

# MENTAL HEALTH PROFESSIONALS

NEWSLETTER  
Your guide to GAMHPA news,  
Information and events  
April May June 2018

Hi GAMHPA members!

We hope everyone is enjoying the beauty of Spring. Go out and enjoy the beauty and scent of the flowers. Oh and don't forget to do your Spring cleaning.

*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

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 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).

# Interview Questions

## Daria Stepanian, AMFT

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

*Oh, the possibilities! I would most probably be doing something in fashion. Creativity has always been part of my life since I was little, and I love colors, fashion, and putting things together, so fashion would be a natural path for me.*

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

*Empathy. I mean, it's not really a trick, but it is so rarely used amongst people. The response you get from clients just by being empathetic is transformative.*

3. What is your favorite book?

*This is probably the most difficult question for me because I love books! If I had to choose one, I would have to say *Gone Girl* by Gillian Flynn. It's the perfect mix of plot twists, suspense, and psych thriller.*

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

*Ixtapa, Mexico!!! I am always so mesmerized by it's beauty. The ocean is always a perfect light blue/turquoise color, the weather is hot year-round, you're surrounded by green nature and coconut trees, everything is colorful, AND the food is great!!*

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

*"You're an adult-child." – my 6-year-old BFF. Although this isn't an advice, rather it's more of a statement, my parents' friends' daughter said this to me while we were playing a board game. This statement is always a reminder to not take life so seriously and that it's okay to play and enjoy life even as an adult!*

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

*Read (see above)!, but I also love to do yoga, go to the beach, meditate, and spend time with my friends and family. I recently started exercising at the gym... I guess it's okay.*

I am currently a Registered Associate Marriage and Family Therapist at West LA Therapist Corp., supervised by Dr. Jacqueline Bloom-Genevitz. At West LA Therapist, I enjoy seeing clients struggling with anxiety, depression, trauma, addiction, emerging adult issues, relationships, couples, and teens. I use cognitive behavioral therapy and mindfulness based models.

West LA Therapist Corp. information: [westlatherapistcorp@gmail.com](mailto:westlatherapistcorp@gmail.com), 818-441-3306.  
My information: [dariastepanian@gmail.com](mailto:dariastepanian@gmail.com), 818-430-3476,  
<http://therapywithdaria.business.site/>.



Daria Stepanian, AMFT

# Chronic Pain: Tricks to Help You Keep Going

Silva Depanian, MA, MFTI, CAMC

Whether your chronic pain is due to physical structural injury or neuro-pathological symptoms, the experience of feeling pain is very real. This pain can result in many emotions, including fear, frustration and despair. When this happens, a cycle is created in which an individual may fear the possibility of pain while doing daily activities, become anxious about the pain appearing, thereby causing tension in the body and mind, and increasing the likelihood that pain will be triggered. Once the pain is experienced, the individual may then feel frustration that it happened or despair that it will never go away, thereby feeding into the fear and anxiety associated with the pain. I know when I first started experiencing my pain, the fear I felt when doing my usual activities, and despair I felt when the pain came, just made things worse. The more I feared the possibility of pain, the more extreme my pain felt when I experienced it, and the less likely I was to continue doing the things that made me happy, because fear of the pain loomed over my head, ready to strike at any time. Over time, I learned some tricks to help me get through the day, and in the last ten years, pain has become something I acknowledge, rather than something I dread. Here are three of the skills that have kept me going:

**1. Know your limits.** Pain is your body's way of signaling that something is wrong. Similar to having emotional triggers that rub abrasively against mental boundaries, the body sometimes develops sensitivity to physical triggers. Love theme parks? If you have nerve pain along your spine and ribs, you may still be able to sit on some attractions, but it's important to know which rides might be too jarring and irritating for your injury. Hurt your knee? You can still walk around your favorite sandy beach, but recognize that you might need to stop and sit down more frequently so your knee can relax. It is important to have an idea of how much you can do before your injury starts bothering you. That way, you can still have fun, all the while pacing yourself or stopping what you're doing before your body's pain response is triggered.

