



Glendale Area

Mental Health Professionals Association

NEWSLETTER

YOUR GUIDE TO GAMHPA NEWS,
INFORMATION AND EVENTS
October November December 2014

A Note from the Editor



2014 is going by quickly, summer is over and school has been in session for a month! Now is the time to prepare for 2015 before we get lost in the holiday shuffle. As you can see we have posted the 2015 Board Meetings and Networking Luncheon dates in our Calendar of Events. And we have a change in location for the luncheons. Our next lunch on Friday, Oct. 3,

will be at Acapulco on Pacific Avenue in Glendale. A permanent location for future lunches has yet to be determined. Hope to see you at Acapulco!

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.

Calendar of Events

BOARD MEETINGS
Shakers Restaurant
801 Central Ave
Glendale, CA 91203

Friday, November 14, 2014
Friday, January 9, 2015
Friday, March 20, 2015
Friday, May 15, 2015
Friday, July 17, 2015
Friday, September 18, 2015
Friday, November 13, 2015

All meetings 9:15 - 11 am
All are welcome.

NETWORKING LUNCHEON
Acapulco
722 N. Pacific Ave.
Glendale, CA 91203

Friday, October 3

Pre-pay- \$14
At the door- \$15

All lunches 12 to 1:30 p.m.
All are welcome.
RSVP : Kimberly Wong at 626-260-1356, or Rachel Thomasian at rachelthomasian@gmail.com by the Wednesday prior to luncheon date.

2015 Luncheons
Location TBD

Friday, January 30
Friday, April 17
Friday, July 10
Friday, October 2

Call for Submissions

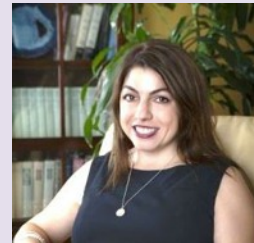
We want to hear from YOU!
GAMHPA is looking for mental health articles, press releases, essays, or case studies (under 1000 words) for our upcoming issues.

Submit to Suzette Bray at
suzette@villagecounselingandwellness.com

Anger Management Certification



Anger Management Essentials is offering a 3-day live training to therapists interested in offering anger management services. Anger Management Essentials is a NAMA Authorized Certification Program.



Training dates: October 17- October 19, 2014

Location: 655 North Central Avenue, 17th Floor, Glendale, CA 91203

Registration Fee: \$1000. Only \$925 if 3 or more register, and \$900 if 5 or more register.

Registration fee includes 2 copies of the program workbooks. **21 CEU's are offered. BBS PCE # 5126**

To register, visit www.AngerManagementEssentials.com. Contact Anita Avedian, MFT, for more information . (818) 426-2495 or avediana@aol.com.

Anita Avedian is a Licensed Marriage and Family Therapist practicing in Beverly Hills, Tarzana, Sherman Oaks and Glendale. Anita is the Director of Anger Management 818, and author of Anger Management Essentials. She serves as the President of the California Chapter of the National Anger Management Association (NAMA).

What is Love?

By Carl Totton, PsyD

Is it romantic, platonic, familial, or brotherly?
Or maternal, material, natural, or even other worldly?
This most powerful of states is one of the most mysterious
What is love indeed?

Is it fueled by an erotic desire to please?
Is it powered by deep seated and unconscious needs?
It certainly has the power to drop us to our knees
What is love indeed?

Is it a trap to escape a sense of loneliness?
Is it a problem that leads to a noose on a tree?
Is it a chance to escape and finally be free?
What is love indeed?

Is it a hill too steep for anyone to climb?
Is it just a silly impermanent state of mind?
Is it hormones battling for a place in line?
What is love indeed?

Is it misery waiting for a chance to tie us down?
Is it destiny awaiting soul mates linked in body and mind?
Is it too confusing to ever possibly understand?
What is love indeed?

Is it unrequited yearning never to be fulfilled?
Is it mismatched and crazy never to be real?
Is it a dream that refuses to play by life's rules?
What is love indeed?

Is it really just a four letter word?
Is it a cry waiting to be heard?
Is it bizarre and twisted and used to hurt?
What is love indeed?

Is it me sitting around waiting for you to call?
Is it you hoping to get a smile when we pass in the hall?
Is it disappointment wielding its heavy hand just when we
thought all was going so well?
What is love indeed?

