

GAMHPA

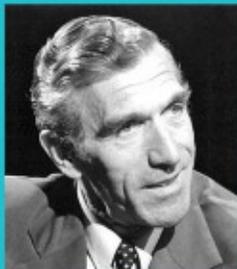
NEWSLETTER

*Your Source for
Mental Health News*

*Glendale Area
Mental Health
Professionals
Association*

*Autumn 2022
Volume 30, Issue 3
Circulation 2,350*

Can You Correctly Name These Famous Figures in Mental Health?



Answers to the Quiz are on Page 16.

Highlights

- Feature: Networking
- Features: Divorce
- Feature: Childhood anxiety
- TED: Psychedelics
- Podcast: Positive psychology
- Pre-recorded CEUs

Sections

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GAMHPA Pre-Recorded CEUs

We now offer recorded video workshops. Some grant a CEU toward BBS licensure renewal.

Watch a video of your choice, complete the course evaluation and attestation (free for members, non-members \$30 fee).

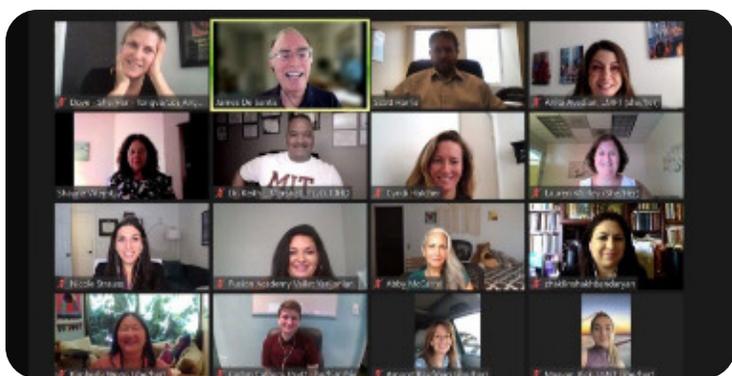
<https://www.shrinksync.com/gamhpa-conference.html>

Available topics:

Divorce lawyers' secrets for therapists (1 CEU)

How collaboration with an Aging Life Care™ Manager can support your clients and save your sanity (1 CEU)

Sustaining private practice through community connections online and in-person (CEU not available)



September 2022 Virtual Networking Event

GAMHPA Virtual Networking

In September, GAMHPA hosted its twelfth virtual networking event. Nineteen participants introduced themselves, described their services, and got more acquainted.

Our virtual networking events are free. Membership is not required to attend. Everyone is welcome, including students, associates, allied professionals, and organizations.

Photo top row: Dove Pressnall, Jim De Santis, Scott Harris, Anita Avedian

Second row: Shayne Vitemb, Keith Marshall, Cyndi Hatcher, Lauren Worley

Third row: Nicole Strauss, Vailet Yarijanian, Abby McCarrel, Zhaklin Shakhbandaryan

Fourth row: Kimberly Wong, Cadyn Cathers, Amoret Kaufman, Maayan Bick

Events

GAMHPA Virtual Networking

Wednesdays, 12-1:30 p.m.

November 9

All are welcome, including clinicians, interns, students, associates, organizations, and allied professionals.

Reserve ahead at (818) 551-1714 or JJDeSantis@aol.com, and we will send you Zoom login information. Virtual events are free.

Registration closes the Monday night before each event.

Upon registration, you will be able to forward your promotional materials for advance distribution to attendees.

In-person lunchtime events will resume when COVID CDC cautions are fully lifted.



GAMHPA Mission

GAMHPA was founded in 1992 by a few local area mental health professionals in private practice. Within several years, the organization 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, reflecting how clinicians actually cross-refer to each other based on expertise rather than discipline.

We are an interest group only and do not make referrals to the community. We are not a profit-making organization.

GAMHPA Welcomes . . .

We would like to introduce our newest GAMHPA members.

Please welcome:

- Lane Assaf, A.M.F.T.
- Dedicato Treatment Center
- Grace Malonai, Ph.D., LPCC
- Soren Nilsson, A.M.F.T.
- Elizabeth Preston
- Sean Vazzana, L.M.F.T.

To encourage inclusion and participation, GAMHPA membership dues have not increased in twenty years.

Dues are just \$60 for licensed professionals, \$35 for students, associates, and allied professionals, and \$125 for organizations.

Join online with a credit card at www.gamhpa.org.

GAMHPA Listserv

GAMHPA member listserv

As a free, exclusive benefit of GAMHPA membership, you are entitled to participate in our active and supportive listserv, an internet discussion group.

The listserv is a rapid and effective method to communicate with colleagues. When you post your message to the listserv, it is sent out to 130 member subscribers. Anyone may respond publicly to the community as a whole or privately to the sender.

The listserv accepts messages seeking or offering:

- Office rental space
- Jobs & internships
- Groups & workshops
- Clinical & ethical questions
- Case consultation
- Sharing of techniques
- Events & activities
- Specialized resources

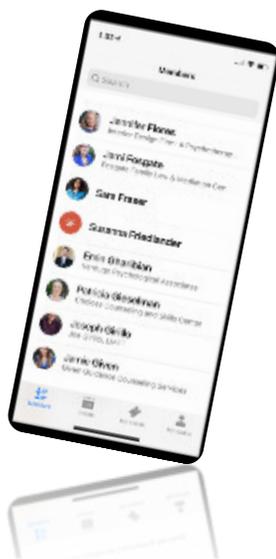
To be added to the listserv, contact our moderator at lynnemazpeitia@yahoo.com.

GAMHPA Mobile App

Free benefit of membership

Our smartphone app lets you search for specialists by diagnoses treated, modalities offered, age-range seen, insurance accepted, and second languages available.

From the Apple Store or Google Play Store, download "Wild Apricot for Members." Enter your GAMHPA username (e-mail) and password to login. It's that easy!



GAMHPA Your Directory Video

Many prospective clients now search for a therapist based on information they access on the internet.

As a benefit of GAMHPA membership, within your online searchable member directory profile, you can include a link to your promotional video that helps prospective clients learn more about you.

How to post your video

Go to www.gamhpa.org. On the home page, enter your e-mail address and passcode in the upper right corner. Click on "View Profile" then on "Edit Profile." In the space next to "Member Video," paste the internet address of your own pre-recorded promotional video. Lastly, scroll to the top and press "Save."

It's simple and quick.

Member Benefits

Members receive a number of exclusive benefits. Members are listed in the annual membership directory that is distributed to the local professional mental health community and posted on our website. They also have access to our internet discussion group.

Members can present a talk or publish an article on a professional topic. They receive reduced rates for newsletter advertising and continuing education. Members are automatically entered in a drawing for free newsletter advertising, below. New members can submit a brief professional biography for publication in the newsletter.

Winners Of Free Advertising

In each newsletter, we randomly select six members, each awarded the opportunity to place display advertising in the newsletter at no charge. This benefit can be used anytime in the next 12 months. Contact the editor to submit your ad. Congratulations go to the following winners:

- Aisha Byrd, L.C.S.W.
- Jamie Given, LMFT, LPCC
- Audrey Ham, Ph.D.
- Linda Longserre, LMFT, LPCC
- Marcus Rodriguez, Ph.D.
- Kathleen Williams, Ph.D.

Feature Article

Local networking: The best way to grow your practice

Lynne Azpeitia, L.M.F.T.

Local networking is the fastest way to grow your practice and keep it full.

What is a network?

Local networking involves becoming familiar with your community and how your potential clients move through it via churches, schools, sports programs, clubs, theater arts, colleges, yoga centers, hospitals, libraries, parks and recreation, employee assistance programs, and many other places.

Who is included in a network?

A local network is everyone in your local community. Yes, everyone. Relatives, friends, neighbors, your kid's teacher, childcare person, dog walker, plumber, gardener, housekeeper, mechanic, contractor, Uber/Lyft driver, business and community contacts, nurses, doctors, lawyers, financial advisor, colleagues and other professionals, those attending church or temple as well as the minister, pastor, rabbi, deacon, cantor, choral director, and others, people you worked with previously or were in graduate school with or at a placement—and don't forget your former professors and supervisors. The list is endless. Each one of these people is a potential referral source for your practice.

How do I network?

The key to successful local networking involves regularly and

consistently contacting and connecting with everyone in your local community and keeping them up-to-date on who you are, the services you offer, and how you help people, in person or in print.

Getting the word out about what you do and the services you offer to the community also involves meeting new people and making new friends as you increase your practice's visibility and grow your network.

What are networking methods?

Local networking can take a variety of forms. In person, online, radio, TV, digital or print advertising, talks, blogs, podcasts, videos, any type of social media, or online forum. It's up to you to decide what works best for you, your practice, client market, available time, and budget. Take your pick. You get to choose. Try things out, then see what works best for you. Remember to keep things brief and upbeat.

Track your contacts in order to stay in contact with them and to consistently keep them current on your practice. Building your contact list, e-mail list, referral sources, and resource list is a long-term project. Start today!

