

MENTAL HEALTH PROFESSIONALS

NEWSLETTER

Your guide to GAMHPA news,
Information and events
October November December 2017

Hi GAMHPA members!

We are interested in your written articles! Submitting an article for our Newsletter is an excellent way to connect with fellow Mental Health Professionals and Adjunctive Members and to let people know about your business.

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 or e-mail 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 by email 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

CALENDAR OF EVENTS

BOARD MEETINGS

Central Grille
801 N. Central Ave
Glendale, CA 91203

Friday Nov 3, 2017

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

Friday Oct 6, 2017

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

\$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. You can also contact Rachel Thomasian at rachelthomasian@gmail.com.

GAMHPA Interview, September 2017

With Kimberly C. Wong, LCSW, DCSW

If you weren't a psychotherapist, what would you be? I would probably do some type of work connected to social justice issues. I really enjoy travelling and learning about other cultures and communities. I have often thought it would be wonderful to experience different countries and cultures by living and working at a non-profit or teaching English, rather than visiting for only a week or two. I enjoyed studying abroad in Australia for a year in college as well as spending a summer in Guatemala studying Spanish while living with different families.

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

One of the most important tools for many clients is helping them pause and ground through deep-breathing and connecting with their body. Many clients get overwhelmed by their emotions and thoughts. Grounding and other body-centered techniques help people move out of their head and into their feelings to gain clarity about what is important to them and what is really going on beneath the surface.

What is your favorite book? The book that stands out to me is "Of Love and Shadows" by Isabel Allende. I read this book around 25 years ago and fell in love with Allende's work. I was very interested in Latin American politics at that time. Since then I've read many of her other books. "Of Love and Shadows" is beautifully written. I don't exactly know how to describe it, except that it is poetic to me. The book has very interesting characters with a strong female protagonist, and addresses issues within a war-torn country.

Where is the most beautiful place you have ever been? I have travelled to many beautiful places (local, national, and international), however Joshua Tree has always had a special place in my heart. The desert landscape is magnificent and magical, with its quiet beauty of giant rocks

and the interesting Joshua trees, cacti, and ocotillos. Springtime in Joshua is amazing with the wildflowers that can be discovered if you take the time to really look.

What is the best advice you have ever been given? The best advice I got was when I was still working as a design engineer and wanted to change careers to something that was more meaningful to me. I had a successful engineering career and was afraid that it would be a mistake to make a drastic change and not be successful. An elder told me the decisions we make in our lives lead us down different paths. While we may not know where the paths will lead, we can always learn from it once we are on it. If things don't work out, it doesn't mean it is a mistake. We simply now have more information on which to base future decisions. This advice helped me leave engineering to pursue my Master of Social Welfare (never looking back). While social work may not be as traditionally "successful" (financially) as engineering, it certainly has been very successful in my life fulfillment and happiness as I witness the growth and change of the people I work with.

What do you do to re-energize yourself? I love riding my motorcycle, which I do whenever possible. My favorite rides are when I can ride for pleasure on roads with few other vehicles. If I can, I will detour and take the "long way" to work or home, via the highways in Angeles National Forest. Riding clears my mind, makes me smile and have fun, and allows me to fully engage the environment where I notice subtle changes in scent, temperature, scenery, and sounds as I move through it. Even freeway commuting helps me shed the stresses of the day.

Kimberly C. Wong, LCSW, DCSW has a private practice at 1910 Huntington Drive, Suite 2, in South Pasadena. She works with individuals and couples utilizing a multicultural and feminist framework. Kimberly has an integrative practice which incorporates a somatic approach. She specializes in trauma recovery, women's issues, and working within the LGBTQ community. Kimberly can be reached at (626) 260-1356, KimberlyCWongLCSW@gmail.com, and www.KimberlyCWongLCSW.com.



Chronic Pain and Mental Health

By Silva Depanian, MA, MFTI, CAMC

We have all heard of mental illness stigmatization. If someone is feeling too depressed to move out of bed, or another is too anxious to take a deep breath or sleep, they are told that the symptoms they are experiencing are “all in their head.” Those who do not understand how debilitating these illnesses can be sometimes suggest that people should just “walk it off” or “get over it already.” The unfortunate truth for many people is that if an injury is not visible, it does not exist. While this viewpoint is often applied to individuals experiencing mental health issues, it is similarly applicable to those suffering from chronic pain, defined as any pain that lasts longer than six months.

