

# MENTAL HEALTH PROFESSIONALS

## NEWSLETTER

Your guide to GAMHPA news,  
Information and events  
January February March 2018

Hi GAMHPA members!

Let us celebrate this exciting, colorful, grand, magical New Year with a great big smile. Wishing you a year full of happiness and prosperity.

*Suzette and Laura*



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 six-year-old son. She can be reached at (818) 238-9895, [www.lifeworthliving.solutions](http://www.lifeworthliving.solutions) or e-mail [suzette@lifeworthliving.solutions](mailto:suzette@lifeworthliving.solutions).



Laura Dickson is the director of Glendale Arcadia Counseling in Glendale, California. Glendale Arcadia Counseling specializes in providing Couple's Therapy, EMDR, Anxiety Management and Recovery Support. Laura can be reached by visiting her web site at [www.Glendale-Arcadia-Counseling.com](http://www.Glendale-Arcadia-Counseling.com) by email [ldicksonlcsw@sbcglobal](mailto:ldicksonlcsw@sbcglobal) and by phone 818-476-0111.

## 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 Laura Dickson at  
[ldicksonlcsw@sbcglobal](mailto:ldicksonlcsw@sbcglobal)

## CALENDAR OF EVENTS

### BOARD MEETINGS

Central Grille  
801 N. Central Ave  
Glendale, CA 91203

#### GAMHPA 2018 Board Meetings

February 9  
April 13  
June 15  
September 21  
November 2

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

### QUARTERLY NETWORKING EVENT

Acapulco  
722 N. Pacific Ave.  
Glendale, CA 91203

#### GAMHPA Networking 2018

Friday January 19th  
Friday April 27th  
Friday July 13th  
Friday October 12th

Pre-registration and payment is required by the Wednesday prior to event date at [www.gamhpa.org](http://www.gamhpa.org)

\$10 members, \$20 non-members.  
No walk-ins will be permitted. Arrive before noon is recommended as parking is limited.

Check-In is at 11:45 - Noon.  
Buffet Lunch is included from 12 to 1:30 p.m. All are welcome.

For questions contact Kimberly Wong at 626-260- 1356 or [kimbelycwonglcsw@gmail.com](mailto:kimbelycwonglcsw@gmail.com). You can also contact Rachel Thomasian at [rachelthomasian@gmail.com](mailto:rachelthomasian@gmail.com).

# Telehealth Service Agreements

## Jim De Santis, Ph.D.

Mental health is moving into the digital era with increasing use of telehealth services. In preparing my own practice for this new form of service delivery, I have reviewed some 20 separate sets of office agreements with mental health professionals across the country. In my study of these forms, despite their variety, a number of principles emerge that seem to be setting a standard for the use of this modality. A number of considerations are important in developing a telehealth service agreement.

### Definitions

Sometimes called telemedicine, teletherapy, distance therapy, e-therapy, internet therapy, or online therapy, telehealth involves using electronic media to provide interactive, real-time mental health services remotely, including consultation, assessment, diagnosis, treatment planning, counseling, psychotherapy, coaching, guidance, psychoeducation, and the transfer of medical information. Telehealth includes both video and audio communication, either over the phone or over the Internet using videoconferencing software. Telehealth services don't include email or texting, however.

### Basic Standards

Telehealth is covered by all the same laws and ethics that guide in-office, in-person, face-to-face mental health service. Therefore, policies and consents already in use in the professional's office will apply to telehealth services. There are, however, additional components that should be considered in order to cover the unique characteristics of telehealth services.

### Advantages and Disadvantages

Certainly, proper informed consent should include a balanced disclosure of the potential advantages and disadvantages of this form of service delivery. The chief advantage is that telehealth can flexibly provide continuity of care when an in-person treatment session cannot be conducted. However, telehealth is not a universal substitute for in-person mental health service. Telehealth services may not provide the same level of comfort and may not seem as complete when talking about personal matters. Misunderstandings can occur, and this may have an impact on the therapeutic relationship.

