

GAMHPA

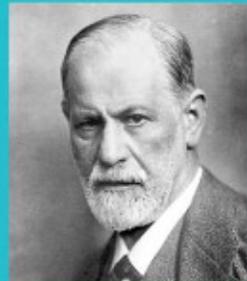
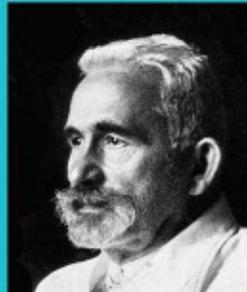
NEWSLETTER

*Your Source for
Mental Health News*

*Glendale Area
Mental Health
Professionals
Association*

*Winter 2023
Volume 31, Issue 1
Circulation 2,350*

Can You Correctly Name These Famous Figures in Mental Health?



Answers to the quiz located on Page 17

Highlights

- Event: Game night
- Event: Spring conference
- Feature: Post-divorce disputes
- Feature: Early Childhood
- Feature: Setting your fees
- TED: Listening
- Podcast: APA's flagship

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**Glendale Area Mental Health Professionals Association
Presents**

Virtual Game Night

Friday, January 27, 2023, 7:30-9:30 p.m.

**Come play with us at the GAMHPA Jackbox Game Night!
This is a free event on Zoom.**

**This event is open to all mental health professionals, interns, and associates.
You do not have to be a member to attend.**

**Pre-Registration is REQUIRED and
closes on the Wednesday night before the event (January 25)**

**Register at www.GAMHPA.org
Upon registration, a Zoom login will be e-mailed to you.**

Virtual game night will be capped to 12 participants so register early!

**If registration is already full and you would like to be added to the waitlist,
e-mail Lauren Worley at laurenworleylcsw@gmail.com.**

For questions, contact our Virtual Game Night hosts:

**Lauren Worley, LCSW
laurenworleylcsw@gmail.com
(626) 314-7477
GAMHPA Member**

**Cadyn Cathers, PsyD
cadyn@affirmativecouch.com
(323) 545-4114
GAMHPA Member**



**Glendale Area Mental Health Professionals Association
Presents**

2023 Virtual Continuing Education Conference

Friday, May 19, 2023, 9:30-3:00 p.m.

**Four One-Hour Topics with Question & Answer
Presented by a panel of GAMHPA members**

- **EMDR: How it Works**
- **Introduction to Somatic Therapy and the Community Resiliency Model® (CRM): Skills that Foster, Support and Build Resilience**
- **Chronic Pain: What It Is and How to Cope**
- **Lifespan Psychological & Neuropsychological Assessment From an Interpersonal Neurobiology (IPNB) Perspective**

Free admission for GAMHPA members

Non-members \$30 (includes free introductory 2023 membership)

For details and registration visit www.GAMHPA.org/events

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).

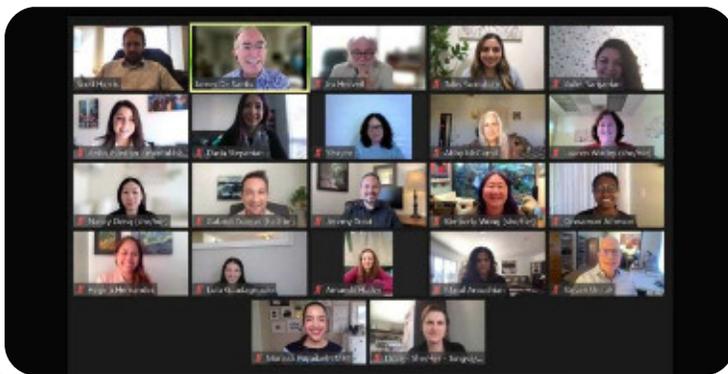
<https://www.shrinksync.com/gamhpa-conference.html>

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)



November 2022 Virtual Networking Event

GAMHPA Virtual Networking

In November, GAMHPA hosted its thirteenth virtual networking event. 23 participants introduced themselves, described their services, and got more acquainted. New member Jeremy Treat won the prize of a free GAMHPA coffee mug.

