



Glendale Area

Mental Health Professionals Association

NEWSLETTER

YOUR GUIDE TO GAMHPA NEWS,
INFORMATION AND EVENTS

January/February/March 2012

**Happy New Year
From
GAMHPA!**

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

Visit us at gamhpa.org!

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 2011/12

138 North Brand Blvd, Suite 300
Glendale, CA 91205

Friday, Mar 16, 2012
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 Mary DeVan, LCSW

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

I'd be a clothes designer. I would design lingerie after the designs in the '30's.

What are you reading right now?

For work, The Mindful Therapist: A Clinician's Guide to Mindsight and Neural Integration by Daniel Siegel because I think mindfulness is the place to be. Mindfulness is where I want to be. It reminds me to stay focused and be in the moment.

For pleasure, I am reading my Victoria magazine. They have articles about women who have turned their passion for this kind of thing into a business.

What accomplishment are you most proud of?

I'm really proud of my ethics, and that encompasses a lot. I'm really proud of my education: where I got it, that I got it, and I how I got it. I had to pay for my own education if I wanted it.

What do you remind yourself when you get to a tough spot with a client?

Stay present with them. Try to understand what they are going through and be empathic to that rather than to worry about what I'll say. It's not about the therapist's talent.

What is your favorite quotation?

Dr. Pat Allen said, "Our fears are a beacon to the truth."

Mary DeVan, LCSW, practices in Pasadena, CA. She specializes in treating people who clutter and hoard and offers consultations to other therapists. She can be reached at (323) 227-6279. Her website: www.marydevanlcsw.com

A Note from the Editors



Elaine Ahmad, LCSW

I hope you got through the holidays unscathed. Now it's time to look ahead to 2012. My New Year's resolutions related to GAMHPA Newsletter (there are other specific categories in my head) are to increase our readership and publish as many pieces as possible from people who have not yet submitted material to us.

With that in mind, I'm hoping that your New Year's resolutions include more writing, whether it be case studies, musings about how your career path has taken unexpected directions over the years, or essays that share your clinical expertise and thoughts about

In this field in which burnout is such a real concern, I keep thinking about the importance of mentors in our work. I would love to hear about how mentors have played a role in shaping your clinical views and career.

Happy New Year and Prolific Writing!

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 or (818) 398-2579.

Following on from our Western New Year, the Chinese New Year is upon us. The Cathayan tradition tells us to thoroughly cleanse our houses, in order to sweep away any ill-fortune and to make way for good incoming luck. We can also reconcile, forget all grudges and sincerely wish peace and happiness for everyone.

Since the future can seem about as certain as the pronouncements of a fortune cookie, let us seek peace and happiness with renewed vigor!

Suzette

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 or suzettebraymft@sbccglobal.net.



Suzette Bray, MFT

Do you want to join GAMHPA
or renew your membership?

Visit us at:

gamhpa.org

Hopelessness in Countertransference

Alan Karbelnig, PhD, ABPP

Psychologists experience varied, deep feelings in reaction to working with their patients – love, frustration, envy, jealousy, sadness. If we are attuned and engaged, the entire range of human emotions will flood over us. This column explores a specific and most difficult countertransference emotion – hopelessness – using one recent case example.

I currently have two patients who are actively suicidal, having lost all meaning in their love and work lives. Lately I have noticed myself feeling more hopelessness in reaction to them. But there's another patient who has recently elicited this feeling in me even more deeply. He has descended into a hopelessness of a different nature. The loss that catalyzed it is more subtle – not a loss of job, of health, or of love, but the loss of control over another person in whom he had invested a great deal of his identity.

This patient, Thomas, has been almost solely in charge of rearing his granddaughter, Rachel. Her parents have such a *lassaiz-faire* attitude that he has stepped in increasingly, to teach her about life. His involvement began at her birth, and she recently turned sixteen. Thomas is a devout Catholic, and so his influence on Rachel has included exposing her to the various aspects of that religious tradition, including arranging for her baptism, her first communion, and her confirmation. He also attended Sunday mass with her whenever his circumstances allowed. Thomas also introduced her to every cultural experience imaginable, from the Getty Villa to the Nisei Japanese Festival, from concerts at the Hollywood Bowl to the Brewery Art Walk.

