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Glendale Area Mental Health Professionals Association
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GAMHPA News

We are saying good-bye to Board Member Pamela Toll, Psy.D., who is relocating to the San Diego area. She has been active on the Board in initiating social activities, starting a forum for recognition of member accomplishments, participating on our yahoo group, and collecting member email addresses for our newsletter. Thanks, Pamela, and best wishes in your future endeavors!

We are working to decrease our costs and contribute to conservation by shifting our newsletter mailing list to e-mail. Please let us have your professional e-mail address if we do not already have it so we can keep the newsletter coming to you.

Both Larry Brooks and Jim De Santis bring you thoughtful articles in this issue around the theme of economics and psychology.

Larry Brooks is planning our next continuing education conference for summer 2009 on the topic of technology, media, and mental health. We have several speakers arranged. If you are interested in helping with the program or have a location to offer, please contact him with your input. ?

Calendar of Events

QUARTERLY NETWORKING LUNCH

Wednesday, May 13
Notte Luna Italian Restaurant
113 N. Maryland Ave., Glendale

All lunches 12-1:30pm
All are welcome.
Each person pays their own.
Bring your business cards.

Reserve ahead with Jim De Santis
at (818) 551-1714.

BOARD MEETINGS

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

June 19
Sept 4
Nov 6

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From the Editor's Couch

Larry Brooks, Ph.D.

Thinking About
The Psychological Dimensions
of Economic Uncertainty

The bubble burst. Waking up to this reality is a process. And there is no quick fix. What burst apart was more than the banking, automobile, and housing industries. A set of cultural beliefs and values lay smoldering in the debris of the economic collapse. Reminiscent of 9/11, our "collective illusions of safety, inviolability and grandiose invincibility, illusions that had long been mainstays of the American historical identity" was shattered. Stolorow in the Huffington Post (10/15/08). These illusions girded the economic growth leading up to the recession and remain a ghostlike presence in the recovery process.

"No Fear" is a slogan that captures the mindset of this identity, a mindset intoxicated with denial. Being intoxicated with denial glorifies risk and the accompanying blinding sense of invulnerability. Risk imbued our spending, investing, and thinking in general. Being guided by risk is like riding a motorcycle drunk without a helmet. Wall Street and Main Street bet that the cycle would not crash.

When it did, there was an eruption of fear, panic, and pain. During stressful times, emotional life becomes turbulent and complex. It is the

nature of being human that current stresses, especially when severe, can trigger old wounds and memories. The stress associated with financial worry can feel like a brain wreck. Real survival concerns and worries are intertwined with past experiences, stirred by feelings of shame and guilt.

Conventional wisdom often fails to grasp the complex psychological dimensions of hard times. It values hardiness and active mastery and devalues vulnerability and weakness. It preaches a code of behavior embodied by the saying, "when the going gets tough, the tough get going." Its message exacts a quiet toll

The collective anxiety and uncertainty about our future is potentially transformative.

as it encourages the restoration of self to its prior position of power and invincibility at the expense of authenticity.

Ironically, when the going gets tough, the tough don't always get going. Many get irritable, hide their fragility, drink excessively, and isolate themselves or at least their pain. Rather than aspirational, these behaviors represent a model of maladaptive coping. In contrast when the going gets tough, the weak and vulnerable become depressed. They feel conflicted, confused, doubt themselves, blame themselves,

complain, possibly drink and withdraw, but are more likely to seek support and even professional help.

A commentator recently suggested that we call the recession a reset as a way of thinking more hopefully about current conditions. If we reset the economy without re-evaluating the assumptions and beliefs underlying the mindset that generated these problems, then the reset will simply create the conditions for the repetition old patterns in new situations.