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: Scott Harris, Jim De Santis, Ira Heilveil, Talin Yacoubian, Vailet Yarijanian

Second row: Anita Avedian, Daria Stepanian, Shayne Vitemb, Abby McCarrel, Lauren Worley

Third row: Nancy Denq, Gabriel Cooper, Jeremy Treat, Kimberly Wong, Cinnamon Johnson

Fourth row: Regina Hernandez, Lulu Guadagnuolo, Amanda Hulley, Maral Aruchian, Steven Unruh

Fifth row: Marissa Esquibel, Dove Pressnall

Events

2023 Virtual Networking Events

Wednesdays, 12-1:30 p.m.

February 15
April 12
June 14
August 9
October 11
December 13

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 . . .

Please welcome our newest GAMHPA members:

- Julissa Cortes, Psy.D.
- Counseling West
- Christina Dixon, L.C.S.W.
- Daniel Fenton, Ph.D.
- Stacey Girdner, M.B.A.
- Cynthia Greenburg-Dunlop, A.M.F.T.
- Kate Hellen, L.M.F.T.
- Shirley Issakhan, A.M.F.T.
- Keith Marshall, Psy.D.
- Evelyn Novello, Ph.D.

- Jessica Poulsen, Ph.D.
- Jeremy Treat, L.M.F.T.
- Talin Yacoubian, O.T.D.

GAMHPA membership dues have not increased in twenty years. Dues are just \$60 for licensed professionals, \$35 for students, interns, associates and allied professionals, and \$125 for organizations.

Join online 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 137 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

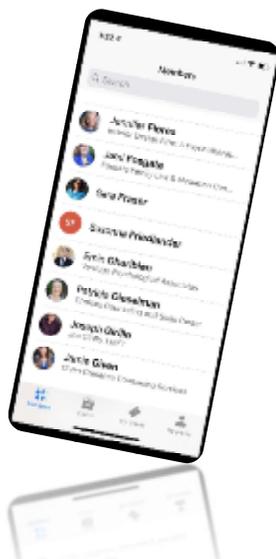
To be added to the listserv, contact our moderator at lynnemazpeitia@yahoo.com.

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 submit a display advertisement 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:

- Lane Assaf, A.M.F.T.
- Amy Di Francia, L.M.F.T.
- Institute for Girls' Development
- Stacy-Colleen Nameth, LCSW
- Rowan Center for Behavioral Medicine
- Lee Stoltzfus, Ph.D.

Feature Article

The hourly rate in your private practice: Is it time to set a new fee?

Lynne Azpeitia, L.M.F.T.

Is it time for you to reevaluate whether you're charging the right amount for your mental health services?

With all the talk about money and prices due to the increased costs of goods and services—and the recent rise in inflation—that everyone is experiencing, many therapists are thinking about, wondering, or seriously considering raising the prices for their services. It's one of the main topics of conversation in professional circles these days.

Since so many therapists are thinking of or increasing their rates, they are also concerning themselves with how to balance the humanistic and business side of running, growing, and sustaining a private practice at the same time.

Do you need a better way to set your hourly fee—one based on your values and what you need to earn from your practice in order to thrive financially and emotionally?

If so, here are four very practical articles that can help with that. Each article offers simple strategies and good advice for how to set your rate so that you are paid what you're worth and you don't burn out when meeting with clients.

Some of the helpful things you'll find in the articles include:

1. Considering your pre-tax annual income
2. What can happen when you undercharge clients
3. How to account for/include your no-show rate when calculating how many clients to see
4. How to afford health insurance, vacation, and pay your quarterly taxes
5. Questions to ask to determine if it's time for you to raise your session price
6. Finding a financial happy place for your practice

Consider these four articles as new tools in your Fee-Setting Toolbox:

1. Set your hourly rate in psychotherapy private practice <https://privatepracticeskills.com/set-hourly-rate-psychotherapy-private-practice/>
2. How to set fees in private practice: 7 simple steps for therapists <https://blog.zencare.co/therapy-fees-how-much-to-charge-private-practice/>
3. Setting fees and session rates in private practice <https://practiceoftherapy.com/setting-fees-session-rates/>
4. How to set up your private pay fees and no show policies <https://societyforpsychotherapy.org/how-to-set-up-your-private-pay-fees-and-no-show-policies-with-john-clarke/>

So, whether you decide to increase your prices or not, there will most likely be a thing or two in these articles that will help facilitate your decision and your comfort with it.