Networking with colleagues

Local networking also includes getting well-known in your professional community. Joining and attending your professional organization is a great way to get connected with other professionals in your area and to develop and maintain relationships and friendships as well as referral sources for your network. Professional association networking events,

workshops, newsletter articles, classified advertising, e-blasts, special interest groups, support groups, and special events all provide volunteer and networking opportunities for therapists.

Closing thoughts

Local networking is a community service, so make sure your community knows how you can be of service to them. The more people in your community know about the work you do, the faster your caseload will fill and stay full. So, go ahead, announce your presence to the world and raise community awareness about your practice.



Lynne Azpeitia, L.M.F.T.

Lynne Azpeitia, L.M.F.T., GAMHPA Board Member and AAMFT Approved Supervisor, is in private practice in Santa Monica where she works with couples and gifted, talented, and creative adults across the lifespan. Lynne has been doing business and clinical coaching with mental health professionals for more than 15 years, helping them develop even more successful careers and practices. To learn more about her in-person and online services, workshops, or monthly no-cost Online Networking & Practice Development Lunch visit www.Gifted-Adults.com or www.LAPracticeDevelopment.com.

Feature Article

Surviving a narcissistic marriage: Three key strategies for partners

Steven Unruh, M.Div., L.M.F.T.

Surviving a narcissistic marriage can be challenging. Living day after day with someone who has a narcissistic personality disorder (NPD) creates an environment in which the partner finds themselves constantly overwhelmed and confused. Eventually, the partner begins to distrust themselves, questioning their own reality, wondering if, in fact, they are the problem, rather than the narcissist.

A narcissist has a way of presenting their distorted reality to others in such a convincing manner that one begins to believe their projections and lies. The partner can be swept up in the narcissist's reality. A narcissist is wholly convinced of their own reality. They have begun what M. Scott Peck, M.D., calls "The People of the Lie."

What is a narcissist?

The most basic definition of a narcissist is someone who lacks empathy and the capacity for self-insight. What does this look like?

Some examples of a narcissistic behavior pattern include:

1. Showing little concern for the feelings of others. They might ignore their partner when their partner expresses a concern.
2. Controlling or manipulating. This is sometimes done through tactics like gaslighting.

3. Showing extreme sensitivity to criticism. Any criticism is often seen by a narcissist as a personal attack.

4. Disowning responsibility for their behaviors. Narcissists tend to blame others instead of accepting responsibility.

So, why do people with narcissism behave in this way? It is because they lack an observing ego. An observing ego allows us to see how people respond to us. If we have an observing ego, we can recognize how we impact those around us. We can change our behavior when responding to that impact because we can recognize the feelings others are having towards us, allowing us to respond appropriately.

How to deal with a narcissist

People with NPD typically don't see their behavior as the problem. Everyone else is the problem. They will use gaslighting and other forms of emotional abuse and manipulation to convince themselves—and others, including a partner—of this. There are three key actions to take: Indifference, boundaries, and consequences.

Mark came in for counseling. His wife Janice was not interested in counseling. However, Mark was at his wit's end. Therefore, he came by himself. The problem is that Janice never apologized when things seemed clear that she had made a mistake. Also, she often became belligerent and verbally abusive almost every day. Mark was also frustrated that she never took responsibility for her actions. Instead, she blamed everything on Mark. Her lack of communication and lack

of intimacy was all his fault in her mind.

#1: Indifference

Living with a narcissist is unpredictable. Partners are never sure which mood they will encounter. Although inside, they might feel outraged and upset, it's still imperative for the partner of a narcissist to maintain composure. People with NPD crave attention. As a result, if a partner reacts with outrage, this impulse will only likely escalate conflict and narcissistic defenses to provoke a response.

When dealing with a narcissist, the partner must stay calm and simply repeat their position. For example, if the narcissist threatens saying, "I'm going to take the children away from you. I'm going to tell your whole family all about you." An effective response from a partner is to respond with detachment, such as saying, "I guess that's what you'll do," or, "That is your decision," and leave it at that.

#2: Boundaries

Partners of narcissists may think it is impossible to set boundaries with someone with NPD, but this is one of the most effective ways of dealing with a narcissistic person. Here are some examples of boundaries to set:

1. Don't argue about your boundaries. Your boundaries are your own. They are your right to have.
2. Don't explain yourself. You don't have to justify your boundaries to anyone else.

(Article continues on page 7.)

(Article continues from page 6.)

3. Don't tolerate verbal abuse or threats. If your partner or spouse becomes verbally abusive or threatening, leave the room or the house.

4. If provocative behavior escalates, then act. If your partner starts threatening to harm you or the children physically, call the police. Also, call the police if your NPD spouse threatens to self-harm.

#3: Consequences

Once a partner of a narcissist establishes boundaries and the narcissist violates these boundaries, the partner must be prepared to confront manipulative, unhealthy behavior and follow through with consequences. Establishing consequences isn't about the narcissist; it's about the partner's well-being. It's about asserting one's own needs for a healthy relationship.

So, in the case of Mark and Janice, Mark must set a clear boundary when Janice's behavior violates his rights or she engages in bullying, manipulation, and other types of toxic behavior.

At a recent family reunion for Janice's side of the family, Janice became sarcastic towards Mark. When he asked her to stop, she started calling him names. Mark responded by leaving the reunion.

Of course, this enraged Janice. She was embarrassed because Mark had left. Mark's self-protective boundary created a narcissistic wound for Janice, which can occur when someone with NPD feels like they are

being attacked—even though, in reality, they are not.

After this incident, Janice began to understand that there would be consequences when she violated Mark's boundaries. This event was the beginning of a change for the couple, with Janice understanding what Mark would not tolerate.

Ultimately, establishing consequences may even include exiting the relationship if it continues to be unhealthy.

In closing

Although being married to a narcissist can be extraordinarily difficult, interactions can get better—but only if both partners in the relationship are willing to make it work.

Therapy is a must when it comes to having a relationship with a narcissist like this. Therapy may not cure the narcissist of narcissism, but counseling can help a partner develop healthier ways of communicating and relating—through cultivating indifference, setting boundaries, and applying consequences.



Steven Unruh, M.Div., L.M.F.T.

GAMHPA Member, Steven Unruh, M.Div., L.M.F.T. is a Divorce Mediator and L.M.F.T. He completes the entire divorce process along with all the documentation. He files in 13 different courthouses throughout Southern California. More information can be found at www.stevenunruh.com. He can be reached by calling (818) 523-5723 or e-mailing stevenunruhmf@gmail.com.

Feature Article

Supporting parents and children in working with anxiety

Rosalie Finer, Ph.D., and Azine Graff, Psy.D.

Anxiety has become all too common for children, yet it can be hard even for helping professionals to identify the signs. Many children, especially those that are younger, may not have the awareness or verbal skills to share their feelings or accurately identify them. Anxiety and stress can look very different across individuals.

Some children demonstrate externalizing behaviors, such as biting, throwing toys, kicking, or tantrums to communicate their challenges. As a society we have been taught that these behaviors depict defiance, but in fact they can indicate anxiety.

For example, a child may have challenges in responding to requests or doing what they are asked to do when there is a change in their life, such as the new addition of a family member, starting a new school, or the loss of a loved one. In these situations, while not always the case, it might be helpful to consider if anxiety is playing a role.

On the other hand, some children withdraw more when feeling anxious. You may become aware of internalizing behaviors (e.g., making negative comments about themselves or spending more time alone) or somatic behaviors (e.g., stomachaches, headaches, or difficulty with sleep).

While these behaviors look very different from externalizing behaviors, the responses may also reflect underlying anxiety or fear. It

is always helpful to think through the possible reasons underlying a child's behavior; however, when somatic symptoms occur, a pediatric consult can rule out medical issues.

Given that behaviors can vary so greatly among children with anxiety and stress, it can be hard to identify strategies that can support each child. Some may believe that providing consequences for children's externalizing behaviors can reduce the symptoms; however, when anxiety is playing a role in the behaviors that we see, consequences may miss the mark, and anxiety can rear its head elsewhere.

On the other hand, some may believe that providing consistent reassurance to a child that is feeling inadequate can support them in managing their feelings, yet it does not provide the child with the tools needed to overcome anxiety on their own and can even reinforce avoidance of the feeling.

Many families find that therapy is what helps them unveil the underlying challenges that led to the anxiety and develop a clearer pathway to support themselves and their children in managing the anxiety. As a part of our work, we often remind families that the goal is not to eliminate anxiety, because it is a normal experience that can be helpful at times.

It is all too often that we forget this important fact and want to rid children and parents of anxious feelings because it is not comfortable for us to sit in. Yet the more that we can increase tolerance of anxious feelings for parents and their children, the more freedom they can

experience in moving through moments of anxiety or stress. Below are five aspects to consider when supporting parents and their children around anxiety:

#1: Understand the context and function of the behaviors

As therapists, we work to help families notice the purpose (or function) of behaviors, the situation (or context) in which the behaviors are occurring, and the consequences that are associated. This often requires trial and error to determine what may be underlying the behavioral challenges a child exhibits and how the parent's response can be impacting the child's behaviors.

Being curious supports us in zooming out of the situation and considering a multitude of variables and factors impacting the child and parents, as well as their internal experiences.

