

GLENDALE AREA MENTAL HEALTH PROFESSIONALS ASSOCIATION

NEWSLETTER

Your guide to GAMHPA news,
information, and events.

April May June 2020

A note from the editors:

Welcome to the GAMHPA newsletter. Our newsletter team keeps you posted about upcoming GAMHPA functions, meetings, and special member opportunities. You will find a calendar of GAMHPA meetings and events in the right column of the newsletter. Organizational activities are also posted at GAMHPA.org. GAMHPA offers wonderful opportunities for mental health professionals to come together in a friendly environment to network with each other, to support each other, and to learn from each other.

-Laura & Silva



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Silva Depanian, AMFT, under the
supervision of Anita Avedian, LMFT.
(818) 396-6376.
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www.sessionswithsilva.com.

GAMHPA Members pose for Headshots

On March 6, 2020, GAMHPA members had the opportunity to have professional Headshots taken by **Photographer Rebecca Little** at Rebecca Little Photography in Pasadena.

Our photographer gave the following unsolicited **testimonial** about GAMHPA members after the Headshot Event **“I have to tell you how nice everyone has been! Truly, they have been a joy to work with.”**



CALENDAR OF EVENTS

The next GAMHPA Board Meeting (June 19th) and Networking Meeting (April 17th) have been canceled.

QUARTERLY NETWORKING EVENTS

**Summer - July 17
Fall - October 23**

Acapulco Mexican Restaurant Y Cantina
722 N. Pacific Ave. Glendale, CA 91203
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. Arrival
before noon is recommended because
parking is limited.

Check-In is at 11:45am - 12:00pm
Buffet Lunch is included
from 12:00pm to 1:30p.m.
All are welcome

For questions contact Kimberly Wong at
(626) 260-1356 or
kimberlycwonglcsw@gmail.com.

BOARD MEETINGS

September 25

All meetings 9:15am - 11:00am
Central Grille
801 N. Central Ave
Glendale, CA 91203
All are welcome

Spotlight Interview

Spotlight Interview

Silva Depanian, LMFT
(818) 396-6376 or
silvadepanian@gmail.com,
www.sessionswithsilva.com.



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

An editor. I love to write, but more than that, I love to take another's work and polish it until it's pristine. Making sentences, paragraphs, ideas and concepts flow together brings me a sense of order, accomplishment, and joy. I originally wanted to major in English in hopes of realizing this dream, but then I discovered Psychology, and a new dream was created.

II. **What is the one thing in your treatment bag of tricks that you could not live without?**

Analogies! I can't always directly get a message or concept across, but I almost always find success when I use analogies, comparing the situation a client is experiencing with stories, movies, or imaginative scenarios that may be easier for the client to hear and comprehend.

III. **What is your favorite book?**

Not sure if I can narrow it down to one book, but the Harry Potter series is definitely a favorite! I grew up with Harry Potter, starting to read the books when I was 11, and ending them when I was 17 years old. The magic and adventures described in the series ignited my sense of creativity and fuel it even now.

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

There are so many places that come to mind, all uniquely beautiful, but the one that stands out is Venice, Italy. It was absolutely gorgeous with its winding canals, cobblestone streets, rich architecture and bright people.

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

Failing is not the end. Failing is only an opportunity to try another road to success. So keep trying, even if you're taking the smallest of steps, because no one else can do it for you.

“I think I might be dangerous” – All about Harm OCD

Martin Hsia, Psy.D., Clinical Psychologist

“I think I might be dangerous” – All about Harm OCD

The general public is very familiar with Obsessive-Compulsive Disorder (OCD), and tends to most associate the term with compulsive hand-washing, rigid perfectionism about organization and appearance, and ritualistic checking of locks and doors. However, OCD can take many different forms – which can lead the disorder to go misdiagnosed, and even worse, mistreated. **Harm OCD** is one common subtype of OCD. Sufferers of **Harm OCD** often have **unwanted and intrusive thoughts about doing something harmful to themselves or to someone else**. This form of OCD is often especially troubling because it can cause someone to **question their own basic moral character and to discredit so many other things that they have done or accomplished in life**. An essential distinction to be aware of is that the experience of someone dealing with Harm OCD is vastly different from someone who actually has a history of violence towards others, or who is depressed and actually considering ending their own life. To the person with Harm OCD, the unwanted and intrusive thoughts can persist in one’s mind despite a strong desire for them to stop, and a general awareness that the thoughts are not true. This is the essence of the obsessions characteristic of OCD. Thus, the thoughts can create an agonizing sense of conflict and anxiety within someone who otherwise believes oneself to be morally upright, safe, and non-violent. By contrast, if a person is genuinely in a state of mind to hurt someone else, it will likely be motivated by feelings of anger and aggression, and will not be accompanied by anxiety. This is because in such a case the violent thoughts are actually consistent with one’s character or desires. Similarly, for someone who is actually considering, or has actually injured oneself in some way, depression or extreme dissatisfaction with life may be driving the thoughts. This is the opposite of the person with Harm OCD who may not be depressed at all, but is simply worried that having had even a random thought of hurting oneself is an indication of an actual desire. Harm OCD thoughts can focus on a number of themes, and can take on various forms such as in the examples below.