Though pain is not visible or tangible, it is very real to the person experiencing it. In some cases, chronic pain is the result of a physical injury or health condition; in this case a doctor can more easily point out what is wrong and how to fix it. Oftentimes, however, chronic pain can develop due to a mental health condition, a somatic expression of an individual's emotional suffering. Unfortunately, without a clear physical cause, the pain can be difficult to understand and treat, resulting in increased stress. This may lead to increased pain and have an additional negative effect on an individual's mental and emotional wellbeing.

For some, chronic pain is caused by or may result in depression, anxiety, unexpressed anger, or unexplored overwhelming emotions. Though all of these possibilities may seem debilitating, there are various ways to manage the pain, thereby minimizing more mental and emotional suffering. One option involves physical activity. Some of chronic pain manifests in aching stiffness in muscles and joints, which hinders those experiencing the discomfort from being active. However, lack of movement only leads to muscles and joints losing more of their flexibility, causing more stiffness and pain. It is important to try low impact exercises such as walking, water-aerobics or beginner's yoga so that the muscles and joints can regain their flexibility. In short, pain does not necessarily mean that individuals can no longer participate in activities they love. Simply knowing personal limits of movement and committing to a routine of motion can help reduce some depression or negative emotions that had resulted from giving up beloved hobbies and interests.

In addition to managing physical symptoms of pain, individuals can minimize mental and emotional suffering by engaging in diversions. For instance, the negative thoughts, anger, depression or anxiety caused by chronic pain can be reduced when individuals look after their social connections. Spending time with loved ones has been shown to make those experiencing pain more resilient and emotionally stable. Socializing with friends and family also has the added benefit of acting as a distraction from the pain when it flares up. Delving into distractions like watching a movie, reading a book, or engaging in a hobby can be pleasant pastimes that help people cope with the pain they are experiencing.

There are many causes and many consequences of chronic pain, and as such, treatments for the condition can vary depending on the needs of each individual. Similar to mental health issues, the pain may be invisible, but is very real. Much like mental health conditions, no matter how debilitating the pain may seem, it is often manageable, and sometimes treatable. With that in mind, it is important for people experiencing chronic pain and their treatment providers to always remember: Never lose hope!

References:

1. Managing chronic pain: How psychologists can help with pain management. (2013, December 1). Retrieved from <http://www.apa.org/helpcenter/pain-management.aspx>
2. Chronic Pain: Symptoms, Diagnosis, & Treatment. (2011). NIH Medline Plus, 5-6.

Silva Depanian earned her Master's Degree in Clinical Psychology with an emphasis in Marriage and Family Therapy from Pepperdine University. She is currently a Registered Marriage and Family Therapist Intern 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 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.



Good to Go, But Where?

By Carl Allen Totton

Good to Go, But Where?

*The sound spoke to the walls
It answered with a note, morphing into a song
It sang of triumphs and failures*

Of love and its loss

Listening closely it felt a color

Brimming with hope yet steeped in regret

A mournful tune which grew like a malignancy

Pregnant with pride and discharging a rueful blank stare

Smelling sounds which flew like angels

Filled with thunder exploding like zombies

Witness to yet another fiery start

obscured by romance, but raw with naked passions

Another real chance to fall in love with what could have been

With what stood tall and proud, ready to be bold

A sound hidden inside a wall

I finally realized that it was me

A waif lost in a storm

Begging for forgiveness on my knees

Praying for redemption before the dream escaped

Screaming for my life at the top of my lungs while chasing rainbows

Dr. Carl Totton is a licensed clinical & educational psychologist in private practice with offices in North Hollywood and Chatsworth. He specializes in working with adults, adolescents, and children with a wide variety of disorders. He is chair and professor of psychology in the school psychology department at Phillips Graduate University in Chatsworth. He is also a poet and Chinese martial arts and meditation instructor, and co-author of *The Book on Internal Stress Release*, 2015.

OFFICE: 10630 Burbank Blvd., No. Hollywood, CA, 91601, (818) 760-4219

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Classified Advertising

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 or 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 or 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 or 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.

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.

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 or 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 dlarrybrooks.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 dlarrybrooks.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

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.

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.

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 dlarrybrooks.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.

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 Email: 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.

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.

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.

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.

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.

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

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 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.

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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

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.

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.

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!

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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

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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Jim De Santis, PhD
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jjdesantis@aol.com

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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
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wsvobodalcsw@yahoo.com

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:

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