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

Custody disputes “post-divorce” can do more harm than the divorce itself

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

Why can custody disputes “post-divorce” cause more harm than the divorce itself? This is because the child does not have a sense of time. As such, they are retraumatized as the fighting continues.

Research shows that many negative impacts, including severe depression and anxiety, usually occur in the child when anger between parents continues after the divorce.

What are factors that lead to custody battles post-divorce?

1. Similar problems still exist post-divorce

The problems that occurred during the marriage don't just magically disappear with divorce. Things like communication issues, hostility, and resentment remain. These issues often come out in custody disputes.

The most common reason that conflict continues even after the divorce is related to what happened during the marriage itself. For example, while married, one parent possibly believed that the other parent lacked in basic parental skills. Maybe they saw the other parent as irresponsible for not getting help for an addiction issue.

When John picks up the kids from his ex-wife Pam's house, he learns that she did not put the kids to bed on time, and they didn't do their homework.

Whether the marriage was plagued by infidelity, addiction, or trust issues, these will remain after divorce unless both parents do some serious self-work.

2. War ensues over money

Things can get ugly when money is involved. Unfortunately, this is especially true when it comes to divorce cases. One parent may believe that the other cares more about money than their child. They may accuse the other parent of being selfish and not contributing to their child's needs.

Perhaps one parent isn't thinking about what is in the best interest of their child or adolescent. Instead, they only want to spend less money on child support. They may be demanding 50/50 custody solely for the purpose of paying less money, even if this does not fit the scheduling, the school location, nor the development needs of each particular child.

3. Mental health issues are interfering

Sometimes when dealing with child custody issues, one of the problems may be that one or both parents have a mental health issue that is affecting their ability to parent. This can cause serious custody disputes.

Things like substance abuse, mood disorders, and personality disorders can make it hard for one or both parents to resolve issues. These issues can cause a lot of chaos and unpredictability, which can lead to problems.

If one of the parents has a personality disorder like narcissistic or borderline personality disorder, they may be unable to see the pain that they are causing their children. They may lack empathy and scream at their kids, calling them names, oblivious to the damage they are causing.

4. One parent punishes the other parent

In many divorce cases, one of the parents does not want the divorce. They are enraged over the fact that they can't stop it, that they can't control the situation.

As a result, they become bitter and angry. Often this is demonstrated in how they use the children to punish the other parent. This is sometimes called Malicious Parent Syndrome or Malicious Mother/ Father Syndrome.

Out of vindictiveness, they are sabotaging the custody arrangements. They are using their kids as pawns to get back at the other parent or for the purpose of parental alienation—to turn their children against the other. As a result, the kids feel unimportant and unworthy.

The mediator is a guide, a negotiator, and an educator. They are compassionate but direct and firm about the damage this type of negative and bitter behavior has on one's child.

(Article continues on Page 7.)

(Article continues from Page 6.)

What can a parent do?

A parent can play a significant role in their children's adjustment to the divorce. Here are some strategies to help avoid custody disputes.

1. Practice competent listening

One of the keys to learning how to co-parent as divorced individuals, as it relates to creating an appropriate parenting plan, is developing listening skills. I call this competent listening.

This means putting aside one's own agenda when having conversations about the kids. Stop trying to convince the other of how bad their parenting is. Instead, state your concerns, and allow them to express themselves. Stop arguing. If they argue with you, ask questions to get a clear understanding of what they believe. This should slow things down. Then, state your reasons again and let them know that this is how you will respond in the future.

Arguing will only remove the chance of them "thinking." Demonstrating that you really want to understand the other person will dilute the hostility. But at the same time, reaffirm your own boundaries, letting them know how you intend to act in future conflicts.

