

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

Unlike most everything else that tends to rise in cost, GAMHPA full member (licensed clinician) dues will actually drop in 2011 from \$70 to \$60 and associate dues will drop from \$45 to \$35. Why? Due to shifting our newsletter and directory to a primarily electronic distribution in the last two years, we have created a substantial cost-savings. We hope this translates to growth in our membership in the coming year because one of our long-standing policies is inclusion.

Our mid-year-update of the 2010 GAMHPA Members Directory is now available free online. This 60-page resource is a well-respected referral tool. 117 licensed mental health professionals in the local area are now included. The directory is heavily cross-indexed by insurance accepted, specialized services, treatment modalities, therapy groups offered, and second languages available. Download the file to your desktop or print a copy from psychotherapy.org/gamhpa.

Our next networking luncheon will be Friday, September 10. You need not be a member to attend. Please see the calendar on this page for details. We hope you'll join us. Bring your business cards.

Calendar of Events

QUARTERLY NETWORKING LUNCH

Friday, September 10
Fortune Inn Mandarin Restaurant
117 E. Broadway, 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 2010

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

Sept 10
Nov 19

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From the Editor's Couch



Larry Brooks, Ph.D.

Shame and its Discontents

Shame binds and dictates, blinds and slanders. Shame holds two in a broken embrace. Shame weakens attachments, kills potential, and ends lives. It is the master magician who makes the moment interminable.

Shame acts as if it precedes Being which translates into: "I suck therefore I am!"

The face of shame hides its eyes from the world. The feet of shame walk in the margins and gutters of the world. The tongue of shame speaks of unworthiness. The body is disfigured: too small or too large. Achievement, gratitude, and joy slip through the cracks in the self.

The mask of shame wears the thin smile of normality and with an element of luck the sneer of excellence.

Shame lives as clearly in the window paned-towers of Wall Street as it does on the planes of the Kalahari, and as it did in that prosaic moment in the garden.

Shame mistakes the false self of defectiveness for the true self and weaves a dream-like veneer that is taken for Reality! The simple tragedy of shame is that it wants to be other than itself. It drives itself to extreme lengths. It swims against the current of being and the textures of life in tantalizing pursuit of this other self. It gauges the world with an instrument of impossibility whose gravity is a force beyond measure.

The future of shame is an endless repetition, a flat line, a cracked pitcher. Like the proverbial frightened dream-figure who cannot move, or the mythological prisoner enchained, it stands fragily in the presence of beauty, and destitute by its encounter with chance.

Shame brings to the table a plenitude of rage that surrounds the pain. It can only seem to ask for help, and as quickly reject it.

Shame goes to therapy as it goes to the bar. It enters the consultation room with one hand extended and the other withdrawn, its fingers crossed in fear and disgust. Shame engages the therapist with small talk and the desire to change: its need for help an open wound. Shame brings to the table a plenitude of rage that surrounds the pain. It can only seem to ask for help, and as quickly reject it. Shame is anchored in the conviction of defectiveness that dresses every

wound, and shadows every movement. This belief that can appear as humility is shored with contempt.

Shame presents difficulties, tests, and temptations for the therapist. It extends a mirror for therapists to reflect upon and sets a stage upon which the two can play, with the preferred role assumed by the therapist.

Shame softens within the tenderness of a patient psychotherapy. When effective, psychotherapy secures its role as a beacon whose illumination glows in presence and wanes in absence. In time, in the face of all that has been remembered and forgotten, and through repetitive movements that seem like a glacial dance, Shame releases shame. It staggers forward across the emotional precipice of unworthiness and surrenders to a warmth that learns empathy for itself.

I write these words as I climb my wall of shame erected by the pain of my faults. I can see from my small perch across the wastelands a reflection of a better being, beckoning sometimes in the form of a lover, other times a dream, and ever mysterious as if seeded by a spirit

Larry Brooks, Ph.D., co-founder and Past President of GAMHPA, and it's first and only newsletter editor, is in full-time private practice in Glendale. He can be reached at his office at (818) 243-0829 or through his website at drlarrybrooks.com.

Welcome to New Member, Mary Ann Aronsohn, M.F.T.

