

# MENTAL HEALTH PROFESSIONALS

## NEWSLETTER

Your guide to GAMHPA news,  
Information and events

October November December 2018

[www.GAMHPA.org](http://www.GAMHPA.org)

Hi GAMHPA members!

Are you ready for the fall and winter season? Get those sweaters out and stay cozy! Warmest thoughts and best wishes for a wonderful holiday and a very happy new year! Check our new ads in this quarter's newsletter!

*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.villagecounselingandwellness.com](http://www.villagecounselingandwellness.com) or e-mail [suzette@villagecounselingandwellness.com](mailto:suzette@villagecounselingandwellness.com).



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.net](mailto:ldicksonlcsw@sbcglobal.net) 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.net](mailto:ldicksonlcsw@sbcglobal.net)

### CALENDAR OF EVENTS

#### BOARD MEETINGS

Central Grille  
801 N. Central Ave  
Glendale, CA 91203

[GAMHPA 2018 Board Meetings](#)  
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 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).

# Fatigue and Chronic Pain

## Silva Depanian, MA, AMFT, CAMC

Have you been feeling tired lately? Does the word “tired” not even begin to cover the level of your seemingly constant exhaustion? You might be experiencing fatigue!

If you are not familiar with the term, fatigue is not just feeling tired. It is a severe, sometimes incapacitating feeling of exhaustion that is made worse by physical and mental exertion. Unfortunately, those who experience chronic pain can sometimes find themselves encountering debilitating fatigue in addition to the physical strain they already face. If this fatigue persists for more than six months, you might even be experiencing chronic fatigue syndrome. Be aware that there are many symptoms of chronic pain and chronic fatigue that overlap, and so, differentiating between the symptoms of each illness may become difficult. Those experiencing both illnesses may notice non-restorative sleep, brain fog, widespread chronic pain, neurological abnormalities, and sensitivity to light, sounds and odors. Of course, presentation and severity of symptoms can vary for each individual, but in all cases, both illnesses require heightened awareness of individual needs.

As mentioned, fatigue can become exacerbated if you overly exert yourself, as is also true with chronic pain symptoms. As such, it is imperative that those experiencing chronic pain and chronic fatigue remain in tune with their body’s and mind’s needs at all times. In your case, self-care is not a luxury; it is a way of maintaining quality of life. There are several ways to be mindful of your needs when experiencing both chronic pain and chronic fatigue.

- 1. Do a body check.** When was the last time you stopped what you were doing and conducted a mental scan of how your body is holding up? If your last body check was recent, do you conduct the scan regularly, or wait until you are already feeling pain and exhaustion? Pay attention to your body when it's trying to speak to you! Proactively checking on your sensitive areas and being aware of your warning signals is extremely useful if you want to lessen the amount of times you feel the worst symptoms of your illness.
- 2. Plan and prioritize.** Planning breaks during activities is essential in order to avoid aggravating your symptoms. Over-exertion may not seem like

too big of a problem when you are in the middle of having fun or getting chores done, but you will feel the negative effects soon enough when your pain flares up or severe exhaustion drags you to sleep. Take scheduled breaks, even if you don't feel like you need one yet! If you are out and about, the break can include simply sitting down or leaning on something for five or ten minutes so your body can relax. If you are hard at work and forcing deep focus on your assignment, switch to a mindless or easier task for ten to fifteen minutes so you can give your mind a chance to rest and recalibrate. Regularly plan breaks based on your limits and needs. Prioritize your mental and physical health over your tasks and activities.

- 3. Mind your sleep hygiene.** Conducting regular body scans and planning much needed breaks are good to do during the day, but figuring out a healthy sleep schedule is very important during the night hours. Bad sleep hygiene can have many negative effects on both chronic pain and fatigue, especially since both include non-restorative sleep as a symptom. As you may have discovered, getting sleep does not always mean getting rest. Therefore, it is important to have a nightly routine that prepares your body and mind for rest. For example, try going to sleep and waking up around the same time every day to maintain a consistent sleep cycle. Avoid exposing yourself to the blue light emitted from your TV, phone, or tablet before sleeping, as this stimulates the brain and reduces the release of the sleep chemical melatonin due to the blue light being perceived as daylight. Lastly, make sure your sleep environment is comfortable and lacking any disruptive sounds or lights. Remember, you might not be able to control your pain and fatigue, but you can certainly control what you do to mitigate the intensity of your symptoms! Be kind to yourself. You are worth the effort.

### References:

- Chronic fatigue syndrome. Retrieved from <https://www.fmcpaware.org/a-c/chronic-fatigue-syndrome>
- What is ME/CFS: About the disease. Retrieved from <https://solvecfs.org/about-the-disease/>
- What is sleep hygiene. Retrieved from <https://sleep.org/articles/sleep-hygiene/>



Silva Depanian, MA, AMFT, CAMC  
Associate Marriage and Family Therapist  
Certified Anger Management Counselor

655 N. Central Ave., 17th Floor, Glendale, CA 91203  
6311 Romaine St., Suite 7329, Los Angeles, CA 90038  
1250 East Walnut St., Unit 110, Pasadena, CA 91106

# A View from the Trenches: Co-Parenting Work

Mary Ann Aronsohn, MA, LMFT

"You let the girls ride their bikes without helmets on your busy street! What's wrong with you?"