- Control – “What if I am not actually in control of my impulses and actions?”
- Certainty – “Am I really absolutely 100% certain that I wouldn’t stab my family member (or myself, etc. other person) if given the means and the opportunity?”
- Responsibility/Guilt – “I thought some really angry things about my sister that day when we were having an argument, and 3 months later, doctors found a tumor in her chest – Is it my fault she got cancer?”
- Character – “What if I’m actually not the well-intentioned and good person that I’ve always thought I was?”

Common Harm OCD Obsessions can include anxiety about:

Harm To Others:

- Feeling an attraction towards a minor, leading to fears that one might be a Pedophile.
- Suddenly deciding to drown/drop/harm one’s newborn child.
- Accidentally running over a pedestrian with one’s car.
- Impulsively committing an act of physical or sexual violence towards a family member, friend, coworker or stranger.
- Becoming “mentally ill” and turning violent towards others.
- Having a random or sudden impulse to push someone off a ledge or bridge.
- Accidentally causing harm to someone through negligence to machinery, hygiene, or via superstitious sense of cause and effect linking otherwise unrelated phenomena.
- Specific actions (or inaction) cosmically or metaphysically resulting in major harm to another person or group of people.
- Harming others by inattention to detail, accidentally leaving on a stove or appliance, neglecting to lock a car or door.

Common Harm OCD Compulsions can include:

- Saying specific words or phrases to oneself, tapping, aligning objects, stepping in a very rigid way designed to get rid of bad thoughts or feelings.
- Mentally reviewing specific incidents repeatedly in one’s mind to check if the harm you fear actually occurred, or if you were responsible for it.
- Checking in your rearview mirror, or driving around the block to see if you hit any pedestrians.
- Focusing extra attention on one’s body for signs of sexual arousal around minors.
- Seeking reassurance from others that you are a good person and would not do the horrible things you are obsessing about.
- Seeking retroactive reassurance from others that you did not do something that harmed others.
- Disclosing unwanted thoughts and images to others in an effort to confess and alleviate guilt.

The good news is that, as unpleasant as it can be to struggle with this, Harm OCD is definitely something that can be successfully overcome via Exposure with Response Prevention (ERP), the gold standard approach for treating OCD. Typical treatment steps involve the following components:

- Education and Normalization - Sufferers are often relieved to know they are dealing with a form of OCD, as it instills hope that there is a name and a plan for dealing with their intrusive thoughts of harm. It also comforts them to know they are not alone in their distress.
- Program Customization - Sufferers are guided through constructing a list of exercises (aka Exposures) to successively confront avoided fears. This may involve imagined scenarios (e.g. picturing oneself actually hitting a pedestrian) and/or live exercises (e.g. walking near and eventually onto a bridge to test the fear of jumping), and are designed to progressively alter the person’s doubts about his or her own feared impulses.
- Refraining from Avoidance - OCD sufferers’ most natural response to unwanted thoughts about harm and safety is to avoid them, or ritualize in some way that serves to neutralize them. Through education and the right coaching, these efforts are cut back so that distress can be tolerated and perceived threats are again accurately appraised.

With this process, the emotional and behavioral stranglehold of Harm OCD can be reduced, and sufferers can resume living without the burden of unwanted thoughts and fears.

For more information about OCD and ERP, please visit CBT SoCal’s blog, and our five part series on Harm OCD.



Join us this summer for professional training!

- **Stand Up! Speak Out!® Curriculum Training:**
Empowering Friendship & Conflict Resolution Skills
12 Continuing Education Credits

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- **Mindfulness Tools:** Helping Children & Teens
Stress Less & Connect More 5 CE Credits

- **Gender Expansive Youth:** Best Practices -
How to Offer a Positive Experience 3 CE Credits

CE units provided for mental health professionals through www.IlluminatedEd.com.

Learn more at InstituteForGirlsDevelopment.com, PHobey@IFGD.care or 626-585-8075 ext. 121.

institute for *girls'* development®

Melissa J. Johnson, PhD (PSY 13102)



ENRICO GNAULATI PH.D. psychoeducational testing services

- Cognitive, academic, and psychosocial assessments (learning disorders, ADHD, autistic spectrum)
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- In-depth parenting consultation on test results
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- Identifying cognitive/academic strengths/weaknesses for optimal curriculum choices

200 E. Del Mar Blvd.
Suite 206
Pasadena, CA 91105

626.584.9968
dr.gnaulati.net



Summer programs for girls, teens & young women!