Mary Ann Aronsohn is an experienced, compassionate, easy-to-talk-to therapist. Licensed as a Marriage and Family Therapist in 1989, she works with a wide variety of clients and life situations in her private practice in South Pasadena. She works well with families and couples, adults and adolescents, and knows that doing therapy is truly her life's work. She is trained in Object Relations therapy, which focuses on the client's abilities to attach and how that affects relationships with self and others.

Specializing in Collaborative Divorce, Ms. Aronsohn works in interdisciplinary teams to help people separate or divorce in a dignified, out-of-court manner. She also is a Co-Parenting expert, training separating/divorcing parents to communicate and negotiate with greater integrity, both in a classroom setting or in private work. She also loves doing couples therapy, and includes Stepfamilies in her practice.

Mary Ann is devoted to helping her clients develop their most authentic selves and live their lives according to their deepest values.

GAMHPA Member Mary Ann Aronsohn, M.F.T., can be contacted at her South Pasadena office at (626) 441-5131 or m.aronsohn@att.net.

Advocate or Therapist? Can We Do Both?



Jen Durham,
M.S.W.

My work with the Lesbian, Gay, Bisexual and Transgender population began ten years ago when I interned for the leading gay rights organization in Missouri. From then on my experiences ranged from working on LGBT policy initiatives at the ACLU to training educators and service providers on working more effectively with LGBT youth. Eventually I joined the L.A. Gay & Lesbian Center to work with the growing LGBT family population and now currently work as a psychotherapist. Most recently I expanded my therapeutic services to a private practice setting, allowing for increased specialization with the transgender community,

When a colleague came to me the other day seeking to improve her clinical training program so as to be more trans-friendly, I recalled a case during one of my own internships that illustrates common clinical errors and assumptions when working with transgender clients.

It was like any other day at my internship, always a bit nervous and excited to enter into a new therapeutic relationship, I eagerly picked up my new client assignment forms. The intake paperwork, implied that Greg T.

was a 53 y.o. white 'man' who was seeking therapy to deal with his anxiety, "gender confusion" and work related stressors. At the bottom of the page, it read, "client asked to be called Margaret."

I disregarded the form and walked into the full waiting room and asked for a "Margaret T." A tall, thin femininely dressed individual with frizzy long hair raised a hand and walked over. "I'm Margaret," she said calmly. I introduced myself and we walked back to an available room.

I was Margaret's fifth therapist. Over the past three months she had tirelessly sought out a transgender-friendly therapist and despite her disposable income, her search led her to a LGBT-friendly community clinic. Her first therapist told her immediately that she didn't deal with pedophilias and sexual dysfunctions and promptly suggested "he" find another therapist. Her second therapist inquired about her genitalia and was confused at why a 'sex change' wasn't her top priority. As for her third therapist, the word transgender wasn't even part of her vocabulary and Margaret provided her with an informal Trans 101 training for the first two sessions.

After discussing her third therapist, I looked across at Margaret. All I could say after she shared these disheartening attempts was, "I can't believe you are here, in another therapist's office willing to try again. What persistence, strength and resilience you have. I applaud you."

"Thank you," she said, as her muscles slowly relaxed, and her affect became calmer by the minute.

I continued, "So you have told me about these difficult and uncomfortable situations and how these other therapists have reacted, but you haven't specifically told me anything about you." She looked at me with surprise, "Well, I really like playing the cello, I've been playing since I was a child. I'm really quite good."

Over the course of the year, Margaret joined a support group for MTF transgender women, established a good relationship with a supportive doctor, started hormone replacement therapy, came out to friends and family members, and transitioned at her place of employment. After much thought Margaret decided against Sexual Reassignment Surgery for the time being, and continued to play the cello in a local musical ensemble.

When responding to my colleague's question, I reflect on Margaret's experience with her second therapist. It's all too easy for a therapist to focus solely on the transition as a linear process, with a particular end point, when in reality the transition varies for each client, is ongoing, and permeates every aspect of the client's daily life and identity.

With that being said, having a firm understanding of a client's coping techniques and strengths as well as core aspects of their identity, such as Margaret's musical talent, can be incredibly useful. Highlighting positive, unwavering attributes is vital when clients experience doubt due to their changing physical appearances.

I will conclude by reinforcing that while each client's transition is unique,

and each will face specific obstacles while trying to live a healthy, satisfying life, the concepts of gender and socialization will be struggled with over and over again during the course of therapy. Having an awareness of gender identity models and stages as well as anticipating the potential struggles, emotional and practical, that the client will likely encounter, such as legal ramifications, and systematic discrimination will be immensely helpful in your therapeutic work, since therapy, advocacy and the transition process don't end when the hour is up.

