

GAMHPA

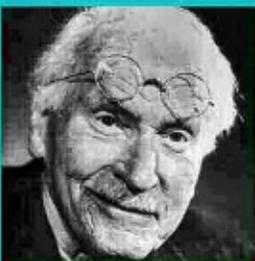
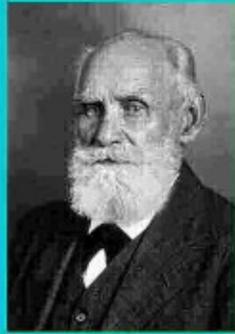
NEWSLETTER

*Your Source for
Mental Health News*

*Glendale Area
Mental Health
Professionals
Association*

*Winter 2022
Volume 30, Issue 1
Circulation 2,350*

Can You Correctly Name These Famous Figures in Mental Health?



Answers are located on page 19.

Highlights

- Virtual CEU conference
- Features: SEO, money, stress
- New laws in 2022
- TED: Ideas worth spreading
- Podcast: The clinical consult
- GAMHPA turns 30

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Glendale Area Mental Health Professionals Association

Presents

2022 Virtual Continuing Education Conference

Friday, May 20, 2022, 9:30-3:00

**Emotionally Focused Therapy
Geriatric Care Management
Private Practice Development
Mediation & Collaborative Divorce**

Four 1-Hour Topics Presented by a Panel of GAMHPA Members

FREE Admission for GAMHPA Members
Non-Members \$30 (includes 1 free introductory 2022 membership)

For Details and Registration visit www.GAMHPA.org/events.

GAMHPA 30th Jubilee

The Glendale Area Mental Health Professionals Association is pleased to announce GAMHPA's achievement of 30 years of service in the professional community.

Now is the best time to join GAMHPA because you will be included in the 2022 Annual Member Directory, which will be distributed to over 2,000 mental health professionals throughout the region.

In order to encourage participation and inclusion, GAMHPA membership dues have not increased in twenty years. Dues are just \$60 for licensed professionals, \$35 for students, interns, and allied professionals, and \$125 for organizations.

If you have any questions about membership, please contact any board member or go to our website at www.GAMHPA.org.



January 2022 Zoom Networking Event

GAMHPA Networking

In January, GAMHPA hosted its eighth Zoom networking event. During these virtual events, participants introduce themselves, describe their services, and get acquainted. Everyone is able to share their promotional materials.

Our virtual events are free. Membership is not required to attend. Everyone is welcome, including students, interns, associates, allied professionals, and organizations. Details about future virtual events are posted in the event calendar.

Photo Top Row: Daria Stepanian, Jim De Santis, Anita Avedian, Andrew Gibson

Middle Row: Scott Harris, Bronwen Grebe, Joy Davis, Dana Dixon

Bottom Row: Zhaklin Shakhbandaryan, Douglas Evans, Wanda Jewell, Lauren Worley

Anita Avedian won the GAMHPA coffee mug prize drawing!

Events

GAMHPA Virtual Continuing Education Conference

Friday, May 20, 9:30-3:00

EFT
Geriatric Care Management
Practice Development
Collaborative Divorce

For details and registration, go to www.GAMHPA.org

GAMHPA Virtual (Zoom) Networking Events 2022

Wednesdays, 12-1:30 p.m.

March 30
May 4
July 27
September 7
November 9

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

Reserve ahead at (818) 551-1714 or JJDeSantis@aol.com, and we will send you 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 recommendations 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 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.

GAMHPA Welcomes . . .

We would like to introduce our newest GAMHPA members.

Please welcome:

- Joy Davis, Ph.D.
- Aileen Garibyan, Psy.D.
- Lucy Kyupelyan, Psy.D.
- Selina Mangassarian, Psy.D.
- Gisoo Mohandesji, L.M.F.T.
- Elizabeth Ortiz, L.M.F.T.
- Susan Park, Ph.D.
- Marcus Rodriguez, Ph.D.
- Michele Rose, L.C.S.W.

If you recently earned a new license or certification, published a book or article, or won an award, we would like to acknowledge your success in the newsletter to our members.

GAMHPA Remembers . . .

GAMHPA member Armineh Amy Gourgian, L.M.F.T., passed away on Saturday, December 4.

Licensed in 2012, she worked with individuals dealing with depression, anxiety, trauma, and relational conflict at her Personal Growth Institute in Glendale.

She loved working with premarital couples and teaching parenting skills to couples and individuals.

Armineh taught free bimonthly educational seminars at the non-profit Ararat Homenetmen.

Fond memories and expressions of sympathy for the Gourgian family may be shared at www.eternalvalleymortuary.com.



GAMHPA Mobile App

A free benefit of membership, the GAMHPA smartphone app is a great way to search for local specialists by diagnoses treated, modalities offered, age-range seen, insurance plans 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 easy and convenient!



GAMHPA Coffee Mug

The official GAMHPA coffee mug is here and available to order.

This generous 16-ounce ceramic mug will keep you hydrated, caffeinated, and alert, while proudly announcing your affiliation with colleagues in the professional community.

Order yours today!

How to order now

Order your GAMHPA coffee mug at gamhpa.org in the all-new GAMHPA Online Store with a credit card, or mail your check for \$15 (includes shipping) payable to:

GAMHPA
138 N. Brand Blvd., Ste. 300
Glendale, CA 91203

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:

Avedian Counseling Center
Center for Healthy Sex
Gloria Ashby Dahlquist,
L.M.F.T.
Joanna Lee Haase, Ph.D.
Natalie Moore, L.M.F.T.
Margaret Stoll, Ph.D.

Feature Article

Your questions about SEO answered simply

Natalie Moore, L.M.F.T.

Have you seen the letters “SEO” in your marketing research and raised an eyebrow? Does the concept seem highly technical and out of reach unless you work with a professional?

I’m here to break down SEO into the simplest terms so you can take action right away toward helping your ideal client find you online.

What is SEO?

When you search for something on Google, like “best slippers for women,” have you ever wondered how that first website—say, L.L. Bean—reached the very top of the list? If so, then you’ve thought about the concept of SEO. “Search Engine Optimization” is the process of helping a website rank higher on search engines like Google.

Why care about SEO?

If you’re a private practitioner and want to expand your practice, an effective way of helping potential clients find you quickly is through developing a highly professional website and having an SEO strategy to go with it.

