



Glendale Area

Mental Health Professionals Association

NEWSLETTER

YOUR GUIDE TO GAMHPA NEWS,
INFORMATION AND EVENTS

July August September 2014

A Note from the Editor



Summer is here, and things are slowing down. This is the perfect opportunity to spend time reflecting and working on our skills as therapists; now is the time to train and get those CEU's out of the way before school starts back up and schedules become overbooked. Speaking of CEU's, our most recent CEU event on May

8 went off without a hitch, and was very educational for its participants, including myself. Thanks to Michelle Barone and Diann Wingert. To read more about this CEU session, check out page 3!

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

Call for Submissions

We want to hear from YOU!
GAMHPA is looking for mental health articles, press releases, essays, or case studies (under 1000 words) for our upcoming issues.

Submit to Suzette Bray at
suzette@villagecounselingandwellness.com

Calendar of Events

BOARD MEETINGS 2014
Shakers Restaurant
801 Central Ave
Glendale, CA 91203

Friday, July 11
Friday, September 12
Friday, November 14
All meetings 9:15 - 11 am
All are welcome.

LUNCHEONS 2014
Fortune Inn
Mandarin Restaurant
117 East Broadway,
Glendale, CA 91205

Friday, July 18
Friday, October 3

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

RSVP : Kim Wong at 626-260-1356, or Rachel Thomasian at rachelthomasian@gmail.com by the Wednesday before.

A Must-Read Book by Local Psychologist Dr. Enrico Gnaulati

"Back to Normal is outstanding. Careful, measured, wise, compassionate, and powerful. Finally, someone is suggesting that lots of awkward, angry, tuned-out, defiant kids are not suffering from mental illness but, rather, are coming to terms with the human condition. And they shouldn't be medicated for it."

—PEG TYRE, author of
The Trouble with Boys

"Provides a compelling, insightful, and timely explanation of the multiple forces that lead to overdiagnosis and misdiagnosis of our children. It offers parents a much-needed guide to help distinguish behaviors that truly warrant medical intervention from those that may stem from other issues and require different approaches. Well done, Dr. Gnaulati!"

—DIANEM. KENNEDY and REBECCA S. BANKS, authors of *Bright Not Broken*

"An exceptionally original and useful book. Gnaulati challenges the widespread rush to see pathology and medicate; he suggests, instead, that various behaviors may actually be expressions of normal development. **With a rare combination of creative insight and common sense, Gnaulati helps us appreciate children as they grow and cope with the stresses of modern life.**"

—WILLIAM CRAIN, author of
Reclaiming Childhood

"A valuable guide for parents and educators that includes tips on choosing a therapist and parenting strategies."

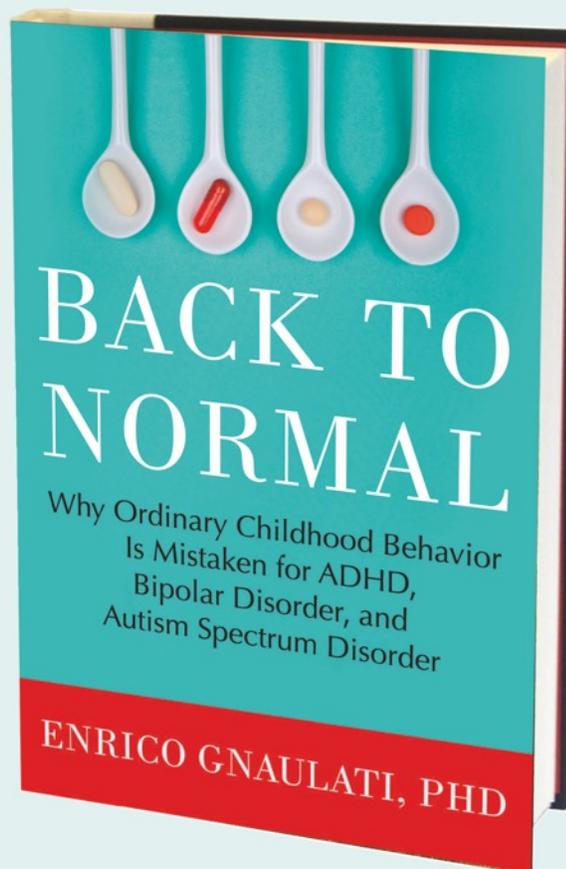
—Kirkus Reviews

"A welcome antidote to an alarming trend."