GAMHPA Member, Jen Durham, M.S.W., has a private practice in Los Feliz, working under the supervision of Stacy-Colleen Nameth, LCSW. Jen also works full time as a therapist in the Children, Youth, and Family Services Department at the L.A. Gay & Lesbian Center. She is able to provide presentations, lectures and clinical consultations about effectively working with Lesbian, Gay, Bisexual, and Transgender clients. To schedule an appointment or consultation, call (323) 769-5678 or visit jendurham.com.

The Human Side of Psychotherapy: Love and Courage



Alan Karbelnig,
Ph.D., A.B.P.P.

[Bolstered by Soren Kirkegaard's lament that "ours is a paltry age because it lacks passion," Dr. Alan Karbelnig writes this essay to provoke thoughtful reaction from his colleagues.]

Shackled still by our medical model origins, we psychodynamic psychotherapists continue to argue over any number of logical-positivistic themes related to the transformational process. Is the therapeutic field a one-person or two-person psychology? Should psychotherapists practice neutrality or become dynamic participants in the process? Does projective identification exist?

While these debates rage on, the experiences of those who consult us exist on a completely different level. In fact, the difference between our theoretical concepts and the experiences of our patients is enormous. While we clinicians carry these technical issues in our minds, those who seek help from us are most concerned with two extremely non-technical, highly subjective matters—love and courage.

If you think about it, we psychotherapists spend our days listening to love stories—lack-of-love stories, loss-of-love stories, fear-of-love stories, longing-for-love stories. In one recent morning, for example, I heard one woman express her ambivalence regarding her love for her husband; another was experiencing terror of trusting others after having been assaulted; a young man worked on his fears about dating; and a fourth person, an older man, weighed the responsibility of marrying a woman who already had four children. Love was the primary theme in each of these sessions.

As I looked further, it was difficult to find a single exception to the centrality of love in patients' experiences. Individuals who have serious mental illnesses, like Schizophrenia or Bipolar Disorder, tend to feel betrayed by their own bodies; they too most commonly seek help with their various relationships, which often have been seriously compromised by their mental states. Those with medical illnesses face the loss of the functioning of their own bodies; their debilitation often makes them more aware of the importance of love in their lives. Trauma always involves betrayal, so typically a distrust of love follows from it. Other painful subjective experiences, like loss, grief, sadness, rage, and envy are all, in one way or another, related to that most common and central of human emotions—love.

And these love-lorn individuals who seek our help usually end up equally concerned with courage. Courage

emerges, almost as a partner to love, as patients grapple with unrequited love, unavailable love, impossible love, conflicted love, lost love, and threatened love. Can they find the courage to name and face these challenges—all of which are an inevitable part of any life that dares let love in? Are they willing to take the risks that love entails? Much of psychotherapy involves helping individuals find the courage to view their love-situations with greater clarity, to confront others, to let go of impossible situations, to face loss they've been avoiding.

Central as they are to human experience, love and courage

Central as they are to human experience, love and courage stubbornly defy efforts at technical characterization.

stubbornly defy efforts at technical characterization. Concepts like libido, cathexis, or attachment fail miserably in describing or explaining the experience of love. Finding professional terminology to capture the uniquely human quality of courage proves equally difficult. Resistance has likely been the most common theoretical phrase to explain a lack of courage, yet it, too, proves inadequate. These two common elements of human experience—love and courage—are so amazingly complex, so layered and nuanced. They are at once universal and highly individualized. Any effort to reduce these profound themes of

subjectivity to logical-positivistic categories is doomed to failure.

We of course need to continue to work on the evolution of psychoanalytic theory. It provides us with a way of understanding the transformational process; it allows us tools for communicating with one another; it offers metaphors useful for training those new to our field. But it has grave limits. Sartre once wrote that "to label me is to destroy me." Technical descriptions of human experience miss the mark or, worse, harm our understanding of others. We should, as the British say, "mind the gap"—the immense gap between theory and experience.

Theory never does justice to the living experience of those who consult us. And it is that human experience, the world of love and courage and more, in which we are most sacredly entrusted.

GAMHPA Member, Alan Karbelnig, Ph.D., A.B.P.P., 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. He can be reached at (626) 441-7778 or amkarbelnig@gmail.com.