"Who are you to talk? That new boyfriend of yours is a pervert, and I don't want him around MY girls!"

Sound familiar? Parents have a hard enough time partnering while in a nuclear family. When parents live separately, whether in two homes or, even harder, still in one home, the fur may fly. During and after separation or divorce, parents tend to have powerful and even overwhelming feelings of anger, resentment, hurt and fear that tend to color all their interactions and lead to ongoing and even virulent conflict. The adversarial nature of Family Court and Children's Court can exacerbate conflict between parents, making their contact even more full of distrust.

Co-parenting classes or co-parenting therapy are intended to provide antidotes to these difficulties. These interventions can be helpful in instilling skills and strategies that are designed for co-parents. New boundaries, businesslike ways of interacting, and negotiation skills can make a substantive difference in these parents' effectiveness.

Of course, the ultimate goal of co-parenting work is for children to be free to love both parents. They need to be free, also, of pressure to align with one parent against another, free of hearing arguments they know involve them, and free of continued conflict. We know from divorce research that the primary damaging factor in divorce/separation is not how many homes or parent figures a child has, but the degree of conflict among parent figures.

For some higher-conflict co-parents, a course may be indicated, because a well-established course offers more structure and curriculum, reducing opportunities for dissolving into their customary arguments. In addition, a course allows them to hear the same information simultaneously, and provides opportunities to practice new skills with active support.

Doing therapy with co-parents requires willingness to be directive, as well as a need for strong boundaries and the ability to stay even-handed. Education about behaviors that are more effective and respectful is critical. It is necessary to set up structures in the work to hold co-parents to their higher values and to create a kinder atmosphere for supporting children.

Co-parenting work, whether in a course or in therapy, can be very helpful with many kinds of separated families. Heterosexual, homosexual, never-married, 3- or 4-parent families, and those who are still "pre-birth" can all benefit from skilled co-parenting help. In some cases, parents even agree to abandon the Court process and work in a mediation model. In other cases, a team approach to co-parenting can morph into family therapy to do repair work where a child is reluctant to spend time with a parent.

Doing co-parenting therapy requires experience with the family law system, expertise in conflict management, and the willingness to work with people at their worst. While very challenging, it can also be rewarding, especially when we see the positive effects trickle down to children.

Listen to Mary Ann on KPCC-FM from 8/15/13; program called "Till Death do us Part Doesn't Need to Kill You" <http://www.scpr.org/programs/airtalk/2013/08/15/33258/til-death-do-us-part-doesn-t-need-to-kill-you/>

Mary Ann Aronsohn, MA, LMFT (626) 441-5131

1910 Huntington Dr. #15, South Pasadena, CA 91030-4812 Licensed Marriage and Family Therapist, Co-Parenting Specialist and Collaborative Divorce Coach

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

Other sites of interest: [www.pasadenacollaborativedivorce.com](http://www.pasadenacollaborativedivorce.com), [www.lacfla.org](http://www.lacfla.org)



## Mindfulness-Based Stress Reduction

Learn to *minimize stress* and maximize your *peace of mind*.

### Mindfulness-Based Stress Reduction (MBSR) 8-Week Class

Oct. 28th — Dec. 16th, 2018 Sunday Mornings, 9:00 to 11:30 a.m.

**Mindfulness works!** Learn lifelong tools to achieve and maintain health and harmony in daily living, even when experiencing stress, pain and illness. Mindfulness develops the potential to experience each moment, no matter how difficult or intense, with serenity and clarity.

Based on the work of Jon Kabat-Zinn, Ph.D., Mindfulness-Based Stress Reduction (MBSR) involves cultivating a different relationship between you and the things that challenge you in your life.

The MBSR class combines meditation, gentle yoga and group discussion in a supportive environment, empowering participants to actively manage their own health and wellness. The class meets weekly for 2.5 hours and there is an all-day session in the sixth week.

Register Early | Class Size Limited | Cost \$595

Leslie A. Loubier, Psy.D.  
*Best Life Yet! Consulting*  
2027 Montrose Avenue  
Montrose, CA 91020

More information / register online:  
[MontroseMindfulness.com](http://MontroseMindfulness.com)  
or [DrLeslieLoubier.com](http://DrLeslieLoubier.com)  
or call: (818) 249-4300

## Brain Teasers

1. A man is looking at a photograph of someone. His friend asks who it is. The man replies, "I have no brothers and sisters. But that man's father is my father's son." Who is in the photograph?
2. I have no voice, yet I speak to you. I tell of all things in the world that people do. I have leaves, but I am not a tree. I have pages, but I am not a bride. I have a spine, but I am not a man. I have hinges, but I am not a door. I have told you all. I cannot tell you more. What am I?
3. In a year, there are 12 months. Seven months have 31 days. How many months have 28 days?

\*Answer on last page.

## 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)

## Free Divorce Options Professional Training!

Do you know your clients' critical divorce choices?

