



Glendale Area

Mental Health Professionals Association

NEWSLETTER

YOUR GUIDE TO GAMHPA NEWS,
INFORMATION AND EVENTS
January February March 2013

A Note from the Editors



Elaine Ahmad, LCSW

I'm still trying to figure out what happened to 2012. I guess it's time for me to reluctantly move forward and embrace all the changes that 2013 promises. If that means learning new CPT codes and attending courses to unlock the secrets of DSM-V, so be it. I know many people shudder at the mere mention of New Year's resolutions so I'll avoid that term. I have a few thoughts about what I would like to accomplish this year but I will superstitiously avoid saying them aloud (or writing them here for that matter). Achieving a personal goal, such as traversing a tall peak or coaching Little League, may

not only enrich our personal lives but also mysteriously transfer to unforeseen benefits for our clients. I am looking forward to hearing from our enterprising GAMHPA members about their accomplishments, new projects, and aspirations in 2013. I've got my walking stick and I'm ready to climb!

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.

Oh wow, a new year! So much to look forward to! I'm especially excited about our upcoming CEU presentation about Dialectical Behavior Therapy. I'll be presenting along with Patty Gieselman of the DBT Center of San Gabriel Valley. DBT has completely changed how I practice; I feel more effective as a therapist and I can help people who displayed behaviors that I would have previously found too overwhelming to address in a private practice setting. I'm so glad to get to share with GAMHPA members about this form of treatment. Hope to see you there!

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



Suzette Bray, MFT

Calendar of Events

BOARD MEETINGS 2013
138 North Brand Blvd,
Suite 300
Glendale, CA 91205

Friday, January 25
Friday, March 15
Friday, May 17
Friday, July 12
Friday, September 20
Friday, November 22
All meetings 9:30- 11 am
All are welcome.

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

Friday January 25
Friday April 26
Friday July 19
Friday October 4
All lunches 12 to 1:30 p.m.
All are welcome.
Each person pays their own.

CEU EVENT
Thursday, Feb 21, 2013
DBT: Introduction to
Dialectical Behavior Therapy
The Frostig Center
9 am o noon
Register online at
www.gampha.org/events or
contact Kinberly Wong, LCSW
at (626)260-1356 or Rachel
Thomasian, MFT at
rachelthomasian@gmail.com

Five Questions with Makaylah Cheung, LCSW

1) What would you have done if you were not a therapist?

I've always wanted to own my own bakery. I love desserts, sweets, and pastries. Or a coffeehouse owner, where people could come and just hang out.

2) What do you do to re-energize yourself?

I love doing yoga to center myself. Also, I enjoy reading, dancing, listening to music. I like doing "girlie" things like getting my nails done to pamper myself.

3) What are you reading right now (for pleasure or for work)?

I am about to start reading Peace from Broken Pieces: How to Get Through What You're Going Through by Iyanla Vanzant. It's an autobiography about how she lost everything and how she built herself back up again.

4) What is the accomplishment of which you are most proud?

Starting my own private practice because it is a scary thing to do. It is putting yourself out there and you have to be authentic. It means that you have to believe in yourself and your ability to help others.

5) What are your hobbies?

I like to play with my dog, Dolly. She's a one 1-year-old Terri-Poo that I rescued from the Inland Empire when she was a puppy. I've loved seeing her grow and watching her developing her own personality. I also love spending time with my husband and with my sister, who lives nearby.



Ms. Cheung practices in Burbank, CA. She specializes in working with children, adolescents, and adults who have experienced abuse, trauma, neglect, depression, and anxiety. She can be reached at: makaylahcheung@gmail.com or (323) 317-7437. Her website: www.makaylahcheunglcsw.com

Making a Difference in the Lives of Children with Learning Disabilities

For the past 60 years, the Frostig School has been changing the lives of children with learning disabilities. We are the oldest school for learning disabilities in Southern California. Our school offers a full range of academic and support services for students in grades 1-12.