### Contraindications

Some presenting problems will not lend themselves well to telehealth services. These may include overwhelming or potentially dangerous circumstances—for example, psychosis, suicidality, or other potential clinical emergencies in which in-person assessment or intervention may be necessary.

### Only a Part of Care

Under many if not most circumstances, telehealth is best as only part of service. Telehealth may be best when provided to previously established patients who continue to have at least intermittent in-person contact in the office with the clinician.

Consequently, telehealth is frequently used to augment in person services when the patient is unable to come in to the office due to temporary limitations. Several examples of these limitations include medical conditions that constrain physical mobility, distance due to travel, and scheduling conflicts.

If periodic in person sessions cannot be arranged, the clinician might discuss referral to another appropriate provider who is more accessible or local.

### Licensure

An important limitation in telehealth service is clarification that services are being provided under a state-regulated license. This is generally interpreted to mean that the patient and therapist should be physically located within the state of licensure at the time that service is rendered. However, many states do allow mental health professionals licensed in another state to provide a limited number of hours of service within their state. This addresses those circumstances under which there is an inherent conflict between licensing jurisdictions and the best interest of the patient. Most notable is when a patient is temporarily out of state but would suffer clinically from the lack of continuity of care with a provider who is familiar with the patient's history, circumstances, and mental health needs.

### Confidentiality

The laws that protect confidentiality also apply to telehealth sessions, including mandatory and permissive exceptions. Because of a greater risk of being overheard by a third party on either end of a telehealth session, the consent can include a recommendation that session be conducted in an enclosed private room and with no one else present or observing without the other's consent. Moreover, a thorough consent to telehealth services may include a statement that both patient and psychotherapist agree to not record a telehealth sessions without prior written consent of both parties.

### Security

No electronic transmission system can be considered completely safe from intrusion. Electronic media and the internet pose inherent risk for release of private information, including audio and images. The patient should be advised that they are responsible for the security of their computer, laptop, tablet, or smartphone.

While a variety of software programs are available for videoconferencing, such as Skype, FaceTime, or GoToMeeting, not all are encrypted—or compliant with federal law to protect the privacy of healthcare information. Look for those software packages that are HIPAA-compliant.

### Scheduling

Just like an in-person appointment, telehealth sessions are generally scheduled in advance. Prior arrangement should be made about who will initiate the session. The therapist should establish a policy regarding technical difficulty in establishing a connection, for example, how long or how many times the therapist will attempt to reach the patient and when they will discontinue if a connection is not established, perhaps analogous to an unkept appointment.

### Telephone

When using a telephone to provide telehealth services, not all phone calls are equally secure. A landline is preferable because it is more secure, more reliable, and often offers clearer audio quality.

### Video Conferencing

A telehealth agreement may stipulate that the patient is responsible for their own hardware and software, audio and video peripherals, and conductivity and bandwidth considerations. In the event that a video telehealth session is interrupted after several reasonable attempts by technical difficulties, it is recommended that the patient be open to having a telephone session as a backup.

### Payment

Consent forms must sometimes state what we assume is obvious. A thorough consent may clarify that telehealth is a professional service and that a fee is charged, either at the same or a different rate than in-person services. A consent may also caution that while health insurance often covers in-person services, health insurance may limit or deny coverage for telehealth services. It is wise to remind the patient they are responsible to know in advance what their insurance may or may not cover. For example, videoconferencing may be covered while telephone sessions are not. If their insurance does not cover telehealth services, specify how services will be charged.

### Technical Instructions

In preparing for an initial telehealth session, provide some specific technical instructions to the patient in advance. Compatible video conferencing software may be recommended. Instructions for set-up can include taking time to learn and test the software ahead of time, exchange login information, and conducting a brief test call.

Videoconferencing requires attention to video and audio quality, including sufficient light and minimal glare, camera angle so faces can be seen, and freedom from extraneous noise. The most critical part of a videoconference is not the picture but the sound. A headset or earbuds are often better than a speaker and microphone. "Doubletalk" is a phenomenon when people at both ends of the conference speak at the same time. Doubletalk may cause audio feedback, echo, or clipping because audio has a very slight delay.

