



Glendale Area

# Mental Health Professionals Association

## NEWSLETTER

YOUR GUIDE TO GAMHPA NEWS,  
INFORMATION AND EVENTS

April May June 2012

### A Note from the Editors



**Elaine Ahmad, LCSW**

It was great to hear from quite a few GAMHPA members when I put out an e-mail last month asking for last-minute submissions. You will see a few of those articles in this newsletter and some others in the next issue. Even if you do not consider yourself a writer, I encourage you to put pen to paper (or more likely, put fingertips to keyboard) to write about a case that has made you step outside of your comfort zone as a therapist or your thoughts on a complex mental health topic. As therapists, we may hold so much for our clients and not always take the time to step back and unload some of that weight. By sharing our musings, we can gain a greater sense of community and shared experience. Whether you've never submitted a piece for publication or you write regularly, I look forward to getting to know more of you through your written words!

*Elaine*

*Elaine Ahmad is a licensed clinical social worker who has been in private practice for twelve years in the Burbank area. In her dwindling free time, she edits her novel, writes and reads fiction, and drives her two sons to soccer practices. She can be reached at [elaine.ahmad@gmail.com](mailto:elaine.ahmad@gmail.com) or (818) 398-2579.*

Spring is here! It's a time for renewal and growth. Speaking of renewal and growth, especially as it comes to my private practice, this is usually the time of year when I spend some time rethinking my marketing plan. As you are contemplating your marketing plan, whether you're in private practice or work as part of an agency or other facility, please remember the role GAMHPA can play in increasing visibility in the mental health community. Attending our networking lunches are a great way to get to know potential referral sources! Also, consider advertising in our newsletter or placing a classified ad. Hope to hear from you soon!

*Suzette*



**Suzette Bray, MFT**

*Suzette Bray is a Licensed Marriage and Family Therapist and Executive Director of Village Counseling and Wellness in Burbank. She spends her limited time outside of the office frantically attempting to thwart the more dangerous adventures of her thrill-seeking two-year-old son. She can be reached at (818) 238-9895, [villagecounselingandwellness.com](http://villagecounselingandwellness.com) or [suzettebraymft@sbcglobal.net](mailto:suzettebraymft@sbcglobal.net).*

### Calendar of Events

#### QUARTERLY NETWORKING LUNCH

Fortune Inn  
Mandarin Restaurant  
117 East Broadway,  
Glendale, CA 91205

Friday, April 20, 2012  
Friday, July 27, 2012  
Friday, Oct 19, 2012

All lunches 12-1:30 pm  
All are welcome.  
Each person pays their own.  
Bring your business cards.  
Reserve ahead with Jim De Santis at 818 551 1714

#### BOARD MEETINGS 2012

138 North Brand Blvd,  
Suite 300  
Glendale, CA 91205

Friday, May 18, 2012  
Friday, July 13, 2012  
Friday, Sept 21, 2012  
Friday, Nov 9, 2012

All meetings 9:30- 11 am  
All are welcome.

## Five Questions: GAMHPA Therapist Profile Megan Torre-Payne, LCSW

**What would you do for a living if you weren't a therapist?**

*That's hard because I don't think I've ever thought of an alternative. Since I was in high school I think I always knew I wanted to be a therapist. There are days that I dream about working at a small independent bookstore—something that you can leave at the end of the day.*

**What are you reading right now?**

*For work, I am reading The Power of Habit: Why We Do What We Do in Life and Business by Charles Duhigg. It's about how habits are formed and how to change them. For pleasure, The Marriage Artist: A Novel by Andrew Winer. It's about a woman who commits suicide with her lover and the protagonist trying to figure out why they did it.*

**What great advice have you received from a mentor?**

*My former field instructor told me that I should get my LCSW before I had kids. She gave me good advice about balance, taking time for yourself and your family.*

**What do you do to re-energize yourself?**

*Read. I always have a book. I exercise a lot: walk and run with my dog. I used to be the biggest couch potato and now I love it. My sister-in-law had breast cancer and wanted to do a 40-mile breast cancer awareness walk. She died before getting a chance to do one. I did it for her. Doing those long walks was how I coped with her death.*

**What is your favorite quotation?**

*Lena Horne said, "it's not the load that breaks you down. It's the way you carry it."*

*Megan Torrey-Payne, LCSW, has her private practice in Glendale, CA. She can be reached at (818) 259-8372. Her website: <http://megantorreypayne.com>*

## The Frostig School Graduate Transition Program

**Leading Young  
Adults toward  
Greater  
Independence**



The goal of our Graduate Transition Program is to provide young adults with the independent living skills they need as they move toward independence. We developed this program because many of our parents were concerned their child did not have the skills necessary to live independently and begin the first steps to becoming successfully employed.

