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GAMHPA News

In this issue, we welcome a feature by GAMHPA member Alan Karbelnig examining barriers to individuality in psychotherapists, on page 2.

Our internet discussion list is serving our members well. See Michelle Barone's report on page 3 of topics that have been discussed recently.

We are starting a new feature in this newsletter to highlight member achievements. See Pamela Toll's introduction on page 3 about our new GAMHPA 'Spotlight.'

Our next business networking lunch will be Wednesday, January 21, at the new Cheesecake Factory in Glendale at the Americana. This is a good format to assess if you would like to join GAMHPA. Bring your business cards.

Larry Brooks is planning our next continuing education conference for 2009 on the topic of technology, media, and mental health. If you are interested in helping, have an area of interest that you would like to present, or have a location to offer, please contact him. ?

Calendar of Events

QUARTERLY NETWORKING LUNCHES

Wednesday, January 21
Cheesecake Factory
The Americana on Brand
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.

Jan 16
Feb 27
Apr 10
June 19
Sept 4
Nov 6

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Towards Thinking Openly: Barriers to Individuality in Psychotherapists



Alan Karbelnig,
Ph.D.

(Bolstered by Soren Kirkegaard's lament that "ours is a paltry age because it lacks passion," Dr. Alan Karbelnig writes this regular column to provoke thoughtful reaction from his colleagues. He has been a member of SGVPA since 1988, and served as its president in the early 1990s; he has chaired the SGVPA Ethics Committee for 14 years. Alan is a Training and Supervising psychoanalyst at the New Center for

Psychoanalysis and the Newport Psychoanalytic Institute. He practices psychoanalytic psychotherapy and forensic psychology in South Pasadena.)

As they enter the consulting room for their first meeting with a person, psychotherapists *should* feel terrified. They enter the room with, well, *nothing*. They carry no technical devices. Unlike physicians, who have any number of tools from blood pressure cuffs to electrocardiographic machines, psychotherapists have only themselves. Unlike attorneys, who

take notes, refer to legal authorities, and compose official documents, psychotherapists offer only ideas and emotional responses. They present in an exposed state; they carry only their inherited or learned psychobiology and their knowledge of whomever of the various theorists they have found the most influential.

This nakedness notwithstanding, persons seeking the services of psychotherapists arrive with expectations, even demands. They complain of stale marriages, paralyzed employment situations, or painful emotional states. They request solutions and relief. They insist their psychotherapists take action. This

. . . keeping an open mind is anything but easy, particularly when feeling uncomfortable.

combination of demand, on the one hand, and lack of technology, on the other, creates unease if not abject anxiety in psychotherapists – particularly in the early stages of their work.

How do they then cope with such vulnerability? Some psychotherapists take refuge in dogmatic theoretical approaches. For example, if they have the conviction that all psychopathology results from pent-up aggression and envy, they will view problems exclusively through this lens. If they believe that failures of

empathy are the cornerstones of psychological difficulties, they will conclude that emotional troubles result solely from interpersonal deprivation. And so on.

At the other end of a continuum, some psychotherapists eschew theory, and practice some variety of "rent-a-friend." As one colleague put it, somewhat crassly, psychotherapy is "a love affair without the affair." Perhaps these psychotherapists are helpful, but they run serious risk of violating the patient, crossing boundaries, or otherwise failing to adhere to the fiduciary aspect of the psychotherapeutic contract.

"Patients" are paying a fee for a service, and if only love and friendship are provided, their "sessions" smack of a variant of prostitution.

Striving to find the "middle zone" between these two extremes, psychotherapists face incredible complexity and uncertainty. Even within the confines of the psychoanalytic model, for example, wide variance in theory exists.

Different theorists hold that psychopathology results from deficits in maternal care, from intra-psychic conflicts, from unresolved Oedipal complexes, from pent-up aggression and envy, from repressed sexual urges, from existential concerns like fear of death, or from primitive mental states characterized by excessive splitting and projective identification.

Ideally, all these variants should not be causes of anxiety but embraced as part of the beauty and fullness of human experience that psychotherapy uniquely mediate.

Psychotherapists *do* face incredible ambiguity. They *should* feel awed and humble. They err if they are too rigid in theory; they err if they are too loose. They must struggle to find their way between these two extremes – all the while keeping an open a mind.

