



Glendale Area

Mental Health Professionals Association

NEWSLETTER

YOUR GUIDE TO GAMHPA NEWS,
INFORMATION AND EVENTS

October November December 2013

A Note from the Editors



Elaine Ahmad, LCSW

It is great to hear about so many exciting opportunities for our GAMHPA members as we begin planning future CEU workshops, networking opportunities, and welcome new faces with ideas for how to expand GAMHPA's offerings and outreach. I'm sorry if I've missed you at recent networking luncheons. Please feel free to reach out to me if you have any ideas for future articles, book reviews, etc.

Elaine

Elaine Ahmad is a licensed clinical social worker provides clinical consulting and works in crisis response. In her dwindling free time, she writes fiction and shuttles her two sons between karate and choir practices. She can be reached at elaine.ahmad@gmail.com or (818) 398-2579.

The school year has started, and the holiday season is right around the corner. And with the holidays comes stress in a variety of form: cooking that darn turkey, shopping for presents, and of course, helping our clients deal with the added stress of the season as well. What I have to remember is that all of that stress has a worthwhile pay off: the opportunity to create memories with my family, help and learn more about my clients needs and how to better assist them, and of course, a few days to forget about my diet and eat what I am truly craving. Yum!

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 four-year-old son. She can be reached at (818) 238-9895, villagecounselingandwellness.com or suzettebraymft@sbcglobal.net.



Jessica Davis, MFTI

And introducing the newest member of the Newsletter team, Jessica Davis, MFTI. Jessica will be in charge of coordinating our issue submissions. Jessica is a therapist and Clinical Outreach Coordinator at Village Counseling and Wellness. She specializes in the treatment of children and adolescents as well as providing support and education to the parents of early age children. In her free time, wait what's free time? Jessica has two wonderfully active daughters, ages 4 and 2. She can be reached at jessicabdavis@yahoo.com.

Calendar of Events

BOARD MEETINGS 2013
Shakers Restaurant
801 Central Ave
Glendale, CA 91203

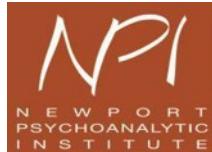
Friday, November 22
Friday, January 24
All meetings 9:15 - 11 am
All are welcome.

LUNCHEONS 2013
Fortune Inn
Mandarin Restaurant
117 East Broadway,
Glendale, CA 91205

Friday January 31
Friday, April 18
Friday, July 18
Friday, October 3

All lunches 12 to 1:30 p.m.
All are welcome.
Each person pays their own.

CEU Event
Introduction to Energy Psychology
Thursday, February 13
from 9:30 - Noon
(network/continental breakfast at 9:30 and 10-Noon workshop).



Administrative Office and Tustin Campus: 250 W. Main Street, Suite 202, Tustin, CA 92780 (714) 505-9080 Fax (714) 505-9465

Pasadena Campus: 911 E. Colorado Blvd., Suite 200, Pasadena, CA 91106 (626) 796-2776

admin@npi.edu www.npi.edu

Newport Psychoanalytic Institute, PASADENA campus,
Is pleased to announce a new
Case Consultation Group
Led by a senior Training and Supervising Psychoanalyst

Group meets Fridays 12:30 – 2PM

Next session beginning November 22, 2013

\$40 a group – 10-week commitment

Deepen your clinical work!

Cases discussed from a variety of psychoanalytic perspectives

Licensed Clinicians Only

Space is limited, no walk-ins

15 CEU's

For further information and to register

Call NPI (626) 796-2776 or e-mail Penny @ admin@npi.edu

www.npi.edu

PAINTING FROM THE UNCONSCIOUS



With bright summer colors on our backs to warm and encourage us crossing through the setting cold and darkness, we will travel to explore what lies hidden in our unconscious; what gift our psyche wants us to bring forth at this time.



The Tissue Paper Collage Painting:

Based on C.G. Jung's principle of active imagination, we will play with some 30 different hues of tissue paper, using art as a way to connect us deeper to our psyche. Through the process of art making from the unconscious, we'll acquire a new insight and understanding of the direction our life is taking.