You can have the most beautiful and informative therapy website in the world, but without SEO, none of your ideal clients will easily find it. SEO puts your practice on the digital map.

How do I rank on Google?

As with any endeavor, many paths lead to the same end result. In my experience with improving SEO, I’ve found three strategies to be the most effective: 1) link-building, 2) keyword utilization, and 3) “Google My Business” optimization. I will walk you through the basics of each of these strategies.

What is link-building?

One of the ways Google determines the relevance of your website is through “backlinks.” Backlinks are links to your website from other websites. Google keeps track of the amount, relevance, and quality of those links. It’s essentially a digital popularity contest—if lots of reputable websites link to your website, then Google will consider your site reputable by association and will rank it higher in search results.

How do I get backlinks?

The fastest, easiest, and most effective way to get consistent backlinks is to be quoted in the media. To get quoted in the media, sign up for services like Help a Reporter Out (HARO) and Qwoted, presenting yourself as an expert source for information on mental health topics.

Respond to journalist queries related to your areas of expertise with pithy, yet conversational, quotes. Include your website link and how you’d like the reporter to refer to you. Repeat often. I began to see success with this strategy after reading the eLifeTools “How to Write a Perfect HARO Pitch” blog post and following their outline.

What are “keywords”?

Keywords are the words and phrases integrated into your website that describe the who, what, where, how and why of your services. For therapists, keywords include descriptions of your ideal client, the issues you treat, the treatment modalities you use, and where your practice is located.

Search queries are the words and phrases that your ideal clients are typing into the search bar to find you. Your keywords should reflect the search queries your ideal clients are most likely typing in. Identifying search queries can require some guess work, but remember you as a mental health expert know how your ideal client thinks! Notice the words they use to describe their problems, rather than the words you would use.

How do I utilize keywords?

You’ll want to write website copy and blog posts that include your target keywords regularly. For example, if you work with trauma using EMDR, you’ll want to have a specialty page on your website dedicated to trauma and another dedicated to EMDR.

You’ll also want to write blog posts with your keywords naturally embedded in them so that when a potential client types into their search box, “trauma therapy EMDR Glendale,” your website will pop up first in their search results.

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(Article continues from page 6.)

What is “Google My Business”?

Have you ever searched Google for a local service in your area, like “Plumber Glendale” and noticed that the first few results show on a map? These are Google My Business (GMB) listings. These listings represent prime online real estate because they appear *before* the rest of the search results.

Google still considers therapists to be a local service, so you’ll want to have a GMB listing whether or not you provide in-person services. A UPS box will do for an address if you don’t have an office. Good news! GMB listings are 100% free of charge.

How do I optimize Google My Business?

Fill out your listing as thoroughly as possible, including photos that represent your practice. Complete the “products” section with the therapy services, groups, and digital products you offer. Create a post for any promotions you offer such as a free consultation or a free download.

Collect GMB testimonials from colleagues and reply to each one. Seed the question-and-answer section with frequently asked questions such as “are you accepting new clients?” and “do you take insurance?” and answer them. (Google doesn’t show who asked the question!) Keep your listing updated as GMB is constantly adding new features.

What do I do if I’m overwhelmed?

If you want to increase your digital footprint but find the whole process overwhelming, reach out for help. There are lots of free resources available for therapists to increase their website’s SEO from Therapy Den’s free e-course to Private Practice Skills’ YouTube course.

If you want individualized support, reach out to me and set up a consultation. I enjoy helping therapists find their ideal client through their websites. I look forward to hearing from you!



Natalie Moore, L.M.F.T.

Natalie Moore, L.M.F.T., *GAMHPA Member, helps empower creative millennials make positive changes to achieve ambitious goals in life, love, and career with online psychotherapy using holistic modalities including mindfulness and somatics. She can be contacted at her Pasadena office at (323) 558-2055 or natalie@awakentheself.com.*

Feature Article

Pricing, services, and rates: The words you use make a difference

Lynne Azpeitia, L.M.F.T.

Talking with clients about therapy services, cost, and payment—and the importance of making and keeping regular appointments—is a vital part of therapy. Finding the right words to use professionally and clinically to convey the value of these services and the appropriate cost, time frame, and involvement—is key to the success of every therapist's private practice.

However, today many therapists are finding that they must spend significant time and energy to reset a client's, or prospective client's, expectations for therapy with regard to cost, frequency, duration, participation, and involvement in the therapy process. As a result of these challenging money-driven clinical conversations, many therapists have reduced their rates significantly—and are undercharging and being paid too little for therapeutic services.

Unfortunately, it is a common misperception that charging as little as possible is the best strategy for attracting new clients and filling a practice. If you're in private practice you have a responsibility to work with enough clients who can pay your rates and keep you and your practice solvent so you can do the work you were meant to do instead of spending all your time and energy trying to fill a practice.

The Wording You Use Can Make Difference in Your Income

As in any clinical endeavor, the words you use do make a difference—in this case, the amount a client is willing to pay for therapy with a trained professional. The meaning your words convey can either increase or decrease the amount of money you are paid for therapy. You'll find that most people will pay in full and out of their own pocket for your services, when they perceive you are the professional who can give them what they want.

Words and phrases to consider

Let's explore some examples of words that can make a difference in income when a clinician talks, writes, or communicates about therapy or money matters—and how and why these words can affect the perceived value, and subsequently, the amount a person is willing to pay for the therapy services provided by a clinician.

Help, support, advice, listening, guidance

Many therapists, clients, and lay people refer to therapy as: help, support, advice, listening, guidance, appointment, etc. When it comes to the amount of money a client is willing to pay for each of those services, the perceived value and worth is low since these are things that non-professionals—friends, colleagues, neighbors, parents, siblings, online forums, etc.—can, and do, provide. Exceptions to these are: professional help/support/advice/guidance. These have a higher perceived value of worth to clients.

Alternative words: session, service, psychotherapy, counseling, treatment, recovery, consultation. Now combine them: psychotherapy session . . . therapy session . . . counseling session . . . psychotherapy services . . . therapy services . . . therapeutic services . . . professional services . . . depression treatment . . . anxiety treatment . . . bipolar treatment . . . trauma recovery . . . professional consultation . . . etc. These terms mean business. They are definite and professional—and position you as trained and capable professional of delivering the services they need. Other terms can be added when appropriate: licensed, certified, approved, supervised by, etc. Yes, clients will pay you more for your service when these words are added.