This five-week program starts July 2 and is designed for students who are 17-22 years of age. There is a low student-to-teacher ratio (5:1) with a maximum of 10 students. Here is what students will learn:

- Menu Planning, Food Preparation and Cleanup
- Budgeting and Money Management
- EntryLevel Employment Skills (two-week internship)
- Public Transportation Usage

*The Frostig School is celebrating 60 years of excellence in educating children with learning disabilities. For more information about our Graduate Transition Program, please contact us at (626) 791-1255.*



**FrostigSchool**

971 North Altadena Drive, Pasadena, CA 91107 | 626.791.1255 | [www.frostig.org](http://www.frostig.org)

## The Glendale Area Mental Health Professionals Association, South Pasadena

**Invites you to a networking luncheon**

**11:30 Monday, May 7, 2012**

GAMHPA's mission is to advance professional development through networking, continuing education and public awareness.

Bring your business cards and other materials to promote your practice!

**The Canoe House**  
805 S. Fair Oaks Ave,  
South Pasadena, CA 91030

(Diners pay by separate checks)

RSVP to Deborah McColl, MFT at [debmccoll@gmail.com](mailto:debmccoll@gmail.com)  
or Kimberly Wong, LCSW 626-260-1356

**Visit us at [gamhpa.org](http://gamhpa.org)!**

# PSYCHOTHERAPY OFFICE OF STACY-COLLEEN NAMETH, LCSW, SEP

Emotional and mental issues, such as stress, depression, or anxiety, are often the result of long-term tension patterns, which create blockages in our minds and bodies. Yoga and psychotherapy, used together, can help create greater emotional well-being by releasing tension and dissolving the emotional blocks that hold us back from living a happy, healthy life. A regular yoga and therapy practice over the long term can be a powerful tool for emotional healing and integration. Learning breathing techniques, physical poses, and meditation tools for minimizing anxiety and depression can create lifelong change.

Stacy-Colleen (SC) Nameth is a Licensed Psychotherapist in the LA area, practicing for over 20 years in the social service field and helping teens and adults deal with anxiety, depression, chronic stress, trauma, addiction, relationships and more. She teaches Hatha Yoga with a focus on restoring balance emotionally, physically and spiritually. She has a Master's degree from U.S.C.'s School of Social Work, is Licensed in the state of California, and is certified as a Trauma Practitioner and Substance Abuse Counselor. SC focuses her work on healing through the mind-body connection, integrating both the verbal and non-verbal stories that we tell.

SC's office is in Atwater Village, LA, minutes from Silverlake, Glendale, Hollywood and Burbank. She provides individual, couple and family therapy and works with private pay or PPO insurance. Her interns provide low fee counseling. 818.754.4664 or [scnameth@yahoo.com](mailto:scnameth@yahoo.com).



Advertisement

# “I’m stabbing you right now”

## A Case Transcript - The “Bad” Self Transformed

Alan Karbelnig, PhD, ABPP

One of the major theorists in the history of psychoanalysis, WRD Fairbairn, astutely observed that persons abused by their parents unconsciously develop negative self-images to preserve their parents as God-like figures. This “moral defense” renders such persons “bad,” and consequently their parents' rejection of them makes sense. Fairbairn also stressed how psychotherapists must compete with the relationship that patients fiercely maintain with their own internal "objects." Giving up these "internal families" leaves patients feeling psychologically orphaned.

I recently observed a dramatic example of this process in a case I was supervising. The patient, Ms. A, a highly intelligent, attractive 40 year-old woman, sought psychoanalysis for treatment of chronic depressive symptoms. She was the second of three children, and the only daughter. Her father, a constitutional attorney often away at work, was critical and self-centered. Her mother, a thoracic surgeon, seemed to compete with her from infancy. She overtly rejected her, calling her “stupid,” “ugly,” and “foolish.”