### Conclusion

While telehealth is a new and flexible vehicle for providing mental health services, think through a fully-informed consent to address the unique characteristics that telehealth creates.



### About The Author

Jim De Santis, Ph.D., is a clinical psychologist in full time private practice in Glendale and Glendora. He offers talks, workshops, and individualized consultation to mental health professionals on building a private practice. He can be reached at (818) 551-1714 or JJDeSantis@aol.com.

# CINEMA THERAPY *Chocolat*

Reviewed by Charlyne Gelt, Ph.D.

“The most common way people give up their power is by thinking they don’t have any.” Alice Walker

## Overview

*Chocolat*, made in 2000, starring Juliette Binoche, Judi Dench, Alfred Molina, Lina Olin and Leslie Caron, takes place “once upon a time” in a quiet French village that has become stuck in centuries old traditions, rigid morality, and dull monotony. *Chocolat* presents the viewer with the ingredients for change while it challenges the myth, “we have to be right or we are wrong.”

## The Story

Our small French town is governed by Comte de Reynaud, whose wealth and books do not console him for the absence of his wife, who he claims is visiting Venice, but may have packed up and moved out. Outwardly kind, our controlling mayor styles himself as the local mediator of morals, even writing the sermons Father Henri delivers from the pulpit - sermons that put the compliant villagers to sleep. During the church service, while the villagers sleep through a sermon prepared by the mayor, “a sly wind blew in from the north.”

Things in the sleepy well-controlled village are shaken up - and the Mayor’s authority is severely challenged - when the vibrant, friendly, Vianne (Binoche) decides to open a forbidden chocolate shop across the square from the church. Vianne stands out as “different” and shocking because of her colorful clothes and her red cape, failure to attend church, and her illegitimate child. Now, opening a chocolate shop before Lent pushes the Mayor to the brink. He is horrified causing Reynaud to openly speak against Vianne for tempting the people with her chocolate during a time of abstinence and self-denial. He refers to her as an “evil temptress” and warns everyone to be vigilant and to resist her and her chocolates.

However, Vianne, undaunted, proceeds with filling her shop windows with mouth-watering chocolate delicacies. Seduced by the chocolatier’s openness, the outwardly aloof villagers, each with some hidden unhappiness in their lives, begin to cautiously venture inside and confide their troubles to her. Vianne’s ability to perceive her customers’ desires and satisfy them with just the right confection, coaxes the villagers to abandon themselves to temptation-just as Lent begins.

Her shop, La Chocolaterie Maya, much to Reynaud’s disapproval, has become a place of healing. Her chocolates quickly begin to change the lives of the townspeople waking them to the sweetness, passion, and fullness of life, even enabling some to take risks and stand up for themselves! An old man summons the courage to confess his love for the village widow (Leslie Caron); Vianne’s elderly landlady, Armande, dares attend a party and dance with a young gypsy (Depp); Luc, free from his over-protective mother, Caroline, no longer hides his blossoming artistic talent or his relationship with his grandmother, Armande. We witness a breakdown of relationships based on abuse, and fear. Silent no more, Josephine (Lena Olin) leaves her abusive husband and is not fooled when he pretends to be “a changed man.” A drunken Serge breaks into the Chocolaterie and attempts to attack both women before Josephine knocks him out with a skillet. Through Vianne’s mentoring and protection, Josephine maintains her freedom.

While the not-so-veiled rivalry between Vianne and Reynaud intensifies, a band of river gypsies camp out on the outskirts of the village. The town objects to their presence, but Vianne embraces them, developing a mutual attraction to Traveller, Roux (Depp), an outcast like herself. They hold a birthday party for Armande with other village members and gypsies on Roux’s boat. Watching Luc dancing with his grandmother, Caroline begins to see her son’s grandmother’s influence as beneficial. After the party, while Roux and Vianne make love, Serge sets the boat on fire where Josephine and Anouk are sleeping. They escape unharmed, but Vianne’s spirit is deadened, and Roux packs up and leaves with his group. Although Armande’s long-standing hostility with her daughter, Caroline ends, her death soon after devastates both of them.

