

MENTAL HEALTH PROFESSIONALS

NEWSLETTER
 Your guide to GAMHPA news,
 Information and events
 April May June 2017

Hi Everyone!

Spring is here! Time to renew, refresh and revitalize. No matter how you clean house (mentally and/or physically) we hope you have a good one. Hope to see you at our upcoming event featuring Lynn Azpeitia speaking about money and therapy. See you there!

Suzette and Laura



Suzette Bray is a Licensed Marriage and Family Therapist and Executive Director of Village Counseling and Wellness in Burbank. She spends her limited time outside of the office frantically attempting to thwart the more dangerous adventures of her thrill-seeking six-year-old son. She can be reached at (818) 238-9895, www.lifeworthliving.solutions or e-mail suzette@lifeworthliving.solutions.



Laura Dickson is the director of Glendale Arcadia Counseling in Glendale, California. Glendale Arcadia Counseling specializes in providing Couple's Therapy, EMDR, Anxiety Management and Recovery Support. Laura can be reached by visiting her web site at www.Glendale-Arcadia-Counseling.com by email ldicksonlcsw@sbcglobal and by phone 818-476-0111.

CALENDAR OF EVENTS

BOARD MEETINGS

Conrads Restaurant
 820 N. Central Ave
 Glendale, CA 91203

Friday May 19, 2017
 Friday July 14, 2017
 Friday Sept 15, 2017
 Friday Nov 3, 2017

All meetings 9:15 - 11 am All are welcome.

QUARTERLY NETWORKING EVENT

Acapulco
 722 N. Pacific Ave.
 Glendale, CA 91203

Friday Apr 28, 2017
 Friday July 21, 2017
 Friday Oct 6, 2017

Pre-registration and payment is required by the Wednesday prior to event date at www.gamhpa.org

\$15 members, \$20 non-members.
 No walk-ins will be permitted. Arrive before noon is recommended as parking is limited.

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

For questions contact Kimberly Wong at 626-260- 1356 or kimbelycwonglcsw@gmail.com. You can also contact Rachel Thomasian at rachelthomasian@gmail.com.

Call for Submissions

We want to hear from YOU! GAMHPA is looking for mental health articles, press releases, essays, or case studies (under 1000 words) for our upcoming issues.

Submit to Suzette Bray at suzette@lifeworthliving.solutions

GAMHPA Interview, April 2017

With Steven Unruh

1. If you weren't a psychotherapist, what would you be?

This is a difficult question since even when I was in high school, I signed up for counseling my peers who were in trouble. Never mind the fact that I was on drugs... I still wanted to help my peers. So I believe I would be a lawyer. I would use that career as another avenue to stand up for the rights of those who feel disenfranchised. Yes, I would probably make more money, but I do enjoy law.

2. What is the one thing in your therapist bag of tricks that you could not live without?

An Observing Ego. Understanding the need to observe oneself is essential for helping others see how they impact those around them.

3. What is your favorite book?

The Painted Bird, by Jerzy Kosinski. -His profound and disturbing story.

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

Yosemite - on the top of Half Dome.

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

"You can do it", told to me by my dad.

6. What do you do to re-energize yourself?

I hike to Halestorm, hard metal and 60's Rock. I feel so invigorated and alive. The second best thing is to sit on my sofa, with red wine and do Sudoku... that I love!

Feel free to contact Steven Unruh with questions.
c- 818-523-5723.
stevenunruhmf@gmail.com
stevenunruh.com



9 Healthy Reasons to Get It On (Even If You Don't Feel Like It)

by Kimberly Resnick Andersen

As therapists, we treat a wide range of life concerns. As a sex therapist, I am often providing my clients with information on the psychological and physical benefits of sex. This information can come in handy and I wanted to share it with our GAMGPA community. I often use the data and statistics as interventions with individuals and couples.

Nature designed sex to feel good for a reason—so we will reproduce and endure as a species. But far beyond the pleasure principle, there are many physical and psychological benefits to sex. When people learn how healthy sex really is, it can actually serve as motivation to partake when activity in the bedroom is scarce.

One of my clinical specialties is helping couples in sexless relationships get back on the 'sexual horse.' After an extended period of abstinence, they worry that sex will be awkward or clumsy. They worry they will not be responsive to their partner. They say they need romance and passion. What do I tell them? Do it anyway! Mediocre sex is better than no sex. Awkward sex is better than no sex. It's okay to 'take one for the team' once in a while. You (and your relationship) will benefit on so many levels.

Live Longer and Look Younger!

