

**A Publication of the  
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(818) 771-7680 [www.psychotherapy.org/gamhpa](http://www.psychotherapy.org/gamhpa)  
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## GAMHPA News

The deadline for the publication of the 2010 GAMHPA Members Directory is March 31. Many of our readers assume they have membership in GAMHPA because they receive this newsletter, but we send the newsletter out to almost ten times as many readers as we have members. This is a benefit to our members because their advertising reaches so many clinicians in the community. Membership requires just a simple one-page application and a low \$70 dues per year. An application can be downloaded from the internet at [psychotherapy.org/gamhpa](http://psychotherapy.org/gamhpa).

Our next networking luncheon will be Friday, May 28. You need not be a member to attend. Please see the calendar on this page for details. The food at Notte Luna Italian Restaurant is excellent, the atmosphere quiet, the company outstanding, and the networking opportunities even better. We hope you'll join us.

## Calendar of Events

### QUARTERLY NETWORKING LUNCH

Friday, May 28  
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 2010

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

Apr 16  
Jun 25  
Sep 10  
Nov 19

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## The Ostrich, the Owl, and the Otter: Technology Lessons For Mental Health Professionals

Bruce M. Gale, Ph.D.

Last October, I had the pleasure of presenting during the day-long psychology-technology conference in Pasadena for GAMHPA. I've enjoyed 30 years of working with and benefiting from the use of technology while many of my colleagues hesitate, consternate, and ultimately, procrastinate. I think I get it. People generally either have a willingness to consider using technology or they don't. I suppose you could think of it as a left brain/right brain situation. There are those who view technology as an intrusion upon clinical practice and resent it. Others simply find it confusing or awkward and their avoidance is motivated by fear. Some worry they will never be proficient.

In reality, technology itself is simply a tool, a skill that anyone can learn. What it represents is far more complex and has literally altered life as we know it at a global level. I use it as an adjunct set of tools to improve the quality of treatment I provide. Some of my clients never directly encounter the technology I use; it occurs "behind the scenes." Others benefit in a more direct fashion. The amount I incorporate varies from case to case. For example: A child with dog phobia.. After an initial intake, I might sit with him and create

a PowerPoint of puppies and associated sound effects, maybe link it to a survey tool so he can rate his anxiety when he views it, graduate to animals videos and finally, expose him to a live dog. My typical treatment length for such cases, about 4-8 sessions.

But, back to this ostrich, otter thing... Why this particular title? I was surprised to learn that ostriches don't actually stick their head in the sand. The only visual metaphor I could find was in cartoon form. Apparently ostriches aren't too bright; think of them as very large chickens. When it comes to technology, some of you may be ostriches. You experience fear and feel overwhelmed, so you avoid. We all know that, when fear is

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Kids, teens, and any adults under the age of 30 have never known a world that did not include the gizmos and services we now have available. Good or bad, they aren't going away.

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present, intelligence takes a backseat. A smaller number of you could probably be characterized as owls. Before creating my presentation, I pictured owls as creatures who sit on tree branches and make hooting sounds. I didn't realize that they have a level of technology built into them that makes them ruthless and efficient hunters. But, that isn't my goal either, just knowing about technology doesn't make it useful with clients.

But otters? They're tool users. In 1964, an article appeared on the tool using behavior of sea otters. Since then, I've come across videos of otters who play basketball, dance, hold hands, and even an example of an otter holding the camcorder out in the ocean. That was my goal in creating this presentation: to find a way to reach those of you who have avoided technology, thinking your practice will continue in a bubble and encourage you to learn to use technology as a tool.

If you think about it, you really don't have a choice. Kids, teens, and any adults under the age of 30 have never known a world that did not include the gizmos and services we now have available. Good or bad, they aren't going away. To understand their lives, you need to have at least the interest and comfort to know whether they IM, post on Facebook, or video chat. Do they play online games? Do their parents know how to keep them safe on the Internet?

Beyond such knowledge about your clients, I implore you to consider learning some of the tools out there that can enhance your assessment and treatment process. Develop an Essential Clinician Toolkit and learn a few programs. Do you know how to make digital audio files for clients? It's easy! You may wish to look at some of the ways I use blogs, video, online calendars and other programs and services by checking out my web site for my LUNCH Groups, a social skills program at [www.lunchgroups.com](http://www.lunchgroups.com).