—Publishers Weekly

"Highly recommended for parents, caregivers, educators, physicians, and specialists working with children of all ages."

—Library Journal



Start reading
Back to Normal

Available wherever books
and e-books are sold.



www.beacon.org
www.beaconbroadside.com

GAMHPA's Explores Energy Psychology

By Suzette Bray, MFT

On May 8, GAMHPA hosted our most recent CEU session. Led by Michelle Barone and Diann Wingert, the session explored the world of Energy Psychology. For those who did not attend, Energy Psychology is a healing method based on a blend of contemporary and ancient healing traditions to provide relief from mind-body distress. Participants gathered information on how this healing method has 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; and resolve grief. Check out some photos from the event below!



Four Warning Signs that Your Client Needs to Speak to an Attorney

Levon Kevorkian, Attorney at Law

Individuals who are either contemplating divorce or are already embattled in court proceedings often encounter legal challenges that need to be carefully resolved. The following list provides four common red flags that will require them to seek immediate legal guidance. This list is not exhaustive, and it is not meant to provide legal advice. It is always advisable to instruct individuals to consult with an attorney on these matters.

1. Your client is contemplating removing his children from school and/or the county without informing the other parent.

Typically in joint physical custody situations a "move-away" of the child must be litigated in court or at least have the consent of the other parent. Unilaterally moving the child without this due process may result in extreme consequences.

2. Your client has just received notice that she must appear in court the next day for an ex parte hearing.

Ex parte hearings are emergency last minute petitions to the court to redress an immediate harm. These are to be taken very seriously; it is advisable to consult with an attorney because the results can be severe.

3. Your client would like to place his children in therapy without consulting the other parent and both parents have joint legal custody.

Once again, joint custody situations (legal and physical custody) require both parents to have the right on making important decisions regarding their children.

Courts disfavor any one side who does not take this into account.

4. Your client has been released from work and is struggling to pay child or spousal support and would like to modify it.

Spousal and child support are based on calculations on income. As a general guideline if one parent experiences a change in that income it may affect his or her legal obligations to provide support. However there are risks to having a reevaluation as well. It is best to consult with an attorney.

Levon Kevorkian is a graduate of UC Berkeley School of Law. Upon graduation Mr. Kevorkian worked at the Los Angeles City Attorney's Office as a Reserve Deputy City Attorney prosecuting misdemeanors in Los Angeles. After his tenure there he started his own law office concentrating on Family Law and Criminal Defense. Mr. Kevorkian is also a former teacher with the Los Angeles Unified School District where he was trained in monitoring students who come from families with substance abuse problems. His experience as a teacher gives him a unique perspective when dealing with family and child custody issues due to his abilities to connect with youth. Levon Kevorkian can be reached at (626) 227-1176 or levon@kevorkianlawoffices.com. His website is located at kevorkianlawoffices.com.



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www.drlarrybrooks.com

☎818.243.0839 ✉drbrooks@drlarrybrooks.com

Five Questions with Kiersten Mikelas, MFT Intern

By Jessica Davis, MFTi

1. If you weren't a therapist, what would you be?

Since I'm working towards licensure and building my caseload slowly, I actually have a "day job" as an Executive Personal Assistant.

I've worked in the Entertainment Industry for about twenty years, and believe that I was acting as a de facto therapist in many situations during that time! So much about being a therapist and being an assistant involve rapport building and active listening... there are more similarities than one might think!