Ms. A’s mother practiced with another prominent surgeon, a male who molested Ms. A first at ages four and five, and then again at age 14 when he attempted to rape her. The mother, who was having an affair with this same medical colleague, defended him. She insisted that Ms. A had fabricated the sexual assault. The evolution of the chronic mental pain in Ms. A, the extreme feelings of emptiness, emotional insecurity, and terror of intimacy, was unusually obvious. Equally so was her terribly negative image of herself, a self-valuation that contributed to her tendency to choose abusive romantic partners.

What follows is the transcript of a critical juncture in the psychoanalysis conducted by my supervisee. This par-

ticular interchange occurred about two years into the psychoanalysis, after many layers of defense had been penetrated, and the transference was being intensely scrutinized.

*Ms. A: If you continue to move that close to me, to follow me so well, to know me, I will hurt you.*

*Dr. B: How?*

*Ms. A: I’m thinking of that dream I had, of the glass window with the wooden frame around it. And I am on a grass field, lying down, covered by it. Remember?*

*Dr. B: Yes.*

*Ms. A: Now I imagine nothing but the glass. The frame is gone. As I try to stand, the glass shatters. You are there, trying to help me up, but the shards of glass are pointing towards you. [Ms. A began sobbing uncontrollably at this point].*

*Dr. B: And you fear I will be hurt.*

*Ms. A: Not hurt, bloodied and killed.*

*Dr. B: But I’m right here, with you, hearing you, looking at you. And I’m not hurt.*

*Ms. A: [Entering a semi-psychotic state and becoming agitated now]. You’re not getting this. It’s not a metaphor. It is real. I’m stabbing you right now. [She sobs again]. The glass is cutting you up.*

*Dr. B: [Silence, and then:] You feel like your being itself is dangerous, like you will kill me.*

*Ms. A: Because I will.*

*Dr. B: You are so open and vulnerable right now, so defenseless. And I’m right here with you.*

*Ms. A: [Seeming as if she did not hear what Dr. B just said]. No, I will poison you for sure, and you won’t see me*

*anymore. You will vanish. You will not have me as a patient.*

*Dr. B: [More silence, and then]: Ms. A, we are here, together, at the core of your open wound. You had no mothering and little fathering. You think you caused it. [More silence]. And you are convinced your trauma will recur, that I will abuse and abandon you, and all because of you. And yet here I am, uninjured, right next to you.*

Here is a true moment in time, a feral, transformative encounter between two people that clearly exemplifies Fairbairn’s key ideas. Dr. B guided the relationship to an extremely regressed point, one in which Ms. A experienced herself, in the anguished present, as the bad infant deserving of criticism and neglect. She successfully competed with Ms. A’s attachment to her "internal objects," entering the space they previously occupied.

By staying so closely attuned to Ms. A, Dr. B was able to offer a different, healing emotional experience. Ms. A's depression lifted for several weeks. If Dr. B and Ms. A are able to re-enact these encounters at such depth and intensity – "shattering" describes them appropriately – it can be expected that the chronic depression will resolve and, to use Fairbairn’s own words, the "bad" self will be "exorcised."

*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 GAMHPA colleagues. He practices psychoanalytic psychotherapy and forensic psychology in South Pasadena. He can be reached at: [amkarbelnig@gmail.com](mailto:amkarbelnig@gmail.com)*

# Trauma in the Body

Cristina Mardirossian, MA., LMFT

Marco\* first came to therapy to help manage his anger. Marco stated that he had been angry for a long time now. He stated that he had a very bad temper, snapped at everything, and was getting into physical fights at least three times a month. When asked where he learned to be angry, Marco had no problem talking frankly about his father. Marco was a victim of child physical abuse from the ages of 7-14. Depending on his father's mood when he walked into the home, Marco knew if he was going to get to sleep peacefully or if he was going to have another bruise on his body. Marco learned very quickly how to protect his younger siblings from being hit by placing himself at his father's mercy. Marco thought that instead of his brother and sister being hurt, he would take the brunt of it. His mother, who was also scared of Marco's father, stayed quiet and stood back while Marco got hit. Now as an adult, Marco was realizing that anger had taken over.