Summer Camps

Stand Up! Speak Out!® Summer Camp: Fun camp fostering friendship and communication skills, creativity, and confidence for grades 3 – 5

Creative Connections Summer Camp: Unique, inspiring creative projects and activities to support resilience and happiness skills for girls in grades 6 – 8

Unicorn Day Camp and épanouie: Two camps to build confidence and camaraderie for transgender and gender nonconforming kids and transfeminine youth

Summer Therapy Programs

In addition to our ongoing therapy and assessment services, we offer four summer therapy programs!

Superflex Summer Academy: Social skills building therapeutic program for grades 2 – 5

Rose Bowl Walk & Talk: A dynamic outdoor summer group with dialogue and movement for high schoolers

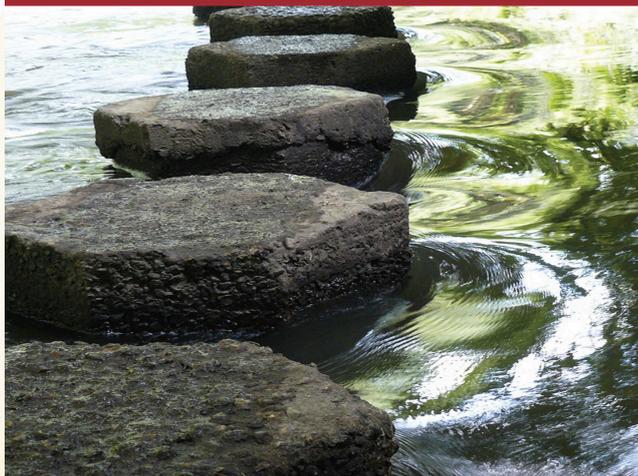
Inner Journey Circle and Explore your Path: Two empowering summer groups for young women

Learn more at InstituteForGirlsDevelopment.com, PHobey@IFGD.care or 626-585-8075 ext. 121.

institute for *girls'* development®

Melissa J. Johnson, PhD (PSY 13102)

STEPPING STONES SENIOR BEHAVIORAL HEALTH SERVICES



For more information or to arrange a free assessment, please call (818) 949-4011

We offer transportation and provide continental breakfast, lunch and snacks

INTENSIVE OUTPATIENT PROGRAM

Our Senior Behavioral Health Services outpatient program is designed to relieve emotional and personal distress for individuals 50 years of age or older who are suffering from:

- Sadness, isolation, low motivation
- Sleep issues
- Grief/loss
- Irritability/restlessness
- Panic attacks
- Hallucinations
- Decline in ability to function

Our program helps older adults maintain as much of their independence as possible by providing the following specialized care:

- Assessment and evaluation
- Case Management
- Group therapy
- Licensed clinicians
- Monthly psychiatrist visit
- Provide community resources and referrals as needed

To learn more about services and physicians at USC Verdugo Hills Hospital, call (818) 790-7100.

USC Verdugo Hills Hospital

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USCVHH.org

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CLASSIFIED ADVERTISING

Employment Positions:

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: 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: www.instituteforgirlsdevelopment.com/employment/

Pre-Licensed and Post-Doctoral (CAPIC)

Positions: The Institute for Girls' Development is accepting applications for full time prelicensed and post-doctoral candidates. For details on these training positions working with children, teens, families, and young adults, visit our private practice website: www.instituteforgirlsdevelopment.com/employment/

Groups:

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.

Divorce And Separation Support Group For

Father's: 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. Two groups: either first and third Thursdays, 7-9 pm, or first and third Tuesdays, 6:30-8:30 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.

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. Once a month, 6-7:30 pm, Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714, JJDeSantis@aol.com or JJDeSantis.com.

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 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 info: susan@susanchakmakian.com or (818) 839-0390.

Existential Experience: A Group for Women:

This weekly psychodynamic process group is designed to provide a safe and supportive space for adult women (18 y/o+) to examine and process anxieties inherent in human existence and interactions. Together, we will cultivate self-awareness and authentic identity, embrace freedom and responsibility, and make meaningful relationships. The group is 3-months long and requires 1-month commitment to join. Meets Tuesdays 6-7:30pm in Old Town Pasadena. Dr. Samantha Miller, PSY30998, (626) 600-6346, www.DrSamanthaMiller.com, or DrSamanthaMiller@gmail.com

CAREGIVER SUPPORT GROUP:

Caregivers need care, too. Caregivers are at higher risk for emotional fatigue, social isolation, financial pressure, physical injury, and job stress. This support group is for caregivers dealing with a loved one, such as an aging parent, disabled adult child, or ill spouse coping with cancer, dementia, mental illness, or chronic pain in a home health situation, residential placement, or hospice. This group provides a supportive space for caregivers to build community that mutually provides validation, shares information, and offers guidance. Combines well as an adjunct to -

individual or conjoint therapy. Call today for a private initial consultation. James De Santis, Ph.D., C.G.P., (Lic. # PSY10315), Glendale, (818) 551-1714 or JJDeSantis@aol.com.