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Fridays, 11:00 A.M. to 1:00 P.M.

5 Sessions

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Instructor: Enrico Gnaulati Ph.D. (PSY 15738) is the author of two books: *Emotion-Regulating Therapy with ADHD Children: Staying with Playing*, and *Peacemaking with Preschoolers*. He maintains a private practice in Pasadena, CA specializing in child and adolescent assessment and psychotherapy.

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Winners of Free Advertising

In each issue of this 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.

This benefit can be redeemed at any time within the next 12 months and is equivalent to \$433 in first-class postage for each recipient.

Congratulations go to the following winners in this issue:

Daniel Alonzo, Psy.D., M.F.T.
Leslie Larson, Ph.D.
Regine Muradian, Psy.D.
Roger Schwarz, M.F.T., J.D.
David Steininger
Kathleen Williams, Ph.D.

Glendale Area
**Mental Health
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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.

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Classified Advertising

GROUPS

ACTORS' SUPPORT GROUP. Weekly group for actors to share their stresses and successes and to obtain supportive feedback from other actors. Address issues such as audition/performance anxiety, personal and professional identity, self-esteem, and self-care. Group facilitator is a former actor. Atwater Village. Group is forming now. For more information, please call Elisabeth Abbott, M.F.T. Intern, #62674 (Supervisor: Stacy-Colleen Nameth, L.C.S.W.), at (323) 769-5702 or e-mail elisabeth@fulfillinglifetherapy.com.

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.

DIVORCE SUPPORT GROUP for those trying to find meaning and purpose in the dissolution of their relationship. Offers an opportunity to work through feelings of anger, grief, disappointment and fear within a supportive community of others and find the inner resources to move through this difficult transition and live a more meaningful and fulfilled life. Group meets once a week in Van Nuys. Cost is \$35. Call Christi

Taylor-Jones, M.F.T., Lic. # MFT36960, at (818) 759-1898 for more info.

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.

FTM/GENDER QUEER GROUP. Group for people who identify as Female-to-Male Transmen or who identify as Gender Queer. Group will be a supportive group. Issues can be about identity issues, life issues... whatever is on your mind! This is a highly supportive process group! Closed group of 6 or less. Must be willing to make a minimum of a 6 month commitment to the group and attend on a regular basis. Meets every other Saturday from 6pm-7:30pm. Call Cindie Henrie, M.F.T., Lic. # MFT41617, at (323) 829-3548.

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.

GAYS AND LESBIANS. A support group for gays and lesbians meets on Wednesday nights at Holy Family Catholic Church in South Pasadena. For more information please call Elizabeth S. Taylor, Ph.D., at (626) 792-1103.

GIRLS' THERAPY GROUPS at the Institute for Girls' Development. Empowering elementary, middle, and high school girls through self-discovery, hardiness skills, growth-fostering relationships, and embodiment. Various group formats, including process, skill-building, art, and social skills. Clinical Director, Group Therapy Programs: Joy Malek, M.S., M.F.T., Lic # MFC47098, (626) 585-8075, ext. 108.

HEALING AND FREEDOM from Critical and Controlling Parents and/or Partners. Group for women who were raised by critical, controlling and/or narcissistic parents or who are in relationship with critical and controlling, narcissistic partners. Most women in the group have found that their self-esteem has suffered tremendously as a result of being emotionally and verbally abused, criticized or controlled in their lives. Excellent group! Closed group. Must be willing to make a minimum of a 6 month commitment. Meets every other Saturday from 3pm-5pm. Call Cindie Henrie, M.F.T., Lic. # MFT41617, at (323) 829-3548.

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 Betty Mathis, Ph.D., Lic. # PSY12093, (818) 386-9028.

MFT TRANSWOMAN SUPPORT GROUP. New Group Forming! Group for transsexual women who are in the process of transitioning from male-to-female who are at different phases of their transitioning process. This is a highly supportive process group! Closed group of 6 or less.

Must be willing to make a minimum of a 6 month commitment to the group and attend on a regular basis. Date and time TBD. Call Cathy Stansell, M.F.T., Lic. # MFT44123, at (562) 453-7961.