As Marco's therapist, the initial task at hand for me was to build rapport with him while creating safety. I provided Marco with a safe space for him to express his thoughts and feelings. Creating safety for Marco also included helping him gain self-care resources. For Marco, this meant regulating his emotions and body sensations, along with getting regular sleep and meals. Marco was not in touch with his body. He knew he felt tense, but was not able to describe or connect with his tension. Early in therapy, Marco looked like he was always on edge, careful of what he would say and not say, tense in his shoulders. He had a right leg that would not stop shaking up and down when talking about his abuse. One of the first tasks in therapy was to help Marco learn to calm himself down by learning how to connect with his body sensations. I helped him focus on his body sensations in the present moment in our sessions, describing what his sensations felt and looked like. Marco started to understand how his sensations and past trauma were connected.

Cristina Mardirossian, LMFT, has a wide range of experience with a variety of populations and cultures, spanning from working with trauma, grief & loss, depression, anxiety, relationship issues and self esteem issues. Cristina can be reached at: [cristina.mardirossian@pepperdine.edu](mailto:cristina.mardirossian@pepperdine.edu)

Since anger was a familiar and comfortable feeling for Marco to express, I helped him learn about anger in his body. By focusing on the sensations he experienced in his body, Marco was able to know when he was going to get angry, giving him the opportunity to think before he acted. In session, when Marco would talk about his father's physical abuse towards him, I would check in with him and see how he was feeling inside. One session that really stands out to me is when I noticed Marco's fists getting tighter and tighter in session when talking about a past memory. I asked Marco to temporarily stop talking about his memory of being hit and to shift his focus to his hands. Marco noticed the tension in his hands and said he felt like hitting something. At that point, I asked Marco to follow his body's sensations in a safe way. Marco decided to punch one of the pillows on the couch. Marco punched the pillow, over and over, until he got the tension out of his hands. I had never seen a client punch a pillow like that before. He was able to release that pent up anger he had been carrying with him for all those years. I then encouraged him to return back to his trauma memory when his body was relaxed.

My work with Marco is a work in progress. He has come a long way in his therapy process and is learning to self regulate more effectively as time goes on. He is also no longer getting into fights and is handling his anger better. He continues to attend therapy once a week and has also joined a group therapy specifically for men with trauma.

\*Marco's name has been changed to maintain confidentiality.



## Classified Advertising

### GROUPS

**Dialectical Behavior Therapy Skills Training Groups** for teens and adults who have difficulty with emotional regulation. We are launching a new, fully adherent DBT program in Burbank! Please contact Suzette Bray, MFT, MFC37518, Executive Director of Village Counseling and Wellness at (818) 238 9895 or [suzettebraymft@sbcglobal.net](mailto:suzettebraymft@sbcglobal.net).

**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 [jjdesantis@aol.com](mailto:jjdesantis@aol.com).

**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, 7-8:30pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic # PSY10315, (818) 551-1714 [jjdesantis@aol.com](mailto:jjdesantis@aol.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, LCSW, RN, Lic # LCS18570. Glendale, (818) 240-1355.

**Thriving with Diabetes.** Ongoing supportive and educational group uses here-and-now discussion, as well as cognitive, psychodynamic, and biopsychosocial perspectives to optimize self-care and coping. Complements concurrent individual or conjoint psychotherapy for your clients. Consultation about a case, call Bonnie Cesak, LCSW, RN, Lic # LCS18570. Glendale, (818) 240-1355.

**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 # LCS18570. Glendale, (818) 240-1355.

**Men's Separation and Divorce Support Group.** For men either contemplating separation or divorce, going through it, or recovering from it. Communication with an estranged spouse, co-parenting, building a new circle of friends, dating, maintaining productivity at work, and achieving personal satisfaction with life. Wednesdays, 7:45-9:15 p.m., Glendale. Jim De Santis, Ph.D., C.G.P., Lic # PSY10315, (818) 551-1714, [jjdesantis@aol.com](mailto:jjdesantis@aol.com).

**Teen Talk Support Group**  
This co-ed support group is a safe place for teens to talk about everyday challenges with school, parents, relationships, and to get support from other teens. Increase self-esteem, healthy decision-making and self-awareness. Weds, 6-7:30pm. Glendale. Susan Chakmakian, MA, MFT, MFC41817. [susan@susanchakmakian.com](mailto:susan@susanchakmakian.com). 818-839-0390.

**Men and Women's Interpersonal Therapy Group** - A safe environment for adults to explore their issues and gain the support and feedback of other men and women. Members learn how to connect past experiences with present circumstances, to gain self-awareness and find new ways to cope and relate to others and find overall well-being. Thurs, 6:30-8pm. Glendale. Susan Chakmakian, MA, MFT. MFC41817. [susan@susanchakmakian.com](mailto:susan@susanchakmakian.com). 818-839-0390.