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.

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.

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.

Services:

Free Divorce Options Professional Training!

Open to both professionals and clients: 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 can preserve respect, money and relationships. Few people are actually familiar with all the divorce options! For example: Self-Representation, Mediation (different versions), Collaborative Divorce, and Traditional Litigation. Our Professional multidisciplinary presenters are: Licensed Therapists, Financial Professionals specifically trained in divorce financial matters, and Family Law Attorneys. Registration Required. Call or text Ria Severance, LMFT: (626) 354-4334. When? January 14, February 11, and March 17, 2020, noon-1:30pm. Where?: Donald E. Wright Auditorium in Pasadena Central Library, 285 E. Walnut St., Pasadena, CA 91101 (across from courthouse). Come join us! We also come to you to educate and train groups of 10+ FREE!

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., Glendale, at (818) 551-1714 or JJDeSantis@aol.com

Mental Health Billing and Credentialing:

We're accepting new clients. No Minimum and Free Verification of Benefits. Needs to be Credentialed Telepsychiatry? We can help your enrollment in all insurance networks. Contact us at Doris Mollenkopf, MA, CPC, -

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Ext.5

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 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

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 1,900 outpatient psychotherapy groups offered by 900 licensed mental health professionals throughout Los Angeles county. Online directory has been viewed on the internet 44,000 times. Download a copy from TheGroupList.org.

Office Space For Rent:

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.

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!

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 hometurned-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:

Beautiful small office available for sublet in Glendale beginning September 1st. Saturday,-

Sunday, Mondays available. The area is very accessible by the 5 and 134. Please contact to view in person. Rent is affordable and the therapists in the suite are wonderful. Contact Daria Portillo at dariaportillo.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.

Pasadena:

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

South Pasadena:

Office space available for sublease in South Pasadena on Fridays all day for \$200/month and Sundays all day at a reduced rate of \$125/month. The cozy & quaint office is located on Huntington Dr. near Marengo in a single-story building built around an oak tree. This peaceful space has large picture windows on one side with views of a fountain waterfall and foliage, and it is perfect for individuals and couples. There is plenty of free parking on Huntington or in the front parking lot. The main lobby has call buttons for visitors, and there is a kitchenette area for building tenants. The rooms are soundproofed. There are several therapists in the building and opportunities for cross-referring. For more information, contact Kimberly C. Wong, LCSW directly via email, phone call, or text at KimberlyCWongLCSW@gmail.com or (626) 260-1356.

San Marino:

Two windowed, light filled offices, one with its own private exit, for lease. Available full-time beginning Jan. 1, 2020, currently available half-time by retiring therapists. Four office suite is in a former private residence just off Huntington Drive, one block from Oak Knoll, with furnished waiting area, kitchenette, and in-suite restroom. Free parking in rear lot and on street. Charming, quiet, private. Current monthly rent with utilities is approximately \$600. Part-time rent available only through 2019, conditional upon becoming a full-time lessee on Jan. 1, 2020. Call Kathleen (626) 799-8581 or Lisa (310) 285-9656.

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.

Silverlake:

Silverlake Psychotherapy office available for sublet. Nicely appointed therapy room with attached waiting room and bathroom. Centrally located-both day and evening times available. Contact Marney Stofflet, LCSW (323) 662-9797.

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.

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 are automatically entered for free newsletter advertising. They receive reduced rates for continuing education. New members can submit a brief professional biography for publication in the newsletter.

BOARD OF DIRECTORS

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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 Laura Dickson at 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.

Newsletter Deadlines:

July/Aug/Sept 2019 Issue June 1
Oct/Nov/Dec 2019 Issue Sept 1

ADVERTISING

All advertising questions should be directed to Laura Dickson at ldicksonlcsw@sbcglobal.net. Classified and display ads run for one issue. Advertising for services by psychologists or psychological assistants must include the license number of the psychologist. Advertising is accepted up to one week before publication.

Advertising Rates:

Item	Member	Non-Member
Classified Ad	Free	\$25
1/8-page display ad	\$25	\$50
1/4-page display ad	\$50	\$75
1/2-page display ad	\$65	\$90
Full-page display ad	\$100	\$150

Mailing lists are available. Contact
Jim De Santis at: jjdesantis@aol.com.

Rates:	Member	Non-Member
Mailing list, printed	\$25	\$35
Mailing list on labels	\$30	\$40
Mailing list on disk	\$70	\$80
Member e-mail list	\$20	\$30



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