Ask, get, take, accept, charge

I ask \$. . . What I ask is \$. . . How much do you get for a session? I can take \$. . . The fee I accept is . . . I charge \$. . . What I charge is . . . What do you charge?

Are you asking or is it the cost?
Are you asking or is it the price?
Be professional and definite:
"The cost is . . ." not "What I ask is . . ." State what the cost is for.
"The charge/price/cost for/of the 60-minute session is . . ."

(Article continues on page 9.)

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Here it's important to remember that a client doesn't "give you money," a client pays for services rendered. You earned the money by providing services to the client—services provided by a highly-trained professional as we have quite a bit of education, training, skills, and experience, not to mention licensure or supervision by a licensed person. Therapists deserve a fair rate of professional compensation.

Alternative words: The PRICE is . . . The COST is. . . The RATE is . . . The AMOUNT for that is . . . The session price is . . . The session cost is . . . The session rate is . . .

Free, discounted, reduced, lower

It's important that therapists, as a profession, maintain a reputation for being paid well for the good work they do—work that's worth every dollar they're paid. It's not a good thing for therapists to be known for charging the lowest rates in town to anyone who asks even when they don't need a price adjustment.

Alternative words: "No charge," "no cost," "complimentary," "special" price/pricing or "introductory" pricing, "a special offer" or even, "a limited time offer," "adjusted" fee or "special pricing" or "professional courtesy" pricing, or even "college student, unemployed, etc." pricing.

Fee scale—prices, pricing, rates, fee range

When discussing specific amounts you charge for your services, most therapists find it's better received to refer to pricing, prices, and rates, as a "price

range" instead of a "fee scale." Using the term "price range" is associated with "a range of services and pricing." People seem to understand that concept easily. "A price range" connotes choices and options whereas "fee scale" suggests some type of ranking or judgement.

You can ignore everything written in this article and still be successful. Only do and say things that fit for you, your clients, and your practice—and always within legal and ethical guidelines. Try a few of these out and see what happens. Discover what works for you, your clients, and the practice setting in which you work.



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

Helping our clients manage stress and anxiety

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

In our practice, we work with adults, parents, and children who struggle with stress and anxiety. While common, these experiences can be challenging, uncomfortable, and downright miserable to endure. The impact of the pandemic and other recent events can further challenge mental health and coping.

Supporting our clients

When someone shares feeling anxious or stressed, they often hear suggestions like "just breathe," "do not let it get to you," or "let it roll off your back." While not wrong, these responses can often be invalidating and unhelpful because people often do not know how to let it go. There are steps between feeling triggered and calm at which point we can intervene. Thankfully, there are ways to support children and adults deal with challenges, build resilience, and improve in their ability to bounce back even when things get tough. Psychotherapy provides the ideal opportunity for our clients to learn and practice strategies to shift into a more peaceful place.

Being present and building psychological flexibility

One way to help clients build psychological flexibility begins with making the conscious decision to focus on the present without judgment. By practicing being present-focused, we can notice what is happening in the here and now rather than thinking

about past events and feeling guilty or anticipating something bad that might happen and feeling anxious as a result. These experiences can be overwhelming. Being present-focused allows us to observe not only things outside of ourselves, like a train passing our home, but also what occurs inside our minds, such as feelings and thoughts, even when they are difficult. Being present-focused allows us to pause, ground, and move forward with intention rather than get caught in past or future events over which we have no control.

Our relationship with our thoughts and feelings

By working to notice the present experience, rather than getting stuck in our thoughts and feelings, we can be more open in choosing what to do. We are better able to deal with experiences that overwhelm us or keep going when things are tough. Our goal is not to ignore our mental processes, but to learn to interact more compassionately with them.

Our mind may respond to seeing a tiger in the jungle and anticipating a bad test grade much the same way, by preparing our body to run. Getting away from the tiger is a great use of avoidance to save your life. Sprinting out of the classroom to avoid a test, on the other hand, will ensure failing.

Focusing on the present creates space to think through what we want rather than being reactive or repeating patterns that have not had a desired outcome. It can help someone choose to take the test rather than flee and face unwanted consequences.

Obstacles to being in the present

Putting this skill into practice can be harder than it sounds. Often, we experience feelings and thoughts as true or real and respond to them as such. For instance, when we are anxious, it may be hard not to assume that there is a threat or something to truly be anxious about. In other words, we become entangled in the feelings and thoughts or the meaning we give these experiences.

Another complication is that the human mind is distractible and moves from one thing to the next without our awareness. So, we will need to gently bring ourselves back to the moment. It is a process to learn these skills, but they are obtainable with practice.

Doing what is important

Using these skills creates space for clients to figure out what is important to them or what they value. Values provide the rationale or reason why to make a choice or take an action. A client who identifies living a healthy life as important may choose to go to their dentist appointment even though they are anxious and want to cancel or avoid the visit.

Being present-focused creates a buffer between scary thoughts, feelings, and responses. This pause allows us to see multiple perspectives and provides opportunity to choose how we deal with people, events, and challenges in our lives. While

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values can shift and change over time, identifying what is significant in the moment allows us to move with intention rather than impulsively.

Touchpoints to hold

Some ways to support our clients to manage stress and anxiety include:

1. Be present and focus on what is happening in the here and now without judging or criticizing;
2. Pause to allow ourselves to ground and figure out or remind ourselves about what is important;
3. Act in a way that helps us do what is important even when it is hard.

These skills are useful across ages and diagnoses including anxiety and stress. The focus is not on eliminating symptoms, although a reduction may be an unintended benefit. Instead, the intention is to support children and adults to lead a meaningful life while managing the challenges and discomfort which accompany it.



Dr. Azine Graff Dr. Rosalie Finer

Azine Graff, Psy.D., and Rosalie Finer, Ph.D., GAMHPA Members and Co-Founders of Harmony in Parenting, specialize in evaluation and treatment of children and parents. They can be reached at (818) 824-9915 or www.harmonyinparenting.com.

Brief No Surprises Act

Starting this year, the federal “No Surprises Act” has ironically been a surprise to mental health professionals.

The intent was to prevent patients from receiving surprise bills after unknowingly receiving care from an out-of-network provider during a medical emergency or as part of a

planned medical procedure in a facility.