#2: Shift to the present

As a helping professional, you may get caught in your own internal thoughts and feelings when working with families. Beginning to practice noticing your own experiences and the impact it has on your own behavioral responses can be a first step in shifting your practice and supporting the family.

After doing so, you can work with the parents and the child in becoming aware of their experiences in the present moment as well. You can have them bring attention to the experiences and sensations in their body, as well as thoughts and feelings occurring for them in the moment.

(Article continues on page 9.)

(Article continues from page 8.)

#3: Sit with the feeling

Together you can notice how each person responds to the sensations and experiences and if it is aligned with their wants and needs. Allowing the child and parents to practice noticing and experiencing the feelings, is a form of exposure that can then increase their tolerance of the feelings with time. By increasing tolerance for the discomfort, they can consciously choose how to respond rather than automatically giving in or avoiding it.

#4: Lead with values

It can be helpful to support parents and children identify what is important to them and help map a pathway to get there. You can begin by wondering with them what they would do if they were not feeling anxious or controlled by their anxiety.

This gives a motivation and reason why for them to sit with the discomfort that they might feel through the journey. It is also a good opportunity to explore what may get in the way, so that they can begin to address it now.

#5: Notice freedom and choice

When feeling stuck in anxiety, we are just that, "stuck" in feeling like we have no choices and cannot escape the feeling without fighting or fleeing. As the family practices self-awareness and increases their tolerance for the discomfort, they are able to notice they have choices. They can begin to realize that having a thought does not make it so, and that feelings do not have to control their responses. They can choose responses that align with their values.

While anxiety and stress may be common in children, we helping professionals can assist in identifying signs that can look very different in different individuals. Awareness, accurately identifying feelings, and verbal ability in expressing feelings are all skills that children and parents can develop.



Azine Graff, Psy.D. Rosalie Finer, Ph.D.

GAMHPA members, Azine Graff, Psy.D., and Rosalie Finer, Ph.D., are co-founders of Harmony in Parenting, specializing in evaluation and treatment of children and parents. They can be reached at (818) 824-9915 or www.harmonyinparenting.com.

Feature Article

Editor's note: In May, GAMHPA hosted a virtual continuing education conference. Among the topics was a presentation on divorce law, highlighting facts that are often misunderstood by laypeople. Today, we present some notable examples offered by one of the presenters.

Divorce lawyers' secrets for therapists

Ty Supancic, Esq.

Legal separation

Therapists may not know that living separately is not a "Legal Separation." To become "legally separated," one of the clients has to file and serve a petition for legal separation and complete a process very similar to divorce with all the same steps.

In fact, a legal separation usually takes as long and costs as much as a dissolution of marriage. The only real difference between the two is that one cannot get remarried after a legal separation, since they were never restored to the status of single persons; that only happens at the end of a dissolution of marriage.

Division of assets

I'm told by misinformed parties all the time that "all our property has to be divided 50-50. We have to cut everything in half." That's not true.

Lacking agreement to the contrary, the courts have to cut everything in half, but in a consensual process, parties can agree to an unequal division of assets in exchange for something else, or they can

agree that each will keep their own retirement accounts to avoid paying fees to have them formally divided.

Child custody and child support

If you need to see a judge about child custody or child support in California, the court will require that you first mediate with family court services.

In some counties, the family court facilitator that handles the mediation is bound by mediation confidentiality, but in other counties like Ventura, San Bernardino, and Riverside, the mediator can report what happened in mediation to the judge and even make recommendations, which are often adopted by the court.

Initial retainers

Attorneys know, but clients and therapists may not, that the initial retainer paid to an attorney may only represent a tiny portion of the total fees charged for litigation. You might suggest that clients ask questions when they're interviewing attorneys about how much the whole process is likely to cost.



Ty Supancic, Esq.

GAMHPA member, Ty Supancic, Esq., practices extensively in the area of consensual dispute resolution, including mediated divorce, collaborative divorce, estate planning (wills and trusts), and asset protection. He is a popular and dynamic speaker on legal issues. He can be reached at his Woodland Hills office by calling (818) 348-6700 or visiting www.thelawcollaborative.com.

Brief New Diagnostic Manual

International Classification of Diseases (ICD-11)

The International Classification of Diseases, used by insurance in the US for several years in lieu of the DSM-5, is now in its 11th edition.

The ICD-11 adds new diagnoses: Attention Deficit Disorder,

Complex PTSD, Compulsive Sexual Behavior Disorder, Gaming Disorder, and Prolonged Grief Disorder.

Deleted from the former ICD-10 are Acute Stress Disorder and Gender Incongruence.

The section on personality disorders has been overhauled

with only one diagnosis of "Personality Disorder" with six trait domain areas.

The ICD-11 has not yet been adopted here in the US, but discussion is ongoing.

<https://www.findacode.com/articles/how-soon-will-the-united-states-adopt-icd-11-36983.html>

Brief Medicare & Telehealth

Is Medicare still covering phone sessions, and when do we need to start seeing Medicare clients in person at least once every six months?

On July 7, 2022, the Centers for Medicare and Medicaid Services released its proposed 2023 Medicare Physician Fee Schedule rule.

If enacted, the rule will discontinue reimbursement of audio-only services and postpone the effective date of the telemental health six-month rule until 151 days after the Public Health Emergency (PHE) ends.

Health and Human Services extended the declaration of the PHE through at least October 13

and pledged it would give health providers 60 days' notice before it expires.

Medicare coverage applies to services provide by social workers and psychologists.

<https://www.foley.com/en/insights/publications/2022/07/medicare-telehealth-services-2023-cms-changes>

Brief California Expands Budget

Governor enacts funding

Enacting the 2022-23 state budget in July, Governor Gavin Newsom signed bills into law, advocated by a coalition of mental health disciplines, securing \$450 million to be directed toward expanding behavioral health services.

The budget included:

\$175M to support youth behavioral health

\$275M to support mental health workforce development

A 10% increase in reimbursement rates in Medi-Cal

<https://www.gov.ca.gov/2022/06/30/governor-newsom-signs-budget-putting-money-back-in-californians-pockets-and-investing-in-states-future/>

Brief Mobile App

Faces of health

Category: Lifestyle

Ages: 17+ 493Mb

App Store & Google Play Store

Cost: free trial, subscription for premium features

Faces of Health, created by Claremont psychologist Monica Blied, Ph.D., offers a broad set of practical skills based on

neuroscience and keyed to chronic illness:

Introduction to CBT
Diaphragmatic breathing
Somatic exercises
Mindfulness meditation
Chair-yoga range of motion
EMDR and EFT tapping
Brainspotting exercises

What is a mobile app?

A mobile app is a type of small software program with limited function developed to run on small wireless devices, such as a smartphone, smartwatch, or tablet computer, and performs tasks more quickly than a full software program or website.

Brief Podcast

The positive psychology podcast

Kristen Truempy

Category: Education

4.3 Stars

Apple iTunes & Google Play

Rated best overall mental health podcast by Verywellmind.com in 2021, the positive psychology

podcast is hosted by Kristen Truempy who holds a M.S. in applied positive psychology from the University of East London.

134 episodes at 10 to 60 minutes in length bring the science of happiness to topics such as play, forgiveness, savoring, hope, courage, resilience, minimalism, humility, and passion.

What is a podcast?

A podcast is a digital audio file that can be downloaded automatically by subscription from the internet to a computer or mobile device, typically as a series of installments on a particular topic.

Brief TED Talk

The future of psychedelic-assisted psychotherapy

Robin Doblin, Ph.D.

TED2019

4M views

Duration 16:23

This researcher cites a global renaissance of research into the curative applications of LSD, psilocybin, and MDMA, primarily as prescription medicines, when paired with psychotherapy to

treat trauma, alcoholism, opioid addiction, suicide, depression, and anxiety, but also for personal growth for otherwise healthy people.

He argues this is in direct contrast to current psychopharmacological regimens which primarily address symptoms. Over the next several decades, there will be thousands of clinics certified to provide this innovative treatment, he predicts.

What is a TED Talk?

TED Conferences are described as “the ultimate brain spa.” A non-profit organization dedicated to disseminating important ideas on a variety of topics, TED records experts in many fields---such as technology, entertainment, design, business, science, and global affairs---and posts the 4,000+ free, searchable, short, powerful videos in more than 100 languages at [TED.com](https://www.ted.com).

Links On Mental Health

No Surprises Act: APA awaits new rule on good faith estimates

<https://www.apaservices.org/practice/legal/managed/no-surprises-act-good-faith>

Shadow profiles from therapist directory spark startup backlash

<https://www.bloomberg.com/news/articles/2022-08-05/shadow-profiles-from-therapist-directory-spark-startup-backlash#xj4y7vzkg>

FDA approves 'rapid-acting' oral drug for Major Depression

https://www.medscape.com/viewarticle/979568?src=wnl_newsalt_220822_MSCPEDIT_OralDepression&uac=216341ER&impID=4559253

New 988 hotline is the 911 for mental health emergencies

https://www.washingtonpost.com/health/new-988-hotline-is-the-911-for-mental-health-emergencies/2022/07/15/c5efe01a-0466-11ed-8beb-2b4e481b1500_story.html

Serotonin Imbalance found not to be linked to depression

<https://www.psychologytoday.com/us/blog/how-do-you-know/202207/serotonin-imbalance-found-not-be-linked-depression>

How to provide concierge therapy

<https://pro.psycom.net/clinician-lifestyle-practice/how-to-provide-concierge-therapy>

Faked beta-amyloid data. What does It mean?