Jungian Philosophy:

C.G. Jung kept recommending ongoing use of creative imagination as a 'tool' for navigating the unconscious. Jung suggested that our unconscious reveals itself in a mythical way through a variety of symbols and images.



Dr. Anne P. Warman has been offering caring and creative psychotherapy in Los Angeles for over 20 years. Based on the depth psychology of C.G. Jung and her own spiritual journey, she strives to guide her clients into a better understanding and transformation of their lives.

Date: Sat. Nov. 30th, 2013 - from 9:30am to 3:00pm

Location: 'Art in the Park', Hermon Park on the Arroyo Seco, 5568 Via Marisol, Los Angeles 90042
Registration fee \$60 (pre-registration is required)

All materials and light snacks are included.

Call or email to register:

DrAnneWarman@sbcglobal.net

(310) 231-9797 (voicemail)

(818) 720-3713 (cell)

Dialectical Behavior Therapy for Adolescents

By Suzette Bray, MFT
Originally published on GoodTherapy.org

Dialectical Behavioral Therapy (DBT), originally developed for bipolar and suicidal patients, has been found to be very useful for addressing a wide variety of issues stemming from extreme emotional reactions. In addition to being an effective treatment for adults, DBT is also beneficial for teens who suffer from anxiety, depression, bipolar disorder, eating disorders, substance abuse, self-injury and other problematic behaviors.

DBT incorporates eastern mindfulness practices. This therapy helps clients increase self-acceptance and self-esteem, while also developing coping skills to better manage and regulate their emotions. Following a thorough assessment, adolescents participate in individual and group skills training, as well as telephone consultations. These approaches focus on helping teens learn to replace destructive behaviors with healthier choices, and practice more effective ways of coping with distress. Dialectical behavioral therapy can be an effective treatment for adolescents with the following issues:

- Difficulty regulating emotions (including extreme reactions, anger, chronic moodiness and sensitivity, and a slow return to an emotional baseline)
- Troubled peer and family relationships
- Apathy regarding school and poor school performance
- Depression, anxiety, and suicidal thoughts or attempts
- Confusion about themselves
- Impulsive behaviors (including substance abuse, truancy, self-injury, and criminal behaviors)

An essential early focus of DBT is reducing behaviors that are dangerous, interfere with therapy, increase conflict and negatively affect quality of life. Therapists also work with teens on commitment strategies, in which the client commits to making behavioral changes even though they have not yet learned the relevant skills to do so. This is especially important in working with teens, who may not be attending therapy by choice – and therefore are less motivated to actively participate. Commitment strategies are designed to help teenagers learn to understand their behavior triggers as well as the impact of those behaviors on themselves and others.

During the course of dialectical behavioral therapy, teens participate in multi-family skills training groups to work through the following skills modules:

- 1) **Mindfulness:** Observing and describing one's emotions and staying fully present in the moment
- 2) **Interpersonal Effectiveness:** Practicing assertiveness skills to ask for what is needed and set appropriate boundaries

- 3) **Distress Tolerance:** Learning to accept the current reality and better tolerate distress
- 4) **Emotion Regulation:** Increasing one's understanding of their emotions, decreasing emotional vulnerability and reducing emotional suffering.

DBT teen programs also incorporate an important fifth skills module, **Walking the Middle Path**, designed to assist teenagers in handling family problems. In this module, adolescents and their parents learn about dialectics, with the aim of reducing polarized "black-and-white" thinking. This module also teaches participants about behavioral therapy and validation, while focusing on the parent-child relationship. The goal is to help families improve understanding and communication, while reducing conflict and power struggles. Another key component in treating teens with DBT is the use of parent groups, in which parents learn DBT skills themselves. These group sessions include informational handouts, exercises and activities, and homework. By practicing mindfulness, interpersonal effectiveness, distress tolerance and emotion regulation skills themselves, parents are more prepared to support and coach their child in using the skills. They also are better able to manage their own emotions, which can contribute to decreasing conflict with their teen.