Despite the town’s shifting sentiment, Reynaud remains staunch in his self-denial and abstinence from pleasures such as chocolate. On the Saturday before Easter, Vianne’s shop window is decked out with a full display of chocolate. He becomes more devastated after he watches Caroline leave the chocolatier. He convinces himself that chocolate makes people stray from their faith, so he sneakily climbs into Vianne’s shop window to destroy the preparations for the Easter festival. After accidentally tasting a bit of chocolate that fell on his lips, he yields to temptation and devours most of the chocolate in the window display. He collapses, then falls asleep in a chocolate-induced stupor in the window.

The next day, Vianne and Father Henri awaken the intoxicated Mayor Reynaud, and a mutual respect is established. Going forward, the Pastor writes his own Sunday sermons. The festival is a success, Josephine takes over running Serge’s café, which she renames Café Armande, and Vianne, despite her constant need for change, resolves to stay put. And, so the “sly north wind leaves.”

## Psychological Implications: Outsiders, Insiders, Control, Temptation, Change

*Chocolat* illustrates a hidden war between the forces that can control us, our lives, and our thinking. In *Chocolat*, the psychological emphasis is on identifying the characters’ dynamics, how they seem to have fallen (unconsciously) into victim/victimizer positions, and their process of transformation. Through observing these dynamics, we view what CG Jung terms, Shadow Content, meaning, the aspects of the self we repress and project onto others. Psychologically, each film character represents different facets of the personality, an inner experience, understood as metaphors for psychological change. The mayor informs us about the way we recoil from the perceived ugly in ourselves, and project it onto others, in this case, Vianne. He is filled with rage, lonely, and rich. Vianne is his opposite, his shadow, kind, sweet-tempered, devoted, and poor. We see that transformation is possible when one begins to understand one’s own inner conflicts and open up to the many ingredients of change (in this case, chocolate!). *Chocolat* shows us that it is not just the women who, in their personal lives, have come to occupy the submissive role to a dominant masculine energy - it is the whole village. Mayor Reynaud exemplifies the dominant role to the villagers’ communal submissiveness. The town itself is like an enmeshed family system where even church participation holds the townsfolk hostage to the Mayor’s control.

Vianne, undaunted by the Mayor’s threats, presents as a wise counterpart to his control and dominance. Her character exemplifies the beneficial trickle-down effect of this transformation on others. These opposing aspects within have a unifying quality brought together through symbols from the unconscious, in this case, chocolate. Wholeness, healthier relationships, and healing are the outcome. *Chocolat* illustrates an important therapeutic tool that offers us an awareness of these dynamics, how they perpetuate the crisis state, and offers models of change - also showing us how a society, where dated and often illogical rules dominate, can still be transformed so it can no longer control us, our lives, and our thinking.

The “sly north wind” that the Mayor was so concerned about is a metaphor for change. The villagers, sleepwalking through life, tolerating being controlled by the mayor, resenting outsiders with outside views, are lured into life’s passion by the chocolatier who gives away tasty morsels that contain the life-changing magical ingredients. After experiencing a taste of pleasure, Reynaud becomes more balanced and respectful of other’s beliefs, and their strengths. His belief that he has to be right or he is wrong, no longer holds substance. *Chocolat* holds a psychological mirror up, that reflects challenges we all face. The individual characters manifest what lies within each of us; character flaws, strengths, our buried potential, and the god/goddess within.