The law, however, is being applied to all health care providers, including therapists in solo private practice. It requires us to offer clients a “good faith estimate” of cost in advance.

In seven basic steps, the American Psychological Association has published guidance on how to comply with the new law, including sample templates.

<https://www.apaservices.org/practice/legal/managed/good-faith-estimate-compliance>

Brief Billing Codes

2022 Medicare telehealth billing code changes

Starting April 4, 2022, Medicare will require a new “place of service” (POS) code when filing claims for telehealth.

POS codes are required on health care claims to inform third-

party payers where the service was rendered.

When providing telehealth services to patients in their own homes, psychologists and social workers will start using POS 10 and stop using POS 02. This code goes in box 24B on a standard HICF 1500 form.

In the future, POS 02 will only apply when telehealth services are provided when the patient is in a setting other than their own home, such as a hospital, nursing home, or assisted living facility.

<https://www.cms.gov/files/document/mm12427-newmodifications-place-service-pos-codes-telehealth.pdf>

Brief Interstate Telehealth

Interstate telehealth resources

Can you continue to treat a client who moves to another state?
Can you treat a client while they travel for work or vacation?

Spurred by the pandemic, recent growth of telehealth has raised pressing questions about laws governing practice across state lines.

Two free digital resources are available that offer relevant information regarding mental health practice across the 50 states, DC, and Puerto Rico.

Telementalhealth 50-state law app

iPhone, iPad, Android

<https://www.ebglaw.com/telemental-health-laws-app/>

APA telepsychology 50-state review

PDF format, 1 Mb download

<https://www.apaservices.org/practice/update/2013/10-24/telepsychology-review>

Brief Emotional Support Animals

Emotional support animals

State Assembly Bill 468 was passed November 18 regulating emotional support animals (ESAs).

Among the provisions of the new law are requirements for mental health professionals documenting the need for an ESA.

The law requires a health care practitioner providing documentation relating to an individual's need for an emotional support dog to comply with specified requirements, including holding a valid license, establishing a client-provider relationship with the individual for at least 30 days prior to providing the documentation, and completing a clinical evaluation of

the individual regarding the need for an emotional support dog [sic].

https://leginfo.legislature.ca.gov/faces/billCompareClient.xhtml?bill_id=202120220AB468&showwamonds=false

Brief Podcast

The clinical consult

The Clinical Consult is a podcast, by the National Register of Health Service Providers in Psychology, covering topics on the practice of psychotherapy. The podcast is available through Spotify, Google, and Apple, as well as the National Register.

Topics include:

- Atypical anorexia
- Chronic pain
- Firefighters
- Liberation psychology
- Microaggressions in therapy
- Multicultural competence
- Neurodiversity
- Telehealth do's and don'ts

www.nationalregister.org/education-training/podcasts

What is a Podcast?

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

Brief TED Talk

Less stuff, more happiness

Graham Hill
TED2011
5,577,617 views
Duration 5:32

Americans have three times the space they had 50 years ago, yet storage rental is a 22 billion dollar, 2.2 billion square-foot industry.

Consumerism leads to debt, stress, and a big environmental footprint.

Writer and designer Graham Hill, promoter of sustainability and minimalism, asks: Can having less stuff, in less room, lead to more happiness?

In five minutes, he explains and gives examples of three principles for "editing" your life:

1. Edit ruthlessly.
2. Think small.
3. Make multifunctional.

https://www.ted.com/talks/graham_hill_less_stuff_more_happiness

What is a TED Talk?

A non-profit organization dedicated to disseminating important ideas on a variety of topics, TED records experts in many fields and posts the video at TED.com.

Links On Mental Health

APA apologizes for longstanding contributions to systemic racism

<https://www.apa.org/news/press/releases/2021/10/apology-systemic-racism>

The pandemic is still making us feel terrible

<https://www.theatlantic.com/health/archive/2021/11/delta-stress-mental-health-pandemic/620578/>

We're longing for the one thing the Metaverse can't give us

<https://www.nytimes.com/2021/11/26/opinion/touch-starvation-metaverse-virtual-worlds.html>

How close relationships keep us healthy and happy

<https://www.apa.org/research/action/speaking-of-psychology/close-relationships>

What the pandemic has done to our memories

<https://www.nbcnews.com/health/health-news/pandemic-memory-problems-omicron-stress-rcna9686>

Why doctors are prescribing 2 hours outside per week to boost brain and heart health

<https://www.inverse.com/mind-body/doctors-free-nature-prescriptions-treat-chronic-diseases>



City of Burbank Police and Fire Headquarters and Museum, Burbank, CA

Women Rise

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CLAREMONT VILLAGE

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

ShrinkSync

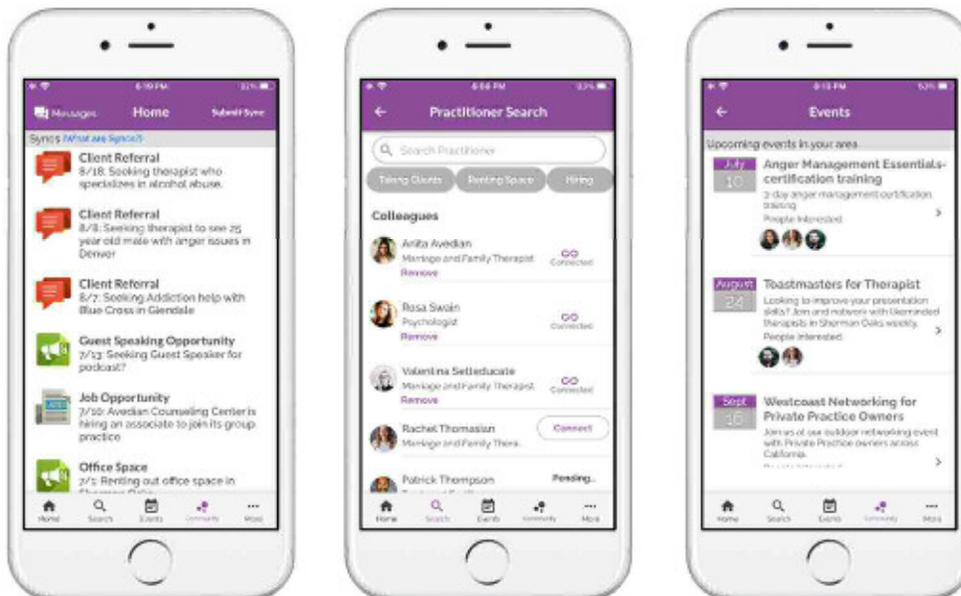
Still using public, unsafe platforms for professional dialogue?