If you elect to attend my upcoming morning CE seminar on 2/26 entitled, Technology Tools for Clinicians, you can take 50% of the price of \$49 if you identify yourself as a GAMHPA member (includes breakfast) when you register before 2/20. Just call 818-788-2100 x3 and give your information. You can also visit [www.bgalephd.com](http://www.bgalephd.com) to learn more about upcoming spring presentations. I will likely repeat my summer institute from last year. It's a "hands-on" opportunity to improve your skills in a safe and supportive environment. If you have particular topics you wish I would address, write or call me ([bruce@bgalephd.com](mailto:bruce@bgalephd.com) or 818-788-2100 x1). Become an Otter.

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## And All for the *Love* of Attachment



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 essay to provoke thoughtful reaction from his colleagues. 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.)*

Problems of love should be deferred to the poets, or so the French Psychoanalyst Jacques Lacan believed. If you happen to be in the throes of feeling in-love, then you will agree that Lacan was oh-so-correct. Yet the psychoanalytic field of attachment theory – immensely popular during the past 50 years – delves precisely into that realm, and all from the perspective of the white-coated garb of the 20<sup>th</sup> century Man of Science. Attachment theory started with the work of John Bowlby during 1958. Later, led by psychologist Mary Ainsworth and others during the 1960s and 1970s, it flourished. She proposed four basic

patterns of "attachment:" secure, anxious, avoidant, or disorganized.

When approached from an observational perspective, attachment theory offers useful ideas. Simply by observing the body language, verbalization patterns, and similar phenomena at an airport bar, for example, the trained observer may well be able to discern whether a particular individual enjoys one or another attachment style. If you observe the pilfering of a wallet from an attractive woman's purse, perhaps you may well be witnessing a manifestation of a disorganized attachment.

These are extremely useful ideas, but only in certain limited contexts. When making a referral to another therapist—let's say because the

might form a connection to the psychotherapist.

But from the point of view of the patient, what matters is "love," not attachment. This is one of the many problems resulting from the famous APA Scientist-Practitioner Model. Scientist-psychotherapists must beware of the immense gap between the external observation of human experience and internal, subjective experience. This massive fissure—between observed psychology and experienced psychology, between the "It" and the "I"—has been haunting professional psychologists since their profession limped away from philosophy during the last century. Descriptions of attachment are all well and good; but from the perspective of the patient with the rejecting mother, for

example, or the distant boyfriend, what is missing is ... *LOVE!* Real people feel fear, yearning, loneliness, and emptiness; real people do not experience "anxious attachment."

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Descriptions of attachment are all well and good; but from the perspective of the patient with the rejecting mother, for example, or the distant boyfriend, what is missing is ... *LOVE!*

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Further, the training of professional psychotherapists immersed in this and similar 20<sup>th</sup> century logical positivistic models risks missing the real experiences of real persons.

psychotherapist's attachment capacity has so collapsed that she becomes obsessed about retirement or suicide—some information about the patient's attachment style may well be helpful. Subsequent psychotherapists would then have a response set to guide them in understanding how that person connects to others. Certainly this could be helpful in understanding patients' interpersonal experiences, and of course even in the way they

And these can only be ascertained by listening—and listening extremely carefully—to those consulting you. Again, ideas from attachment theory certainly help us to characterize and categorize; they help us to communicate with one another. But they also may interfere with our ability to really hear those seeking our help.

I have long believed that, if you want to work as a psychotherapist, for God's sake don't study science or psychology! Study the fields that best capture the human subjective experience—poetry and prose, philosophy and political science, history and anthropology. This is the literature of human subjective experience.

Desertion (1939), Yeats writes in a fashion that speaks to the real human experience:

*Now that my ladder's gone  
I must lie down where all ladders  
start,  
In the foul rag-and-bone shop of the  
heart.*

Staring into this immense chasm between objective observation of human experience, and subjective experience itself, poet W. B. Yeats wrote of his despair in ever finding comfort from the categorizations of the natural sciences. His words offer a fitting example of where the rational lexicon of scientific psychology ends and the artistic language of poetry begins. In The Circus' Animal's

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DIVORCE SUPPORT GROUP for those trying to find meaning and purpose in the dissolution of their

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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 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,

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**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., Lic # MFC 47098, (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 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 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.