<https://www.science.org/content/blog-post/faked-beta-amyloid-data-what-does-it-mean>



Bob's Pantry, later Bob's Big Boy, The Original Double-Deck Cheeseburger, 900 E. Colorado St., Glendale, CA, circa 1936.

Women Rise

PSYCHOLOGICAL AND WELLNESS CENTER



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CLAREMONT VILLAGE

Janiel L. Henry, Psy.D. PSY#28724

institute for *girls'* development®



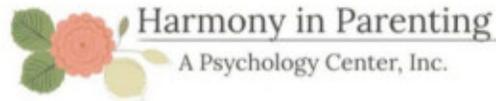
wherever
you are,
be all there.



flourish
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**20+ weekly therapy groups for girls, teens, young adults + adults
plus workshops + professional training**

InstituteForGirlsDevelopment.com * FlourishTherapy.care * Melissa J. Johnson, PhD (PSY 13102)



Consultations & Trainings

We at Harmony in Parenting invite you to join our individual or group consultations for professionals working with young children and parents.

Visit our website or call for more information!

(818) 810-7079

www.HarmonyinParenting.com

Growing through Connection

Therapy Services for Adults, Parents, and Children

by Rosalie Finer, Ph.D. (PSY10877) and Azine Graff, Psy.D. (PSY24847)

THE ASSESSMENT LIST

Free Online Directory
of Psychological Testing

The Assessment List is a free directory of 300 psychologists offering psychological testing throughout Los Angeles county. Includes psychoeducational, neuropsychological, vocational, custody, forensic, and general psychiatric assessment. The directory has been viewed on the internet thousands of times. There is no cost to professionals or prospective clients for access to this directory. Newly indexed for telehealth.

Available online at
JJDeSantis.com

THE GROUP LIST

Free Online Directory
of Group Therapy

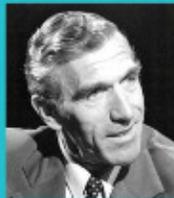
The Group List is a free directory of 1,400 psychotherapy groups offered by 600 licensed mental health professionals throughout Los Angeles county. Includes therapeutic, process, supportive, didactic, and consultative groups. The directory has been viewed on the internet 45,000 times. There is no cost to professionals or prospective clients for access to this directory. Newly indexed for telehealth.

Available online at
TheGroupList.org

Can You Correctly Name
These Famous Figures in Mental Health?



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Effects of Divorce
on Children



Paul Watzlawick
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Abraham Maslow
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Above are Answers to the Quiz on Page 1

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EMPLOYMENT

ADJUNCT FACULTY. The APA-accredited Clinical Psychology Psy.D. program at the Chicago School of Professional Psychology in Los Angeles currently has openings for adjunct faculty to teach this coming Fall in any of the following domains: clinical and diagnostic interviewing, psychometric theory, research methods, cognitive-behavioral therapy, group therapy, couples therapy, substance abuse. If you have expertise and interest in teaching in any of the areas listed, please contact David Sitzer, Ph.D., at dsitzer@thechicagoschool.edu. [7/22.]

ADJUNCT FACULTY. The Department of Psychology at Occidental College is seeking a part-time adjunct faculty member to teach clinical psychology Fall of 2022 and Spring of 2023. More information about the job can be found at <http://tiny.cc/lz4tuz>. Applicants should have a Ph.D. in Psychology or a Psy.D. E-mail application, including letter of interest, CV, teaching evaluations (if available), and sample syllabi (if available) to the Department Chair, Brian Kim, at briankim@oxy.edu. [6/22.]

ADJUNCT FACULTY. Fielding Graduate University is seeking Doctoral Adjunct Faculty for the School of Psychology to work remotely on a part-time basis in any of the following areas: biological psychology, cognitive psychology, developmental psychology, social psychology, history and systems, research methods, media psychology, performance psychology, learning and motivation, assessment, consultation and supervision, psychotherapy techniques, and couples and family therapy. For more information and to apply, go to: https://workforcenow.adp.com/mascsr/default/mdf/recruitment/recruitment.html?cid=371bf4c2-8681-458c-8b35-722b1fc8d540&cclid=19000101_000001&type=MP&lang=en_US [7/22.]

ADVANCED PREDOCTORAL AND POSTDOCTORAL TRAINING. Rose City Center in Pasadena is seeking qualified candidates for a two-year half-time position providing long-term psychoanalytic therapy to an underserved population. This is a paid position. For more information, go to www.rosecitycenter.org. If interested, submit your CV, letter of intent, two letters of recommendation, and an official transcript to Maggie Ateia, Psy.D., Clinical Director, at mateaia.rosecity@gmail.com. [7/22.]

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ASSOCIATE. Anchor Psychotherapy in Pasadena has an open position for an AMFT. The perfect candidate will be trained in EMDR (or eager to become trained) and will thrive in a fast-paced private practice environment (ability to network/self-promote, great clinical judgment, etc). We are particularly interested in someone that wants to work in private practice, but doesn't want the hassle of the business side of things. For more information or to apply, please send a cover letter and CV to bchasse@anchorpsychotherapy.com. [6/22]

CLINICAL DIRECTOR. The non-profit San Gabriel Valley Grief Resource and Training Center in Pasadena is seeking a part-time clinical director for the oversight and supervision of the trainees and associates in addition to assuming a caseload of 3-5 clients. Must be licensed (LCSW Preferred) by the State of California BBS and/or (Ph.D, Psy.D) by the State of California Board of Psychology for a minimum of three years. Onsite or telehealth as needed. Contact Jennifer Levin, Ph.D., L.M.F.T., Director of Training & Education, at jennifer@therapyheals.com. [8/22]

DIRECTOR OF CLINICAL TRAINING. The Chicago School of Professional Psychology, Los Angeles Campus, is seeking a director of clinical training in the applied clinical psychology doctoral program. Join the faculty of our accelerated, post-master's doctoral program. Support our students as they complete their practicum and internship experiences. This is a full-time,

12-month position, requiring a current license to practice as a clinical psychologist in California or license in another state with the expectation of obtaining a California license within two years. Contact John W. Shustitzky, Ph.D., Professor and Department Chair, at ishustitzky@thechicagoschool.edu. [7/22.]

EAP COORDINATOR. Kaiser Permanente Los Angeles is seeking to fill a full-time EAP Coordinator III position. Requires minimum five years of experience as a licensed clinician, experience in EAP, and in providing management consultations. For more information or to apply, visit www.kaiserpermanentejobs.org/ and search for job number: 1053772. [6/22.]

FACULTY. Due to upcoming retirements, Fielding Graduate University has three remote positions that may be of interest to you or your colleagues. The positions are 1) Director of Clinical Training for our APA accredited clinical psychology PhD program – remote position with some travel, 2) Doctoral Faculty for our APA accredited clinical psychology PhD program – must be in California or easily able to travel to Santa Barbara for one weekend per month, and 3) Program Director for our general psychology PhD program – remote position. To learn more about any of these positions, go to: https://workforcenow.adp.com/mascsr/default/mdf/recruitment/recruitment.html?cid=371bf4c2-8681-458c-8b35-722b1fc8d540&cclid=19000101000001&type=MP&lang=en_US [7/22.]

LICENSED PSYCHOLOGIST. LA Concierge Psychologist is a boutique practice serving clients throughout California via teletherapy. We are growing and seek to hire part-time clinical psychologist independent contractor. We're hoping to find someone who would grow to see 15 clients per week and stay with the company long-term. Psychologists who are members of marginalized communities are strongly encouraged to apply. To learn more, go to www.laconciergepsychologist.com. Crystal I. Lee, Psy.D., (424) 272-6650. [6/22.]

LICENSED THERAPIST. KCW Psychological Services services clients in California, New York, New Jersey, and Maryland via telehealth therapy. We are hiring Psychologists, Licensed Social Workers, Licensed Marriage and Family therapists, and Postdoctoral Psychologists (Los Angeles, CA) for part-time (20 hour) for remote/telehealth positions. Interested applicants submit cover letter, resume, three references, and tentative availability to admin@kcwpsychologicalservices.com. [8/22.]

LICENSED THERAPIST. Couch Conversations Psychotherapy and Counseling, in Montrose, is seeking a licensed therapist to work with adolescents, teenagers, and adults individually, through couples therapy and family therapy, both in-person and via telehealth. This is a W2 Employee position. If you are interested, please contact Annie M. Varvayan, Psy.D., with your resume at contact@couchconversationstherapy.com. [8/22.]