ShrinkSync is a free community for mental health professionals.

Created by therapists, exclusively for therapists, ShrinkSync is a community app that empowers therapists in connecting, helping their clients and succeeding as small business owners.

Everything your practice needs, literally at your fingertips.
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Building Your Child's Friendship Foundation

(Ages 7 to 11)



Does your child struggle with making friends, engaging with others, or feeling confident? As a parent, you are essential to your child's social success.

This 4-week virtual group gives parents across California knowledge and tools to help in supporting their child and building their skills!

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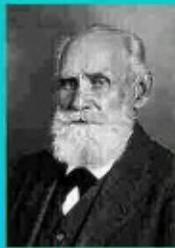
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ADVANCED PREDOCTORAL AND POST DOCTORAL TRAINING PROGRAM. Rose City Center is a non-profit outpatient clinic located in Pasadena, CA. We are currently seeking qualified candidates for a two-year halftime predoctoral or postdoctoral position. Rose City is committed to providing long-term psychoanalytic therapy to an underserved population and to providing high quality psychoanalytic

training to its graduate and postgraduate students. To that end, we expect clinicians will carry a caseload of 15 patients and attend mandatory training weekly. This is a paid position. Please visit our website for more information: www.rosecitycenter.org. If you are interested in being immersed in psychoanalytic thought and learning about working in a private practice model, you may send 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. [1/22]

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CLINICAL SUPERVISOR. The Institute for Multicultural Counseling & Education Services (IMCES) has an immediate opening for a part-time or full-time licensed psychologist clinical supervisor. IMCES is a community mental health clinic that provides direct services to underserved populations and clinical training for our two APA-accredited predoctoral and postdoctoral programs in psychology. For additional information about IMCES, please visit our website at www.imces.org/ or contact Natalie Pederson at natalie.pederson@imces.org. [12/21.]

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and mind body spirit as well as support to develop your authentic inner healer. Flexible schedule, fair pay, insurance referrals provided (waiting list), credentialing assistance included, no need for marketing, minimal paperwork. We are grateful to have a group of unique and talented light workers and are excited to initiate new minds and souls. Please inquire by contacting Inga Simonian, Ph.D., (818) 570-1636 or dringasimonian@gmail.com. [1/22.]

LICENSED MENTAL HEALTH THERAPIST. LifeStance Health, in North Hollywood, is seeking fully-licensed and credentialed L.P.C.C., L.C.S.W., or L.M.F.T., with experience in working with adult, and/or child and adolescent populations. Compensation range of \$90K to \$120K, flexible work schedules, telemedicine and in-person flexibility, full benefits, and full administrative support. To learn more, please visit www.LifeStance.com. For additional information about this opportunity contact Jackie.Kalpin@lifestance.com. [1/22.]

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submit your curriculum vita and a cover letter outlining your therapeutic approach to Jillian Pexa, Psy.D., at j.pexa@crossroads-psych.com. [12/21.]

LICENSED PSYCHOTHERAPIST. GroupTherapyLA is seeking to hire a licensed psychotherapist for a hybrid zoom/in-person position. For more information, contact Cara Gardenswartz, Ph.D., cara@groupptherapyla.com, (310) 893-0096. [12/21.]

LICENSED THERAPISTS. The Institute for Girls' Development is growing, and we're looking for passionate people 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 <https://www.instituteforgirlsdevelopment.com/employment/> [1/22]

POSTDOCTORAL FELLOWSHIP. Dr. Kate Truitt & Associates (DKTA) is excited to announce openings in its postdoctoral fellowship training program. DKTA is a thriving group practice in Old Pasadena seeking to bring on talented clinicians to join its clinical team. DKTA offers a beautiful workspace, supportive colleagues, administrative support, and specialized training in innovative and cutting-edge treatment modalities. DKTA specializes in the treatment of trauma and stress-based

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PSYCHOLOGICAL ASSOCIATE. Atwater Village Therapy, in Los Angeles, will have an opening this Fall for a Psychological Associate. Details can be found here: <https://atwatervillagetherapy.com/psych-assistant-posting>. Liz Gustafson, Ph.D., (323) 963-3335, liz@atwatervillagetherapy.com. [1/22.]

PSYCHOLOGICAL ASSOCIATE OR MFT ASSOCIATE. Position available, part-time. Involves conducting outpatient psychotherapy and psychological assessment. Supervision conducted by eclectic psychologist with 40 years of experience in the field. Please send cover letter and vita to Ira Heilveil, Ph.D., at IraHeilveil@yahoo.com. [1/22]

PSYCHOLOGICAL ASSOCIATES. Thrive Therapy Collective, is seeking one or two Psychological Associates. We are a small group private practice with locations in Atwater Village, La Crescenta, and telehealth. Therapists provide individual, couples, and family therapy, typically through a psychodynamic lens. Applicants are preferred who are at the post-doctoral level and who are motivated and interested in learning how to work in a private practice setting. For more information, visit www.thrivetherapycollective.com. To apply, please send an email with a cover letter and resume to Katie Enney, Psy.D., (818) 583-7134, katie@thrivetherapycollective.com. [1/22.]

THERAPISTS. Insight Treatment Programs is now hiring full-time licensed and pre-licensed therapists to provide individual, group, and family therapy in our intensive outpatient programs in Van Nuys, Pasadena, El Segundo, Santa Clarita, and Modesto locations. Interest in running group therapy is a must. Experience with teens, dual diagnosis populations, or IOP/residential treatment settings preferred. Program hours are in the afternoon and evening, Monday through Thursday. Required education: master's degree and registered or licensed with the California BBS. Salary range: \$24-34 per hour, depending on experience and licensure. For more information about our program visit www.insighttreatment.com. [11/21]

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CAREGIVER SUPPORT TELEHEALTH GROUP. Glendale. James J. De Santis, Ph.D., C.G.P., Lic. # 10315. Call (818) 551-1714 or e-mail jjdesantis@aol.com.

CHILDREN'S SOCIALEMOTIONAL SKILLS GROUPS (ages 5-10). 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. Groups 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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DIVORCE SUPPORT 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.