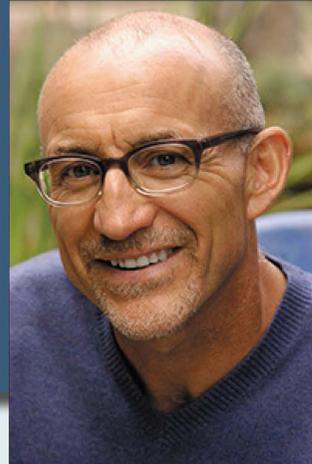
**Charlyne Gelt, Ph.D. (PSY22909) is a clinical psychologist who practices in Encino. She leads Women’s Empowerment Groups that help women learn the tools to move beyond self-destructive relationship patterns. She may be reached at 818.501.4123 or [cgelt@earthlink.net](mailto:cgelt@earthlink.net). Her website is [www.drgelt.com](http://www.drgelt.com). Her office address is 16055 Ventura Blvd. #1129 Encino, CA 91436.**

# SAVING TALK THERAPY



HOW HEALTH INSURERS, BIG PHARMA,  
AND SLANTED SCIENCE ARE RUINING  
GOOD MENTAL HEALTH CARE

ENRICO GNAULATI, PHD



**A NEW BOOK BY NATIONALLY-RECOGNIZED AUTHOR  
AND PASADENA PSYCHOLOGIST,  
DR. ENRICO GNAULATI**

**AVAILABLE ONLINE AND AT BOOKSTORES NEAR YOU**

## ADVANCE PRAISE FOR SAVING TALK THERAPY

*“Saving Talk Therapy* is an impassioned defense of the emotionally-evocative form of psychotherapy most people seek . . . Dr. Gnaulati brilliantly lays out the history of the field, and provides incisive analysis of the forces - political, economic, and cultural - that have endangered its future. **This is a compelling and essential read for mental health professionals and consumers alike.”**

--Ben Gorvine, Ph.D., Assistant Chair,  
Department of Psychology, Northwestern University

**“Saving Talk Therapy is a brilliant expose of what has happened to the field of psychotherapy and should be required reading for all therapists and patients alike.** Both authoritative and engaging, Dr. Gnaulati masterfully lays bare the deceptions and disinformation that prevent most people from ever getting meaningful therapy.”

--Jonathan Shedler, Ph.D., Clinical Associate Professor of Psychiatry,  
University of Colorado School of Medicine & author of *The Efficacy of Psychodynamic Psychotherapy*

“In this remarkable and highly readable book, Dr. Enrico Gnaulati, an eminent author and seasoned clinical psychologist, provides a compelling and spirited argument for the value of psychotherapy for individuals and for society. Drawing upon a wide range of research, **he also does the public and mental health professions a great service by questioning the often extravagant claims made for the effectiveness and safety of psychiatric medication, and the overstated benefits of quick-fix therapies.”**

--Steen Halling, professor of psychology emeritus, Seattle University.

## Comprehensive Financial Review

Financial Health Creates Peace of Mind

*Insurance, Financial & Advanced  
Retirement Planning Solutions*

SP Financial & Co., LLC  
Silvio Pachacuti, President  
Senior Financial Advisor  
CA Insurance License # OC33493

Laura Dickson, LCSW  
BRE # 01943598  
CA Insurance License # 0J10795



Reserve Your  
Complimentary  
Hour Now



Call 818-243-9311

[www.SPFinancialServices.com](http://www.SPFinancialServices.com)

Complimentary Consultation (Value \$250)  
1 Hour

Compassionate &  
Specialized Services  
for individuals with:

- OCD
- Insomnia
- Phobias
- Panic
- Social Anxiety
- Hair-Pulling/Skin-Picking

**COGNITIVE  
BEHAVIOR  
THERAPY  
CENTER**  
of  
Southern California

Contact us:

**(818) 547-2623**

[www.CBTSoCal.com](http://www.CBTSoCal.com)

## Classified Advertising

**Pasadena Playhouse District:** 700 sq ft office space designed for psychotherapy with private waiting room, office garden, bathroom, separate entrance and exit. Secretarial area for files and storage, common room with refrigerator and copier. Four offices in the building. Assigned therapist parking, client parking, Wi-Fi, utilities, and custodial included. Monthly rent dependent on length of full service lease. Please contact Mary Rotzien if interested at [mary@drmartyrotzien.com](mailto:mary@drmartyrotzien.com).