Both therapists and parents strive to support the teen during DBT through validation, in which the adult listens to the teen empathetically, displaying genuine interest and concern. Other ways of offering validation are: restating what has been shared, describing the adolescent's unspoken emotions based on nonverbal cues, and acknowledging that the teen's feelings are understandable given prior experiences. The adult can also point out why the current response is not constructive, and empower their child by expressing confidence in their ability to make positive changes.

Although adolescents generally begin dialectical behavioral therapy at the encouragement or insistence of their parents, many teens ultimately are excited about the new skills they learn and the positive changes in their lives. Similarly, parents generally find that the tools they learn enhance not only their relationship with their child, but their relationships in general.

Suzette Bray is a Licensed Marriage and Family Therapist and Executive Director of Village Counseling and Wellness in Burbank. Suzette serves as a National Expert Contributor on Dialectical Behavior with GoodTherapy.org. View her contributions at www.GoodTherapy.org/Dialectical-Behavior-Therapy. She can be reached at (818) 238-9895, villagecounselingandwellness.com or suzettebraymft@sbcglobal.net.

SAVE THE DATE

Introduction to Energy Psychology

Upcoming CEU Workshop on Thursday, February 13

Energy Psychology is a family of healing methods that blend contemporary and ancient healing traditions to provide relief from mind-body distress.

The approaches used in Energy Psychology balance energy pathways to rapidly diminish disturbances in the thought and emotion. Energy Psychology provides tools that have been shown to quickly assess unconscious beliefs and resistance's, release limiting beliefs and blocked emotions, promote readiness to change and strengthen positive attitudes.

Energy Psychology healing methods have helped clients:

- Reduce Stress
- Resolve Trauma
- Let go of anger, guilt and other limiting emotions and beliefs
- Eliminate phobias, fears and panic attacks
- Reduce anxiety and depression
- Remove self-sabotaging behaviors
- Resolve Grief

In this workshop you will learn basic energy hygiene, energy psychology methods, how to use these methods in your practice and with yourself

You will have opportunities throughout the workshop to observe, practice and experience the use of basic energy psychology methods.

More information about registration will be in our next edition!



Diann Wingert, LCSW, BCD is a licensed psychotherapist specializing in integrative mental health, combining traditional and alternative techniques. In addition to energy psychology, Diann practices neurofeedback, biofeedback, mind-body methods and cognitive therapy.

Michelle Barone, M.A. LMFT, DCEP has been practicing psychotherapy for 30 years. She holds Advanced 1 Certification in Neuro-emotional Technique and is a Diplomate in Comprehensive Energy Psychology. She has been practicing energy psychology since 1999. She weaves developmental and attachment theory with energy psychology in her work with individuals, couples, and families. She serves on the education subcommittee for the Association for Comprehensive Energy Psychology.



On Becoming a Therapist

By Dr. Carl Totton

The road to practice is a slippery one indeed
Full of twists and unexpected turns
It wasn't easy for you or me
The fabled journey to psychotherapy

First we got an undergrad degree
You remember all those college parties
Marching down the aisle was fun
By graduation day we were ready to run

What to do for the rest of our lives?
I know how to listen to people cry
And good gosh we can get paid for this?
I'll become a psychotherapist

Back to school we rushed with glee
Only two more years or was it three?
Hours and hours of practicum time
And we weren't even making a dime

Years of books and theories galore
Freud, Jung, and Adler knew the score
Then came Rogers, Beck, Bowen and Menuchin
And by then we were ready to start practicing

Finally another graduation unwinds
But look out now it's internship time
Three thousand hours is a long, long time
Making sure you're of sound body and mind

Think you're done oh no, not yet
Consumer Affairs won't let you forget
Come on down and stand in line
And take a test one more time

Hours of prep classes finally paid off
When you find you passed this time
Just in time before you lost your mind
And went back into therapy one more time

Now you're licensed and glory me
I'll put up my shingle and watch the stampede
Of patients and clients flooding to me
And if not there's always the Ph or PsyD

Yet everyday is special indeed
Listening and learning how to be more me
Helping others to be brave and free
Is our mission in psychotherapy

From "Radical Spirit Poetry"

Dr. Carl Totton is a licensed psychologist who practices in North Hollywood and Chatsworth CA. He specializes with adults, adolescents and children. He can be reached at (818)-760-4219, drcarlat@yahoo.com or at www.drcarlotton.com



Five Questions with Michelle Barone

By Jessica Davis

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

If I were to go back and do it all over, I'd be a pediatrician. This is because of my love for supporting parents and children.