MONTHLY DREAM GROUP. This monthly group is open to adults who are curious about dreams and wish to experience a dream group. The group will be didactic and experiential. Participants will be presented a brief overview of ways of working with dreams in groups followed by an experience of working with a dream. The second Saturday of the month, 2:30-5pm, \$25 per session. Call Larry Brooks, Ph.D., Lic. # PSY8161, to reserve a place at (818) 243-0839 or drlarrybrooks.com.

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, L.C.S.W., R.N., Lic. # LCS18570, Glendale, (818) 240-1355.

NAMI GLENDALE. National Alliance on Mental Illness provides support, education, and advocacy to families and friends who have a loved one with a severe persistent mental illness. We have a weekly support group on Tuesday evenings at 6pm at Verdugo Mental Health Center, 1540 E. Colorado St., and a Spanish-speaking support group that meets the second and fourth Tuesdays at the same time and place. For further

information, visit www.namiglendale.org or call (323) 654-3844.

PARENTS OF GAYS AND LESBIANS. A support group for parents of gays and lesbians meets on Tuesday nights at Holy Family Catholic Church in South Pasadena. For more information please call Elizabeth S. Taylor, Ph.D., Lic. # PSY16308, at (626) 792-1103.

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. Wednesdays, 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.

SASS GROUP (Sexual Abuse/Assault Survivor's Support Group). Group for women who have been sexually abused, experienced incest, raped, sexually assaulted, exposed to adult sexuality too young, used in child pornography, or who have been or who are currently being stalked. Closed group of 6 or less. Must be willing to make a minimum of a 6 -onth commitment to the group and attend on a regular basis. Group meets every other Saturday 1-3. Call Cindie Henrie, M.F.T., Lic. # MFT41617, at (323) 829-3548.

SECOND HALF OF LIFE GROUP (Van Nuys) for women 50+ who are interested in working on issues related

to aging, children/grandchildren, caring for elderly parents, relationship issues and finding meaning/purpose in this stage of life. Facilitated by Jungian Psychotherapist, Christi Taylor-Jones, and includes dreamwork, sandtray, art, meditation and other activities designed to connect with the higher Self. Call Christi Taylor-Jones, M.F.T., Lic. # MFT36960, at (818) 759-1898 for times. Cost \$35/session.

SIGNIFICANT OTHERS SUPPORT GROUP (SOS Group). Group for women whose significant other has a gender identity issue or is gender variant. Partners may be transsexuals, transgender, intersexed, cross-dressers, gender-queer, transvestites.... They can be either male-to-female or female-to-male. Group meets every 2-3 weeks depending upon availability of group members. Closed group of 6 or less. Must be willing to make a minimum of a 6-month commitment to the group and attend on a regular basis. Call Cindie Henrie, M.F.T., Lic. # MFT41617, at (323) 829-3548.

SUPPORT GROUP FOR PARENTS OF GAYS AND LESBIANS. Group meets on Tuesday nights and a support group for gays and lesbians meets on Wednesday nights at Holy Family Catholic Church in South Pasadena. For more information please call Elizabeth S. Taylor, Ph.D., Lic. # PSY16308, at (626) 792-1103.

SURVIVOR'S GROUP. Group for women who have posttraumatic stress disorder and are survivors of childhood abuse or are survivors of traumatic events. This group is a process group. Excellent for getting support and learning effective coping skills and strategies. Closed group of 6 or less. Must be willing to make a

minimum of a 6 month commitment to the group and attend on a regular basis. Meets every Wednesday 8pm. Call Cindie Henrie, M.F.T., Lic. # MFT41617, at (323) 829-3548.

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, L.C.S.W., R.N., Lic. # LCS18570, Glendale, (818) 240-1355.

TRANSWOMAN SUPPORT

GROUP. Group for transsexual women who are in the process of transitioning from male-to-female who are at different phases of their transitioning process. This is a highly supportive process group! Closed group of 6 or less. Must be willing to make a minimum of a 6 month commitment to the group and attend on a regular basis. Meets every other Saturday from 10am-12pm. Call Cindie Henrie, M.F.T., Lic. # MFT41617, at (323) 829-3548.

WEEKLY DREAM GROUP. The weekly dream group is an ongoing group limited to 8 members. It is open to adults who are interested in dreams and see the value in using dreams as a means of self-exploration. Thursdays 6:30-8pm, \$50 per session. Call Larry Brooks, Ph.D., Lic. # PSY8161, to set up an initial consultation at (818) 243-0839 or drlarrybrooks.com.