### GROUPS FOR PROFESSIONALS

**Consultation Group.** For experienced licensed therapists who are 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 therapeutic encounter. Fridays 1:00 - 2:30. For more information contact Larry Brooks, Ph.D., Lic # PSY8161, (818) 243-0839 or [drlarrybrooks.com](http://drlarrybrooks.com).

**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 ability to apply theory to practice, and more effectively using one's self in the therapeutic encounter. Tuesdays 12:00 - 1:30. For more information contact Larry Brooks, Ph.D., Lic # PSY8161, (818) 243-0839 or [drlarrybrooks.com](http://drlarrybrooks.com).

**INTERN/TRAINEE Process Group**  
Being an intern/trainee can be emotionally stimulating at the least! And while it's important to work through your counter-transference with clients, and learn more about your own relationships, it may be an expensive prospect while you are interning. A group may be just what you need. Get support from your peers and guidance from someone whose been there. 300 hours in 100 hours! Led by Susan Chakmakian, MA, MFT. MFC41817. For info: [Susan@susanchakmakian.com](mailto:Susan@susanchakmakian.com). 818-839-0390.

## Call for Submissions

**We want to hear from YOU!**

**GAMHPA is looking for mental health articles, essays, or case studies (under 1000 words) for our upcoming issues. Send submissions to:**

[elaine.ahmad@gmail.com](mailto:elaine.ahmad@gmail.com)

# Classified Advertising (cont.)

## 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, in both 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, (818) 551-1714 [jjdesantis@aol.com](mailto:jjdesantis@aol.com).

**Business Consultation.** Private, individualized how-to for mental health professionals and students/interns wanting to start 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).

**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](http://JJDeSantis.com).

**The Therapist's Journey** formerly known as Professional Development Programs is certified by the MCEPAA and BBS to provide continuing education to Psychologists, Social Workers, and Marriage and Family Therapists. The Therapist's Journey 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 check out the website at [drlarrybrooks.com](http://drlarrybrooks.com).

## OFFICE SPACE FOR RENT

**EAGLE ROCK OFFICE:** Lovely window office in a professional suite. Sunny and light. Nice two-story garden building. Attractive warm suite has two professional offices, secretarial office, comfortable reception room, and private restroom. Free parking. On Colorado Blvd. (between Orange Grove and Figueroa). Easy access to 134/210 freeways. Available 3-5 days per week; month-to-month or annual sub-lease. Call (323) 340-1596 or (626) 796-1093.

**GLENDALE OFFICE SPACE:** Floor to ceiling windows office for rent. Three person suite, soundproofing, call lights, newly furnished, easy freeway access, parking garage on premises prime location and view of Brand Blvd. (818) 9137301.

**GLENDALE** - Office available part-time in friendly 3 office suite on Brand Blvd. Great for psych... or hypnotherapy practice (recliner in suite). Large interior office is furnished and ready for you to start. Comfortable waiting room, call lights, microwave, fridge, printer/copier, internet. Secured Parking included. Client parking. A great place to start or grow your practice! Contact Susan 818-839-0390.

**OFFICE SPACE AVAILABLE IN PASADENA'S PRESTIGIOUS ROSE COURT** - on the grounds of Las Encinas Hospital. The office is 11.5 x 12.5 ft. fully furnished in mid century modern decor, dark walnut laminate floors, restroom inside suite, kitchenette with mini fridge & microwave, fax/copier and free wifi. Free parking for therapists & clients. Receptionist in suite M-F from 9:30-5. \$ 500 flat rate per month, utilities included. Available every day, including weekends except Thurs 12-7 PM. Please email your interest to: [apkurk@gmail.com](mailto:apkurk@gmail.com)

## PUBLICATIONS

**Child Psychiatrist Directory.** Concise list of 440 physicians who provide psychiatric services to children and adolescents throughout Los Angeles County available on the internet at [JJDeSantis.com](http://JJDeSantis.com).

**Subscribe to The Therapist's Journey,** an E-newsletter that focuses on the subjective experience of doing psychotherapy in these changing times. Go to [drlarrybrooks.com](http://drlarrybrooks.com).