As Stolorow suggests our individual beliefs about ourselves are deeply rooted in our collective psyche. Psychoanalysis and Deconstruction provide a framework for understanding this connection. According to Derrida (1)(Sarup 1988), western thinking is rooted in a "logic of binary oppositions" that establish the hierarchical categories that we use to think. This form of thinking splits reality into polarities such as good/bad, active/passive,

rational/irrational, masculine/feminine, sane/insane, strong/weak, and healthy/sick. Psychoanalysts refer to this polarization of reality as splitting. Colloquially it is referred to as black and white thinking.

In Derrida's framework, the first term of the binary is privileged and overvalued. It depends on its meaning through the tacit exclusion and subordination of the second term. In other words when the tough get going, weakness is present through its absence. Life is never simply how it appears. Tough and weak are not mutually exclusive, but

indivisibly alloyed. One quality is felt and the other split off

While Psychoanalysis views splitting as a form of primitive thinking characteristic of severe personality disorders, Derrida's framework suggests that binary oppositions (splitting) permeate psychological discourse and structure the categories we use to understand and describe who we are and how we judge others,

Splitting as a phenomenon of everyday life is illustrated in how average individuals experience the Self. Personal identity and perceptions of others are gauged on a dichotomous rather than continuous scale. Binary terms like good/bad, strong/weak, extrovert/introvert, smart/dumb, beautiful/ugly, cool/uncool form the building blocks of identity that become fixed ideas, and endure as convictions that indelibly define the self and the Other. I am not good enough, smart enough, attractive enough speak to how individuals experience their low self-esteem and constitute the reasons many seek psychological counseling.

It is helpful to think of these psychological splits like fault lines that lie beneath the earth's surface creating an invisible structural fragility. The dichotomization of reality exemplified by splitting creates a linguistic matrix in which self and others are judged against absolute categories. It engenders an us versus them mentality, where individuals either externalize blame on others or collapse under the weight of self-blame. Somebody wins and somebody loses. Splitting reinforces the polarization of difference

between sick and healthy, high and low functioning, good and bad, tough and weak that leads to an increasing sense of either personal inadequacy or grandiosity and to the alienation of the individual from the group.

The collective anxiety and uncertainty about our future is potentially transformative. The psychological reset that is needed starts with personal accountability, but not accountability driven by the logic of binary oppositions. Different conceptual tools are required to facilitate this personal/cultural transformation. We need to develop a more permeable, flexible, and compassionate way of thinking about the self while creating a greater openness to and acceptance of the influence of others. Our need for a psychological overhaul while perhaps more subtle is just as critical to the nation's well-being as the economic bailout.

(1) Sarup, Madan, (1993). An Introductory Guide to Post-Structuralism and Postmodernism.

Larry Brooks, Ph.D., is the Editor of the GAMHPA Newsletter. He is in private practice in Glendale. He can be reached at (818) 243-0839 or DrLBrooks@earthlink.net. ?

Winners of Free Advertising

In each issue of the newsletter, we randomly select and announce six GAMHPA members, each of whom is awarded the opportunity to distribute a practice brochure or flier as a newsletter insert at no charge. Please contact the Newsletter Editor to make arrangements.

This benefit is worth \$327 in first-class postage to each winner.

Congratulations go to the following winners:

Amy Keller, M.F.T.
Grace Ann

Montgomery, Ph.D., M.F.T.
Lee Stoltzfus, Ph.D.

Michelle Barone, M.F.T.
Mary DeVan, L.C.S.W.
Jeff Lance, Ph.D.



The Business of Practice

Jim De Santis, Ph.D.

One Dozen Quick & Inexpensive Practice-Building Methods

The idea of practice-building can seem time-consuming and expensive. In fact, many effective methods of marketing can be executed in 30 minutes or less for little or no cost. Remember, one new referral can be worth \$5,000.

5 Minutes: Refer out. Simple concept—do a kindness for others, and it will come back around to you. Cost: Free.

15 Minutes: Seek some peer consultation on a case. The clinical contact and rapport-building will be good for all concerned. Cost: Free.