WOMEN WHO LOVE OTHER

WOMEN (WOW Group!).

Supportive group for women who

are interested in being with another woman, involved with, dating or in a committed relationship with another woman. May identify as gay, lesbian, bisexual, bi-curious or heterosexual ("straight"). Self-identity is irrelevant! Great support group for women who love other women! Fun and playful group! Group meets every other Saturday in Los Angeles. Time TBD. Please call Cathy Stansell, M.F.T., Lic. # MFT44123, at (562) 453-7961.

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, L.C.S.W., R.N., Lic. # LCS18570, Glendale, (818) 240-1355.

YOUNG WOMEN'S GROUPS at the Institute for Girls' Development (for women 17-35). Connect with your "authentic self", develop a sense of empowerment, and experience mutual, growth-fostering relationships. Our groups are designed to help you develop skills for successful life transitions (school, work, relationships); feel more confident in managing anxiety, depression, and stress; learn more ways to heal from loss & trauma; enhance positive feelings about your body; find educational and vocational direction; and nurture your creative self. Clinical Director, Group Therapy Programs: Joy Malek, M.S., M.F.T., Lic. # MFC47098, (626) 585-8075, ext. 108.

OFFICE SPACE

EAGLE ROCK. Office in suite of three offices and waiting room. Full

time, unfurnished \$700 per month. 200 square feet and very adequate for groups. Lovely, serene suite in a professional building on Figueroa. Great location, affable suite mates. Willing to consider part time rental also. Please contact Dr. G. Ann Montgomery at (323) 982-9595.

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.

MONTROSE. Spacious, furnished corner office in four-office suite, available mornings Monday through Friday and all day Saturday. Well-maintained building in great location in quaint Montrose shopping park area. Call lights, wireless internet, and ample parking. Call (818) 249-8858 or e-mail mitchell-psychotherapy@mindspring.com.

PASADENA. Beautiful Psychotherapy office for \$950 per month. The office space is in a suite of friendly therapists. The suite has an elegant waiting room, small kitchenette, call light system, and is right around the corner from the restrooms. The suite is located in a highly desirable building in Pasadena (200 E. Del Mar Blvd.), with attached parking garage. The office is being offered unfurnished. Please call if you are interested in taking a look. Contact Jill at (626) 710-8550.

SHERMAN OAKS. Extra large room. Great building off 101 Freeway. Lit parking, handicap accessible, waiting room, call light, kitchen, & office machines available. Other therapists

provide a warm professional environment. Room Available Wednesday after 3 pm, all day Friday and Saturday. Call B. Mathis, (818) 386-9028.

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.

EMDR CONSULTATION GROUP now forming. Join Laura Dickson, L.C.S.W., EMDRIA Approved Consultant, EMDRIA Regional Coordinator and Certified EMDR Therapist For EMDR Consultation. Obtain the hours you need to become a Certified EMDR therapist. Consultation groups meet the third Friday of the month from 12-2pm. Contact Laura Dickson, L.C.S.W., at (626) 445-3862 or at ldicksonlcs@sbcbglobal.net. Cost is \$80 per 2 hour group.

PSYCHOTHERAPIST SUPERVISION/PEER CONSULTATION GROUP. Supervision/professional peer

consultation group for therapists who are interested in trauma, feminist therapy, gay and lesbian issues, gender identity issues, dissociative disorders, or who want to learn more and consult on cases. Lots of great information will be discussed, presented, and explored! Come be creative, get support, and enjoy an intimate process group with other therapists. Date/Time TBD. Call Cindie Henrie at (323) 829-3548.

SUPERVISING THE SUPERVISOR. This ongoing bi-weekly consultation group focuses on the experience of doing supervision. It adapts the supervision case model to look at supervisory case material. Using a contemporary psychoanalytic framework, it will provide a forum for supervisors to discuss their supervisory experiences, present cases, receive feedback on their work, and discuss relevant topics in field of supervision such as the use of the self in therapy and in supervision, the difference between supervision and psychotherapy, and the dynamics of co-transference in the supervisory relationship. Contact Larry Brooks, Ph.D., Lic. # PSY8161 at (818) 243-0839 and check out dlarrybrooks.com.