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www.instituteforgirlsdevelopment.com/our-services/group-therapy/

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

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

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

SEXUAL COMPULSIVITY & PORNOGRAPHY GROUP. Montrose. Brian Le Clair, Ph.D., L.M.F.T., Lic. # 47326. Call (626) 926-9472 or e-mail brian.lc@att.net, drbrian.lc@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.

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

SOCIAL SKILLS GROUP. Glendale. Ira P. Heilveil, Ph.D., Lic. # 07726. Call (818) 241-6780 or e-mail iraheilveil@yahoo.com, ira@touchstone-education.com.

SOCIAL SKILLS GROUP. Los Angeles. Valerie Wallace, M.A., Lic. # 01492. Call (323) 605-2520 or e-mail vrwallace@me.com.

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

SOCIAL ANXIETY SUPPORT TELEHEALTH GROUP. Pasadena. Silva Depanian, L.M.F.T., Lic. # 121864. Call (818) 396-6376 or e-mail silvadepanian@gmail.com.

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

SURVIVORS OF HARVEST FESTIVAL 2020 GROUP. Pasadena. Lisa J. Lewis, LMFT. LPCC, Lic. # 103847. Call (626) 319-5076 or e-mail lisalewis@sprintmail.com, lisa@lisalewisounseling.com.

TEEN ANGER MANAGEMENT GROUP. Glendale. Anita Avedian, L.M.F.T., Lic. # 38403. Call (818) 990-0999 or e-mail anita@anitaavedian.com.

TEENS 12-14 & 15-18 TELEHEALTH GROUP. Montrose. Jamie Given, L.M.F.T., L.P.C.C., Lic. # 00101387. Call (818) 446-7488 or e-mail info@givenguidance.com, jamielgivenmft@gmail.com.

THERAPIST CONSULTATION AD/HD 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 ATTACHMENT TELEHEALTH GROUP. Encino. Azine S. Graff, Psy.D., Lic. # 24847, and Rosalie Finer, Ph.D., Lic. # 10877. Call (818) 810-7079 or e-mail azine.psych@gmail.com, azine@hipsfv.com.

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
& SUPERVISION GROUP.
Studio City. Nicole M. Walker,
Psy.D., Lic. # 16783. Call (818)
856-3833 or e-mail
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Hartoonian, Ph.D., Lic. # 26980.
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e-mail
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alexk@centerforhealthysex.com
info@centerforhealthysex.com.

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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 TELEHEALTH
GROUP. Claremont. Janiel L.
Henry, Psy.D., Lic. # 28724.
Call (909) 294-7012 or e-mail
jhenry@womenrisepsychandwellness.com.

WOMENS SEXUAL TRAUMA
PROCESS TELEHEALTH
GROUP. Pasadena.
Christopher Tickner, Ph.D.,
L.M.F.T., Lic. # 42576. Call
(818) 568-6982 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.

WOMENS TRAUMA, GRIEF, &
LOSS GROUP. Studio City &
Woodland Hills. Natasha D.
Singer, L.C.S.W., Lic. # 72979.
Call (747) 256-2156 or e-mail
nsingerlcsww@gmail.com,
singerbear5@gmail.com.

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

YOGA & YOGA NIDRA
GUIDED MEDITATION
GROUP. Los Angeles. Stacy-
Colleen Nameth, L.C.S.W., Lic.
20894. Call (323) 905-2256
or e-mail
scnameth@yahoo.com.

SERVICES

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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,
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as needed. Jim De Santis,
Ph.D., Glendale, at (818) 551-
1714 or JJDeSantis@aol.com.
[1/22]

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@managmentresourcesbilling.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. [1/22]

CHILD PSYCHIATRIST DIRECTORY. Concise PDF list of 500 physicians who provide psychiatric services to children and adolescents throughout Los Angeles County available on the internet at www.JJDeSantis.com. [1/22]

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. [1/22]

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. [1/22]

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. [1/22]

GROUP THERAPY DIRECTORY. Free directory of 1,400 outpatient psychotherapy groups offered by 600 licensed mental health professionals throughout Los Angeles County. Online directory has been viewed on the internet over 50,000 times. Download a PDF copy from www.TheGroupList.org. [1/22]

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. [1/22]

OFFICE SPACE

BEVERLY HILLS. Part-time space available now 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 more 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]

DUARTE. Full-time office available January 1 in a three-office suite, used by a psychologist, a psychological associate, and a life coach. Collegial setting for a psychotherapist or other compatible person who is looking for office space. For more information, go to www.foothillpsychassociates.com. For a tour, contact John M. Warrington, Ph.D., Q.M.E., (626) 622-9601 or jwarrington@foothillpsych.com. [12/21]

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, and 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. Sound-proofed, third-floor suite, with central air and separate exit. Handicap accessible throughout. 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. Available office is 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. [1/22]

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]

PASADENA. We're excited to share that we have 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. Office suite sublet in the beautiful Thatcher Green Medical building in Pasadena. Available in blocks of 4-5 hours at a time. E-mail for more information and pictures. Contact Hillary Wright, Ph.D., (310) 633-1295, hwrightpsych@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. Contact Howard Levitt, L.M.F.T., at (805) 495-0375 or howardlevitt12@me.com. [1/22]

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 campuserprises@ssmci.net. [1/22]

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]

Newsletter Policies

The GAMHPA Newsletter is published and distributed at no charge to the local mental health community, including San Fernando & San Gabriel Valleys 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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Spring Issue	Mar 1
Summer Issue	Jun 1
Autumn Issue	Sep 1
Winter Issue	Dec 1

ADVERTISING POLICIES

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

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Glendale Area Mental Health Professionals Association Presents

Virtual Continuing Education Conference

Friday, May 20, 2022, 9:30 a.m.-3:00 p.m.

Emotionally Focused Therapy
Geriatric Care Management
Private Practice Development
Mediation & Collaborative Divorce

Four Topics Presented by a Panel of GAMHPA Members

Conference

Transform the Way You Work with Couples with Emotionally Focused Therapy(1 CEU)

Silvina Irwin, Ph.D.