Take note of when you are becoming hostile. You can practice mindfulness to learn how to notice and to stop when you are becoming hostile or overreacting. Try to stay in the conversation. It may take professional help to learn this skill.

2. Minimize interactions with the other parent

If need be, because of a mental health issue or in cases where the other parent is abusive, it's best to just minimize contact with the other parent as much as possible. You may need to get the courts involved to do this, and that is okay. Never feel guilty about acting in the best interests of your child or children.

3. Seek professional help

One of the goals of getting counseling is to help both of you understand how children are affected by your arguing. It's educating both of you in terms of the trauma that is caused by further custody battles.

Professional help will educate you about the developmental and emotional needs of your children. This is key for helping them as they move on in life and strive to develop healthy and meaningful relationships.

Final Thoughts

For the sake of your children, it's important to try to co-parent in a respectful, compassionate, and cooperative manner. An ex will always be a child's other parent. Parents must avoid using their children as pawns in a battle with each other. Otherwise, the children will be the ones who suffer the most.



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

Mental health in early childhood

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

It can be hard for parents, caregivers, teachers, and even mental health professionals to recognize behavioral or emotional distress in children early on. So much so that it is often missed. Even when signs of mental health need are noticed, we may hold the misconception that it is something that will alleviate itself. While this may be true in some cases, it is not for all.

Research suggests that mental health disorders increase as children grow older (Ghandour et al., 2019) and up to one in five children meet criteria for a mental health diagnosis related to behavior, anxiety, or ADHD (Perou et al., 2013). These mental health issues often originate before the age of five, fueling the need to focus on early childhood mental health.

What is early childhood mental health?

Infants and young children can be at risk for mental health issues that, when left unaddressed, can have a lifelong negative impact. For children aged birth to five, mental health (i.e., social–emotional development) is defined as the emerging ability to experience a range of emotions, form nurturing relationships, and engage in discovery/learning. (Zero To Three, 2017). Encouraging young children’s social–emotional development supports enhanced outcomes across the lifespan.

Identifying risk in young children

Clinicians are trained to diagnose mental health issues based on manifested symptoms and functional impairment. So, it can be tricky to identify risk early in its development, but for young children it is key as it provides occasion to intervene, reduce long-term negative impact, and bolster the family and community context in which these youngsters grow.

Recognizing signs of emerging mental health concerns

Almost every child will experience struggles at some time. It is a normal part of growing up. Some children, however, battle with these issues longer and harder than others.

Mental health concerns may arise at any time in a child’s development. It is not easy to tease apart typical development from responses to a unique stressor or the early emergence of mental health concerns. It is even more complicated as young children may lack the language to and often do not verbalize their needs. Needs are revealed more subtly through the way a child expresses feelings, responds behaviorally, or engages socially.

These indicators help identify when to look further into the concern or seek treatment for a young child, especially when they persist, reflect a change, or reveal regression in areas where skills already developed. Patterns of behavior that are ongoing, intense, or interfere with a child’s social–emotional experiences or development are worthy of additional inquiry. Common indicators are evident in the following four domains.

1. Emotional/behavioral indicators

- Difficulty separating from parents/caregiver
- Puts forth limited efforts to get needs met, cries infrequently
- Quiet, withdrawn, non-responsive or low energy
- Appears distressed, irritable, or fearful
- Becomes upset easily or often (e.g., frequent crying, intense temper tantrums)
- Challenges in coming to calm, difficult to soothe
- Challenges in adapting to new situations or transitioning

2. Physical/developmental indicators

- Delayed development (e.g., speaking, walking)
- Behaves like a younger child or demonstrates regression (e.g., stops using skills already developed)
- Physical discomfort with no known medical cause (e.g., stomach pain, headaches)
- Challenges or changes with toileting, eating, or sleeping
- Nightmares or night terrors
- Failure to thrive

3. Social indicators

- Challenges in developing positive relationships with others
- Decreased playfulness or limited range of activities
- Avoids eye contact
- Becomes rigid when touched or held
- Withdraws or avoids interactions with others

4. Sensory indicators

- Appears bothered by or avoids sensory input (e.g., noise, texture)
- Seeks out sensory input (e.g., swaddling, rocking)

Parental distress as a risk factor for child mental health issues

Young children are very vulnerable as they rely on others to care for them. It is helpful to be aware of what is happening for the caregiver and how the caregivers' situations may impact their relationship with the child.