POSTDOCTORAL FELLOWSHIP. Dr. Kate Truitt & Associates (DKTA) announces openings in its postdoctoral fellowship training program in Old Pasadena. DKTA specializes in the treatment of trauma and stress-based disorders. Applicants must have completed all doctoral degree requirements from an APA- or CPA-accredited program in clinical or counseling psychology, interest or experience in the treatment of trauma and stress-based disorders, and familiarity with the neurobiology of trauma and/or with empirically supported modalities. To learn more, please visit our website at www.drtruitt.com/. To apply, please submit application at www.drtruitt.com/join-the-dr-kate-truitt-associates-team-pasadena/ [6/22.]

POST-DOCTORAL/POST-GRADUATE FELLOWSHIP. Reiss-Davis Child Study Center in West Los Angeles is accepting applications for its post-doctoral/post-graduate fellowship program in child and adolescent psychotherapy. Our child diagnostic and psychotherapy program meets APPIC standards for psychologists who wish to develop a specialty in working with children, adolescents, and their families from a developmentally-based psychodynamic perspective, with a bio-neuro-psycho-social emphasis. The 24-month long part-time fellowship program offers a stipend and begins in September of every year. For additional information, visit <https://vistadelmar.org/professional-training/fellowships/>. To apply, please contact Simcha Saiek, Psy.D., Training Director, at (310) 204-1666, ext. 356, or simchasaiek@vistadelmar.org. [9/22.]

PRE-LICENSED AND LICENSED THERAPISTS. The Institute for Girls' Development and Flourish Therapy and Wellness Center (serving all ages and genders) is hiring full-time positions for pre-licensed and licensed therapists to join our team of collaborative, compassionate clinicians. We promote excellence in psychotherapeutic and assessment services as well as community programs for girls, young adults, gender expansive individuals, and families. Check out our current openings. Visit www.instituteforgirlsdevelopment.com/employment/ [4/22]

PSYCHOLOGICAL ASSOCIATE. Two tracks are available in a private practice setting in the Los Feliz area. The first track is a focus on treatment, doing therapy, dealing with injuries, as well depression, brain injuries, anxiety, and PTSD. The second track is working with a forensic expert doing research, testing, and other issues related to developing knowledge related to forensic evaluations, including immigration, personal injury, and others. The positions would start part time but could become full time and the work is well compensated. Interested parties can send a CV and a few sentences describing their interest, but a formal cover letter is not necessary. Contact Bennett Williamson, Ph.D., (323) 660-0728, bennett@drbwilliamson.com. [7/22.]

THERAPIST. Center for Healthy Sex in West Los Angeles has open therapist positions. If you are interested in learning and applying sex therapy and sex/love addiction treatment models with a dynamic team, this is a great opportunity. We provide coaching, individual, couple, and group therapies via telehealth and in-person. We appreciate the value of teamwork and are known for excellent clinical services for over 16 years. Our philosophical ideals about psychological, emotional, relational, and sexual health motivate us to operate with conscious and open communication. Send resume and cover letter to Gabe Littman at gabe@centerforhealthyssex.com [7/22]

GROUPS

ADDICTION MANAGEMENT & RECOVERY GROUP.

Pasadena & Sherman Oaks. Daryn Plancher, Ph.D., Lic. # 18182. Call (800) 599-8820 or e-mail

frederik@insighttreatment.com.

ADOLESCENT DBT SKILLS MULTI-FAMILY TELEHEALTH GROUP.

Sierra Madre. Patricia Gieselman, L.M.F.T., Lic. # 25498. Call (626) 470-9834 or e-mail

info@choices.care.

ANGER MANAGEMENT CO-ED ADULT TELEHEALTH GROUP.

Glendale & Sherman Oaks. Anita Avedian, L.M.F.T., Lic. # 38403. Call (818) 990-0999 or e-mail

anita@anitaavedian.com.

ANGER MANAGEMENT MENS TELEHEALTH GROUP.

Glendale & Sherman Oaks. Anita Avedian, L.M.F.T., Lic. # 38403. Call (818) 990-0999 or e-mail anita@anitaavedian.com.

ANGER MANAGEMENT TEENS TELEHEALTH GROUP.

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ANGER MANAGEMENT TELEHEALTH GROUP.

Pasadena. Silva Deapanian, L.M.F.T., Lic. # 121864. Call (818) 396-6376 or e-mail silvadeapanian@gmail.com.

ANGER MANAGEMENT WOMENS TELEHEALTH

GROUP. Glendale & Sherman Oaks. Anita Avedian, L.M.F.T., Lic. # 38403. Call (818) 990-0999 or e-mail

anita@anitaavedian.com.

CAREGIVER SUPPORT TELEHEALTH GROUP.

Glendale. James J. De Santis, Ph.D., Lic. # 10315. Call (818) 551-1714 or e-mail

jjdesantis@aol.com.

CO-ED GROUP. Pasadena & Sherman Oaks. Daryn Plancher, Ph.D., Lic. # 18182. Call (800) 599-8820 or e-mail

frederik@insighttreatment.com.

CHILDREN'S SOCIAL-EMOTIONAL SKILLS

TELEHEALTH GROUPS (ages 3-5, 7-11). Encino. Small virtual groups designed for children struggling with shyness, anxiety, or ADHD to improve relationships with friends and family members. Groups are both educational and experiential, allowing a child to practice newly developing skills in a safe, supportive environment. Compliments individual or family psychotherapy for your clients. Group cost is \$200 for 4 weeks. Please contact Azine Graff, Psy.D., Lic. # 24847, or Rosalie Finer, Ph.D., Lic. # 10877, at (818) 810-7079 or visit our website at

www.HarmonyinParenting.com.

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GROUP. Process-oriented growth group for intense, high achievers who want more out of life—to find lasting intimacy, achieve career satisfaction, and expand friendships. Uses here-and-now interaction to increase self-awareness. Complements concurrent individual or conjoint psychotherapy. James J. De Santis, Ph.D., Lic. # 10315. Call (818) 551-1714 or e-mail

jjdesantis@aol.com.

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TELEHEALTH GROUP. South Pasadena. Mary Ann Aronsohn, L.M.F.T., Lic. # 24791. Call (626) 441-5131 or e-mail

m.aronsohn@protonmail.com.

COMMUNICATION SKILLS & MEDITATION GROUP.

Pasadena & Sherman Oaks. Daryn Plancher, Ph.D., Lic. # 18182. Call (800) 599-8820 or e-mail

frederik@insighttreatment.com.

DBT SKILLS ADULTS TELEHEALTH GROUP.

Sierra Madre. Patricia Gieselman, L.M.F.T., Lic. # 25498. Call (626) 470-9834 or e-mail

info@choices.care.

DIVORCE AND SEPARATION SUPPORT TELEHEALTH

GROUP. For men and women either contemplating, going through, or recovering from separation or divorce. Addresses communication with an estranged spouse, coping with the legal process, optimizing your relationship with your children, co-parenting, developing a new home life,

dating, building a new community of friends, maintaining productivity at work, and achieving personal well-being. Complements concurrent individual or conjoint psychotherapy. James J. De Santis, Ph.D., Lic. # 10315. Call (818) 551-1714 or e-mail jjdesantis@aol.com.

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 contact Courtney at (818) 348-6700 or courtney@thelawcollaborative.com.

DIVORCE SUPPORT TELEHEALTH GROUP. Studio City. Ellen M. Butterfield, L.M.F.T., Lic. # 33531. Call (818) 458-3344 or e-mail fiddlertoo@gmail.com, ellen@studiocitytherapy.com.

FAMILY & RELATIONAL DYNAMICS GROUP. Pasadena & Sherman Oaks. Daryn Plancher, Ph.D., Lic. # 18182. Call (800) 599-8820 or e-mail frederik@insighttreatment.com.

GAY MENS INTERPERSONAL PROCESS TELEHEALTH GROUP. Glendale. James J. De Santis, Ph.D., Lic. # 10315. Call (818) 551-1714 or e-mail jjdesantis@aol.com.

GRIEF & LOSS SUPPORT GROUP. Pasadena. Vanessa J. Fierstadt, L.M.F.T., Lic. # 89726. Call (626) 703-2401 or e-mail vanessa@mytherapypasadena.com.

GROUP THERAPY. The Institute for Girls' Development is pleased to offer a wide variety of therapy groups for children, teens, and young adults! Some of these groups include: Be Body Positive – a group that helps middle schoolers develop resources and a renewed energy to maintain positivity and take care of one's body; Beautiful Shades – a group that provides teens of color a safe space for exploring their experiences within the dominant white culture; Rainbow Grit – a group for LGBTQAI+ teens that is designed to provide connection, support, and positive coping skills; Explore Your Path – a group that offers a supportive environment to prepare for and process the exciting and challenging transitions that accompany young adulthood; and more! Check out our full list of Group Therapy options for youth, teens, and young adults! For a current list of therapy groups, visit www.instituteforgirlsdevelopment.com/our-services/group-therapy/

INTERNAL CONFLICT GROUP. Pasadena & Sherman Oaks. Daryn Plancher, Ph.D., Lic. # 18182. Call (800) 599-8820 or e-mail frederik@insighttreatment.com.

MEN & SHAME TELEHEALTH GROUP. Pasadena. Christopher Tickner, Ph.D., L.M.F.T., Lic. # 42576. Call (818) 995-1875 or e-mail cticksoma@gmail.com, Info@BodyMindPsych.com.