Is it you struggling to be you?
Is it me trying hard to be me?
Is it us trying to be we?
What is love indeed?

Is it a chance to soar above the highest cloud?
Is it absolute joy yelling its name out loud?
Is it spirit fulfilling destiny's call from infinity to eternity?
What is love indeed?
What indeed is love?

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, drcarat@yahoo.com or at www.drcartotton.com



Mental Health in Terminal Illness, Expected Loss and Grief

By Greg Stanford, Psy. D.

The majority of life is experienced as unencumbered, free of multiple hospital visits, and without a death sentence in the near future. With the advancement of modern medicine, more individuals are being diagnosed with illnesses that require treatment, resulting in quality of life questions, loved ones becoming caregivers, and the urgency to take care of one's estate. These stresses add up very quickly following the discovery of cancer, auto-immune diseases, organ failure, stroke, and many other issues that affect general health. Understanding the interconnectedness of physical and mental well-being, therapy offers services at multiple stages of the terminal illness process. Mental health treatment can be geared toward those who are terminally ill and everyone involved in their care. Therapy may aid in each of the following periods: the initial shock of diagnosis, coping with treatment, accepting limits in the face of exhaustive measures, and grieving post-departure.

Exposing misconceptions may be a key to offering more psychological services to those suffering from terminal illness and their loved ones. There seem to be a few common misconceptions that confine treatment attitudes to physical health and disallow the integration of mental health. Do the following misconceptions sound familiar?

1. I am already going to the hospital too much so therapy is not how I want to spend my free time.

Negative attitudes towards treatment, whether in a psychotherapy office or hospital, are defensive scripts that get handed down through family, media, and culture. The truth is, mental acuity can be kept in tact regardless of most physical conditions. The despair that often accompanies terminal illness may best be treated by preparing quality of life goals in therapy. Caretakers can prepare for a provision of care without future regret. Most caretakers are not well versed in weighing work, self-care, family, and caretaking responsibilities. Therapy allows caretakers to identify how they can best spend the remaining time they have with their loved ones while being able to work on their individual functioning in the here-and-now. Terminally ill individuals can maximize the potential of whatever time in life remains. Existential questions come up for those who are diagnosed as terminally ill, yet they often feel isolated with no one to talk to. Therapy normalizes their experience, providing the space to process end-of-life issues.

2. Grief is only experienced after a death.

Though loss is most significantly related to death, there are multiple types of loss that can be effectively treated with grief work. Multiple identities and parts of the self can be experienced as lost, including work, sexuality, physical fitness, social life,

aspirations and goals, spirituality, emotional regulation, family roles, and mental states. Therapy often provides services beyond the identified patient, treating caretakers (e.g. nurses, spouses, children, parents) and their anticipated loss. Loss is not purely a linear experience. Losses may be complex with the delay of individuality caretakers experience from putting their own lives on hold in order to care for their loved ones, combined with the anticipation of then handling post-departure duties and uncertainties. In addition to therapy being able to treat caretakers' anticipated loss, there is most likely a thoughtful dialogue that terminally ill individuals want to undergo but may feel guilty about putting others through. Proper timing, forgoing last minute confessionals in favor of forgiving the self, and attributing meaning to life's events are all enhanced through therapy.

3. If I don't dwell on the disease then it won't have as much power.

Magical thinking is a powerfully denying experience. Some terminal illnesses are not fully understood and may not have treatment plans with a defined period of time and/or modality (e.g. number of months receiving chemotherapy, dialysis). Someone who has just been diagnosed may be confused about the technicalities of their illness and question whether their loved ones should become caretakers or not. In lacking information related to prognosis, denial may rear its head in the form of an imagined, pre-terminal illness state that can be cured. Therapy plays a very important role in that denial can be normalized while irrational beliefs are not colluded with or encouraged. Therapy can help terminally ill individuals and their loved ones process uncertainty, minimize assumptions, and find proactive ways to approach medical consults to glean useful information.