**2. Plan ahead, but live in the moment.** Having pain does not always mean that you can no longer do the activities you love. It just means that you need to take extra precautions to accommodate your body's new needs. For many individuals experiencing chronic pain, the pain is not experienced as a constant state of agony, but instead flares up due to a physical or emotional trigger. If you know your triggers or limits, you can plan ahead for them by avoiding them altogether, or taking precautions for how to handle them when they come up. That way, there is no need to worry about pain suddenly flaring up, because it will no longer take you by surprise. Time that you spent feeling anxious about the next surge of pain can thereby be filled with enjoyment and appreciation for moments that are pain-free.

**3. Reframe your perspective.** Letting the sensation of chronic pain consume your every thought and dim your positive outlook on life can be easy. After all, the pain is often tied to fear, anxiety and despair, all of which can give us tunnel vision, changing our perspective about the world, other people, and ourselves. Suddenly, instead of considering the wonderful opportunities we may discover in the world around us, individuals with chronic pain may be hyper-vigilant and afraid of the various ways their environment may cause a flare up. Previously enjoyable outings with friends may begin to induce anxiety as they wonder when the pain will come, if their friends will understand, or if a friend may hug them as they used to and involuntarily irritate an injury. Finally, individuals with chronic pain may begin perceiving themselves as incapable of performing their regular daily routines, and despair that they are too disabled to do anything worthwhile. If we maintain focus on the pain and when it might come back, we maintain a bleak perspective on life. However, if we instead focus on the moments in which the pain is not debilitating, we can acknowledge all the things we are still capable of enjoying in life. Fear of the pain implies that the pain is an unknown, a danger we can't understand and can't see coming. But with chronic pain, we can expect to feel the constant ebb and flow of hurting. If we know it is there, that it will come back, then there is no need to be afraid. If we know our limits and plan ahead, we are prepared. We can shift our focus from the negativity of pain to the positivity surrounding all the wonderful possibilities life has to offer. Instead of a mountainous obstacle, it becomes a pesky boulder around which we navigate. The pain is simply another piece in the bigger picture of our existence. We must simply remember to breathe, rest, and most importantly, be kind to ourselves when faced with our body's needs.

Silva Depanian earned her Master's Degree in Clinical Psychology with an emphasis in Marriage and Family Therapy from Pepperdine University. She is currently an Associate Marriage and Family Therapist in private practice with offices in Glendale, Pasadena, Sherman Oaks, and Hollywood. Silva specializes in helping individuals with chronic pain management, anxiety issues, and relationship issues. She is also a Certified Anger Management Counselor facilitating both women's-only and coed anger management classes in her Pasadena and Hollywood locations. Silva can be reached via phone at 818-396-6376, or via email at [silvadepanian@gmail.com](mailto:silvadepanian@gmail.com).



## 3.0 CEU PRACTICAL CLINICAL WORKSHOP

### **DISCIPLINED COMPASSION:** Reaching Beyond Mere Empathy and Therapeutic Neutrality to Optimize Client Improvement

ENRICO GNAULATI, PH.D.

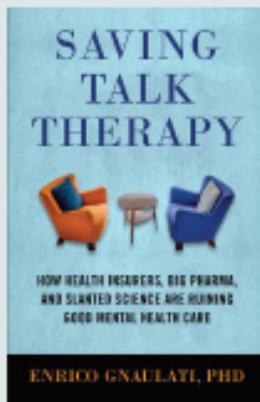


**SATURDAY JUNE 9<sup>TH</sup>, 2018**  
**9:00 AM - 12:00 PM**

**Altadena Country Club**

**Cost: SGVPA Members: \$55/Non-Members: \$65/Students: \$30**

**Sponsored by the San Gabriel Valley Psychological Association**



**PRESENTER:** Enrico Gnaulati Ph.D., is a clinical psychologist based in Pasadena, California. He has published numerous journal and magazine articles and his work has been featured on *Al Jazeera America*, *China Global Television Network*, *KPCC Los Angeles*, *WBUR Boston*, *KPFA Berkeley*, and online at *the Atlantic* and *Salon*. He is a nationally recognized reformer of mental health practice and policy and the author of *Back to Normal: Why Ordinary Childhood Behavior is Mistaken for ADHD, Bipolar Disorder, and Autism Spectrum Disorder* (Beacon Press, 2013) and *Saving Talk Therapy: How Health Insurers, Big Pharma, and Slanted Science are Ruining Good Mental Health Care* (Beacon Press, 2018).