15 Minutes: Make three phone calls to colleagues you have received referrals from in the past, but have not heard from in awhile. Don't be shy, use your excellent social skills. Write out a few thoughts ahead of time if you need to. In all likelihood, you will reach their answering machines. Just ask how they are doing, Tell them what's been up with you. Leave some information about your practice. Cost: Under a dollar.

20 Minutes: Download an application form from the internet to join a professional association. There are many organizations to choose from. Cost: \$70 per year at psychotherapy.org/gamhpa.

25 Minutes: Write a cover letter to ten of your best referral sources in the past year. These days with a computer, ten letters are as easy to write as one. The letter should be readable—no more than four paragraphs with no more than four sentences each. Don't wordsmith what you're say. Just give your reader an update on your practice and what you have to offer these days. Enclose a few of your business cards. Cost: Under \$5 with highest quality stationery.

30 Minutes: Consider offering a therapy group on a topic you know a lot about. Place a classified ad in the local association newsletter or directory. Cost: As little as free at TheGroupList.org.

30 Minutes: Most internet service providers offer some function to publish a simple web page. They offer storage space and a simple editor with templates. Minimally include your contact information and a list of services. Cost: Possibly as little as nothing more than your existing subscription.

30 Minutes: Take a colleague for coffee. You don't even have to drink it. Chat—just catch up. Don't even worry about talking business. Get the big, fancy coffee and a scone or whatever. Cost: About \$15.

30 Minutes: Invite an optimal potential referrer to lunch. Yes, this really is only thirty minutes, if you don't count the time it takes to eat anyway. Cost: The other guy's meal, maybe.

30 Minutes: Order 100 cool postcards at Vistaprint.com. Again, don't overthink your text, just be sure to include all your contact information and list of specialties. For a few dollars, get an enterprising "tween" to address them and affix the 27 cent stamps. Cost: About \$55.

. . . Many effective methods of marketing can be executed in 30 minutes or less for little or no cost.

Marketing need not be monumental. You can certainly make it monumental, but it doesn't have to be. Got the price of a couple tanks of gas? Got 30 minutes?

30 Minutes: Canvas a medical building in your area. Don't bother trying to see the physicians, just chat with the office manager for a minute, and leave a stack of your cards. Cost: Free with cards printed at Vistaprint.com.

30 Minutes: Join a web-based directory of mental health professionals. Any type of web presence is becoming increasingly important. Don't overthink the content of your webpage, just get in the necessary basics. Cost: Free for the first six months through PsychologyToday.com.

Jim De Santis, Ph.D., is a clinical psychologist in full time private practice in Glendale. He offers workshops and individualized consultation to mental health professionals on business and entrepreneurship. He can be reached at (818) 551-1714 or JJDeSantis@aol.com. ?

Why Join GAMHPA?

<i>Publications</i>	Directories with member names and practice information are published annually, placed on the desks of potential referrers in the community. Newsletters with member advertising and articles are circulated bimonthly to over 750 readers in the local professional community.
<i>Advertising</i>	Classified ads are free to members. Members are randomly drawn to place their practice flier or promotional brochure with the newsletter at no charge—a \$327 value. Members receive discounts for display advertising, newsletter insert advertising, and mailing list address labels. Member websites are published in the newsletter.
<i>Visibility</i>	Members can publish articles in the newsletter on professional topics. Members may present a talk to colleagues on a professional topic, advertised as an association program event.
<i>Communication</i>	Members can join our internet discussion group and communicate through e-mail on pertinent topics such as finding office space, finding out about current events in mental health, airing clinical questions, and finding referral resources.
<i>CEU/MCEP</i>	Reduced rates to members for local continuing education units applicable toward professional licensure renewal.
<i>Multidisciplinary</i>	Equal membership is offered to all licensed mental health professionals regardless of discipline, reflecting real patterns of professional referral in the community.
<i>Local</i>	A geographically local membership base reflects how most client referrals are local.
<i>Inexpensive</i>	Membership dues are lower than most professional associations. Just \$70 per year for licensed mental health professionals, \$45 for students, interns, and allied professionals.

