loves to do it, and she's great!

How would you describe your favorite kind of client?

I like clients who are on their own journey with their own growth, and love to do work outside of session. In complete contrast to that, I also like clients who are not psychologically minded in any way, but are sincere.

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

I really feel that I am only one piece of someone's growth path. So I don't feel possessive of my clients, or threatened if they are working with other modalities like nutrition, or body work, etc. I like to refer to other professionals for adjunctive work. I am also very pragmatic and responsible in finding ways to allow a client to do work they want to pursue with me, whether by sliding my scale, or being flexible in other ways.

Because I see a lot of families that home-school their children, I would want to communicate to therapists out there to be willing to think outside

the box on that subject. The home-schooling lifestyle is often misunderstood. People often assume that it means the family is over-attached. But that is actually rarely the case. I would be happy to talk with anyone who is seeing a home-schooling family who may have questions. I have a unique expertise with that population.

Michelle Barone, M.A., M.F.T. is a licensed family therapist, California credentialed teacher, and parent educator. She has maintained a private practice since 1985 focusing on all issues concerning individuals, couples, and families. Michelle is also a Certified Bereavement Counselor, Certified Quality Parenting Instructor, Certified EFT Practitioner and retired La Leche League Leader.

Michelle has an extensive network of resources in many areas of alternative health and education. She can be reached by calling (818) 951-7744. You may visit her website at www.michellebarone.net.



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. ?



The Business of Practice

By Jim De Santis, Ph.D.

Market Your Services by Writing

There are many reasons to write an article, newsletter, report, or book as a vehicle for marketing your professional services. Even if you don't feel particularly good at it, consider the benefits to your practice of writing something about what you know about clinical work.

A cornerstone of marketing is visibility. Writing can give you that visibility by replicating your presence in the stream of consciousness of more of your optimal customers. Since the advent of movable type, the printed page offered more than an archival function—it began to offer the opportunity for broad dissemination of information.

Unlike many things we do, our writing can be produced inexpensively and distributed widely, whether on paper or electronically. As a result, we can reach a greater number of our potential customers or referrers than we otherwise might through personal contact alone.

Anything we write can be reworked for more than one purpose or into more than one format. A single article you may write on your thoughts about the basic make-up of human psychology or about the fundamental principles you apply in your interventions can be used as a

brochure, a web page, and a lecture outline.

Often, one of the few tangible things we in the mental health professions can offer is writing. Written materials can serve as a tangible reminder to the potential client or referrer which they can hold onto. So at its most basic, written materials allow a potential customer to retain our contact information. As a result, this information is more likely to be passed on to others who can seek us out. Consider carrying copies with you to give away when your subject or your work comes up in conversation.

A cornerstone of marketing is visibility. Writing can give you that visibility by replicating your presence in the stream of consciousness of more of your optimal customers.

Written materials can serve educational objectives, either in terms of your own education or others'. Certainly, committing your ideas to print forces you to clarify your own thinking on a subject. Writing about clinical topics can be an effective way of providing your potential customer a means to self-screen and self-refer into your practice. The reader can see how you think about a particular diagnostic issue or treatment modality. And it is far better to demonstrate your abilities in an article rather than to simply list your abilities in a display or classified advertisement.

Writing also may generate further marketing opportunities to talk or teach. It allows colleagues and the public to see that you could be an interesting lecturer.

Once published, writing creates the status of being an authority. It gives weight and legitimacy to what you say. Writing can demonstrate that you are professional, organized, and efficient. Writing demonstrates your intelligence and capabilities.

Writing creates the added potential of either offering a free, value-added service or becoming a profit center of its own. Writing can generate passive income; it can be sold, leased, or franchised. And if you one day sell your practice, publications become additional assets of the practice.

Jim De Santis is a clinical psychologist in full time private practice in Glendale. He offers workshops and individualized consultation to professionals on business and entrepreneurship. He can be reached at (818) 551-1714. ?

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.

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 or 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.

WOMEN'S 10-WEEK DIVORCE SUPPORT GROUP. Designed for women in all stages of divorce. Discover the meaning in this life transition. Through storytelling, dreams, artwork, writing, sandtray, and other activities, members explore the vastness of their own psyches and the resources it offers for healing and renewal. Based on the idea that divorce is an initiation/individuation experience and thus offers an opportunity for psychological and spiritual growth. Call Christi at (818) 759-1898.

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. 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 per month for one day. Please contact Shelia Goss, M.F.T. at (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.

GLENDALE. Office space available Tuesdays and Saturday mornings in busy northeast Glendale/Montrose

New GAMHPA Referral Directory

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Free Download On the Web**

GAMHPA
Glendale Area
Mental Health Professionals
Association

Members Directory

2006 Edition



**Lists Specialities & Insurance Accepted
125 Members, 72 Pages**

www.psychotherapy.org/gamhpa

psychotherapy office. Second floor, windowed office in the 1809 medical building, across the street from Verdugo Hills Hospital. Warmly decorated waiting room, reception area, call system, bathroom in the suite, accessible parking, possible referrals and growth potential. Tuesdays and Saturdays. Call Marie, (818) 957-8385.