**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 (562) 453-7961.

**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](http://www.namiglendale.org) or call (323) 654-3844.

**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

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**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 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 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 at (323) 829-3548.

**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, R.N., M.S.N., PMHCNS-BC, at (626) 399-6646.

**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 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. #18570), Glendale, (818) 240-1355.

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Saturday from 10am-12pm. Call Cindie Henrie at (323) 829-3548.

**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.

**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 (562) 453-7961.

**WRITER'S GROUP.** Monthly group for screenwriters, poets, playwrights, comedy writers, journalists, lyricists, authors. Identifying and overcoming obstacles to productivity, peer support and accountability for forward movement in your craft. Goal is quality, timely output with personal satisfaction. Wednesday, 5-6 pm. Glendale. Jim De Santis, Ph.D., C.G.P.,

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### GROUPS FOR PROFESSIONALS

COACH available for psychiatrists and M.S.W.s preparing for board exams. Francie Issenman, L.C.S.W., developed and wrote extensive material for the Association for Advanced Training in the Behavioral Sciences (AATBS) preparatory manuals for M.S.W.s preparing for the L.C.S.W. board examination. She also conducted the AATBS training seminars for M.S.W.s in both northern and southern California. Most recently she has been assisting psychiatrists in developing treatment planning and psychotherapeutic intervention skills in preparation for general as well as child psychiatric board exams. For individual or group coaching sessions, please call Francie Issenman, L.C.S.W., at (818) 759-3433.

CONSULTATION GROUP. Discussion of case material with a focus on a Contemporary Relational Psychoanalytic perspective. Reading provided if desired. Location is 10-15 minutes from Glendale, 20 minutes from Pasadena, at 1800 Silverwood Terrace, Los Angeles. Call Elaine Silberman, Ph.D., Psy.D., (323) 664-8240 or e-mail esilbos@aol.com to inquire further.

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 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.

### 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.

### 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 they enjoy, create an environment they are happiest in, reserve ample time for recreation, cultivate rewarding collegial relationships, and get more of the important tasks accomplished. Ongoing bi-weekly small group format. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714.

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 [drlarrybrooks.com](http://drlarrybrooks.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 [drlarrybrooks.com](http://drlarrybrooks.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 [drlarrybrooks.com](http://drlarrybrooks.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](mailto: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 screening forms. CD-ROM, paper copy, or e-mail. For more information or to examine samples, visit [JJDeSantis.com](http://JJDeSantis.com) or call (818) 551-1714.

**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 smalls 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](mailto:drlbrooks@earthlink.net) or check out the website at [DrLarryBrooks.com](http://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.

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

**PUBLICATIONS**

CHILD PSYCHIATRIST DIRECTORY. Concise list of 400 physicians who provide psychiatric services to children and adolescents throughout in Los Angeles county, available on the internet at JJDDeSantis.com.

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 JJDDeSantis.com call (818) 551-1714, or e-mail to JJDDeSantis@aol.com.

EAST SAN GABRIEL VALLEY DIRECTORY. Hard to find a qualified referral further east? New directory of 83 mental health professionals out beyond the 605 freeway from Azusa to Pomona, cross-indexed by specialties, services, and insurance accepted. 50-page resource free to view or download at JJDDeSantis.com.

GAMHPA MEMBERS DIRECTORY. Over 100 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. 550 facilitators and 1,300 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.

**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.

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.

**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 the equivalent of over \$350 in first-class postage to each winner.

Congratulations go to the following winners:

- Bonnie Abel, Ph.D.
- Sally Gordon, R.D.T., L.M.F.T.
- Alan Karbelnig, Ph.D.
- Christina Mardirossian
- Craig Peterson, Psy.D., M.B.A.
- Sharon Tobin, L.C.S.W.