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

I learn something new every day and with each client! The one thing I carry with me into the room at each and every visit is my self. As an Intern, I have experienced uncertainty during many sessions --- "where should I take this?" "what do I do now?" "What does this client really need from me in this moment?" I just rely on "my gut". I let go and let my intuition guide me in those moments. And then I call my supervisor!!!! :)

Kiersten Mikelas is an MFT Intern practicing in Burbank under the supervision Michelle Barone. Kiersten works with families, couples and children particularly around the issues of divorce, blended families and new parent concerns. Kiersten can be reached via her website www.glendalefamilytherapy.com; email: kmikelas@gmail.com or by phone (626) 765-1624.



3. Where is the most beautiful place you have ever been?

Hard to answer this one as so many places come to mind, each for a different reason --- Maui for its lushness, Paris for its architecture, Carmel-By-The-Sea for its charm, Italy for the sunlight...

I love to travel and visit new places --- I think you can find beauty everywhere!

4. What is the best advice you have ever been given?

My boss for my "day job" is the incomparable Betty White. That job is an absolute pleasure because Betty's approach to life is to choose the positive. She reminds me daily that there's always a silver lining --- sometimes it might seem like it's hiding, but it's there. Operating from the positive in a situation, rather than the negative, allows so much more opportunity for movement, connection and growth!

5. What do you do to re-energize yourself?

I chase around my unstoppable almost-three-year-old son, and belt out show tunes in the privacy of my car --- the one "positive" I've found for dealing with LA traffic!



Jessica Davis is a MFT intern, who practices at Village Counseling and Wellness in Burbank. Jessica specializes in DBT with adolescents and parent coaching. She can be reached at 626-827-6786 or by email jessica@villagecounselingandwellness.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, 6-7:30pm. 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, 6:30-8pm. Glendale. Susan Chakmakian, MA, MFT. MFC41817. For more information: susan@susanchakmakian.com or 818-839-0390.

Divorce Class. The Law Collaborative hosts free family law classes on the second Saturday and fourth Wednesday of every month, as a free service to the community. An attorney answers questions and concerns of attendees regarding divorce, child support, child custody, and alimony. It is extremely beneficial to people currently affected by divorce in any way.

If you would like more information on this topic, please call Courtney at (818) 348-6700 or send an email to courtney@thelawcollaborative.com.

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, 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. 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 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. 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.

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

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. 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 and until 4:30 on Thursday. \$200/day/month or by the hour. Contact Bruce Hirsch (626) 395-7833 or drbruce@brucehirschphd.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.

SILVERLAKE. Spacious and sunny 2nd floor office available Fridays after 12 PM and Saturdays after 11 AM. The Silverlake Avenue location is ideal for therapists

wishing to serve the East side communities of Echo Park, Silverlake, and Los Feliz. We are "freeway close" -- just a few minutes from the 2, the 5, and the 101. Please call Anita Frankel MA MFT at 323-661-0297.

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

LA CANADA. Part time office space available for rent in La Canada (in a newly remodeled building with 4 other offices, 1 large bathroom, waiting area, kitchen, private parking, on a small street) Cost: \$550. Available hours: M-W: anytime before 12pm, Th-Sun: all day New year lease starts March 1st. Contact Hillary Haynes at (818) 516-3561.

BURBANK. Inviting office space available for sublease at 4444 Riverside Drive. Located between Bob's Big Boy and Paty's Restaurant. Convenient parking. Reasonable rent. Available weekday mornings, all day Saturdays, and all day Sundays. Free group consultation with experienced and supportive officemates on Thursdays at noon. Contact Wendi Svoboda, LCSW at (818)288-6711 or wsvobodalcsw@yahoo.com.

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.**

Submit to Suzette Bray at
suzette@villagecounselingandwellness.com

GAMHPA

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Professionals Association
138 North Brand Boulevard
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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.

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 Suzette Bray at suzettebraymft@sbcglobal.net. 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:

July/Aug/Sept 2014 Issue June 1
Oct/Nov/Dec 2014 Issue Sept 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