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- Highly skilled credentialed teachers, who use a wide range of researched-based approaches to learning, along with state-of-the-art technology
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- An extensive electives program (art, film, drama, music and computer technology), encouraging students to thrive and excel
- A curriculum approved by the California Department of Education and WASC accreditation, ensuring students receive the finest education possible

For more information or a tour of the Frostig School, please contact us at (626) 791-1255.

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FrostigSchool



You're Not Just Playing: The Power of Play in Therapeutic Work with Children and Adolescents

by: Lisa Staab Shadburn, Psy.D.

Do you remember your favorite thing to do as a child? Chances are, it wasn't sitting down to have a serious talk with an adult about your problems! When we think about our favorite childhood activities, they typically have one thing in common- they are all some form of play. But as adults, when we have serious issues to deal with and important lessons to teach our children, is playing a waste of time? Absolutely not! Play is not just for kids- it can actually be a powerful tool that can help therapists, parents, teachers, and other adults to build closer relationships with children and adolescents, teach important skills, and experience positive results for themselves.

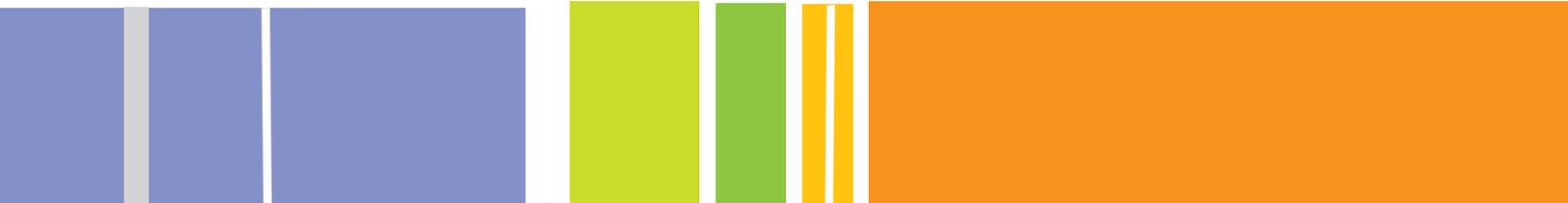
Many years ago, I was spreading the word about an upcoming play therapy workshop that I was teaching when another therapist who worked primarily with adults told me, "Play therapy? No, we don't have time to play- we work." It is understandable that play may be seen by some as a light-hearted activity that is incompatible with serious clinical work. However, I believe that play has a valuable place in the therapeutic world for individuals of all ages. First of all, play has a number of important benefits to an individual's social and emotional development. For adults and children alike, participating in play activities can relieve stress, help with healing, provide an outlet for energy, build strength and skills, and enhance self-esteem. For children who are struggling in school or in other aspects of life, sometimes play can be one of their only opportunities to relax and feel good about themselves. For these children, mastering play activities can help to build their self-esteem and give them the confidence they need to be better equipped to deal with the challenges they face in school and in other areas of life.

Playing with others also has the vital benefit of strengthening relationships and bringing people closer together. This means that when therapists help parents learn ways to play with their children, they are not only creating an enjoyable shared experience, but they are also building a stronger parent-child bond. I have found play to be helpful in my own work with adult clients who are having difficulty in parenting, and who due to difficulties in their own childhood have never really learned how to play. For these individuals, play brings new opportunities for adults to interact with their children and adolescents and relate to them in a positive way.

Play is also a child's natural means of expression, and it provides a way of communicating thoughts and feelings for children who may not have the ability (or the vocabulary) to verbalize their feelings. Many children who have experienced trauma have difficulty directly talking about their negative experiences, but can be much more expressive when given the opportunity to act out their feelings and experiences through some form of play. For therapists, this makes play an indispensable tool for creating a positive environment for children in the therapy office, where they can feel safe to express themselves in a welcoming atmosphere. Play therapy also offers children an opportunity to feel a sense of empowerment and control by giving them an avenue to work through traumatic experiences in a controlled environment using projective play.