## Websites by GAMHPA Members

Tom Badzey	<a href="http://www.tombadzey.com">www.tombadzey.com</a>	Student/intern
Michael Barnes, Ph.D.	<a href="http://www.michaelnbarnesphd.com">www.michaelnbarnesphd.com</a>	Private practice
Michelle Barone, M.F.T.	<a href="http://www.michellebarone.net">www.michellebarone.net</a>	Private practice
Rachel Barr, M.F.T.	<a href="http://www.creativetherapyla.com">www.creativetherapyla.com</a>	Private practice
Kate Beiler, Psy.D.	<a href="http://www.katebeiler.com">www.katebeiler.com</a>	Private practice
Elissa Blinder, Ph.D.	<a href="http://www.peacefuldissolutions.com">www.peacefuldissolutions.com</a>	Private practice
Rodney Boone, Ph.D.	<a href="http://www.cbtsocal.com">www.cbtsocal.com</a>	Cognitive behavioral therapy
Larry Brooks, Ph.D.	<a href="http://drlarrybrooks.com">drlarrybrooks.com</a>	Private practice & continuing education
Ed Brostoff	<a href="http://www.specialedhelp.com">www.specialedhelp.com</a>	Educational advocacy
Deborah Buckwalter, Ph.D.	<a href="http://www.personagroup.com">www.personagroup.com</a>	Private practice
Kim Carlson	<a href="http://www.kcpsychotherapy.com">www.kcpsychotherapy.com</a>	Intern
Martha Carr, M.F.T.	<a href="http://www.mcarrmft.com">www.mcarrmft.com</a>	Private practice
Michelle Cauley, L.C.S.W.	<a href="http://www.cauleyassociates.com">www.cauleyassociates.com</a>	Private practice
Chris Cooper, Ph.D.	<a href="http://www.chriscooperphd.com">www.chriscooperphd.com</a>	Private practice
Coldwater Counseling Center	<a href="http://www.coldwatercounselingcenter.org">www.coldwatercounselingcenter.org</a>	Clinic
Lorraine Cummings, L.C.S.W.	<a href="http://www.caringwithpassion.com">www.caringwithpassion.com</a>	Geriatric care management
Gloria Dahlquist, M.F.T.	<a href="http://www.gloriadahlquist.com">www.gloriadahlquist.com</a>	Private practice
Jim De Santis, Ph.D.	<a href="http://www.jjdesantis.com">www.jjdesantis.com</a>	Testing, groups, business consultation
Margot Desannoy, M.F.T.	<a href="http://willowspringscenter.com">willowspringscenter.com</a>	Youth residential treatment program
David D. Fox, Ph.D.	<a href="http://www.psychotherapy.org">www.psychotherapy.org</a>	Resource center & web hosting
Anita Frankel, M.F.T.	<a href="http://www.therapyinla.com/area3.html#anitaf">www.therapyinla.com/area3.html#anitaf</a>	Private practice
FrontPoint	<a href="http://www.frontpoint.org">www.frontpoint.org</a>	Group practice
Enrico Gnaulati, Ph.D.	<a href="http://www.dr.gnaulati.net">www.dr.gnaulati.net</a>	Private practice
Audrey Ham, Ph.D.	<a href="http://www.audreyhampd.com">www.audreyhampd.com</a>	Private practice
Ira Heilveil, Ph.D.	<a href="http://www.pacificchild.com">www.pacificchild.com</a>	Nonpublic agency for children
Cynthia Henrie, M.F.T.	<a href="http://www.therapist4me.com">www.therapist4me.com</a>	Sexuality, gender, & feminist therapy
Melissa Johnson, Ph.D.	<a href="http://www.instituteforgirlsdevelopment.com">www.instituteforgirlsdevelopment.com</a>	Group practice & resources about girls
John Juarez	<a href="http://www.pasadenamediation.com">www.pasadenamediation.com</a>	Mediation
Joanne Koegl, M.F.T.	<a href="http://www.jkoegl4therapy.com">www.jkoegl4therapy.com</a>	Private practice
Gloria Lee, M.F.T.	<a href="http://www.gleecounseling.com">www.gleecounseling.com</a>	Private practice
Ricardo Martinez, Psy.D.	<a href="http://www.drrickmartinez.com">www.drrickmartinez.com</a>	Private practice
Aracelli May, LCSW, M.Ed.	<a href="http://www.aracellimay.com">www.aracellimay.com</a>	Private practice
Karin Meiselman, Ph.D.	<a href="http://www.meiselman.net">www.meiselman.net</a>	Private practice
Holly Miller, M.F.T.	<a href="http://www.hollytherapy.com">www.hollytherapy.com</a>	Private practice & art therapy
Emily Moore, M.F.T.	<a href="http://www.emilymooremft.com">www.emilymooremft.com</a>	Private practice
Stacy-Colleen Nameth, LCSW	<a href="http://www.tellyourstorytherapy.com">www.tellyourstorytherapy.com</a>	Private practice
Glenn Peters, Ph.D.	<a href="http://www.therapyinla.com">www.therapyinla.com</a>	Group practice
Craig Peterson, PsyD, MBA	<a href="http://www.drcraigpeterson.com">www.drcraigpeterson.com</a>	Private practice
Linda Goodman Pillsbury, LCSW	<a href="http://www.lgpillsbury.com">www.lgpillsbury.com</a>	Private practice, EMDR
Linda Povernny, Ph.D., LCSW	<a href="http://www.povernnyandassociates.com">www.povernnyandassociates.com</a>	Private practice
Roger Schwarz, MFT, JD	<a href="http://www.rogersmarriagecounseling.com">www.rogersmarriagecounseling.com</a>	Private practice
Lee Stoltzfus, Ph.D.	<a href="http://www.lifemanagementsystems4u.com">www.lifemanagementsystems4u.com</a>	Private practice
Mark Tinley, M.A.	<a href="http://www.marktinley.com">www.marktinley.com</a>	Intern
Megan Torrey-Payne, L.C.S.W.	<a href="http://www.megantorreypayne.com">www.megantorreypayne.com</a>	Private practice
Anne Warman, Psy.D., M.F.T.	<a href="http://therapist.psychologytoday.com/45189">therapist.psychologytoday.com/45189</a>	Private practice
Charles Weinstein, Ph.D.	<a href="http://www.charlesweinsteinphd.com">www.charlesweinsteinphd.com</a>	Private practice
Andrew Whaling, M.F.T.	<a href="http://www.great-marriages-now.com">www.great-marriages-now.com</a>	Marriage/relationship counseling
Kathleen Williams, Ph.D.	<a href="http://www.psychologist-losangeles.com">www.psychologist-losangeles.com</a>	Private practice