Factors that interfere with the parent/child interactions pose potential risk for a young child's mental health issues. For example, parent financial stress, history of trauma, or even life events can change how well a parent can engage with the children. Providing support for the parent can prevent long term issues for the child.

Conclusion

As the field of early childhood mental health is young in its development, it offers emerging opportunities to empower parents and other caregivers, serve the needs of young children, and advance our prevention efforts.

While not necessarily a specialty for all clinicians, it is likely that one will encounter a family or child that would benefit from support. It can be helpful to have a baseline understanding of mental health indicators in young children and the knowledge to facilitate the family to care.

References

Ghandour, R. M., Sherman, L. J., Vladutiu, C. J., Ali, M. M., Lynch, S. E., Bitsko, R. H., & Blumberg, S. J. (2019). *Prevalence and treatment of depression, anxiety, and conduct problems in US children*. *The Journal of Pediatrics*, 206, 256–267.e3. <https://doi.org/10.1016/j.jpeds.2018.09.021>.

Perou, R., Bitsko, R. H., Blumberg, S. J., Pastor, P., Ghandour, R. M., Gfroerer, J. C., Hedden, S. L., Crosby, A. E., Visser, S. N., Schieve, L. A., Parks, S. E., Hall, J. E., Brody, D., Simile, C. M., Thompson, W. W., Baio, J., Avenevoli, S., Kogan, M. D., Huang, L. N., & Centers for Disease Control and Prevention (CDC) (2013). *Mental health surveillance among children--United States, 2005-2011*. *MMWR supplements*, 62(2), 1–35.

Zero To Three (2017). *The basics of infant and early childhood mental health: A briefing paper*.



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.

Brief New Book

The Long COVID survival guide: How to take care of yourself and what comes next

In this first patient-to-patient guide for people living with “long COVID,” Fiona Lowenstein, award-winning journalist & speaker, offers stories and advice from twenty long-haulers and experts.

Subjects include:

- Getting diagnosed
- Finding a caregiver
- Confronting medical racism
- Navigating employment issues
- Dealing with fatigue and brain fog
- Caring for your mental health

<https://theexperimentpublishing.com/catalogs/fall-2022/long-covid-survival-guide/>

Brief HIPAA-Compliant E-Mail

To protect patient’s sensitive information, therapists are turning to HIPAA-compliant, encrypted e-mail services compatible with platforms like Outlook and Gmail.

Additionally, services may offer virus detection, firewall protection, data storage, authentication, direct messaging, and document sharing:

- Aspida
- Egress
- HIPAA Vault
- MailHippo
- MaxMD
- Mimecast
- Neocertified
- Paubox
- PBHS
- Proton
- Virtru

<https://www.belongly.com/the-best-hipaa-compliant-email-services-for-therapists-2022/>

Brief Free Resources

ShrinkSync.com

A free app for mental health practitioners to network and build a practice. Peer-to-peer referrals, calendar of local networking events, webinars, and free pre-recorded CEs.

BetweenSessions.com

Free website and e-mail subscription with therapeutic tools to download such as client worksheets, forms, games, and audio files. Paywall services include a telehealth platform.

Belongly.com

A free app/website for mental health professionals to meet colleagues, provide peer-to-peer referrals, and stay connected to a network of peers. Webinars, templates, and sample forms.

Brief Mobile App

Happify: For stress & worry

Category: Health & fitness
Ages: 4+ 108Mb 4.5 Stars
App Store & Google Play Store
Cost: In-app purchases

This motivation and stress-reduction app is designed to reduce negative thinking, change habits, and build skills through

science-based meditations, activities, quizzes, and games.

Pros: User-friendly and non-intimidating. Customized through assessment. Activities are 5-15 minutes and explain how they work.

Cons: More focused on fun than working on mental health. Lack of

structure. Only the paid version offers insights into progress.