To join, you may contact any Board Member or log on to the Association website to download a copy of our Membership Application Form at www.psychotherapy.org/gamhpa.

institute for girls' development

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- Young Women's Program (for adults in their 20's & 30's)
- Summer Workshop Programs (3rd grade–High School)

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For more information, visit us on the web:

www.InstituteForGirlsDevelopment.com

626.585.8075 ext. 108

Melissa Johnson, Ph.D. PSY13102

NEWPORT PSYCHOANALYTIC INSTITUTE PASADENA / ORANGE COUNTY

NPI is a freestanding non-profit institute committed to an integrative study of diverse psychoanalytic schools of thought. Our collegial atmosphere invites curiosity, openness, critical thinking, and a sense of community. We offer small colloquiums of talented creative senior faculty and students. NPI's goal is to enable practitioners to deepen their work with patients while further developing their psychological selves.

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Or e-mail admin@npi.edu Visit: www.npi.edu

Glendale Area

Mental Health Professionals Association

Enter the Digital Mental Health Community

GAMHPA Yahoo Group

Forum for GAMHPA members to widely distribute information about their services, groups, office rentals, referral needs, and much more.

A great way to connect and get to know fellow members!

To visit, go to

health.groups.yahoo.com/group/gampha

Glendale Area

Mental Health Professionals Association

Top Reasons to Visit GAMHPA Online

1. Links to Member Websites
2. Online Feb/March 2009 Newsletter
3. Online 2008 Directory
4. Online 2009 Application Form

psychotherapy.org/gamhpa

Classified Advertising

GROUPS

BEREAVEMENT SUPPORT GROUP. If you have suffered a loss, no need to grieve alone. Please call to join a bereavement group where you can find support in this difficult time of your life. For more information, please call Dawn Krikyan, RN, MSN, PMHCNS-BC, at (626) 399-6646.

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. Complements 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., Lic # 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. # MFT7018, (310) 887-0553.

GAY MEN'S PERSONAL DEVELOPMENT GROUP. Growth and insight-oriented group addresses dating and relationships, career issues, life enrichment. Uses here-and-now interaction to increase self-awareness. Complements concurrent individual or conjoint psychotherapy. Thursday, 6-7:30pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714.

LESBIAN PROCESS GROUP. Ongoing, meets on the second and fourth Tuesday each month from 7-8:30pm. \$50 per month. Openings for 2 people. Maximum 8 women. Interview required. In Sherman Oaks. Call Dr. Mathis, (818) 386-9028.

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. Complements concurrent individual or conjoint psychotherapy. Thursday, 7:45-9:15pm. Glendale.

Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714.

MOVING THROUGH BEREAVEMENT. Ongoing supportive and educational group uses here-and-now discussion, as well as cognitive, psychodynamic, and biopsychosocial perspectives to optimize self-care and coping. Complements concurrent individual or conjoint psychotherapy for your clients. Consultation about a case, call Bonnie Cesak, LCSW, RN, (Lic. # 18570), Glendale, (818) 240-1355.

PARENTING GROUP FOR PARENTS OF TEEN AND PRE-TEEN GIRLS. This 12-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 Lisa Blum, Psy.D., Lic # PSY19790, at (626) 585-8075 x104.

PERSONAL GROWTH GROUP. Enhance individual therapy. Provide couples who are willing to work individually alternatives for self-development. Offer clients a place to practice deepening their intimate relating. Openings are now available in on-going group for high achieving men and women seeking more satisfying relationships and meaningful life work. We explore how the choices we make are influenced by our level of self-awareness. Wednesday, 6:30-8pm. \$45/group. Contact Suzy Boyle, L.M.F.T., Lic # MFC25347, at (626) 577-9352. Providing insight-oriented therapy in Pasadena since 1990.

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, dream work, 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.