But keeping an open mind is anything but easy, particularly when feeling uncomfortable. G. K. Chesterson once wrote that “an open mind is like an open mouth, it looks for something hard to bite into.” Psychotherapists must avoid biting into anything hard. In his recent book, called *The Black Swan*, Nassim Taleb describes theory as “like medicine (or government): often useless, sometimes necessary, always self-serving, and on occasion lethal.” He suggested that theory “be used with care, moderation, and close adult supervision.”

Hopefully, psychotherapists cherish the mystery of the persons who sit before them. Hopefully, they strive to understand what they speak, feel, or display, and then respond in a unique fashion. And as they navigate through the clouds on their lonely journey towards helping others, they can ultimately rely only on this: Their own sense of integrity.

GAMHPA Member, Alan Karbelnig, Ph.D., can be reached at 625 Fair Oaks Avenue, Suite 270, South Pasadena, (626) 441-7778. ?



Yahoo! News

Michelle Barone, M.F.T.
GAMHPA Yahoo Group Moderator

GAMHPA Yahoo Group
Going Strong

If you are not already a member of the group, consider joining today. It is a forum for all GAMHPA members to post information about their services, groups, office rentals, referral needs, and much more. We are an active community, and this is a great way to connect and get to know fellow members.

Some of the topics discussed recently have included resources for a family with a child with gender identity disorder, insurance issues, and on-going groups.

This group provides a forum for GAMHPA members to exchange ideas, resources, and expertise, to discuss clinical issues, ethics, practice building and network with other members, to give members an opportunity to connect and gain support.

To visit, go to health.groups.yahoo.com/group/gampha. To subscribe, click on the “Join This Group!” tab. If you have any questions or need more information about joining, please call or e-mail me.

Michelle Barone, M.A., M.F.T., (818) 951-7744 or michelle@michellebarone.net. ?



GAMHPA 'Spotlight'

Pamela Toll, Psy.D.
GAMHPA Board Member

Introducing a new GAMHPA
Newsletter Feature

GAMHPA is pleased to announce the creation of a new column. This new feature will serve as a place to acknowledge our members' current, profession-related accomplishments.

So, if you are publishing an article or book, receiving an award or a new certification, giving a presentation at a conference, being appointed to a board or elected to a position, let us know because we'd like to acknowledge your achievement. Inclusion will be at the discretion of the GAMHPA Board.

Please contact Pamela Toll, Psy.D., at drpamelatoll@aol.com or (626) 224-4563 with all the important information. ?



The Business of Practice

Jim De Santis, Ph.D.

Make Your Practice Recession-Resistant

We may like to think of our profession as perhaps likely to thrive in difficult times, and in many ways it does.

Consumers may not go on vacations or buy the new car when times are tough, but they are still likely to go to their doctor. No matter how unfortunate, there is never a shortage of need for mental health services.

There is, however, during recession some probability of a shortage of the financial resources necessary to provide mental health services to those who need it. Whether your practice is built on cash pay, insurance reimbursement, or managed care, in realistic terms what could recession do to your practice?

Overall in the economy, recession can mean fewer customers and falling prices. In your practice, this would translate to fewer incoming patients, more frequent requests for a sliding scale, and attrition from your caseload. We may see premature termination due to the interruption of insurance benefits that arise from layoffs and downsizings. So if you begin to feel the squeeze what can you do?

Good business practices and good ethical clinical practice never need to be inconsistent with each other. Of course, the first rule in our profession is no less important in recession—focus on delivering excellent service to your clients. In particular provide thorough and appropriate recommendations for a plan of care while maintaining your knowledge-base to offer alternate referrals if a patient cannot afford private services.

Whether your practice is built on cash pay, insurance reimbursement, or managed care, in realistic terms what could recession do to your practice?

Beyond good service, a first rule in business is to lower your overhead. Cut costs. Where can you save? Generally we don't tend to have large pools of employees, shelves of inventory, or warehouses of equipment that we can eliminate. However, if you have a service that is not producing income, consider reducing this area of your practice and increasing services that you offer which are a profit-center. Focus on core businesses that produce the greatest revenue.

Even if tempted to discount your fees across the board, maintain them. While we all should be willing to adjust a fee or offer pro bono services on a selective basis, do not panic. Viable alternatives include offering

shorter length or less frequent sessions, as well as focusing more on short-term approaches and symptom relief.