How Collaboration with an Aging Life Care™ Manager Can Support Your Clients and Save Your Sanity (1 CEU)

Lorraine Cummings, L.C.S.W., C-ASWCM, & Brenda Shorkend, M.A., CMC

Sustaining Private Practice & Career Success Through Community Connections Online and In-Person (CEU not available)

Lynne Azpeitia, L.M.F.T., AAMFT Approved Supervisor

Divorce Lawyers' Secrets for Therapists (1 CEU)

Mary Ann Aronsohn, L.M.F.T., Jami Fosgate, Christine Kerian, Ty Supancic, Attorneys

Schedule

9:30-10:00 a.m.	Check-In & Networking
10-11	Emotionally Focused Therapy
11-12	Geriatric Care Management
12-12:30	Lunch Break & Networking
12:30-1:30	Private Practice Development
1:30-2:30	Mediation & Collaborative Divorce
2:30-3 p.m.	Closing Thoughts & Networking

Cost

GAMHPA Members FREE. Non-members \$30 (includes free introductory 2022 membership.) Registrants who do not attend or fail to request a refund one week prior to the event will forfeit fees paid.

Location

Zoom video conferencing login will be provided upon registration and receipt of payment.

Registration

Pre-registration required online at www.GAMHPA.org.

Continuing Education Credit

In order to log attendance and receive BBS CEUs, attendees must download the free "Google Docs" app in advance of the event. The app is available on Android, Apple/iPhone/MAC, or Windows PC.

This course is intended for beginning to advanced mental health professionals. You may attend any or all of the four presentations; CEUs will be credited based on attendance. Course meets the qualifications for 3.0 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs required by the California Board of Behavioral Sciences. CEs can not be provided for our third presentation on business development. Continuing education credit is not currently available for psychologists. CE completion certificates will be awarded when participants complete the course evaluation after speaker presentation.

Thank you to Rachel Thomasian, L.M.F.T., and ShrinkSync, CAMFT-approved Continuing Education Provider #129308. CEs are being provided in partnership with ShrinkSync. ShrinkSync is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs, and/or LEPs. ShrinkSync maintains responsibility for this program/course and its content. Please contact hello@shrinksync.com with any questions, grievances, or accommodation requests.

Further Information and Questions

GAMHPA Board Member Mary Ann Aronsohn, L.M.F.T., Continuing Education Chair
(626) 441-5131, m.aronsohn@protonmail.com

Our Presentations

Transform the Way You Work with Couples with Emotionally Focused Therapy

Silvina Irwin, Ph.D.

10-10:50 a.m.

1.0 CEU

Description

Working with couples can challenge even the most seasoned couples' therapist. EFT is an attachment-informed, systemic and experiential psychotherapy that offers therapists a framework and map to guide their work with even the most distressed couples. This workshop will offer a brief theoretical overview of EFT, as well as offer demonstrations of EFT interventions in action with real couples.

Learning Objectives

1. Understand Couple Distress from an Attachment-informed lens.
 2. Explain the systemic element of EFT.
 3. Name 2 Adult attachment strategies.
 4. Name 2 common EFT Interventions.
-

How Collaboration with an Aging Life Care™ Manager Can Support Your Clients and Save Your Sanity

Lorraine Cummings, L.C.S.W., C-ASWCM

Brenda Shorkend, M.A., CMC

11-11:50 a.m.

1.0 CEU

Description

Do you have clients in your practice who you 'wish you could do more for' outside of your office, but are constrained by your role? An ALCM can advocate for them, get their medical care and home situation stabilized and allow you to focus on the work you do best. We will share examples of how ALCMs can help with a variety of clients. This presentation by two Certified Aging Life Care™ Managers will illustrate, via four vignettes, how mental health professionals can partner with us to provide holistic support to vulnerable clients. We will discuss clients with mental health issues, cognitive impairment and at end of life. In addition, we will illustrate how we can partner with clients "before the crisis" and help them to plan for their future, identifying "solo agers" who need to build a circle of support and clients who have children with special needs or mental health challenges who need to plan for the future.

Learning objectives

1. Define the role of an Aging Life Care™ Manager.
 2. List three of the four ways to refer to an ALCM and collaborate with them through case vignettes.
 3. Describe how mental health professionals can partner with ALCMs to provide better outcomes for their clients.
 4. Describe how partnering with an ALCM can lower incidences of burnout or no shows in the mental health professional's business.
-

Sustaining Private Practice & Career Success Through Community Connections Online and In-Person

Lynne Azpeitia, L.M.F.T., AAMFT Approved Supervisor

12:30-1:20 p.m.

CEU not available

Description

Whether you have, want, are building or growing your online counseling or in-person private practice, there's a lot to be discovered about what will ensure that your practice and career is successful as well as sustainable. In the past, handing out or mailing a stack of your business cards or flyers might have worked well enough to find clients, get a referral network going, find a part or full-time position, fill groups and workshops or start or keep a practice going and growing. However, today doing that might not be the only or best way to keep you and your services at the top of people's minds and insure your practice's ongoing viability. Find out what you can do today

to add to what you already do to keep your practice robust and your services visible and known about in your community. Discover doable, authentic, cost-effective ways, in-person and online, that help you make, keep, and grow your local and community connections, and create and sustain a strong and ongoing referral base for your services—one that brings you clients, connections, colleagues, friends, referral sources, job and career opportunities, and much more.

Learning Objectives

1. Understand the best ways to keep private practice services at the top of people's minds and ensure a practice is successful as well as sustainable.
 2. Identify what worked well enough in the past to find clients, get a referral network going, find a part or full-time position, fill groups and workshops or start or keep a practice going and growing.
 3. Identify what you are doing now that keeps your practice robust and your services visible and known about in your community.
 4. Identify additional up-to date, authentic, cost-effective ways, in-person and online, that make, keep, and grow your local and community connections, and will create and sustain a strong and ongoing referral base for your private practice services.
-

Divorce Lawyers' Secrets for Therapists

Mary Ann Aronsohn, L.M.F.T.

Jami Fosgate, Attorney at Law

Christine Kerian, Attorney at Law

Ty Supancic, Esq.

1:30-2:20 p.m.

1.0 CEU

Description

Four divorce professionals (therapist Mary Ann Aronsohn and attorneys Jami Fosgate, Christine Kerian, and Ty Supancic) will share their thoughts and stories about how therapists can help their separating/divorcing clients. These particular lawyers are dedicated to peaceful processes, and will share what they want therapists to know in order to help families navigate through the storms of divorce and separation. Their goal is to minimize damage to their clients and their clients' families, and help preserve financial as well as emotional assets. The roles therapists can play (and pitfalls to avoid) with regard to divorce will be highlighted, as well as some secrets that divorce professionals want therapists to know.