What is a mobile app?

A mobile app is a small program developed to run on wireless devices, such as a smartphone, and performs tasks more quickly than a full software program or website.

Brief Podcast

Speaking of psychology

American Psychological Association
Category: Life Sciences
4.5 Stars
Apple iTunes, Google Play

This podcast produced by the APA highlights recent relevant applied research in the field.

Recent topics include:

Coping with news overload
Living happily single
The value of an apology
Medical marijuana
The teenage brain
Using time wisely
The loneliness pandemic
Exercise benefits the brain
Ambiguous losses

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

5 ways to listen better

Julian Treasure
TEDGlobal 2011
11M views
Duration 7:33

“We spend 60% of our communication time listening... and retain about 25% of what we hear,” says Julian Treasure, a top-rated international speaker on sound and communication skills. During this talk, Treasure

plays recordings of pink noise, party banter, and other soundscapes to illustrate our growing impatience with quiet and with intentional listening.

The presentation offers some tools for cultivating better listening, such as three minutes of silence per day, savoring mundane sounds, and shifting your listening “stance” between active/passive, reductive/expansive, and critical/empathic.

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

Mental health apps: How to use apps as treatment adjuncts

<https://pro.psycom.net/clinician-lifestyle-practice/mental-health-apps-how-to-use-in-treatment>

Study finds link between poor mental health and long Covid

<https://www.theguardian.com/society/2022/sep/07/study-finds-link-between-poor-mental-health-and-long-covid>

What TikTok does to your mental health: “It’s embarrassing we know so little”

<https://www.theguardian.com/technology/2022/oct/30/tiktok-mental-health-social-media>

Teens turn to TikTok in search of a mental health diagnosis

<https://www.nytimes.com/2022/10/29/well/mind/tiktok-mental-illness-diagnosis.html?searchResultPosition=2>

The darkness is upon us. How to maintain your mental health when daylight-saving time ends

<https://www.latimes.com/california/story/2022-11-05/daylight-saving-time-mental-health-seasonal-affective-disorder>

Fentanyl vaccine a potential game changer for opioid crisis

https://www.medscape.com/viewarticle/984327?src=WNL_trdalrt_pos1_221121&uac=216341ER&impID=4896824

Seven ways to set boundaries with your at-home telehealth practice

<https://www.belongly.com/7-ways-to-set-boundaries-with-your-at-home-telehealth-practice/>



Amelia Earhart, with new Beech-Nut Pitcairn PCA-2 Autogiro, Grand Central Air Terminal, 1310 Air Way, Glendale, CA, June 7, 1931.

Women Rise

PSYCHOLOGICAL AND WELLNESS CENTER



Together we Thrive. Together we RISE.

THERAPY.NUTRITION.YOGA.MASSAGE.WELLNESS

WWW.WOMENRISEPSYCHANDWELLNESS.COM

(909) 294-7012

CLAREMONT VILLAGE

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

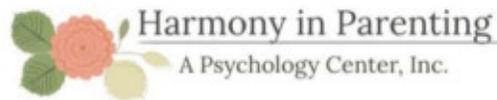
institute for *girls'* development®



flourish
therapy + wellness center

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

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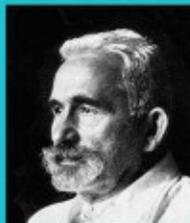
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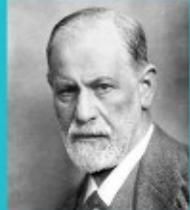
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ADJUNCT FACULTY. The Chicago School of Professional Psychology, Los Angeles, is looking for adjunct faculty to teach the following doctoral-level courses on campus for the upcoming Spring 2023 semester: ethics; personality assessment; basic humanistic/existential theory; introduction to neuropsychology; advanced CBT intervention; supervision, consultation, and professional practice. Qualified applicants will possess a doctoral degree in clinical psychology or a related field, from a regionally accredited

institution, and have a strong background in the area in which they wish to teach. If interested, please e-mail a current curriculum vitae to David Sitzer, Ph.D., at dsitzer@thechicagoschool.edu. [12/22.]