What is the one thing in your bag of therapeutic tricks you could not live without?

Neuro Emotional Technique (NET). This is a physiological stress reduction technique.

About six years ago, I was feeling very burned out in my work. I was seeing increased suffering in my clients and felt I just wasn't offering them solutions that created deep change. I was introduced to NET and my excitement for my work was revitalized. At this same time, I began studying interpersonal neurobiology, which blends well with my strong attachment and developmental foundation.

(For more information on this technique, visit www.netmindbody.com)

Where is the most beautiful place you have ever been?

Monopoli, Italy. My daughter and I went with Global Volunteers for a two-week experience working with children and adults practicing conversational English.

What is the best advice you've received?

Don't be attached to the results.

What is your favorite book?

"The Mists of Avalon" by Marion Zimmer Bradley. I really love this book because it takes the Arthur legends from the feminine perspective. The weaving of the feminine power/intuition/magic is quite a fun read!

Michelle Barone, LMFT, DCEP, has offices in Burbank and Sunland. She specializes in NET, Neuro Emotional Technique for stress and trauma, and supporting families choosing homeschooling. She can be reached at 818-951-7744.

Website: www.michelebarone.com



Classified Advertising

GROUPS

Dialectical Behavior Therapy Skills Training Groups for teens and adults who have difficulty with emotional regulation. We are comprehensive DBT program in Burbank. Please contact Suzette Bray, MFT, MFC37518, Executive Director of Village Counseling and Wellness, (818) 238-9895 or suzette@villagecounselingandwellness.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 jidesantis@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, 7-9 pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic # PSY10315, (818) 551-1714 jidesantis@aol.com.

Moving Through Bereavement. On-going 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.

Post Traumatic Stress Disorder / Trauma / Sexual Abuse Survivors Process Group for Women. This group will allow survivors to share their abuse and recovery experiences, while providing a safe space for healing and to try out new, healthy coping skills. This group is targeted to sexual abuse, incest, assault, and rape issues. This is held every other Wednesday morning in Pasadena, CA.

Please contact Cristina Mardirossian, LMFT at (818)434-6051 for more information.

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, jidesantis@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, 6-730pm. Glendale. Susan Chakmakian, MA, MFT, MFC41817 contact by 818-839-0390 or susan@susanchakmakian.com.

Write Your Life to "Right" Your Life. Writing group in Toluca Lake. This group meets once per week for 10 weeks; anyone can join any week as this is not a "chronological" process. Help your clients augment their therapy process by journaling and writing, even fictionalizing the stories of their lives into publishable works. I am both a licensed MFT in California and a professional writer and teacher of creative writing. Vickie.saxon@gmail.com or 818-640-3789

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, 630-8pm. Glendale. Susan Chakmakian, MA, MFT. MFC41817. For more information: susan@susanchakmakian.com or 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 clinical encounter. Tuesdays 12:00 – 1:45. For more information contact Larry Brooks, Ph.D., Lic. # PSY8161 (818) 243-0839 or 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 application of theory to practice, and more effectively use in one's self in the clinical encounter. Fridays 3:15 – 5:00 For more information contact Larry Brooks, Ph.D., Lic. # PSY8161 (818) 243-0839 or drlarrybrooks.com.

SERVICES

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: 818-839-0390. susan@susanchakmakian.com

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 jidesantis@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.

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.

The Therapist's Journey formerly known as Professional Development Programs is certified by the MCEPAA and BBS to provide continuing education to Psychologists,

Classified Advertising (cont.)