Another business tack is to broaden the range of services you offer. Diversify into areas that are likely to maintain customer loyalty and to be a profit-center. Are there multiple treatment modalities that, when combined, produce better results for clients? When does a targeted family or conjoint session appropriately bolster primarily individual work?

During an economic downturn, what are the types of disorders, problems, and symptoms that people are likely to still suffer from the most and are likely to prioritize in seeking out help for? Perhaps these do not include personal growth, but insomnia, anxiety, and depression. Certainly people will in many instances pay for services their children need before luxury things they want for themselves.

For a number of clinical issues, group therapy may be the treatment of choice, yet the cost of group therapy may be less than half the cost of individual therapy. During a recession where dollars are tight, this modality is likely to flourish. If you have competence in facilitating groups and see a need in your own practice or community for a particular type of group that your clients will benefit from, then consider opening a group.

Focus the expenditure of your current marketing budget on those services that are likely to be a future profit center. For example, if you

offer testing services and you gauge a high demand, then focus your advertising dollars on presenting this facet of your practice, instead of advertising your practice generically.

Renegotiate contracts that may be coming up for renewal to lessen longer-term financial obligations. In the process, consider slimming down your office space if square footage is adjustable. Keep a good amount of cash on hand in the event that cash flow becomes tight so you can weather a downturn and still keep the lights on.

Invest in yourself. If, despite your best efforts, your practice caseload is down, invest in your professional and personal development when you have free time. Build your continuing education credits toward your next licensure renewal. Take classes that really boost your professional depth and repertoire. Alternatively, consider now the time to take vacations or time off for rest and rejuvenation.

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. ?

Top Reasons to Visit GAMHPA Online

1. Links to Member Websites
2. Online Newsletter
3. Online Directory
4. Online Application Form

psychotherapy.org/gamhpa

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:

Enrico Gnaulati, Ph.D.
George Khair, M.F.T.
Betty Mathis, Ph.D.
Marcel Ponton, Ph.D.
Elizabeth Taylor, Ph.D.
Frank Young, M.D.

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Glendale Area

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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. # MFT70181, (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.

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. # PSY8161, 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.

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.

WRITER'S GROUP. Don't succumb to "Mr. Holland's Opus" syndrome. 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.

GLENDALE. Office for lease in suite of therapists, on Brand Blvd., north of

the 134 freeway. Off-street parking. Contact Joanna for more information. (818) 628-5050.

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. Located in historic professional building on Colorado and Madison. Attractive bright corner office, comfortably furnished. Spacious solo practice office large enough for group therapy, with waiting room and call light. Office available days and part-time. Contact Suzy Boyle, L.M.F.T., at (626) 577-9352.

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.

SOUTH PASADENA. A very comfortable private adult consultation room with windows and/or a fully

equipt children's play room available for rent by the day or in 4-hour blocks of time. Waiting room with separate entrance/exit, visual access to waiting room, parking lot, refrigerator with drinks, microwave, snack closet, buzz system, wheelchair accessible, Internet access, and bathrooms. Please contact Toni Cavanagh Johnson, Ph.D., at (626) 799-4522 or toni@tcavjohn.com.

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 "GUIDE TO SELF CARE" GROUP. Helping others is our calling, but attending to our own needs is essential to achieving our objective. For the mental health professional who wants to create the life they truly want, this support group focuses on listening to your own biopsychosocial "signals" to maximize the things you enjoy, create an environment you are happiest in, reserve ample time for recreation, cultivate rewarding collegial relationships, and get more of your important tasks accomplished—in order to achieve personal satisfaction and well-being. 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.

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, hard 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 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.

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 and insurance accepted. This 65-page resource is available free to review or print from the following internet address: 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. 450 facilitators and 1,100 groups. Edited by a licensed psychologist and certified group psychotherapist. Web page has received over 19,000 hits from visitors. View or download from JJDeSantis.org, call (818) 551-1714, or e-mail JJDeSantis@aol.com.

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

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.

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. ?

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#anitaf	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/drcraigpeterson	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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(626) 224-4563

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.

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

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

Feb/Mar Issue	Jan 23
Apr/May Issue	Mar 20
Jun/Jul Issue	May 22

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

<u>Item</u>	<u>Member</u>	<u>Non-Mem</u>
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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