Learning Objectives

1. List 2 or 3 choices families have about how to get a divorce.
2. Identify 3 or 4 roles therapists can fill with regard to divorce
3. Name 2 dangers to avoid when working with divorcing family members.
4. List and dispel 3 secrets, myths or misunderstandings their clients may have about the divorce process.

Our Speakers



Mary Ann Aronsohn, L.M.F.T.

Mary Ann Aronsohn is a licensed Marriage and Family Therapist since 1989 and a Divorce Coach within the Collaborative Model since 2001. In private practice in South Pasadena, she works with a wide range of family law matters with a special focus on Co-Parenting. She has taught her own private co-parenting course since 2001 and works with high-conflict divorce. However, her heart is in CDR, and she consequently participates energetically in local collaborative organizations. Mary Ann is a compassionate therapist and strong advocate for full-team collaborative work. She has trained with Collaborative Divorce Institute through Collaborative Divorce Education Institute as a "Train the Trainer" and "Shadow Trainer" professional and taught every year in the LACFLA and LACFLA/Loyola Collaborative Trainings. She has provided trainings to CPCal on the State level and to IACP on the international level, and won CPCal's prestigious "Eureka Award" in 2016, for "making significant contributions and demonstrating an abiding dedication to establishing and sustaining Collaborative Practice in California."



Lynne Azpeitia, L.M.F.T., AAMFT Approved Supervisor

Lynne Azpeitia is in private practice in Santa Monica where she works, online and in-person, with Couples, and Gifted, Talented, and Creative Adults. For 10+ years Lynne has helped therapists to live richer and happier lives through her private practice and career coaching, workshops, and practice consultation groups that train, support, and coach licensed and pre-licensed therapists to create and maintain a successful, thriving, clinical practice and a profitable career. Learn more about Lynne's in-person and online coaching and psychotherapy services, workshops, and monthly no-cost Online Networking & Practice Development Lunch at LAPracticeDevelopment.com and Gifted-Adults.com.



Lorraine E. Cummings, L.C.S.W., C-ASWCM

With more than 30 years of experience with older adults, Lorraine Cummings started Caring With Passion in 2002. She recognized that there were many older adults or younger persons with multiple impairments in Los Angeles County who needed a passionate, on-the-ground advocate to guide them (and their families) in navigating an often confusing and difficult range of experiences with care, compassion, and a deep understanding of how 'the system' works. With her experience in overseeing mental health programs, in the public and private sectors and her years of experience as a Licensed Clinical Social Worker, Lorraine designed a service that is deeply meaningful for her clients and provides valuable oversight for those who need advocacy. She is also Certified as an Aging Life Care™ Manager, which designates the highest level of experience in the field of Care Management.



Jami Fosgate, Attorney at Law

Jami Fosgate is a California licensed Family Law attorney who chooses not to accept litigation cases and instead, for the past 12 years, has devoted her practice entirely to offering out-of-court divorce services. Jami has completed extensive training in consensual dispute resolution and uses mediation and the collaborative team approach to facilitate agreements for couples that enable them to create a solution that is tailored to their family situation. Jami's mediation and collaborative team peacemaking options allow people to save time, money, and stress, with the added benefit of retaining control over their case.



Silvina Irwin, Ph.D.

Dr. Silvina Irwin is a clinical psychologist in Los Angeles, and a Certified Trainer and Supervisor in Emotionally Focused Therapy (EFT). Silvina was trained and is mentored by Dr. Sue Johnson, developer of EFT. In addition to offering basic and advanced training in EFT both in Spanish and in English nationally and internationally, she offers master classes on working with the complexities of trauma in EFT Couples therapy, and Integrating Sexuality and EFT. She is the co-founder of the EFT Resource Center housed in the San Gabriel Valley as well as the EFT Center of Los Angeles - a non-profit organization which provides EFT workshops and trainings to the professionals in the Greater L.A. area and beyond. In her psychotherapy practice, she specializes in working with survivors of trauma as well as addressing sex and sexuality in couples' therapy.



Christine Kerian, Attorney at Law

Christine L. Kerian is a California licensed family law attorney/mediator with over 22 years of experience exclusively in family law matters. Although Christine spent the earlier years of her career working in a family law firm representing clients, her private practice is currently dedicated exclusively to mediation and collaborative divorce where she provides cost-effective and non-litigation (no court) services and alternatives to divorce. Christine uses her legal skills, training and knowledge to guide and assist clients who wish to avoid court and maintain control over their own lives by resolving their conflict in a caring, private, respectful and cost-effective manner. Christine helps facilitate the communications and negotiations between couples to empower them to consider the needs of all family members as they reach mutually agreeable and creative agreements without needing to go to Court.



Brenda Shorkend, M.A., CMC

Brenda Shorkend of Shorkend Care Management is a Certified Aging Life Care Manager™/Geriatric Care Manager with over 25 years of experience working with older people and people with special needs and disabilities and their families. She has a background in Rehabilitation Psychology and is a member of the Aging Life Care Association. She has worked in a wide variety of hospital and community settings, including Huntington Hospital's Senior Care Network. Brenda has broad knowledge of local resources and services. Brenda is a strong advocate for her clients. She helps to tailor unique solutions for each individual that maximize their independence and autonomy while ensuring their safety and well-being. She emphasizes the importance of building a team or circle of care that includes family, friends and trusted advisors. She is the Chair of

the Aging Life Care Associations's Standards Committee, and of the San Gabriel Valley End of Life Care Coalitoin



Ty Supancic, Esq.

Working for more than a decade in entertainment before practicing law and having read the law like Jefferson and Lincoln rather than be indoctrinated by law school pedagogues, Ty Supancic brings a unique perspective to reorganizing families. His focus on interests and aspirations rather than opposing positions and old-fashioned adversarial "win-lose" approaches aids in the loving reorganization of families, which is better for children and grandchildren. As a Collaborative attorney and mediator, Ty is passionate about helping his clients accomplish their goals while maintaining their privacy and independence from a broken and overburdened court system. A frequent contributor to the Daily Journal, and popular speaker on Family Law issues, Ty practices in all areas of Family Law from prenuptials to post-judgment modifications.

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: _____