MENS PROCESS TELEHEALTH GROUP. South Pasadena. Jason Wildman, L.C.S.W., SEP, Lic. # 77520. Call (917) 715-6664 or e-mail wildman.lcsw@gmail.com.

MENS PROCESS TELEHEALTH GROUP. Pasadena. Christopher Tickner, Ph.D., L.M.F.T., Lic. # 42576. Call (818) 995-1875 or e-mail cticksoma@gmail.com, Info@BodyMindPsych.com.

MENS SUPPORT TELEHEALTH GROUP. Growth and insight-oriented group addresses male-female relationships, work and career, self-care, and personal fulfillment in life. Uses here-and-now interaction to increase self-awareness. Complements concurrent individual or conjoint psychotherapy. James J. De Santis, Ph.D., Lic. # 10315. Call (818) 551-1714 or e-mail jjdesantis@aol.com.

MINDFULNESS & STRESS MANAGEMENT TELEHEALTH GROUP. Glendale. Martin Hsia, Psy.D., Lic. # 22978. Call (818) 547-2623 or e-mail martinhsia@gmail.com, mhsia@cbtsocal.com.

MOTHERS STRESS & ANXIETY TELEHEALTH GROUP. Encino. Rosalie Finer, Ph.D., Lic. # 10877. Call (818) 824-9915 or e-mail rosalie@grefin.com, rosalie@hipsfv.com.

MOTHERS SUPPORT TELEHEALTH GROUP. (Mothers of Children Ages Birth to 5). Supporting new mothers of children birth to 5 years of age in finding their inner wisdom and putting it into practice. This 4-week group will explore parenting values, support building compassion for self/child, help redefine parenting values with intention, and implement their learning. Group cost is \$200 for 4 weeks. Please contact Azine Graff, Psy.D., Lic. # 24847, or Rosalie Finer, Ph.D., Lic. # 10877, at (818) 810-7079 or www.HarmonyinParenting.com.

MULTI-FAMILY GROUP. Pasadena & Sherman Oaks. Daryn Plancher, Ph.D., Lic. # 18182. Call (800) 599-8820 or e-mail frederik@insighttreatment.com.

MULTICULTURAL GROUP. Pasadena. Anne P. Warman, Psy.D., L.M.F.T., Lic. # 32121. Call (818) 720-3713 or e-mail drannearman@sbcglobal.net.

NARCISSISTIC ABUSE SUPPORT TELEHEALTH GROUP. Pasadena. Bren M. Chasse, L.M.F.T., Lic. # 94662. Call (626) 765-9944 or e-mail bchasse@gmail.com, bchasse@anchorpsychotherapy.com.

PARENTING GROUP. Pasadena & Sherman Oaks. Daryn Plancher, Ph.D., Lic. # 18182. Call (800) 599-8820 or e-mail frederik@insighttreatment.com.

PARENTING TEENS GROUP. Pasadena. Gregory T. Arata, L.M.F.T., Lic. # 125055. Call (323) 419-1730 or e-mail gregoryaratatherapy@gmail.com, gregoryarata@gmail.com.

PARENTING TELEHEALTH GROUP. Montrose. Amoret Kaufman, L.M.F.T., Lic. # 105150. Call (818) 651-6161 or e-mail amoret@amoretcounseling.com, amoret@sbcglobal.net.

PARENTS WITH AD/HD CHILDREN TELEHEALTH GROUP. Montrose. Amoret Kaufman, L.M.F.T., Lic. # 105150. Call (818) 651-6161 or e-mail amoret@amoretcounseling.com, amoret@sbcglobal.net.

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PARENTING WITH GENTLENESS AGES 3-5 & 6-10 TELEHEALTH GROUP. Encino. Small groups designed for parents of children struggling to manage their emotions, feel confident, engage with others, and make friends. This 4-week virtual group gives parents knowledge and tools to help in supporting their child and building their skills. Group cost is \$200 for 4 weeks. Please contact Azine Graff, Psy.D., Lic. # 24847, or Rosalie Finer, Ph.D., Lic. # 10877, at (818) 810-7079 or visit www.HarmonyinParenting.com.

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PLANNING GROUP. Pasadena & Sherman Oaks. Daryn Plancher, Ph.D., Lic. # 18182. Call (800) 599-8820 or e-mail frederik@insighttreatment.com.

PORNOGRAPHY ADDICTION MENS TELEHEALTH GROUP. West Los Angeles. Alexandra Katehakis, PhD, LMFT, CSAT-S, CST-S, Lic. # 36902. Call (310) 843-9902 or e-mail info@centerforhealthysex.com.

POSTPARTUM DEPRESSION TELEHEALTH GROUP. Sherman Oaks. Kimberly Resnick Anderson, L.C.S.W., Lic. # 72906. Call (818) 334-5811 or e-mail kimberly.sexualhealth@gmail.com.

POSTPARTUM SUPPORT TELEHEALTH GROUP. Burbank. Cathy A. Dore', L.M.F.T., Lic. # 50155. Call (818) 207-0426 or e-mail cathyadore@gmail.com.

SEX & LOVE ADDICTION MENS TELEHEALTH GROUP. West Los Angeles. Alexandra Katehakis, PhD, LMFT, CSAT-S, CST-S, Lic. # 36902. Call (310) 843-9902 or e-mail info@centerforhealthysex.com.

SEX & LOVE ADDICTION WOMENS TELEHEATH GROUP. West Los Angeles. Alexandra Katehakis, PhD, LMFT, CSAT-S, CST-S, Lic. # 36902. Call (310) 843-9902 or e-mail info@centerforhealthysex.com.

SEXUAL ABUSE SURVIVORS SUPPORT WOMENS TELEHEATH GROUP. Pasadena. Bren M. Chasse, L.M.F.T., Lic. # 94662. Call (626) 765-9944 or e-mail bchassemft@gmail.com, bchasse@anchorpsychotherapy.com.

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SEXUAL ADDICTION TELEHEATH GROUP. Sherman Oaks. Kimberly Resnick Anderson, L.C.S.W., Lic. # 72906. Call (818) 334-5811 or e-mail kimberly.sexualhealth@gmail.com.

SKILL-BUILDING EXPERIENTIAL GROUP. Pasadena & Sherman Oaks. Daryn Plancher, Ph.D., Lic. # 18182. Call (800) 599-8820 or e-mail frederik@insighttreatment.com.

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SOCIAL SKILLS AGE 7-12 GROUP. Pasadena. Bren M. Chasse, L.M.F.T., Lic. # 94662. Call (626) 765-9944 or e-mail bchassemft@gmail.com, bchasse@anchorpsychotherapy.com.

SOCIAL SKILLS GROUP. Glendale. Ira P. Heilveil, Ph.D., Lic. # 07726. Call (818) 275-2587 or e-mail iraheilveil@yahoo.com, ira@touchstone-education.com.

SPIRITUAL COUNSELING ACIM GROUP. Pasadena. Diane Eisenman, L.M.F.T., Lic. # 08792. Call (818) 618-1565 or e-mail alanddi@sbcglobal.net, dleisenman1@gmail.com.

STRESS REDUCTION MINDFULNESS-BASED TELEHEATH GROUP. Pasadena. Leslie A. Loubier, Psy.D., Lic. # 26. Call (818) 249-4300 or e-mail drlobier@gmail.com.

TEEN GIRLS SEXUAL ABUSE SURVIVORS GROUP. Pasadena. Bren M. Chasse, L.M.F.T., Lic. # 94662. Call (626) 765-9944 or e-mail bchassemft@gmail.com, bchasse@anchorpsychotherapy.com.

TEEN SUPPORT GROUP. Pasadena. Christopher Tickner, Ph.D., L.M.F.T., Lic. # 42576. Call (818) 995-1875 or e-mail cticksoma@gmail.com, Info@BodyMindPsych.com.

TEENS AGE 12-14 TELEHEATH GROUP. La Crescenta. Jamie Given, L.M.F.T., L.P.C.C., Lic. # 101387. Call (818) 446-7488 or e-mail info@givenguidance.com, jamielgivenmft@gmail.com.

TEENS AGE 15-18 TELEHEATH GROUP. La Crescenta. Jamie Given, L.M.F.T., L.P.C.C., Lic. # 101387. Call (818) 446-7488 or e-mail info@givenguidance.com, jamielgivenmft@gmail.com.

TEENS TELEHEATH GROUP. Pasadena. Bren M. Chasse, L.M.F.T., Lic. # 94662. Call (626) 765-9944 or e-mail bchassemft@gmail.com, bchasse@anchorpsychotherapy.com.

THERAPIST CONSULTATION AD/HD VIRTUAL GROUP. Montrose. Amoret Kaufman, L.M.F.T., Lic. # 105150. Call (818) 651-6161 or e-mail amoret@amoretcounseling.com, amoret@sbcglobal.net.

THERAPIST CONSULTATION EMDR GROUP. Glendale. Linda Goodman Pillsbury, L.C.S.W., Lic. # 24069. Call (818) 522-3952 or e-mail lindapillsbury@gmail.com.