SUPPORT GROUP FOR MEN GOING THROUGH SEPARATION AND DIVORCE. Starting January 2007. Meets Wednesday eves. 7:30-9pm. \$45 per session. For more information call Larry Brooks Ph.D., Lic. # PSY1611, at (818) 243-0839.

SUPPORT GROUP FOR WOMEN. You are invited to work out your issues in a warm and supportive environment. For more information, please call Dawn Krikyan, RN, MSN, PMHCNS-BC, at (626) 399-6646.

SURVIVORS' GROUP (AMAC). "Treatment of choice" for molest/incest (per research). High-functioning women's group, \$225 per month, prefer therapist's referral, collaboration. Minimums: 6 months' previous therapy, 6 weeks' minimum commitment, two initial interviews required. Kathy Downing, L.M.F.T., Lic. # 24403, 20 years' group experience, (818) 845-0151.

THRIVING WITH DIABETES. Ongoing supportive and educational group uses here-and-now discussion, as well as cognitive, psychodynamic, and biopsychosocial perspectives to optimize self-care and coping. Complements concurrent individual or conjoint psychotherapy for your clients. Consultation about a case, call Bonnie Cesak, LCSW, RN, (Lic. # 18570), Glendale, (818) 240-1355.

WOMEN COMING OUT 40ish AND BEYOND. This is a group for women who are coming out as lesbians a bit later in life, and/or who find themselves in a relationship with a woman and are struggling to understand what this means for their lives from here forward. Group is in Pasadena, Tuesdays 7:30pm, and cost is \$35/session. Contact Emily Moore, M.F.T., for information at (626) 793-1078.

WOMEN'S DIVORCE SUPPORT GROUP. Women in their 40s and 50s who are divorced, or are in the process of divorcing, are cordially invited to join this group, moderated by an experienced divorce mediator. Monday evenings, limited to 6 participants. Call for more details and enrollment information. Referrals welcome. Elisse Blinder, Ph.D., Lic. # PSY11598, (626) 795-9718.

WOMEN'S MIDLIFE PASSAGES. Ongoing supportive and educational group uses here-and-now discussion, as well as cognitive, psychodynamic, and biopsychosocial perspectives to optimize self-care and coping. Complements concurrent individual or conjoint psychotherapy for your clients. Consultation about a case, call Bonnie Cesak, LCSW, RN, (Lic. # 18570), Glendale, (818) 240-1355.

WRITER'S GROUP. Biweekly group for screenwriters, poets, playwrights, comedy writers, journalists, lyricists, authors. Focuses on identifying and overcoming obstacles to productivity, generating peer support and accountability for forward movement in your craft. Goal is high quality, timely output with personal career success and satisfaction. Alternate Wednesdays, 5-6 pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714.

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 Assistant Amy Willcoxon, Psy.D. (PSB 31585).

OFFICE SPACE

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

GLENDALE. Office space available for lease or sublease. Lovely, spacious office available full or part-time, furnished or unfurnished. Beautifully-located in the Exchange area near the Americana, the Glendale Galleria, and Downtown LA. Contact Jemela S. Macer, Ph.D., at jsm001@msn.com or (818) 242-5460.

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 106.

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.

PASADENA. Wonderful building, location, parking, handicap accessible, waiting room, call light. Mondays, Tuesdays, days or 4-hour blocks; after 6:30 Wednesdays and Thursdays. Dr. Joan Scott (626) 796-1158, jnscottphd@sbcglobal.net. See "contact page" at jnscottphd.com for photo of building.

SILVERLAKE. Great location! Weekday and weekend hours available in our Rowena Avenue office. First floor, no stairs, easy access. A quiet and comfortable suite with a charming interior design, shared with a solo chiropractor. Near Coffee Table, Trader Joe's, Gelson's. Anita Frankel M.F.T., Silverlake Psychotherapy Associates: (323) 661-0297 or afrankel@earthlink.net.