ASSISTANT PROFESSOR. The University of La Verne's Psychology Department invites applications for two full-time, tenure-track Assistant Professor positions to begin with the 2023-2024 academic year as core faculty in our APA- accredited PsyD program in clinical psychology. Requires doctoral degree in clinical or counseling psychology from APA- accredited program and APA- accredited internship, demonstrated teaching experience. Review of applications will begin November 15, 2022 and continue until positions are filled. Applicants should submit a cover letter of interest describing their teaching philosophy and research agenda, along with a curriculum vita, representative publications, diversity statement, evidence of teaching experience, and a list of three professional references. <https://laverne.peopleadmin.com/postings/10988> [11/22.]

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LICENSED THERAPISTS, SUPERVISING THERAPISTS. Clearview Treatment Programs. For more information, visit clearviewtreatment.com or contact Brianne Shintaku at bshintaku@odysseybh.com. [11/22.]

PART-TIME SUPERVISOR. Counseling West, a non-profit sliding scale community clinic in Sherman Oaks, is hiring a part-time clinical supervisor to provide remote group supervision, Thursdays, 9-11 a.m. Prefer depth orientation. More information about our organization is available at www.counselingwest.com. To apply, please e-mail cover letter

and resume to Debra Sharon, Ph.D., at debra@counselingwest.com. [12/22.]

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PRE-LICENSED AND LICENSED THERAPISTS. The Institute for Girls' Development and Flourish Therapy & Wellness Center (serving all ages and genders) are 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]

PROGRAM DIRECTOR. Alliant International University's California School of Professional Psychology is seeking applicants for the Alhambra campus clinical psychology Ph.D. program. Duties include academic planning, faculty recruitment, retention and development, and budget management and oversight, as well as quality of the student's academic experience. <https://jobsearch.createyourowncareer.com/Alliant/job/Alhambra-Open-Rank-Professor-&-Program-Director-CSPP%2C-Clinical-Psychology%2C-PhD-Program-%28-Los-Angeles%29-CA-91803/813458901/> [11/22.]

PSYCHOLOGICAL ASSOCIATE. Inner Wave Therapy in La Crescenta is seeking a part-time (20-hour min) psychological associate in January, 2023. We are looking for someone who is eager to learn more about psychodynamically-oriented therapy and/or conducting neuropsychological evaluations. Duties include intakes, psychotherapy, group therapy, cognitive assessment, and report writing. Supervision is designed to meet California licensure requirements. Interested applicants please e-mail Alique Bedikian, Psy.D., licensed psychologist at drbedikian@innerwavetherapy.com. [11/22.]

PSYCHOLOGIST. Western Pacific Psychological Network, in Sherman Oaks, is looking to hire additional competent full-time telehealth clinical psychologists to conduct psychological assessments and write comprehensive reports for adult patients in California. Psychological assessments focus on occupational health, fitness for duty, pre-surgical clearance, pain management, and addiction potential. Requires psychologist license, and psychological testing experience. If you are interested in this position, please e-mail your CV & cover letter to Zara Ashikyan, Ph.D., QME, at hr@wppn.md. [11/22.]

THERAPIST. Center for Healthy Sex in West Los Angeles has open therapist positions, both in-person & remote, full-time & part-time. 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. To learn more, please e-mail your resume and cover letter to Gabe Littman at gabe@centerforhealthysex.com. [12/22]

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GROUPS

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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.

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

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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.

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Therapy options for youth, teens, and young adults! For a current list of therapy groups, visit

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

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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.

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MINDFULNESS & STRESS MANAGEMENT TELEHEALTH GROUP. Glendale. Martin Hsia, Psy.D., Lic. # 22978. Call (818) 547-2623 or e-mail martinhsia@gmail.com, mhsia@cbsocal.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. Groups cost \$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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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, Ph.D., L.M.F.T.,
CSAT-S, CST-S, Lic. # 36902.
Call (310) 843-9902 or e-mail
info@centerforhealthysex.com.

WOMEN BETRAYED BY
PARNTERS 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, Ph.D., L.M.F.T.,
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 drannewarman@sbcglobal.net.