4. Estate planning is depressing and I can do it later.

Taking care of important legal documents such as advanced health care directives (living wills) can be intimidating. Most imaginations make legal tasks like these seem a lot scarier than they actually are and more prone to be avoided. Therapy can expose how putting things off actually gives more power to the incomplete task. Death, grief, and loss are conditions that can be managed when professional care is sought. Therapy involves case management, including, but not limited to, making referrals to estate planners who are sensitive to end-of-life issues. By making these difficult decisions, life can be experienced with a reduced anxiety as loved ones will be able to make the right choices for care and terminally ill individuals will have "faced their fears."

Greg Stanford, Psy.D. is a licensed clinical psychologist with a private practice in Arcadia, California. He specializes in treating grief and loss, sexual minority issues, and life transitions. He can be reached at (626) 415-4452 or drgstanford@gmail.com.



Age Regression Hypnosis: Memory and Creative Imagination

Karin C. Meiselman, Ph.D.

Hypnotic suggestion can easily be used to engage a client's imaginative capacity to progress into the future or regress into the past. The most common uses of clinical hypnosis focus on relieving current symptoms of anxiety, stress and/or pain or to change noxious habits by teaching the client to employ self-hypnosis. Cognitive-behavioral therapy, mindfulness meditation, mantras, and symbolic visualization are easily merged with hypnotic techniques, as is **age progression** in which the client is asked to go into a visualization of successfully coping with the presenting problem. *You are now awakening on the day of your licensing exam, able to calm yourself effectively by breathing out excessive energy, able to focus intently.*

Age regression is used far less frequently, partly because of concerns about its effects on vulnerable clients. As with any exploratory technique, there is the possibility of eliciting high levels of affect, so assessment of the client's ego strength and careful psychotherapeutic processing of the experience are imperative. The techniques described below should only be practiced by licensed mental health professionals who are also trained in hypnosis!! That said, it is actually rather easy to do and often produces fascinating results.

The most basic age regression simply asks the client in hypnosis to go back through time to the situation to be explored. *Now return in time to your first day in kindergarten [or] the day you lost your mother [or] the kitchen of the house where you lived at age ten.* To this basic suggestion you can add imagery about the pages in a calendar turning back--2006, 2005, 2002, 1998--or other regressive ideas. *You're descending in an elevator where floors represent years in the past. Your body is becoming smaller, more child-like.* It is also common to **vivify** the past scene by suggesting experiences in several sensory modalities. If the client is asked to visit the kitchen of his family home, for instance, you can make the imagined experience more intense and immediate by suggesting that he can smell the food recently cooked there, hear the sounds of birds outside the windows, see the sink and stove, feel the warmth of the air, and experience the emotion of being there.

Once you have moved the client into vividly imagining a scene from the past, you have created the backdrop for a psychodrama. You can ask the regressed client about relationships with long-gone or much-changed family members by suggesting that they enter the scene: *And now your dad is entering the kitchen in his work clothes. What does he look like? How are you feeling about him?* Or, you could ask the client to wander around the other rooms in the house and report on his experience while you maintain a supportive presence with neutral comments such as, *Umhmmm . . . and then what happens?* Return to a previously established safe place can be suggested in the unlikely event that the client is becoming overwhelmed with negative affect.

A less commonly used age regression technique is the **affect bridge**. The hypnotized client is initially regressed to a recent

situation where he experienced strong affect. *Go back through the days to your supervisor's office to listen to your job review . . . [vivify].* Emphasis then shifts to the feeling state evoked by the scene: *Notice how you are feeling as your performance is criticized and where you experience those feelings in your body.* When the client signals that he is intensely involved in the scene, suggestions to return to an earlier time in which he felt this way are given, sometimes with a count backwards. *And now you will go back in time as I count from five to one, to another time in your life when you felt just this way.* You may find the client describing a scene from his last job or being criticized by his cub scout leader or experiencing an Oedipal drama of early life. In fact, if you omit the words "in your life" from the suggestion to regress, your client could land in a past life job situation!

The greatest danger of age regression work is the client's naive belief that whatever is produced by hypnosis **must** be historically correct information. One of the myths reinforced by portrayals of hypnosis in the popular culture is that it is a kind of litmus test that can tell us what really happened in the past. This belief has been debunked in the context of research about police use of hypnosis to help witnesses recall the details of crimes--and this preceded the "false memory" fracas of the 90's. To put it in a nutshell, the use of hypnosis for recall produces a larger number of "memories" some of which are true and others "false positives". The same is true in a therapeutic situation, so if you subscribe to the idea the hypnotically generated "memories" are necessarily historically true, you will be far outside the standard of care. It is more accurate to interpret the regressed experiences as being analogous to a dream state in which there is emotional truth and perhaps **some** factual truth as well, but also distortions and downright confabulations. As with good police work, hypnotically enhanced memories must be corroborated or they remain hypothetical.