SUPERVISION CONSULTATION GROUP. For experienced licensed mental health professionals interested in contemporary psychoanalytic theory. The goal of this small group (limited to 5) is to provide a place for open, creative discussion of case material with the objectives of deepening one's therapeutic work, enhancing one's clinical understanding, refining one's ability to apply theory to practice, and more effectively using one's self in the clinical encounter. Contact Larry Brooks, Ph.D., Lic. # PSY8161 at

(818) 243-0839 and check out dlarrybrooks.com.

SUPERVISION CONSULTATION GROUP for therapists starting out in private practice. Targeted to clinicians with less than 5 years of post-licensure experience. This small group (limited to 5) will provide a setting to strengthen clinical skills as well as deal with the personal/professional challenges of being in private practice. It will utilize a contemporary psychoanalytic framework to discuss clinical material with objectives of deepening one's therapeutic work, enhancing one's clinical understanding, refining one's application of theory to practice, and more effectively using one's self in the clinical encounter. Contact Larry Brooks, Ph.D., Lic. # PSY8161 at (818) 243-0839 and check out dlarrybrooks.com.

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.

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 screening forms. CD-ROM, paper copy, or via e-mail. For more information or to examine samples, visit JJDeSantis.com.

PROFESSIONAL DEVELOPMENT PROGRAMS. PDP is certified by the MCEPAA and BBS to provide continuing education to Psychologists, Social Workers, and Marriage and Family Therapists. PDP works with small groups of clinicians and agencies to design programs to meet your specific training needs. Call Dr. Larry Brooks at (818) 243-0839 or drlbrooks@earthlink.net or check out the website at DrLarryBrooks.com.

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

PUBLICATIONS

CHILD PSYCHIATRIST DIRECTORY. Concise list of 440 physicians who provide psychiatric services to children and adolescents throughout in Los Angeles county, available on the internet at JJDeSantis.com.

DIAGNOSTIC TESTING DIRECTORY. Free directory listing 275 licensed 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.com.

EAST SAN GABRIEL VALLEY DIRECTORY. New directory of 124 mental health professionals east of the 605 freeway from Azusa to Pomona, cross-indexed by specialties, services, second languages, and insurance accepted. 60-page resource free to view or download at JJDeSantis.com.

GAMHPA MEMBERS DIRECTORY. 117 licensed 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. Free, up-to-date directory of outpatient psychotherapy groups in Los Angeles county. 600 facilitators and 1,400 groups. Edited by a licensed psychologist and certified group psychotherapist. Web page has received over 20,000 hits from visitors. View or download from TheGroupList.org.

HOME SCHOOLING. "Finding Your Way: Exploring Your Family's Educational Journey," a workbook of discussion topics and thought-provoking exercises by GAMHPA member Michelle Barone, M.A., M.F.T. Learn more at michellebarone.com.

MISCELLANEOUS

MFT INTERNSHIP. Marriage and Family Therapist Intern searching for a supervised private practice internship in the Glendale area. If you have a position available, please contact Zhaklin Shakhbandaryan, M.A., M.F.T. Intern, #50844, at (818) 371-5067 or at jshakhba@yahoo.com.

AFFILIATE AGENCIES

NAMI GLENDALE. National Alliance on Mental Illness provides support, education, and advocacy to families and friends who have a loved one with a severe persistent mental illness. We have a weekly support group on Tuesday evenings at 6pm at Verdugo Mental Health Center, 1540 E. Colorado St., and a Spanish-speaking support group that meets the second and fourth Tuesdays at the same time and place. For further information, visit www.namiglendale.org or call (323) 654-3844.