Just this last summer, Thomas was a chaperone for World Youth Day in Madrid, and Rachel was one of

twenty local students under his care. The journey proved a grave disappointment for him. Rachel was openly oppositional and defiant. She completely renounced her faith, describing the priests as believing in an outdated myth. She flouted the dress code required at sacred sites. Beginning last fall, her parents allowed her to drop out of regular school and instead instituted a bare-bones type of home schooling. Rachel has, in fact, rejected formal education, has no plans to go to college, and her final career goal is to work as a Bartender. She is already adorned with the tattoos and piercings her parents vowed they would never permit till she turned eighteen.

For sixteen years, Thomas has striven to shape Rachel into a responsible, well-cultured, and spiritual young woman. According to him, he has “utterly failed” in that quest. He returned from the summer trip severely depressed. Because this “project” – Rachel's upbringing – had become central to his life, he reacted with extreme hopelessness. He viewed it not only as losing her to the worst elements of contemporary culture but as evidence of his own failure as a person. We had already been working on Thomas's identification as a “failure” in his life. He was a technical writer rather than the novelist he had striven to be; he'd struggled with a loveless marriage; he felt he'd neglected his own children when they were young because of his career.

Perhaps it was the suicidality of my other two patients, perhaps it was the intensity of Thomas's reaction, but I found myself mired in a pit of hopelessness with Thomas for weeks. Approaching 70, his other “projects” in self-styled ruins, Thomas viewed his ultimate lack of influ-

ence over Rachel as a near-lethal failure, leaving him little to live for.

As if a lens were slowly twisting back to a wider angle, the hopelessness began to fade into a broader landscape – quickly for me, more slowly for him – as we were gradually able to dismantle the organizational system of his personality that he'd come to label as “failure.” Thomas actually had many successes – deep friendships, published works, the esteem of colleagues and students, an intact and close extended family, and more. Ironically, our acute despair served as a catalyst for the ultimate breakdown of this “failure complex.”

Thomas is now involved in mourning his loss of influence over Rachel – and the loss of the woman he thought she could be. He is learning to keep on loving her as much as he always has, even though many of her choices and values are at odds with his own. He is beginning to explore his own narcissistic need to control her. He is rebuilding other, more meaningful and positive ways to view his life. And I, in close attunement with him, feel my own countertransference turning towards hope.

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.



Myths of Divorce

By Ronald M. Supancic, CFLS

"Going to court is the only way to ensure you'll get a fair share."

This is a popular myth in our culture. In fact, the opposite is true. When you go to court, you get the product of distributive bargaining, which means that the court is limited to only those remedies that have been established in the jurisdiction in which that judge is a bench officer. The rules of law and the court cases interpreting the law change regularly. Most states have enacted statutes that would fill a book outlining all of the various circumstances and events that alter the rights to property and children, and those are changing constantly.

People who choose to resolve their family disputes outside of court can use much greater creativity, imagination, and flexibility to design workable plans for their children, their property, and their money. The legal professionals who engage in Consensual Dispute Resolution have long known this. Arbitration was designed to take litigation outside of the court. Mediation came about to eliminate the restrictions imposed by judges who sit in courtrooms. Collaborative law has evolved to give parties the best of both worlds. You're free to be creative, and you have an attorney. It's your money. It's your family. It's your life. It should be your choice.

Many lawyers today are exploring collaborative law as a new option. Collaborative Divorce involves professionals -- such as lawyers, financial experts, and licensed mental health professionals who share a belief that a family is forever, and that family disputes are best resolved using collaborative strategies rather than adversarial approaches such as litigation.

Lawyers who practice collaborative divorce believe in and have been trained in the non-adversarial dispute-resolution process. Through this new process, they model for their clients a commitment to honesty, dignified behavior, and mutual respect. Imagine a divorce in which collaboration replaces competition, financial disclosure is mandatory, and mediation becomes the rule rather than the exception.

The advantages of collaborative divorce are many. Sessions are held in private, which keeps many details out of the public record. With their lawyers assisting, the clients are in charge and make their own agreements, rather than giving power and control to courts. Without the

need to wait a long time for hearing or trial dates, the divorce can proceed in a timely fashion, saving money on attorney fees and court costs. Through good planning and the collaborative allocation of resources, financial experts may successfully assist the family to conserve its assets to the advantage of both the parties and their children.