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

SERVICES

CONTINUING EDUCATION. Anger Management Essentials is a NAMA and CAAMP approved anger management certification training. The training offers 21 CE's and offers both in-person and streaming live. Receive both the adult and the teen's book along with the necessary business forms for your practice. Get on the CAAMP Provider's list for the courts and probation. Associates welcome! Group discounts are offered. Register at www.AngerManagementEssentials.com. Contact Anita Avedian for more information at anita@anitaavedian.com. [12/22]

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. [12/22]

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. [12/22]

CHILD PSYCHIATRIST DIRECTORY. Concise PDF list of 550 physicians who provide psychiatric services to children and adolescents throughout Los Angeles County available online at www.JJDeSantis.com. [12/22]

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. [12/22]

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. [12/22]

GLENDALE AREA THERAPIST DIRECTORY. 180 licensed mental health professionals in the Glendale area, cross-indexed by specialties, services, second languages, and insurance accepted. This online searchable directory is available free at www.gamhpa.org. [12/22]

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 50,000 times. Download a PDF copy from www.TheGroupList.org. [12/22]

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. [12/22]

OFFICE SPACE

BEVERLY HILLS. Part-time space on Beverly Dr., south of Olympic Blvd., in a quiet first floor suite, with easy metered street parking. Within walking distance of Pavilions Market, restaurants, shopping. 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. [12/22]

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. [12/22]

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 kitchenette, photocopier, central air/heat, call light system, and separate exit. 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 office, 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. [12/22]

GLENDALE. Part-time office space available for psychotherapists. Conveniently located on Arden Ave. in Glendale. If interested, please e-mail Ira Heilveil, Ph.D., at IraHeilveil@yahoo.com. [12/22]

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 Angela Lopez at ALopez@IFGD.care for more information. [12/22]

PASADENA. Part-time and full-time space available in our office suite located in the Thatcher building (960 E. Green Street) near Lake Avenue in a seven-office suite of supportive professionals. Waiting room, group room, Wi-Fi, kitchen, private bathroom, elevator access, paid lot or free street parking. \$250 one day a week on a monthly basis. \$1250 for a full-time two-year lease. For more information, please contact Jennifer Levin, Ph.D., L.M.F.T., at (626) 695-4211 or jennifer@therapyheals.com. [12/22]

PASADENA. Sublet on Green Street. Kitchenette, bathroom, snacks, internet, office supplies, call light system. Big HEPA filters in each room; building changes out HVAC filters monthly. Renting in 4-to-5-hour blocks. Contact Hillary Wright, Ph.D., at hwrightpsych@gmail.com. [12/22]

PASADENA. Charming Marengo Avenue private bungalow office sublet available all-day Saturday and Sunday, beginning December 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@lisalewis counseling.com. [12/22]

PASADENA. A collective of therapists is offering space for anyone looking to dip their toe back in to in-person work and community building. New construction in a three-story suite opened in May 2022. Two fully-furnished first floor offices available to rent full- or part-time. One second-floor unfurnished office available for full-time rental. Natural light in a quiet garden setting. Large group space, two outdoor patios, full kitchen, and two in-suite, all-gender bathrooms. Central heat and AC, waiting room and electronic check-in system. All utilities included. Placement on our website as a part of a growing referral network. For information, contact Lisa Bohacek, L.M.F.T., (818) 746-3418, www.southern californiatherapy collective.com, lisabohacektherapy@gmail.com. [10/22]

SHERMAN OAKS. Part-time space available. Anita Avedian, L.M.F.T. Call (818) 426-2495 or e-mail anita@anitaavedian.com. [12/22]

WOODLAND HILLS. Full-time and part-time space available. Anita Avedian, L.M.F.T. Call (818) 426-2495 or e-mail anita@anitaavedian.com. [12/22]

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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 Proofreading, Silva Depanian
 Content/Ads, Jim De Santis

PUBLICATION DEADLINES

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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ADVERTISING RATES

	Member	Non-Mem
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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

www.GAMHPA.org



Instagram

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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: _____