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.

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.

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.

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.

East San Gabriel Valley Directory.

Freedirectoryof156mentalhealthprofessionals 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.

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: gamhpa.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 25,000 visits on the internet. View or download from 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.

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)913-7301.

GLENDALE - Office available part-time in friendly 3 office suite on Brand Blvd. Great for psychotherapy 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

LA CANADA. Just completed office space in La Canada with private waiting area, therapist signal system, sound proofing, plus separate entrance and exit. There are a total of 4 offices within the suite, the building is very well maintained with security for both the building and suite. Similar to 595 Colorado in Pasadena but it's in La Canada! Learn more about from Debra Kessler, Psy.D at www.drdebrakessler.com

PASADENA. Office space available in 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

GLENDALE. Office space available five mornings a week plus Monday and Friday all day. Beautifully decorated with view toward mountains month, utilities included. Available every day, including weekends except Thurs 12-7 PM. Please email your interest to: apkurk@gmail.com

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

GLENDALE. PT space available for mental health professional. Attractive, upscale and professional building. Highly secured. Beautiful waiting area with refreshments available. Separate exit. Handicap accessible. Great networking opportunities. Newly painted and furnished tastefully. Floor to ceiling window with a view. Nearby freeway. Reasonable rates. Café within the building. Call Anita Avedian at (818) 426-2495 for more information or email her at avediana@aol.com.

PASADENA. Office space available at 309 office at 711 East Walnut Street in Pasadena for reasonable rates. Includes free mentoring in helping you get started in your practice. Lovely office and free parking. Great location in the Playhouse district. Contact Debbie Hedgecock at 626-821-4028 for info.

PASADENA. Window office in attractive, cozy building. Shared waiting room in friendly suite. Office set up for kids or adults. Available all day Friday and on weekends, Monday mornings & until 4:30 on Thursday. \$200/day/month or by the hour. Contact Bruce Hirsch (626) 395-7833 or drbruce@brucehirschphd.com

BURBANK. Office space to share. Available Monday-Friday all day, plus some evening and weekend hours if needed. Located in the heart of Toluca Lake at 10000 Riverside Drive (across from Paty's). Rent is less than \$400/month depending on time needed. Waiting room, plus comfortable, bright corner therapy office. Vickie Saxon: 818-640-3789 or Vickie.saxon@gmail.com

BURBANK. Comfortable, warmly decorated office space available in therapy suite. Medical building close to Toluca Village, St. Josephs Hospital, NBC, Disney and freeways. All amenities supplied, including call light. Available on hourly, daily or monthly basis Contact: Miriam Davis, MFT at (818) 848-3022 or miriamdavis@verizon.net

**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**

GAMHPA

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

Glendale Area Mental Health Professionals Association

BOARD OF DIRECTORS

Jim De Santis, PhD
President, (818) 551-1714
jidesantis@aol.com

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

Michelle Barone, MFT
E-List Moderator
(818) 951-7744
mebarone@earthlink.net

Elaine Ahmad, LCSW
Newsletter Editor
(818) 398-2579
elaine.ahmad@gmail.com

Suzette Bray, MFT
Newsletter Editor
(818) 238-9895
suzettebraymft@sbcglobal.net

Rachel Thomasian, MFT
Program Chair
(818) 599-1234
rachelthomasian@gmail.com

Emily Moore, MFT
(626) 793-1078
emooremft@sbcglobal.net

Angela Hagopian, MFTI
Social Media Chair
(818) 281-4208
hagopianangela@gmail.com

Jessica Davis, MFTI
Newsletter Outreach
(626) 827-6786
jessicabdavis@yahoo.com

Kimberly Wong, LCSW
Program Chair
(626) 260-1356
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. 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/Dec 2013 Issue Sep 1
Apr/May/Jun 2013 Issue Mar 1
July/Aug/Sept 2013 Issue June 1

ADVERTISING

All advertising questions should be directed to Suzette Bray at 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:

jidesantis@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