Just as after the death of one partner, the family will naturally restructure itself after divorce. Yet for this restructuring process to be optimally healthy, the parties will likely need professional help, which the collaborative divorce model provides. Lawyers, however well intentioned, have not been trained to solve the client's emotional and financial issues without assistance.

Divorcing couples can also benefit from seeing a "divorce coach." Usually a licensed mental health professional, this coach teaches communication skills, educates and assists the couple with consistent co-parenting skills, and normalizes the difficult closure issues. The divorce coach can achieve great strides in these areas and help the family unit emerge from the divorce strengthened and whole.

One might question the expense of involving so many experts in an individual case, yet we have seen, case after case, that a collaborative divorce saves the parties, not only money, but also the great emotional cost of litigated divorce by taking less time, inflicting less trauma, and causing less damage to children.

Ronald M. Supancic is certified as a Specialist in Family Law by the State of California Bar Association. He has handled hundreds of divorce, child custody, and other family law cases. He has been a mediator for the Los Angeles County Superior Court since 1980. In 1999, he was trained in collaborative law. He has also served as a Judge Pro Tem in the Family Law Department of the Los Angeles County Superior Court. For more information, please visit www.thelawcollaborative.com/

Classified Advertising

GROUPS

Systematic Training for Effective Parenting classes being offered by certified long-time STEP Parenting trainer, Miriam Davis, MFT in her Burbank office. Two 7 week courses available: for parents of children 1-6 years old (including expectant parents) or for parents of children 7-11 years old. Each class meets for 1 ½ hours once a week. Please contact Miriam for fees and other details at (818) 848-3022 or at miriamdavis@verizon.net.

Dialectical Behavior Therapy Skills Training Groups now forming for preteens, 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.

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, 7-8:30pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic # PSY10315, (818) 551-1714 jidesantis@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.

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.

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.

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 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.

Classified Advertising (cont.)

SERVICES (cont.)

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, 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.

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, sound-proofing, call lights, newly furnished, easy freeway access, parking garage on premises prime location and view of Brand Blvd. (818) 9137301.

LA CANADA/MONTROSE OFFICE: Second floor furnished office available. Located within a suite of four psychotherapy offices in a La Canada/Montrose Area Medical Building, directly across the street from Verdugo Hills Hospital. Handicapped Accessible, Free Parking, Reception/Work Area, Bathroom in Suite, Call System, Serious Potential for Referrals. Five well established therapists working in the Suite. Professional, warm, friendly work environment. Available Tuesdays and Fridays, with the possibility of weekend hours if desired. Call Marie (818) 957-8385.

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 listing 275 licensed psychologists throughout Los Angeles County who offer psychological assessment services, whether educational, neuropsychological, forensic, vocational, custody or general psychiatric differential diagnosis. View or download from JJDeSantis.com.

East San Gabriel Valley Directory. New directory of 124 mental health professionals east of the 605 freeway from Azusa to Pomona, cross-indexed by specialties, services, second languages, and insurance accepted. 60-page resource free to view or download at JJDeSantis.com.

GAMHPA Members Directory.

117 licensed mental health professionals in the Glendale area, cross-indexed by specialties, services, second languages, and insurance accepted. This 65-page is available free at the GAMHPA website: gampha.org.

Group Therapy Directory. Free, up-to-date directory of outpatient psychotherapy groups in Los Angeles County. 600 facilitators and 1,400 groups. Edited by a licensed psychologist and certified group therapist. Web page has received over 20,000 hits from visitors. View or download from TheGroupList.org.

Home Schooling. "Finding Your Way: Exploring Your Family's Educational Journey," a workbook of discussion topics and thought provoking exercises by GAMHPA member Michelle Barone, MFT. Learn more at michellebarone.com.

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GAMHPA

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(818) 771-7680
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MISSION

GAMHPA was founded in 1992 by a few local area mental health professionals in private practice. Within several years, it grew to over 100 members. Our mission is to advance professional development through networking, continuing education, and public awareness. We offer equal membership to all licensed mental health professionals regardless of discipline, reflecting real patterns of professional referral. We are an interest group only and do not provide referrals to the community. We are not a profit making organization.

MEMBERSHIP

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

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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:

Apr/May/June Issue Mar 1
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. 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-Member
Mailing list, printed	\$25	\$25
Mailing list on labels	\$30	\$40
Mailing list on disk	\$70	\$80
Member e-mail list	\$20	\$30