The **selection** of clients for exploratory, regressive work is actually the most crucial phase of treatment. A client who has already benefited from therapy and has a moderate level of ego strength plus some imaginative capacity and willingness to experience hypnosis would be a good candidate. In addition, the intellectual and emotional capacity to accept uncertainty is a prerequisite for this work. A special consent form is an excellent idea and provides a springboard for discussion of the fallibility of memory and common myths about hypnosis. The American Society of Clinical Hypnosis (www.asch.net) has published guidelines for clinical hypnosis and memory work that you can consult.

Karin C. Meiselman, Ph.D. has been in private practice in Pasadena since 1979. She is past President of the Southern California Society of Clinical Hypnosis, Treasurer of LACPA, and an Approved Consultant for the American Society of Clinical Hypnosis. She can be reached by email at drkarinmeiselman@gmail.com or at (626)792-6718.

INTRODUCING SHRINKSYNC: THE NETWORKING APP FOR THERAPISTS

ShrinkSync is a revolutionary social network created specifically to meet the needs of mental health professionals. Connect with therapists, build your network, grow your practice - ShrinkSync makes it all happen with little to no effort. Get client referrals, event invitations and job posts sent directly to your phone. Earn free CEU's. Join in on discussions on a secure, private platform exclusively for therapists.

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Five Questions with Kimberly R. Anderson, ACSW

By Jessica Davis, MFTi

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

A teacher, a public defender, or a journalist. Luckily, teaching is a significant part of my role as a sex therapist. I've been involved in graduate medical education for 20 years. My personal mission is to help physicians increase comfort in discussing sexual issues with patients. I also offer a training course in clinical sexuality for mental health professionals who want to help their clients achieve optimal sexual health. I enjoy presenting at national and international conferences on a variety of sexual health issues. The appeal of public defense work and/or journalism would be to advocate for the underdog; and hold those in positions of authority who exploit others accountable for their actions.

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

I'd have to say the one thing I find to be most impactful to my clients is providing them an opportunity to have an honest, comfortable conversation about the role of sexuality in their lives. You would be surprised by how many people have never spoken out loud about their sexual feelings, concerns, interests, etc. People long to speak about these personal topics but our culture, on many levels, forbids it. Another key therapeutic intervention is to help individuals share aspects of their sexuality with their partners. Sharing intimate details about one's sexuality can foster trust and add invaluable

Kimberly R. Anderson, Founder of Clinical Concepts in Sexual Health, is an ASSECT-certified Sex Therapist with more than 20 years experience treating individuals, couples, and groups with psycho-sexual concerns. Clinical Concepts in Sexual Health (CCSH) is located at 450 North Brand Boulevard. For information, please call (818) 334-5811.



perspective. Many therapists are uncomfortable with sexual material (and clients can tell). There is an "art" to discussing sexual issues with clients. When managed appropriately, this can be life-changing.

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

It is a four-way tie between The Trossachs National Park in Scotland, Bora Bora, the Norwegian Fjords, and Venice, Italy.

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

I have received lots of good advice from many mentors throughout my life, but I would have to say the most useful piece of advice is to "sleep on it." Humans are, by nature, reactive. We often make assumptions and jump to conclusions. We respond in the heat of the moment without taking time to look at our role in events or look at the big picture. Taking time to consider consequences before we react goes a long way toward de-escalating potentially volatile situations or saying or doing something we might regret in the morning. I see so many clients who wish they could take something back. "Sleeping on it" can provide fresh perspective and enable us to tame the knee-jerk instinct to react on the spot.

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

I am a massage junkie!



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 Mardrossian, 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.

BURBANK. Fully furnished office with a cozy, yet professional style. It is centrally located in a quiet area in Burbank close to the studios and near the Golden State Freeway. Parking is ample and free. If interested, please call (818) 848-5653.

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

Glendale Area Mental Health
Professionals Association
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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