Websites by GAMHPA Members

| | | |
|----------------------------------|-----------------------------------|---|
| Elisabeth Abbott, M.A. | fulfillinglifetherapy.com | Intern |
| Michael Barnes, Ph.D. | michaelnbarnesphd.com | Private practice |
| Michelle Barone, M.F.T. | michellebarone.net | Private practice |
| Rachel Barr, M.F.T. | creativetherapyla.com | Private practice |
| Kate Beiler, Psy.D. | katebeiler.com | Private practice |
| Rodney Boone, Ph.D. | cbtsocal.com | Cognitive behavioral therapy |
| Larry Brooks, Ph.D. | drlarrybrooks.com | Private practice & continuing education |
| Ed Brostoff | specialedhelp.com | Educational advocacy |
| Martha Carr, M.F.T. | mcarrmft.com | Private practice |
| Valerie Cascadden, Ph.D., MFT | midlifecrisisrecovery.com | Private practice |
| Matt Casper | mattcasper.com | Private practice |
| Susan Chakmakian, M.F.T. | susanchakmakian.com | Private practice |
| Lorraine Cummings, L.C.S.W. | caringwithpassion.com | Geriatric care management |
| Gloria Dahlquist, M.F.T. | gloriadahquist.com | Private practice |
| Jim De Santis, Ph.D. | jdesantis.com | Testing, groups, business consultation |
| Margot Desannoy, M.F.T. | willowspringscenter.com | Youth residential treatment program |
| Laura Dickson, L.C.S.W. | arcadia-counseling.com | Private practice |
| Jennifer Durham, M.S.W. | jendurham.com | Intern |
| David D. Fox, Ph.D. | psychotherapy.org | Resource center & web hosting |
| Anita Frankel, M.F.T. | therapyinla.com/area3.html#anitaf | Private practice |
| FrontPoint Child and Family | frontpoint.org | Group practice |
| Enrico Gnaulati, Ph.D. | dr.gnaulati.net | Private practice |
| Karen Greenhouse, PhD(c) MFT | instituteforcouplescounseling.com | Private practice |
| Joanna Lee Haase, Ph.D., MFT | drjoannaase.com | Private practice |
| Audrey Ham, Ph.D. | audreyhamphd.com | Private practice |
| Joanna Lee Haase, Ph.D., MFT | drjoannaase.com | Private practice |
| Hillary Haynes, M.F.T. | hillaryhaynesmft.com | Private practice |
| Ira Heilveil, Ph.D. | pacificchild.com | Nonpublic agency for children |
| Cynthia Henrie, M.F.T. | therapist4me.com | Sexuality, gender, & feminist therapy |
| Institute for Girls' Development | instituteforgirlsdevelopment.com | Group practice & resources about girls |
| John Juarez | pasadenamediation.com | Mediation |
| Joanne Koegl, M.F.T. | jkoegl4therapy.com | Private practice |
| Gloria Lee, M.F.T. | gleecounseling.com | Private practice |
| Ricardo Martinez, Psy.D. | drrickmartinez.com | Private practice |
| Aracelli May, LCSW, M.Ed. | aracellimay.com | Private practice |
| Karin Meiselman, Ph.D. | meiselman.net | Private practice |
| Emily Moore, M.F.T. | emilymooremft.com | Private practice |
| Regine Muradian, Psy.D. | reginemuradian.com | Private practice |
| Stacy-Colleen Nameth, LCSW | tellyourstorytherapy.com | Private practice |
| NAMI Glendale | namiglendale.org | Support group |
| Craig Peterson, PsyD, MBA | drccraigpeterson.com | Private practice |
| Linda Goodman Pillsbury, LCSW | lgpillsbury.com | Private practice, EMDR |
| Linda Poverny, Ph.D., LCSW | povernyandassociates.com | Private practice |
| Claudia Rosa-Bienenfeld, LCSW | socalcancerinfo.org | Private practice |
| Dale K. Rose, M.F.T. | dalerose.com | Private practice |
| Roger Schwarz, MFT, JD | rogersmarriagecounseling.com | Private practice |
| Lee Stoltzfus, Ph.D. | lifemanagementsystems4u.com | Private practice |
| Bridget Taormina, M.F.T. | helpingparentsandkids.com | Private practice |
| Mark Tinley, M.A. | marktinley.com | Intern |
| Megan Torrey-Payne, L.C.S.W. | megantorrey-payne.com | Private practice |
| Anne Warman, Psy.D., M.F.T. | drannwarman.vpweb.com | Private practice |
| Charles Weinstein, Ph.D. | charlesweinsteinphd.com | Private practice |
| Andrew Whaling, M.F.T. | great-marriages-now.com | Marriage/relationship counseling |
| Kathleen Williams, Ph.D. | psychologist-losangeles.com | Private practice |

GAMHPA

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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

| | |
|-----------------|--------|
| Oct/Nov Issue | Sep 24 |
| Dec/Jan Issue | Nov 26 |
| Feb/March Issue | Jan 21 |
| April/May Issue | Mar 18 |

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 in bitmap format. To submit an insert—such as a flier or brochure—provide a .pdf format file and sufficient paper 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 |
| Member e-Mail list | \$20 | \$30 |
| Newsletter inserts | 19¢ | 32¢ |

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