The benefits of play can definitely apply to adults as well, for play activities have been shown to be an effective way to relieve stress for a wide variety of people, including parents, professionals, and even individuals recovering from substance abuse. In parenting terms, many of us refer to this as "self-care," which recognizes that taking care of oneself is an important and necessary part of being a

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“You’re Not Just Playing”

(cont.) good parent, employee, or even a good therapist. I often use play in my own self-care, whether it be going to the batting cages, having a game night, or doing art projects. Let’s face it, finding ways to feel good and have fun are not only permissible, they are in many ways necessary-- especially when things in other parts of our lives become stressful.

There are endless options of activities that you can do to help your clients experience the benefits of play. Whether you’re playing cards, creating a new “world” with action figures or dolls, reading or making up stories, eating the make-believe “dinner” that a child has prepared, or playing a board game with a family, you can take advantage of these opportunities to help strengthen child-adult bonds, teach valuable lessons, model healthy behavior and expression, and create a positive environment for them to express themselves in a variety of ways.

Remember that being a “grown-up” doesn’t mean that we have to forget how to play! It is my hope that anyone reading this will never again think that doing something fun with a child or adolescent is a waste of time. You’re not “just playing”!



*Dr. Lisa Staab
Shadburn is
Clinical Director of
FrontPoint Child &
Family Therapy in
South Pasadena,
CA. She welcomes
your questions or
comments, and can
be reached at
[FrontPoint@sbcglo
bal.net](mailto:FrontPoint@sbcglo
bal.net)*

Small Consultation Groups For Licensed Professionals

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For more Information

drlarrybrooks.com or 818.243.0839
Larry Brooks PhD Licensed Psychologist #PSY
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starting enjoying
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A Home Invasion Erodes Tamara's Sense of Safety

By Cristina Mardirossian, LMFT

Tamara is a 23-year-old female who came to see me after a robbery at her home. She remembers lying down in bed reading her book, when all of a sudden, she started to hear noises in her home. In particular, she recalls hearing footsteps in her hallway. Immediately, Tamara knew that this was a different noise from the typical noises she would hear from being in an old home. She knew she wasn't alone. She felt her heart racing faster than ever and her breathing became more rapid. She got up quickly to try and escape her bedroom. She was fortunate to have run outside, called the cops, and had the robber arrested. Ever since this incident, however, Tamara has been having panic attacks at night, disturbing nightmares, and difficulty falling asleep.

There are three types of defense mechanisms used during trauma. The first one is *flight*, in which the person attempts to escape the situation at hand. *Fight* is when the person tries to defend her/himself and fight. Lastly, *freeze* is when flight or fight responses are not possible and the body freezes. These responses are instinctive responses to a perceived threat. Tamara's brain at the time of this incident perceived that she had enough time and space for *flight*- hence why she was able to run outside of her house and call for help.

Tamara's mind knew that she was safe, but her body was still in trauma mode. Since this incident, Tamara moved into a new apartment and installed an alarm system. Safety is a very important element of trauma work. It is not possible to resolve trauma when someone lives in a traumatizing environment. For Tamara, it was important for her to find herself a safer place to rest her head at night. This didn't eliminate her nightmares, but decreased them dramatically.

A big portion of Tamara's trauma therapy was helping her understand her body reactions and sensations. She couldn't understand why she was still having nightmares and feeling on edge. The sensations she was having in her body were so intense that Tamara was unable to differentiate between the present moment and the past. She kept feeling like she was re-experiencing the same sensations over and over again. Whenever she heard footsteps at night, she would go into a panic.