If you are a GAMHPA member and have a website you would like to submit for publication in this newsletter and placement as a link on the GAMHPA website, send your link to David D. Fox, Ph.D., GAMHPA Webmaster, at [DavidFox@psychotherapy.org](mailto:DavidFox@psychotherapy.org).

## GAMHPA

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

### BOARD OF DIRECTORS

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

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

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

Michelle Barone, M.A., M.F.T.  
Yahoo Group Moderator  
(818) 951-7744

Martha Carr, Psy.D., M.F.T.  
(818) 559-7261

### 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

Apr/May Issue	Mar 26
Jun/Jul Issue	May 28
Aug/Sep Issue	Jul 22
Oct/Nov Issue	Sep 24
Dec/Jan Issue	Nov 26

### 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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## Why Join GAMHPA?

Many of our Newsletter readers and Membership Directory recipients believe they are members of GAMHPA when they are not. In fact, 90% of our circulation are not members. If you have not completed an application or renewal and paid dues annually, then you are not a member. Only members receive the following additional benefits.

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| <b>Publications</b>      | Directories with member names and detailed practice information are published annually and e-mailed to the desktops of over 600 potential referrers in the community. Newsletters with member advertising and articles are circulated bimonthly to over 800 readers in the local professional community.   |
| <b>Advertising</b>       | Classified ads for groups, services, and office space are free to members. Members are randomly awarded the opportunity to bundle their practice flier or promotional brochure with the newsletter at no charge—worth the equivalent of \$350 in postage costs. Members receive discounts for display advertising, newsletter insert advertising, and mailing list address labels. |
| <b>Visibility</b>        | Members can publish articles in the newsletter on professional topics, gaining collegial exposure and respect. Members may present a talk to colleagues on a professional topic, advertised as an association program event.   |
| <b>CEU/MCEP</b>          | Members are offered reduced rates for local continuing education units good toward professional licensure renewal.   |
| <b>Multidisciplinary</b> | Equal membership is offered to all licensed mental health professionals regardless of discipline, reflecting real patterns of professional referral in the community.  |
| <b>Local</b>             | A geographically local membership base reflects the fact that most client referrals are local.   |
| <b>Inexpensive</b>       | Membership dues are lower than most other professional associations. Just \$70 per year for licensed mental health professionals, \$45 for students, interns, and allied professionals.  |
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For a membership application form or to renew your expired membership, call GAMHPA at (818) 771-7680 or visit [psychotherapy.org/gamhpa](http://psychotherapy.org/gamhpa).