RSVP to 626-584-9968

# MENTAL HEALTH & ADDICTION TREATMENT

For Teens and Their Families

**HIRING FOR THERAPIST POSITIONS AT BOTH LOCATIONS**

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

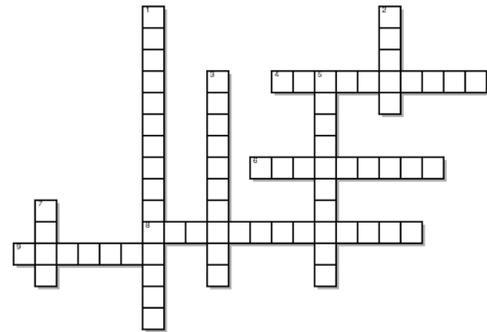
**PASADENA**  
IOP AND DAYPROGRAM



**SHERMAN OAKS**  
IOP AND DAYPROGRAM



## Psych crossword



### ACROSS

- 4 \_\_\_\_\_ perspective suggests that observable behavior should be the focus of study
- 6 \_\_\_\_\_ perspective focuses on how people think, understand, and know about the world
- 8 The perspective that people's behavior—both normal and abnormal—is shaped by the kind of family group, society, and culture in which they live
- 9 Intense, irrational fears of specific objects or situations

### DOWN

- 1 A severe form of depression that interferes with concentration, decision making, and sociability
- 2 An extended state of intense, wild elation
- 3 An irresistible urge to repeatedly carry out some act that seems strange and unreasonable
- 5 \_\_\_\_\_ perspective suggests that all individuals naturally strive to grow, develop and be in control of their lives and behavior
- 7 A learning disability marked by inattention, impulsiveness, a low tolerance for frustration, and a great deal of inappropriate activity

## 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@drmaryrotzien.com](mailto:mary@drmaryrotzien.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).

**GLENDALE** Private room in charming house-turned-office available for rent. Property located in Glendale, easy access to the 134 & 5 freeways. Shared space includes access to WIFI, full bathroom and kitchen, idyllic garden in the backyard for relaxation. Ideal for therapists, acupuncturists, or other similar practitioners looking for a comforting space to work and service clients. Rental options include part-time or full-time, starting at \$300 per office. Call 818-247-2062.

**GLENDALE** Three lovely windowed full time unfurnished offices and one furnished interior office available. Offices are 9.5 x 11 ft, 9.5 x 12 ft, and 8 x 10ft. The area is walkable, safe, with plenty of parking. Lovely 3 story office building with center atrium. Group room, meditation

room, kitchen. Call Lights, parking, wifi, utilities included. Wanda Jewell, LCSW [wj@wandajewell.com](mailto:wj@wandajewell.com) 323- 683-3624

**GLENDALE/MONTROSE** Office Space available in a professional medical building in the Glendale/Montrose area, across the street from USC Verdugo Hills Hospital. Large office available all day Mondays & Friday's as well as 1/2 or full day on Saturdays. Separate office available all day on Tuesdays. Established practice, fully furnished, call system, bathroom in the suite, ample parking, referrals possible. Call Marie (818) 957-8385

**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](mailto: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](mailto: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](mailto: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.

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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 [suzette@lifeworthliving.solutions](mailto: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:

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

## ADVERTISING

All advertising questions should be directed to Suzette Bray at [suzette@lifeworthliving.solutions](mailto: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](mailto: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