As she described her trauma incident, my job was to observe her present-moment experiences (including: body languages, emotions, sensations, thoughts, movements for indicators of trauma-related tendencies). It was important for me to help Tamara shift her concentration from talking about the trauma to observing what was occurring in her internal experience. I would ask about emerging thoughts, emotions, body sensations, movements, five senses, etc. This would help remind her that this was a *here-and-now* experience of the traumatic past, "old-stuff" coming back up.

I also helped Tamara get into her body by building muscle tone- the idea here was to help build a positive experience of being in her body. Tamara began to build tone in her arms and chest by light weightlifting. She did not respond well to aerobic exercise (note: aerobic exercise can actually be retriggering for some clients. The accelerated heart rate and respiration could have been part of their trauma experience). The muscle tone was very helpful to Tamara and made her feel more confident in her body. Her panic attacks started to decrease as she became aware of what was going on in her body.

Tamara's healing is a work in progress. She has acquired coping skills that allow her to stay in the present moment, but also grounding techniques to help her stay connect when trauma triggers come up for her. Connecting to her body and body sensations has been key.

Tamara's name has been changed to maintain confidentiality.



Cristina Mardirossian, LMFT, has a private practice in Pasadena. Cristina's specialties include working with trauma (sexual, physical, neglect, and emotional), dissociation, general relationship issues, anxiety, depression, grief & loss issues, etc. She can be reached at cnm.therapy@gmail.com

Intensive DBT Programs for women with BPD



Los Angeles,

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Residential Treatment

Appropriate for women who have recently been through a crisis or who have struggled to improve in an outpatient or psychiatric hospital setting.

Intensive Day Treatment

Provides 6-8 hours per day of therapeutic services for women transitioning from a residential program or in need of more structure than outpatient program or private psychotherapy.

Outpatient Treatment

Offers a comprehensive DBT track. Appropriate for people who do not need the structure of a residential or day treatment program.

Transitional Living

Our supportive living environment provides the structure and DBT coaching needed for a successful transition to everyday life.

Clearview Women's Center for Borderline Personality and Emotional Disorders offers comprehensive Dialectical Behavior Therapy (DBT) programs designed to treat women who struggle with emotional dysregulation, relational conflicts, impulse control, and/or self-harmful behaviors.

With help from our extensively trained DBT staff, clients develop an action plan to target ineffective behaviors and increase adaptive coping skills. Through individual DBT sessions, DBT skills groups and coaching, and other evidence-based modalities, clients can make a lasting recovery from their psychiatric disorder and create a life worth living.

CLEARVIEW
WOMEN'S CENTER
FOR BORDERLINE PERSONALITY
AND EMOTIONAL DISORDERS

For more information or a free assessment call
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This workshop will provide an introduction to Dialectical Behavior Therapy, or DBT for short. DBT is an evidence based treatment that has been proven to be effective with both adults and teens who have difficulty regulating emotions and associated behaviors. It was originally developed by Marsha Linehan, Ph. D. to treat people with Borderline Personality Disorder. It is now used successfully to treat a variety of concerns. This course meets the qualifications for 2.0 hours of continuing education credit for LCSWs and MFTs as required by the California Board of Behavioral Sciences (PCE 5187).

Workshop Presenters



Suzette Bray, MFT is the Founder and Executive Director of Village Counseling and Wellness. With over 15 years of clinical experience, Suzette has run several innovative mental health programs for children and families, giving her unique insight into strategies and solutions for positive change. She also has specialized knowledge and experience regarding adoption and infertility. Suzette is an intensively-trained DBT therapist and has also received advanced training in DBT from thought leaders in the field. She speaks often on the topics of parenting, mental health issues of children and adolescents, adoption and Dialectical Behavior Therapy. Reach Suzette at

www.VillageCounselingandWellness.com

Patricia (Patty) Gieselman is a licensed Marriage and Family Therapist. She is an intensively trained DBT therapist with years of experience providing DBT treatment as well as training and implementation of DBT in out-patient and residential care programs. The DBT Center – San Gabriel Valley was added to her practice in Sierra Madre to offer evidence-based DBT treatment locally. During her career, she has worked both as a clinician and a leader in developing and administering effective treatment program. Ms. Gieselman also provides workshops to mental health professionals as a BBS provider of CEs and an invited speaker at professional conferences. Ms. Gieselman was recognized for her commitment to children and families and recipient of the “Woman of Achievement” award by the YWCA in 1999. Patty can be reached at www.dbtcenter.co