THERAPIST CONSULTATION SOMATIC GROUP. Pasadena. Christopher Tickner, Ph.D., L.M.F.T., Lic. # 42576. Call (818) 995-1875 or e-mail cticksoma@gmail.com, Info@BodyMindPsych.com.

THERAPIST CONSULTATION VIRTUAL GROUP. Encino. Azone S. Graff, Psy.D., Lic. # 24847. Call (818) 810-7079 or e-mail azine.psych@gmail.com, azine@hipsfv.com.

THERAPIST CONSULTATION TRAUMA VIRTUAL GROUP. Montrose. Amoret Kaufman, L.M.F.T., Lic. # 105150. Call (818) 651-6161 or e-mail amoret@amoretcounseling.com, amoret@sbcglobal.net.

THERAPIST CONSULTATION VIRTUAL GROUP. Encino. Rosalie Finer, Ph.D., Lic. # 10877. Call (818) 824-9915 or e-mail rosalie@grefin.com, rosalie@hipsfv.com.

THERAPIST PRIVATE PRACTICE DEVELOPMENT VIRTUAL CONSULTATION GROUP. Glendale. James J. De Santis, Ph.D., Lic. # 10315. Call (818) 551-1714 or e-mail jidesantis@aol.com.

TWEENS TELEHEATH GROUP. Pasadena. Bren M. Chasse, L.M.F.T., Lic. # 94662. Call (626) 765-9944 or e-mail bchassemft@gmail.com, bchasse@anchorpsychotherapy.com.

WOMEN & INTIMACY TELEHEATH GROUP. West Los Angeles. Alexandra Katehakis, PhD, LMFT, CSAT-S, CST-S, Lic. # 36902. Call (310) 843-9902 or e-mail info@centerforhealthysex.com.

WOMEN BETRAYED BY PARTNERS TELEHEATH GROUP. Glendale. Natalie Nazaryan, L.M.F.T., Lic. # 112226. Call (747) 221-4310 or e-mail nazaryantherapy@gmail.com.

WOMENS LOVE ADDICTION TELEHEATH GROUP. West Los Angeles. Alexandra Katehakis, PhD, LMFT, CSAT-S, CST-S, Lic. # 36902. Call (310) 843-9902 or e-mail info@centerforhealthysex.com.

WOMENS RENEWAL RETREAT GROUP. Glendale. Linda Goodman Pillsbury, L.C.S.W., Lic. # 24069. Call (818) 522-3952 or e-mail lindapillsbury@gmail.com.

WOMENS SEVERE PMS PMDD PME TELEHEATH GROUP. Claremont. Janiel L. Henry, Psy.D., Lic. # 28724. Call (909) 294-7012 or e-mail jhenry@womenrisepsychandwellness.com.

WOMENS SEXUAL TRAUMA PROCESS TELEHEATH GROUP. Pasadena. Christopher Tickner, Ph.D., L.M.F.T., Lic. # 42576. Call (818) 995-1875 or e-mail cticksoma@gmail.com, Info@BodyMindPsych.com.

WOMENS SUPPORT ALL AGES GROUP. Pasadena. Anne P. Warman, Psy.D., L.M.F.T., Lic. # 32121. Call (818) 720-3713 or e-mail drannearman@sbcglobal.net.

WOMEN WITH LOW SEXUAL DESIRE TELEHEATH GROUP. Sherman Oaks. Kimberly Resnick Anderson, L.C.S.W., Lic. # 72906. Call (818) 334-5811 or e-mail kimberly.sexualhealth@gmail.com.

SERVICES

FLOURISH THERAPY + WELLNESS CENTER. We're excited to share about our new center for adults! Flourish is a division of the Institute for Girls' Development, a Psychological Corporation. It's located in our beautiful space in Old Pasadena, and services include therapy, learning and connection opportunities, and wellness programs for adults of all ages. For more information, visit www.flourishtherapy.care/. [6/21]

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. [9/22]

MENTAL HEALTH BILLING AND TELEHEALTH CREDENTIALING. Need to be credentialed as a Telehealth provider? We can help you set your new private practice and mental health billing. Contact us at info@managmentresourcesbillin.com or (818) 238-9280 ext. 5. [1/22]

NEUROPSYCHOLOGICAL EVALUATIONS for all types of neurological disturbances such as memory loss, attention/concentration difficulties, language deficits, and change in mood and behavior. Accepting most insurance plans including Medicare. Assessments also available in Armenian and Farsi. Audrey Khatchikian, Ph.D., Lic # PSY18823, (818) 476-0066. [1/22]

NEUROPSYCHOLOGICAL/PSYCHOLOGICAL EVALUATIONS for neurological conditions (dementia, strokes, head injuries), learning disabilities, and ADHD. Specialization in clinical and forensic evaluations for

academic accommodations for standardized tests/licensing exams, immigration hearings, mental health diversion and mitigation, violence risk, civil and criminal competency/capacity, fitness for duty, pre-employment, personal injury, and workers compensation. Contact Emin Gharibian, Psy.D. Lic. # PSY29643, at (818) 253-1161 or visit www.verdugopsych.com. [1/22]

PEDIATRIC NEUROPSYCHOLOGIST. UCLA-trained clinical neuropsychologist, specializing in evaluation of children and young adults. I have expertise with neurodevelopmental disorders (e.g., learning disorders, AD/HD), traumatic brain injury, epilepsy, emotional and behavioral difficulties, and other complex medical conditions. Available for consultation and education in these and other mental health-related topics, across healthcare/community settings. West-LA–Pasadena. Jesse Fischer, Ph.D., Lic. # PSY32710, (424) 272-1374, www.JFischerPhD.com. [1/22]

PUBLICATIONS

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. www.Lulu.com. [9/22]

CHILD PSYCHIATRIST DIRECTORY. Concise PDF list of 550 physicians who provide psychiatric services to children and adolescents throughout Los Angeles County available on the internet at www.JJDeSantis.com. [9/22]

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 PDF from www.JJDeSantis.com. [9/22]

EAST SAN GABRIEL VALLEY DIRECTORY. Free directory of 100 mental health professionals from Pasadena to Claremont, cross-indexed by specialties, services, second languages, and insurance accepted. View or download PDF at www.JJDeSantis.com. [9/22]

GLENDALE AREA THERAPIST DIRECTORY. 150 licensed mental health professionals in the Glendale area, cross-indexed by specialties, services, second languages, and insurance accepted. This 65-page PDF directory is available free at www.gamhpa.org. [9/22]

GROUP THERAPY DIRECTORY. Free directory of 1,200 outpatient psychotherapy groups offered by 600 licensed mental health professionals throughout Los Angeles County. Online directory has been viewed on the internet over 54,000 times. Download a PDF from www.TheGroupList.org. [9/22]

PARENTING RESOURCES. Free online resources including tip sheets and activities for parents, children, and professionals in supporting management of stress, anxiety, AD/HD, emotional regulation, and social-emotional learning to promote overall well-being are available to download from www.harmonyinparenting.com. [1/22]

PRIVATE PRACTICE OFFICE FORMS. Field tested, up-to-date quick-start kit of forms includes patient intake, financial agreements, HIPAA notice, consents and releases, telehealth, and clinical screening forms. Paper forms or PDF files via e-mail. For more information or to examine samples, visit www.JJDeSantis.com. [9/22]

OFFICE SPACE

BEVERLY HILLS. Part-time space available on Beverly Dr., south of Olympic Blvd. Within easy walking distance of Pavilions Market, restaurants, shopping. Easy metered street parking, in a quiet first floor suite. Printer/copier, Wi-Fi, and basic supplies available for renters. Potential for case consultation. For information, please contact Karen Wulfson, L.M.F.T., at (310) 475-1759 or karen@karenwulfson.com. [1/22]

BURBANK. Warm and welcoming three-office psychotherapy suite with part time space available in two offices. Located in charming brick building in the heart of the media district. First office is available Monday, Tuesday and Saturday. Second office is available Monday, Tuesday and Wednesday. Beautifully decorated suite with waiting room, restroom, and pantry. Parking included. Established therapists for over 20 years at this location. Contact: Barbara A. Hancock, L.M.F.T. Call to tour (818) 599-2410 or e-mail barbarahancockmft@gmail.com [1/22]

GLENDALE. Full or part-time office available in two-story professional building surrounding a tree-lined central courtyard on Arden Avenue, in a suite of offices with furnished waiting room, amenities. Quiet neighborhood just minutes from heart of downtown Glendale. Close freeway access. Contact Margaret Stoll, Ph.D., at (310) 375-3607 or margaret.stoll@gmail.com or call Nora Chitilian, L.M.F.T., at (818) 634-1063. [1/22]

GLENDALE. Ideal for mid-career mental health professional with license, insurance, and established practice. Highly secure, professional building with elegant architectural details. Brand Boulevard address, near The Americana. Accessible, sound-proofed, third-floor suite, with central air and separate exit. Tastefully-furnished waiting room with call light system and Hockney prints. Kitchenette with refrigerator, photocopier, bottled water. Adjacent covered, gated,

off-street parking. Near 2, 5, & 134 freeways and bus route. Two available offices: 1) 9x14 windowed office \$920/month, 2) 9x17 inner unfurnished space, no windows, \$850/month. Photo gallery at www.jjdesantis.com. For more information, contact Jim De Santis, Ph.D., at (818) 551-1714 or JJDeSantis@aol.com. [9/22]