**Rainbow Grit Group:** Do you know an LGBTQ teen who is looking for a safe and supportive place to share, connect and grow? Rainbow Grit meets weekly at the Institute for Girls' Development. 626.585.8075, ext 108. [www.IFGD.care](http://www.IFGD.care)

**Wellness Grit Group:** A place for teen girls and young women experiencing chronic pain and/or chronic health issues. Meet weekly with others for support, connection, self-advocacy and mindfulness. Institute for Girls' Development. 626.585.8075, ext 108. [www.IFGD.care](http://www.IFGD.care).

**Girl Power Group** (4th and 5th grades): In this creative space, girls engage in activities, art, movement, and conversation to build their skills for friendship and emotional awareness and management. Institute for Girls' Development. 626.585.8075, ext 108. [www.IFGD.care](http://www.IFGD.care).

## EMPLOYMENT POSITIONS:

**Pre-Licensed and Post-Doctoral (CAPIC) Positions:** The Institute for Girls' Development is accepting applications for full time pre-licensed and post-doctoral candidates. For details on these training positions working with children, teens, families, and young adults, visit our private practice website: <http://www.instituteforgirlsdevelopment.com/employment/>

**Licensed Therapist: DBT:** The Institute for Girls' Development's Comprehensive DBT program serves teens, families, and young adults as well as school-aged children. Applicants with DBT training and experience are invited to apply for this full time position in our practice. For details, visit our practice website: <http://www.instituteforgirlsdevelopment.com/employment/>

**Licensed Therapist: Child and Adolescent Specialty Program (C.A.S.P.):** The Institute for Girls' Development is accepting applications for full time licensed therapists (LMFT, LPCC, LCSW, and Psychologists) to join our practice. For details, visit our practice website: <http://www.instituteforgirlsdevelopment.com/employment/>

## GROUPS

### Men's Healthy Relationships Group

This group is for men seeking to develop healthy and satisfying relationships with their partners. Men in this group are dealing with intimacy issues and disorders, i.e., conflicted, compulsive, addictive, and hyper-sexuality. Complements concurrent individual and/or couples therapy. Thursday 7:00 – 8:30 P.M. Glendale. D. Lee Stoltzfus, Ph.D. PSY 8607, MFT 6746, CSAT 818-248-1140

### MEN'S DATING SUPPORT GROUP 25-35. A

place for men to talk about dating, relationships, sex, and women. Themes include examining limited beliefs, sharing dating skills and knowledge, brainstorming where and how to meet eligible women, screening women for compatibility, trouble-shooting problem situations, and receiving candid positive feedback. Goals include clarifying what you really want, making the best of yourself, building confidence, and meeting more of the right women. Alternate Fridays, 6-7:30 pm, Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714, [JJDeSantis@aol.com](mailto:JJDeSantis@aol.com) or [JJDeSantis.com](mailto:JJDeSantis.com).

**GAY MEN'S PERSONAL DEVELOPMENT GROUP.** Growth and insight-oriented group addresses dating and relationships, career issues, life enrichment. Uses here-and-now small group dynamics to increase self-awareness, understand one's impact on others, and practice better ways of self-expression. Second and fourth Thursdays, 7-9 pm, Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714, [JJDeSantis@aol.com](mailto:JJDeSantis@aol.com) or [JJDeSantis.com](mailto:JJDeSantis.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.

## DIVORCE AND SEPARATION SUPPORT

**GROUP FOR FATHERS.** For men who have children or teens and are contemplating, going through, or recovering from separation or divorce. Topics include communicating with an estranged spouse, coping with the legal process, co-parenting effectively, optimizing your relationship with your children, developing a new home life, building a new community of friends, dating again, maintaining productivity at work, and achieving personal satisfaction in life. First and third Thursdays, 7-9 pm, Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714, [JJDeSantis@aol.com](mailto:JJDeSantis@aol.com) or [JJDeSantis.com](mailto:JJDeSantis.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 decisionmaking and self-awareness. Weds, 6-7:30pm. Glendale. Susan Chakmakian, MA, MFT, MFC41817 contact by 818-839-0390 or [susan@susanchakmakian.com](mailto: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](mailto: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](mailto: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](mailto:courtney@thelawcollaborative.com).