Pasadena Collaborative Divorce (PCD) presents this FREE PUBLIC SERVICE to educate **professionals** working with couples, and to empower **couples** with options that preserve respect and money.

Few people are actually familiar with all the divorce options, for example:

\*\*Self-Representation, \*\*Mediation (Traditional, co-mediation or enhanced mediation),  
\*\*Collaborative Divorce and \*\*Traditional Litigated Divorce.

Professional presenters are trained in all the options: Licensed Mental Health Professionals ("Divorce Coaches," "Child & Co-Parenting Specialists"), Financial Professionals specifically trained in divorce financial matters, and Family Law Attorneys.

**Registration Required.** Call or text Ria Severance, LMFT: 626-354-4334.

We also come to you to educate and train groups of 10+ FREE!

**When?:** Third Tuesday, January, February and March 2019, noon-1:30pm.

**Where?:** Donald E. Wright Auditorium in Pasadena Central Library, 285 E. Walnut St., Pasadena, CA 91101 (across from courthouse).

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### Classified Advertising

#### 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

**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).

**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, troubleshooting 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](http://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](http://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, 6-730pm. 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 drlarrybrooks.com

##### Consultation Group for therapists starting out in private practice.

Targeted to clinicians with less than 5 years of post licensure experience. This small group (limited to 5) will provide a setting to strengthen clinical skills as well as deal with the personal/professional challenges of being in private practice. It will utilize a contemporary psychoanalytic framework to discuss clinical material with objectives of deepening one's therapeutic work, enhancing one's clinical understanding, refining one's application of theory to practice, and more effectively use in one's self in the clinical encounter. Fridays 3:15 – 5:00 For more information contact Larry Brooks, Ph.D., Lic. # PSY8161 (818) 243-0839 or drlarrybrooks.com.

#### SERVICES

**INTERN/TRAINEE Process Group** Being an intern/trainee can be emotionally stimulating at the least! And while it's important to work through your counter-transference with clients, and learn more about your own relationships, it may be an expensive prospect while you are interning. A group may be just what you need. Get support from your peers and guidance from someone whose been there. 300 hours in 100 hours! Led by Susan Chakmakian, MA, MFT MFC41817. For info: 818-839-0390. susan@susanchakmakian.com

**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 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.

**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.

## OFFICE SPACE FOR RENT

**GLENDALE.** We are looking for the right mid-career mental health professional with license, insurance, and established practice. Full-time 9x17 office available August 1st for licensed mental health professional. Can accommodate small therapy groups as well as couples and individuals. Attractive, highly secure, professional building with fashionable Brand Boulevard address, near The Americana. Acoustically sound-proofed, third-floor suite, with central air and separate exit. Warm, tastefully-furnished waiting room with call lights, aquarium, and Hockney prints. Kitchen with refrigerator, photocopier, bottled water, and coffee & tea. Covered, off-street parking structure. Handicap accessible. Nearby access to 2, 5, & 134 freeways. Great networking opportunities with multidisciplinary group of experienced clinicians. Reasonable rent at \$720. For more information, contact Jim De Santis, Ph.D., at (818) 551-1714 or JJDeSantis@aol.com.

**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.

**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.

**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.

**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.

**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 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.

**BURBANK.** Fully furnished office with a cozy, yet professional style. It is centrallylocated 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.

**Office Space Available** Furnished, part time office space available in sought after medical building. Located across the street from USC Verdugo Hills Hospital in the Glendale/Montrose/ La Canada area. Free parking, WiFi, call system, handicapped accessible, windows, waiting room, desk/reception area, bathroom in the suite. Five seasoned therapists currently work in the suite. Several are retiring, moving, or limiting their practices. Referrals are guaranteed! Come join a group of supportive, caring, encouraging therapists! Let us help you build your practice. Call Marie (818) 957-8385 or email at: mariep2@mac.com

Interior (11'x10') psychotherapy office available full time (\$825/month) or ½ time (\$475/month) in beautiful, professional bldg. which is located in Pasadena and is adorned with mature trees and gardens. Office is one of six within suite shared by Lynn Becker, John Wayne, Dan Spector, Nancy Rhodes and Raquel Pizano-Hazama. Includes waiting room with light call system, kitchenette equipped with counter appliances and refrigerator, and dedicated file rooms. Subterranean parking is available for \$55/month. If you are interested, please contact Dan Spector at (626) 441-9700.

**Call for Submissions. We want to hear from YOU! GAMHPA is looking for mental health articles, essays, or case studies (under 1000 words) for our upcoming issues. Submit to Suzette Bray at:**

**suzette@villagecounselingandwellness.com**

## GAMHPA

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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 Deadlines:

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

## ADVERTISING

All advertising questions should be directed to Suzette Bray at [Suzette@villagecounselingandwellness.com](mailto:Suzette@villagecounselingandwellness.com). 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

## Brain Teaser Answers:

1. His son.
2. A book.
3. All of them do!

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

Opinions expressed in this newsletter are not necessarily those of the Association or its members. GAMHPA does not endorse any of the products or services advertised.