**Diagnostic Testing Directory.** Free directory of 350 licensed psychologists throughout Los Angeles County who offer psychological assessment services: educational, neuropsychological, forensic, vocational, custody, and general psychiatric differential diagnosis. View or download from [www.JJDeSantis.com](http://www.JJDeSantis.com).

**East San Gabriel Valley Directory.** Free directory of 156 mental health professionals east of the 605 freeway from Azusa to Pomona, cross-indexed by specialties, services, second languages, and insurance accepted. View or download at [www.JJDeSantis.com](http://www.JJDeSantis.com).

**GAMHPA Members Directory.** 117 licensed mental health professionals in the Glendale area, cross-indexed by specialties, services, second languages, and insurance accepted. This 65-page is available free at the GAMHPA website: [gampha.org](http://gampha.org).

**Group Therapy Directory.** Free, up-to-date directory of outpatient psychotherapy groups in Los Angeles County. 500 facilitators and 1,250 groups. Directory has received over 23,000 visits on the internet. View or download from [www.TheGroupList.org](http://www.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, MFT. Learn more at [michellebarone.com](http://michellebarone.com).

## GAMHPA

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

## 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

Download an application form from our website. Full member dues for licensed mental health professionals, \$60 per year. Associate Member dues for students, interns and others, \$35 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 and inserts, and mailing list labels. Members are automatically entered for free newsletter advertising. They receive reduced rates for continuing education. New members can submit a brief professional biography for publication in the newsletter.



## BOARD OF DIRECTORS

**Jim De Santis, PhD**  
President, (818) 551-1714  
[jjdesantis@aol.com](mailto:jjdesantis@aol.com)

**Bonnie Cesak, RN, LCSW**  
Treasurer and  
Membership/Directory Chair  
(818) 240-1355  
[bacesak@yahoo.com](mailto:bacesak@yahoo.com)

**Michelle Barone, MFT**  
Yahoo Group Moderator  
(818) 951-7744  
[mebarone@earthlink.net](mailto:mebarone@earthlink.net)

**Elaine Ahmad, LCSW**  
Newsletter Editor  
(818) 398-2579  
[elaine.ahmad@gmail.com](mailto:elaine.ahmad@gmail.com)

**Suzette Bray, MFT**  
Newsletter Editor  
(818) 238-9895  
[suzettebraymft@sbcglobal.net](mailto:suzettebraymft@sbcglobal.net)

**Rachel Goukassian, MFTI**  
Program Chair  
(818) 599-1234  
[rachel.goukassian@gmail.com](mailto:rachel.goukassian@gmail.com)

**Emily Moore, MFT**  
(626) 793-1078  
[emooremft@sbcglobal.net](mailto:emooremft@sbcglobal.net)

**Mark Tinley, MFTI**  
Webmaster  
(626) 389-0439  
[mark@pgcounseling.com](mailto:mark@pgcounseling.com)

**Kimberly Wong, LCSW**  
Program Chair  
(626) 260-1356  
[KimberlyCWongLCSW@gmail.com](mailto:KimberlyCWongLCSW@gmail.com)

## NEWSLETTER

The GAMHPA Newsletter is published quarterly on our website. Notices of publishing are 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 changed your email address, or mailing address, or wish to discontinue delivery please notify us.

## EDITORIAL POLICIES

GAMHPA encourages members to contribute articles of scholarly or clinical interest for publication. Submissions should be forwarded to Editor Elaine Ahmad at [elaine.ahmad@gmail.com](mailto:elaine.ahmad@gmail.com). 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:

Jul/Aug/Sep Issue Jun 1  
Oct/Nov/Dec Issue Sep 1

## ADVERTISING

All advertising questions should be directed to Suzette Bray at [suzettebraymft@sbcglobal.net](mailto:suzettebraymft@sbcglobal.net). Classified and display ads run for one issue. Advertising for services by psychologists or psychological assistants must include the license number of the psychologist. Advertising is accepted up to one week before publication.

Advertising Rates:

Item	Member	Non-Member
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
Full-page display ad	\$100	\$150

**Mailing lists are available.** Contact Jim De Santis at:

[jjdesantis@aol.com](mailto:jjdesantis@aol.com).

Rates:	Member	Non-Mem
Mailing list, printed	\$25	\$25
Mailing list on labels	\$30	\$40
Mailing list on disk	\$70	\$80
Member e-mail list	\$20	\$30