## WOMEN'S DATING SUPPORT GROUP 40-

**65.** A place for women to talk about dating, relationships, sex, and men. Themes include examining limited beliefs, sharing dating skills and knowledge, brainstorming where and how to meet eligible men, screening men for compatibility, trouble-shooting problem situations, and receiving candid positive feedback. Goals include clarifying what you really want, making the best of yourself, building confidence in situations, meeting more of the right men, and acquiring new insights into the male perspective. Alternate Wednesdays, 6-7:30 pm, Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714, [JJDeSantis@aol.com](mailto:JJDeSantis@aol.com) or [JJDeSantis.com](mailto:JJDeSantis.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](http://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](mailto: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](mailto:susan@susanchakmakian.com)

**MARKETING CONSULTATION.** Individualized coaching for mental health professionals and students/interns wanting to start or build 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 as-needed. Jim De Santis, Ph.D., Glendora and Glendale, at (818) 551-1714 or [JJDeSantis@aol.com](mailto:JJDeSantis@aol.com).

#### **PRIVATE PRACTICE OFFICE FORMS.**

Field-tested, up-to-date quick-start kit of forms includes patient intake, financial agreements, HIPAA notice, consents and releases, and clinical screening forms. CD-ROM, paper copy, or digital files via e-mail. For more information or to examine samples, visit [JJDeSantis.com](http://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](http://drlarrybrooks.com).

**THE BUSINESS OF PRACTICE:** Building an Optimal Private Practice for Mental Health Professionals. Paperback challenges and inspires mental health professionals to expand and refine their opportunities for a private practice that is personally fulfilling. Content emphasizes pragmatic, real-world information and action-oriented steps to offering mental health services, while respecting both established business concepts and ethical principles of professional practice. \$18.95 online at Lulu Books or Lulu.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](http://JJDeSantis.com).

**Holistic Health Coach Services.** Individualized wellness coaching program for overall health and happiness. Together we'll create goals around nutrition, sleep, habits, non-toxic products, exercise, stress management, you name it! Contact Jill Lawrence, AADP Holistic Health Coach. [www.JillLawrenceHealth.com](http://www.JillLawrenceHealth.com) Email: [Jill@JillLawrenceHealth.com](mailto:Jill@JillLawrenceHealth.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](http://drlarrybrooks.com).

**DIAGNOSTIC TESTING DIRECTORY.** The Assessment List is a free directory listing of 300 licensed psychologists throughout Los Angeles county who offer psychological assessment services, including educational, neuropsychological, forensic, vocational, custody, or general psychiatric differential diagnosis. View, print, or download from [JJDeSantis.com](http://JJDeSantis.com).

#### **East San Gabriel Valley Directory.**

Free directory of 141 mental health professionals from Pasadena to Claremont, cross-indexed by specialties, services, second languages, and insurance accepted. View or download at [www.JJDeSantis.com](http://www.JJDeSantis.com).

#### **GAMHPA Members Directory.**

120 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](http://gamhpa.org).

**GROUP THERAPY DIRECTORY.** Free directory of 900 outpatient psychotherapy groups offered by 300 licensed mental health professionals throughout Los Angeles county. Online directory has been viewed on the internet 34,000 times. Download a copy from [TheGroupList.org](http://TheGroupList.org).

#### **OFFICE SPACE FOR RENT**

**MIRACLE MILE** Established Psychotherapy group sub-leasing office space. 3 furnished offices with views, waiting room, off-street parking and 24-hr security. Amenities included. Close to eateries and public transportation. Please email to [info@cauleyassociates.com](mailto:info@cauleyassociates.com) to inquire about availability and fees.