Details

Thursday, February, 21 from 9:30 a.m. - Noon at
The Frostig Center,
971 N. Altadena Dr.
Pasadena, CA 91107
Phone: (626) 791-1255, frostig.org
(Street parking on Cooley Place and Dudley Street. Please do not use parking lot)

Registration

(Space is Limited, Register Now!)

Free for Members

\$20 for Non-Members

Register online at www.gamhpa.org/events or contact Kimberly Wong, LCSW at 626-260-1356, or Rachel Thomasian, MFT at rachelthomasian@gmail.com for more information.

(Registrants who do not attend or fail to request a refund one week prior to the scheduled meeting or event will be charged full fee)

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CENTER FOR BORDERLINE PERSONALITY AND EMOTIONAL DISORDERS

Clearview uses Dialectical Behavior Therapy throughout its continuum of care, providing highly individualized treatment programs for people with alcohol and drug addictions, dual diagnosis, Borderline Personality Disorder, trauma, and other psychiatric disorders. For further information, call:(800)-573-0770 or visit www.clearviewtreatment.com

And a special thanks to
The FrostigCenter
for hosting.

DBT for Adolescents and Adults in Burbank!



Dialectical Behavior Therapy (DBT) is a specialized approach for treating emotional dysregulation. It is an evidence-based treatment, meaning its effectiveness has been examined and verified through research. To provide DBT at Village Counseling and Wellness, our therapists undergo extensive training and are part of a DBT consultation team.

DBT treats:

- Chaotic relationships
- Family conflict
- Confusion about self
- Impulsive behaviors
- All-or-nothing thinking
- Suicidal thoughts or actions
- Self-harming behaviors (cutting, hair pulling, skin picking, etc.)
- Alcohol or drug use/abuse
- Violence towards self or others



We serve the Los Angeles area including the communities of Burbank, Toluca Lake, Glendale, Pasadena, Studio City, Sherman Oaks, North Hollywood, Valley Village, La Crescenta, La Canada and Hollywood.

We are located at 4405 Riverside Dr, Suite 203 in Burbank.

Contact us at (818)238-9895 or at
www.villagecounselingandwellness.com

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 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.

GayMen'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. 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.

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, 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, 6-7:30pm. Glendale. Susan Chakmakian, MA, MFT, MFC41817

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. 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

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GROUPS (cont.)

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

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.

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, 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.

EastSanGabrielValleyDirectory. 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.

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 23,000 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,

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OFFICE SPACE FOR RENT

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.

GLENDALE. Full-time inner office in a suite with five clinicians in The Exchange, downtown Glendale. Can accommodate small groups as well as individual sessions. Attractive building with elegant architectural details and charm,

90-minute free parking in covered garage, central location with easy 134/5/2 freeway access, prestigious Brand address. Sound-proofed spaces, comfortable waiting room with call-light system and aquarium, separate exit, kitchenette with sink and refrigerator, photocopier. We are looking for the right mid-career mental health professional with license, insurance, and established practice. Opportunity for cross-referrals. \$705 per month. If you are interested or know someone who is, contact Jim De Santis, Ph.D., at (818) 551-1714 or JJDeSantis@aol.com

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 and Pasadena. Receptionist, copier, and full kitchen. Landmark building, corner of Brand and Broadway. Call Tina Clarfield, Ph.D., (818) 507-1550.

**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
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(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.



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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:

Oct/Nov/Dec 2013 Issue Sep 1
Apr/May/June 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:

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