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.

PASADENA. Psychotherapy office in charming Victorian house. Large bay window overlooking rose garden. Xerox machine, refrigerator, microwave, and coffee maker. Ample free parking. Available one day + evening/week. Jacqueline, (626) 577-4733.

PASADENA. Office space available in newly renovated building in Pasadena's Playhouse District. Excellent location. Free parking, handicapped accessibility. Office space leased by the hour, day or 6 hour blocks of time. Spacious, pleasant offices. Opportunities for referrals. Contact Debbie Hedgecock, L.C.S.W., (626) 821-4028.

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 M.S.W.s 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 M.S.W.s preparing for the L.C.S.W. board examination. She also conducted the AATBS training seminars for M.S.W.s 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. How-to workshop designed for mental health professionals and students/interns wanting to build a private practice. 12 facilitated meetings biweekly with 18 CEUs available for M.F.T.s and L.C.S.W.s. Small group format uses practical lecture & discussion, action-oriented assignments, and peer support. Glendale location. Call Jim De Santis, Ph.D., at (818) 551-1714 for information or to register.

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.

COMPREHENSIVE NEUROPSYCHOLOGICAL EVALUATIONS (AVAILABLE IN ARMENIAN, FARSI, & ENGLISH): Dementia examinations and differential diagnosis (e.g., Alzheimer's disease, multi-infarct dementia, depression, other cognitive disorders of the elderly). Unexplained cognitive decline (e.g., memory problems, attention/concentration problems). Other neurological disorders (e.g., seizure disorder, tumors, stroke, Parkinson's disease). Head injuries (e.g., motor vehicle accidents, falls). Psychodiagnostic assessments (e.g., determining degree of thought disorder, delusions). School performance difficulties (e.g., ADD/ADHD, learning disabilities). Competency evaluations (e.g., medical & financial decision-making capacity). Disability assessment (e.g., Worker's Compensation cases). Contact Audrey Khatchikian, Ph.D., at (818) 476-0066.

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 CAAA 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.

TREATMENT IN ARMENIAN, FARSI, & ENGLISH: Individual and couple's psychotherapy. Contact Audrey Khatchikian, Ph.D., at (818) 476-0066.

PUBLICATIONS

"BEST THING I EVER DID FOR MY PRACTICE." Field-tested marketing system. How to start your own interdisciplinary professional association like GAMHPA as a successful method to build your own private practice. 226-page text available on CD-ROM, includes 35 sample forms and cover letters. For further information or to place an 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.

GAMHPA MEMBERS DIRECTORY. Updated directory for 2006 of 125 mental health professionals in the Glendale area, cross-indexed by specialty and insurance accepted. This 72-page directory is now available free to review or print from the following internet address: www.psychotherapy.org/gamhpa.

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. Edited by a licensed psychologist & certified group psychotherapist. Web page has received over 10,000 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.

PEDIATRIC PSYCHIATRIST DIRECTORY. Metropolitan Los Angeles Pediatric Psychiatrist Resource Directory is a concise directory of physicians in Los Angeles county who have been identified as

providing mental health services to children and adolescents. Available on the internet at hometown.aol.com/jjdesantis/pedpsychcmd.html.

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.

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 over \$250 in postage costs alone.

This month, congratulations go to the following winners:

- Annie Coe, M.F.T.
- David Fox, Ph.D.
- Bertha Helen Head, M.F.T.
- George Khair, Jr., M.F.T.
- Jemela Macer, Ph.D.
- Craig Peterson, Psy.D.

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. ?

Websites by GAMHPA Members

Larry Brooks, Ph.D.	www.pdpce.com	Continuing education
Martha Carr, M.F.T.	www.mcarmft.com	Private practice
Coldwater Counseling Center	www.coldwatercounselingcenter.org	Clinic
Lorraine Cummings, L.C.S.W.	www.caringwithpassion.com	Geriatric care management
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
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.deborahmccollmft.com	Private practice, arts group, chem-dep
Karin Meiselman, Ph.D.	www.meiselman.net	Private practice
Thomas Oldenburger, LCSW	therapist.psychologytoday.com/42652	Private practice
Andrew Whaling, M.F.T.	www.great-marriages-now.com	Marriage/relationship counseling
Andrew Whaling, M.F.T.	www.singledirections.com	Singles seminars
Kathleen Williams, Ph.D.	www.psychologist-losangeles.com	Private practice

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.

GAMHPA

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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.

Members 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 Crescenta, La Canada Flintridge, Los Feliz, and Silverlake. Contact us to be added to our mailing list. If you have 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.

Newsletter Deadlines

Nov. 17 Dec/Jan Issue
Jan. 19 Feb/Mar 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.
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