**Glendale PT** office space available for mental health professional. Comfortable, welcoming space located in Beautiful Landmark Bldg., corner of Brand and Broadway. Receptionist, waiting area, full kitchen. Great work environment. Call Laurie McDonough, LMFT 818/661-7147.

**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](mailto:avediana@aol.com).

**PASADENA.** PASADENA: Window office in attractive, cozy building. Shared waiting room in friendly suite. Office set up for kids or adults. Available all day Mondays, Fridays, & weekends. \$215/day/month or by the hour. Contact Bruce Hirsch (626) 395-7833 or [drbruce@brucehirschphd.com](mailto:drbruce@brucehirschphd.com).

**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](mailto: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](mailto:miriamdavis@verizon.net)

**GLENDALE.** Competitive rent for furnished office (with waiting and common room) on Brand. Available in half and full day blocks with best rates for multiple days; includes internet, call light, printing, etc. Accessible by all freeways (134, 5, 2). Covered parking included for Therapist and guest parking. Contact Susan Chakmakian, MFT at 818-839-0390 or email at [susanchak.mft@gmail.com](mailto:susanchak.mft@gmail.com).

**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](mailto: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.

**EAGLE ROCK** Office available in a mind-body psychotherapy suite with other like-minded therapists in the beautiful Eagle Rock area. All utilities included as well as wifi, fax, microwave and fridge. Available 10/1 at \$900. Unlimited free street parking in front of or behind the building. Beautifully landscaped, quiet building near the 2/134 freeways. scnameth@yahoo.com for more information!

Office space available in Montrose. Room for rent 9 3/4 \* 14 5/6 furnished or unfurnished by the month. If you are in need of just a few days we have a lovely room furnished 12 1/2 \* 14 1/4 available Monday, Wednesday, Thursday, Friday, Saturday and Sunday. For information please call/text Maggie Murphy 818-800-0279 or email MaggieMurphyLCSW@GMAIL.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@lifeworthliving.solutions**

### GAMHPA

Glendale Area Mental Health Professionals Association 138 North Brand Boulevard Suite 300 Glendale, CA 91203-4618

(818) 771-7680 [www.gamhpa.org](http://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.

### BOARD OF DIRECTORS

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

Suzette Bray, LMFT  
Newsletter Co-Editor  
(818) 238-9895  
suzette@lifeworthliving.solutions

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

Kimberly Wong, LCSW  
Program Chair  
(626) 260-1356  
KimberlyCWongLCSW@gmail.com

Eric Thomasian  
Technology Chair  
(818) 915-6056  
Eric.thomasian@gmail.com

Laura Dickson, LCSW  
Newsletter Co-Editor  
(818) 476-0111  
ldicksonlcsw@sbcglobal.net

Angela Williams, PsyD  
(310) 923-1518  
awilliams@rowancenterla.com

Margaret Bezucha, Ed.D., LMFT  
Board Member  
(213) 300-8075  
meg@mjbtherapy.com

Silva Depanian, M.A., MFTI  
Board Member  
(818) 396-6376  
silvadepanian@gmail.com

Daria Stepanian, M.A., MFTI  
Board Member  
(818) 430-3476  
dariastepanian@gmail.com

Wendi Svoboda, L.C.S.W.  
Board Member  
(818) 288-6711  
wsvobodalcsw@yahoo.com

Mary Ann Aronsohn, L.M.F.T.  
Programs  
(626) 441-5131  
m.aronsohn@att.net

### 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  
suzette@lifeworthliving.solutions.

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:  
April/May/June 2018 Issue Mar 1  
July/Aug/Sept 2018 Issue June 1  
Oct/Nov/Dec 2018 Issue Sept 1  
Jan/Feb/March 2019 Issue Dec 1

### ADVERTISING

All advertising questions should be directed to Suzette Bray at  
suzette@lifeworthliving.solutions.  
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	\$35
Mailing list on labels	\$30	\$40
Mailing list on disk	\$70	\$80
Member e-mail list	\$20	\$30