GLENDALE. Part-time office space available for psychotherapists. Conveniently located on Arden Ave. in Glendale. If interested, please email Ira Heilveil, Ph.D., at IraHeilveil@yahoo.com. [1/22]

GLENDALE. Office space near Glendale College for someone with a light practice two days a week. The monthly rental fee is very reasonable for the right person. If interested contact Tricia Lethcoe, L.M.F.T., at (818) 926-8737. [5/22]

LA CANADA. Approximately 90 sq. ft. office in a 3-office suite located on Foothill Blvd. in La Canada Flintridge near Memorial Park and La Canada Elementary School, offered at \$700/mo. with all utilities, cleaning services, private parking, and high-speed internet included. Shared waiting room with patient arrival notification system, bathroom, communications/business room, kitchenette, and separate exit door. Currently occupied by quiet therapists; ideal tenant is a therapist or similarly quiet occupant. Ideal space for remote work. Not an appropriate space for retail, sales, or high-volume traffic. Space is compact but cozy and offers a nice view of the covered garden

area. Michael Barnes, Ph.D. For inquiries, contact business manager, Justin Barnes, at (626) 304-0442. [7/22]

LA CRESCENTA. Are you looking for your own office space with beautiful views of the mountains? I have a great office located in La Crescenta, available for lease immediately. The entire unit is approximately 1100 sq. ft., shared with another L.M.F.T. The individual office is approximately 240 sq. ft. with access to a group space that is very large. The office suite will be unfurnished, but the waiting room is furnished. This is a great opportunity to have your own space for a reasonable price. Located on the main street of Foothill Blvd. and in close proximity to Crescenta Valley High School and Rosemont Middle School. Please reach out for any questions and further details. Jamie Given, L.M.F.T., L.P.C.C., www.GivenGuidance.com, (818) 446-7488. [6/22]

PASADENA. Part-time and full-time office spaces available for rent at 95 N. Marengo Avenue in Pasadena, located in a beautiful two-story historic building across from City Hall! We have a great community of therapist professionals throughout the building, including the Institute for Girls' Development. Contact Torrey Meisner at tmeisner@IFGD.care for more information. [6/21]

PASADENA. Part-time and full-time space available in our office suite located in the Thatcher building (960 E. Green Street) near Lake Avenue. Paid

lot or free street parking and elevator access. For more information, please contact Jennifer Levin, Ph.D., L.M.F.T., at (626) 695-4211 or jenniferlevinphd@gmail.com. [1/22]

PASADENA. Sublet on Green Street. Big HEPA filters in each room. Building changes out HVAC filters monthly. Kitchenette, bathroom, snacks, internet, office supplies, call light system. Renting in 4-to-5-hour blocks. Current availability: Mondays 8 am-9 pm, Tuesdays 5-9 pm, Wednesdays 5-9 pm, Thursdays 5-9 pm, Fridays 8 am-9 pm, Saturdays 8 am-2 pm. Contact Hillary Wright, Ph.D., at hwrightpsych@gmail.com. [4/22]

PASADENA. Charming Marengo Avenue private bungalow office sublet available all-day Friday, Saturday, Sunday, and Monday beginning May 1. Fully-furnished with rear and front door for easy access, kitchen, waiting area, and Wi-Fi. Great for therapists, writers, and other healing modalities. In walking distance to Whole Foods, Trader Joe's, Old Town, and the Gold Line. For more information, contact Lisa Lewis, L.M.F.T., L.P.C.C., by text at (626) 319-5076 or by e-mail at lisa@lisalewiscounseling.com. [4/22]

PASADENA. Three offices for sublet within a larger suite of offices in Old Pasadena, occupied by one psychiatrist and two psychologists. Jay Wagener, Ph.D., (626) 825-8782 or jwagener@gmail.com. [6/22.]

SIERRA MADRE. Sublease furnished office. Free parking, local shops, and restaurants nearby. Available hourly, 4-or-8-hour time blocks, or per day. Will consider exchanging office hours with someone whose office is in another city to have a second office address location. Contact Elizabeth Ortiz, L.M.F.T., at eortizmft@gmail.com. [3/22]

SOUTH PASADENA. Office available in attractive Therapist and Counseling Center with easy freeway access. Recently remodeled, move-in ready 110 sq. ft. office with large windows looking out to waterfall, pond, and lush vegetation. Lovely, congenial setting. Full-service rent includes daily housekeeping and free parking (excludes phone/internet) at a rate of \$800 per month with negotiable duration. For further information please contact Mayra Avila at (626) 282-2800 or campusenterprises@ssmci.net. [1/22]

STUDIO CITY. Charming office space on Ventura Boulevard between Laurel Canyon and Coldwater Canyon. Either part-time or full-time. Space is large enough for group therapy. For further information, contact Mike Fatula, L.M.F.T., at (323) 876-8861 or mike@mikefatulatherapy.com. [8/22.]

TOLUCA LAKE/MEDIA DISTRICT. Office space available Wednesday, Friday, and Saturday in a nicely furnished, spacious, three-office suite. Windows, waiting room, call-lights, sound-proofing, wi-fi, kitchen. Good parking. Warm atmosphere and easy access from 134 freeway in a small office building. Contact Martha Carr, Psy.D., L.M.F.T., at (323) 633-0934 or martha.a.carr@gmail.com. [1/22]

WESTLAKE VILLAGE. Fully furnished office space available in a beautiful building with a lovely mountain view. Separate entrance and exit as well as recently updated furniture and wall coverings. Free parking. Full-time and part-time. Rates start at \$220 per month. Contact Howard Levitt, L.M.F.T., at (805) 495-0375 or howardlevitt12@me.com. [6/22]

Newsletter Policies

The GAMHPA Newsletter is published and circulated at no charge to the local mental health community, including San Fernando Valley, San Gabriel Valley, and downtown Los Angeles.

GAMHPA encourages members to contribute articles of clinical or scholarly interest for publication. Submissions should be forwarded to marvanounts@hotmail.com.

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. Readers are advised to open links in this publication at their own risk.

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Autumn Issue	Sep 1
Winter Issue	Dec 1
Spring Issue	Mar 1
Summer Issue	Jun 1

ADVERTISING POLICIES

Submit display ads in PDF or JPG format. Classified and display ads run for one issue.

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Payment for advertising services can be submitted through our online store at www.gamhpa.org or mailed to GAMHPA, P.O. Box 894, Glendora, CA 91740-0894.

GAMHPA

Glendale Area Mental Health Professionals Association
Post Office Box 894, Glendora, California 91740-0894
www.GAMHPA.org
(818) 771-7680

On the Web

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Directory Information ONLY for New Members and Renewing Member Changes

RENEWING member: There are ___ NO changes ___ changes to my directory information below from last year. In the event I have made changes, ALL sections below are FULLY completed.

Groups Offered

Topic, Target Problem, or Focus	Members	Time/Day	Fee
Topic, Target Problem, or Focus	Members	Time/Day	Fee
Topic, Target Problem, or Focus	Members	Time/Day	Fee

Clients Treated

- Children
- Adolescents
- Young Adults
- Adults
- Seniors

Non-English Languages

- Spanish
- Other: _____
- Other: _____

Problem Areas Treated

- Addictions
- AIDS/HIV
- Anxiety Disorders
- Attention Deficit
- Behavioral Problems
- Brain Damage
- Chronic Illness/Pain
- Divorce
- Eating Disorders
- Learning Disabilities
- LGBT Issues
- Marital Problems
- Medical Management/Non-Compliance
- Mood Disorders
- Multicultural/Ethnic Diversity
- Multiple Personality
- Occupational Problems
- Panic/Phobias
- Personality Disorders
- Physical Abuse
- Rape/Molestation/Incest
- Reproductive Issues
- Sexual Dysfunction
- Trauma/PTSD
- Other: _____
- Other: _____

How did you hear about GAMHPA?

Services Offered

- Anger Management
- Behavior Therapy
- Biofeedback
- Child Custody Evaluation
- Couples Therapy
- Cognitive Therapy
- Critical Incident Debriefing
- Divorce Mediation
- Educational Testing
- Family Therapy
- Forensics/Expert Witness
- Hypnosis
- Individual Therapy
- Inpatient
- Medication
- Neuropsychological Testing
- Organizational Consultation
- Play Therapy
- Psychoanalysis/Psychodynamic Therapy
- Psychological Testing
- Religious Issues
- Sex Therapy
- Stress Management
- Telehealth
- Other: _____
- Other: _____

Funding Accepted

- Will provide superbill for out-of-network PPO
- Aetna
- Anthem Blue Cross
- Beacon Health
- Blue Shield
- Cigna (Evernorth)
- Healthnet/Managed Health Network
- Medi-Cal
- Medicare
- Magellan
- Motion Picture
- Optum (UH, UBH, UBHPC)
- TriCare/TriWest
- Victim Witness
- Worker's Compensation
- Sliding Scale
- Cash
- Other: _____
- Other: _____