TOLUCA LAKE MEDIA DISTRICT, BURBANK. Large nicely furnished office in a two office suite available part-time. Spacious waiting room, call-lights, kitchen with microwave, refrigerator, copier. Wireless internet. Great soundproofing and air conditioning until evening. Easy parking. Available Mondays, Tuesdays, Saturdays. (818) 559-7261 or e-mail martha.a.carr@gmail.com.

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.

MARKETING WORKSHOP. Not a one-size-fits-all, this how-to workshop is designed for mental health professionals and students/interns wanting to build a private practice. Twelve facilitated biweekly small group meetings use practical lecture and discussion, action-oriented assignments, and peer support. 18 CEUs available for M.F.T.s and L.C.S.W.s. Glendale. Call (818) 551-1714 for information or to register.

THERAPIST'S SELF CARE GROUP. Helping others is our calling, but attending to our own needs is essential to achieving our objectives. For the mental health professional who wants to create the life they truly want, to maximize the things you enjoy, create an environment you are happiest in, reserve ample time for re-creation, cultivate rewarding collegial relationships, and get more of your important tasks accomplished. On-going bi-weekly small group format, Wednesday, 10-11:30 a.m. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714.

SUPERVISION CONSULTATION GROUP. For licensed mental health professionals interested in contemporary psychoanalytic theory. The goal 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

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. Flexible format uses in-person meetings, telephone, and e-mail. Jim De Santis, Ph.D., at (818) 551-1714 or JJDeSantis@aol.com.

CHILD PSYCHIATRIST DIRECTORY. Concise list of 250 child psychiatrists in Los Angeles county, available on the internet at JJDeSantis.org.

COMPREHENSIVE NEUROPSYCHOLOGICAL EVALUATIONS AVAILABLE IN ARMENIAN, FARSI, AND 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 and financial decision-making capacity). Disability assessment (e.g., Worker's Compensation cases). Contact Audrey Khatchikian, Ph.D., at (818) 476-0066.

DR. AUDREY KHATCHIKIAN, PH.D. Now accepting Blue Shield and Medicare for neuropsychological evaluations and treatments. Please call (818) 476-0077.

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. CD-ROM, paper copy, or e-mail. For more information or to examine samples, visit JJDeSantis.org or call (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.

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, AND ENGLISH: Individual and couple's psychotherapy. Contact Audrey Khatchikian, Ph.D., at (818) 476-0066.

PUBLICATIONS

DIAGNOSTIC TESTING DIRECTORY. No cost to obtain a copy or submit a listing. New directory for purposes of professional cross-referral, listing 230 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 JJDeSantis.org call (818) 551-1714, or e-mail to JJDeSantis@aol.com.

GAMHPA MEMBERS DIRECTORY. Over 125 mental health professionals in the Glendale area, cross-indexed by specialties, services, and insurance accepted. This 65-page resource is available free from the following internet address: psychotherapy.org/gamhpa.

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

groups in Los Angeles county. 450 facilitators and 1,100 groups. Edited by a licensed psychologist and certified group psychotherapist. Web page has received 20,000 hits from visitors. View or download from TheGroupList.org, call (818) 551-1714, or e-mail 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 AND FAMILY THERAPY is an organization of highly skilled licensed clinicians who specialize in helping children, adolescents, and their families reach their goals. Services include individual, family, and group therapy, parent consultation, play therapy, psychological testing/assessment, and 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. ?

Websites by GAMHPA Members

Michael Barnes, Ph.D.	www.michaelnbarnesphd.com	Private practice
Michelle Barone, M.F.T.	www.michellebarone.net	Private practice
Megan Bearce, M.F.T.	www.meganbearce.com	Private practice for gifted teens/adults
Kate Beiler, Psy.D.	www.katebeiler.com	Private practice
Rodney Boone, Ph.D.	www.cbtsocal.com	Cognitive behavioral therapy
Larry Brooks, Ph.D.	www.pdpce.com	Continuing education
Ed Brostoff	www.specialedhelp.com	Educational advocacy
Kristin Cantella, M.F.T.	www.kristincantella.com	Private practice
Martha Carr, M.F.T.	www.mcarrmft.com	Private practice
Michelle Cauley, L.C.S.W.	www.cauleyassociates.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.	www.jjdesantis.org	Testing, groups, business consultation
David D. Fox, Ph.D.	www.psychotherapy.org	Resource center & web hosting
Anita Frankel, M.F.T.	www.therapyinla.com/area3.html#anitif	Private practice
FrontPoint	www.frontpoint.org	Group practice
Enrico Gnaulati, Ph.D.	www.dr.gnaulati.net	Private practice
Ira Heilveil, Ph.D.	www.pacificchild.com	Nonpublic agency for children
Melissa Johnson, Ph.D.	www.instituteforgirlsdevelopment.com	Group practice & resources about girls
Jessica LeRoy, MFT	www.jessicaleroy.com	Private practice
Karin Meiselman, Ph.D.	www.meiselman.net	Private practice
Holly Miller, M.F.T.	www.hollytherapy.com	Private practice & art therapy
Newport Psychoanalytic Inst.	www.npi.edu	Training institute
Craig Peterson, PsyD, MBA	www.apapo.org/drccraigpeterson	Private practice
Marcel Ponton, Ph.D.	www.personagroup.com	Neurobehavioral assessment
Positive Directions	www.positivedirections.info	Counseling center
Arghavan Sadeghi, M.F.T.	therapist.psychologytoday.com/38050	Private practice
Megan Torrey-Payne, L.C.S.W.	www.megantorreypayne.com	Private practice
Anne Warman, Psy.D., M.F.T.	therapist.psychologytoday.com/45189	Private practice
Charles Weinstein, Ph.D.	www.charlesweinsteinphd.com	Private practice
Andrew Whaling, M.F.T.	www.great-marriages-now.com	Marriage/relationship counseling
Kathleen Williams, Ph.D.	www.psychologist-losangeles.com	Private practice
Cathy Wright, L.C.S.W.	www.petgriefsupport.com	Pet loss bereavement services

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, send your link to David D. Fox, Ph.D., GAMHPA Webmaster, at DavidFox@psychotherapy.org.

GAMHPA

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BOARD OF DIRECTORS

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 (818) 951-7744

MISSION

GAMHPA was founded in 1992 by a few local area mental health professionals in private practice. Within several years, it grew to over 100 members. 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, reflecting real patterns of professional referral. 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, \$70 per year. Associate Member dues for students, interns, and others, \$45 per year. Organizations, \$125 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 local professional mental health community and posted on our website. They have access to our internet discussion group.

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. They receive reduced rates for continuing education. New members can submit a brief professional biography for publication in the newsletter.

NEWSLETTER

The GAMHPA Newsletter is customarily published bimonthly and 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

Jun/Jul Issue	May 22
Aug/Sep Issue	July 24
Oct/Nov Issue	Sept 25

ADVERTISING

All advertising questions should be directed to the Editor. Classified ads will run for two issues, display ads for one issue. Advertising for services by psychologists or psychological assistants must include the license number of the psychologist. Display ads must be camera-ready; submit one copy for each issue. To submit an insert—such as a flier or brochure—provide sufficient copies to cover the print circulation, noted on the masthead. Due to publication processes, each newsletter is delivered approximately three to four weeks after our deadline.

Advertising Rates

Item	Member	Non-Mem
Classified ad	Free	\$25
1/8-page display ad	\$25	\$50
1/4-page display ad	\$50	\$75
1/2-page display ad	\$65	\$90
Mailing list, printed	\$15	\$25
Mailing list on labels	\$30	\$40
Mailing list on disk	\$70	\$80
e-Mail list	\$20	\$30
Newsletter inserts	19¢	32¢

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