People who have sex twice a week throughout adulthood will add 5 years to their life span! Not only will they live longer, but they will have more energy, vitality, stamina, strength, and flexibility. Is sex the fountain of Youth? A study conducted at the Royal Edinburgh Hospital in Scotland asked judges to view participants through one-way mirrors and guess their ages. Participants who were having lots of sex (4 times per week on average) were perceived to be 12 years younger than actual age! You know that proverbial 'sexual glow.'

Heighten your Senses

Here's a fun fact for you—sex actually heightens our sense of smell. During and immediately after sex, we experience a surge in prolactin which generates neurons in the olfactory bulb. Sex actually heightens all of our senses. Have you ever had sex then enjoyed a great meal? Yes, even our taste buds are heightened during and after sex. Activating our senses also helps us get in the mood for sex. That's why candles, flowers, bubble baths, fine wine, massage, and music are tried and true accoutrements.

Good for the Ticker

We all know sex is healthy for the heart. A good romp can burn anywhere from 100 to 500 calories depending on length and exertion level. The Journal of Epidemiology and Community Health published a study reporting that men who had sex 2 or more times per week reduced their risk of fatal heart attack by half (compared to men who had sex less than once a month). Aerobic exercise (i.e. sex) is also good for lowering blood pressure, weight loss, and overall stamina.

Brain Boost

Sex plays a protective role in mental acuity, imagination, and memory. A Dutch study published in the March 2015 issue of the American Journal of Geriatric Psychiatry reported that sex may keep our minds sharp as we age. Nearly 1800 male and female participants (average age 71) were asked whether they felt sex and intimacy were important for older adults and whether or not they were involved in a sexual relationship. Subjects who reported a

satisfying sex life and believed sex was important scored significantly better on tests of memory, processing speed and other cognitive measures.

Can sex reduce risk for Alzheimers? Some studies suggest yes. One such study showed that adult rats that were sexually active experienced a boost in neurons in the hippocampus (the part of the brain that stores memories) when compared to virginal rat counterparts.

Natural Pain Reliever

Oxytocin releases endorphins similar in chemical structure to morphine. This effect can temporarily alleviate pain due to tension headaches, migraines, arthritis and menstrual cramps. So next time you have a headache, try reaching for your partner instead of the Advil.

Just looking at your partner (or even a photo of your partner) activates Oxytocin and can reduce pain. In one study, anesthesiologists showed subjects either pictures of their partners; pictures of attractive strangers; or asked them to play a word game. The ones who looked at pictures of their partners reported significantly less pain. In another study, published in the Bulletin of Experimental Biology and Medicine, volunteers who inhaled Oxytocin vapor and then had their fingers pricked reported 50% less pain than those who did not inhale the vapor.

Shorter, Lighter, More Regular Periods and Pregnancy Maintenance

Women who have sex twice a week have more regular menstrual cycles. The uterine contractions associated with orgasm cause lighter and shorter periods by helping to expel blood and tissue more efficiently during menstruation. Sex also helps with pregnancy maintenance and reduces risk for preeclampsia. And when the time comes, it can also help induce labor!

Reduces Risk for Cancer

Sex boosts overall immunity but it offers special protection against cancer, especially breast and prostate cancer. A Study published in the British Journal of Urology International reported that men in their 20's can cut their risk of prostate cancer by 1/3 by ejaculating 5 times per week. Interestingly, this habit offers no protection to men in their 30s, 40s or 50's. 'Milking' the prostate seems to be most protective in the third decade of life. Once men reach a certain age, the practice becomes protective again. Men in their 60's and 70's have a lower risk of prostate cancer if they ejaculate 21 or more times per month.

It has long been understood that the Oxytocin released during orgasm can help protect women from breast cancer, especially if they have never given birth to a child. Nipple play is now believed to assist in reducing risk of breast cancer as well. Tim Murrell, Department of Community Medicine at the University of Adelaide in Australia, recommends 2-3 minutes of nipple stimulation twice a week.

Breast cancer risk is known to be lower in women who have breast-fed their babies. Oxytocin is produced during labor, lactation and orgasm. One of the functions of the Oxytocin is to cause breast cells to contract to expel milk or other breast fluid from them. By stimulating the nipples on a regular basis, he believes the protective benefits of breastfeeding will be simulated.

Better Sleep

During ejaculation, men release a winning combination of brain chemicals, including Norepinephrine, Serotonin, Oxytocin, Vasopressin, Nitric Oxide and Prolactin. Prolactin levels are naturally higher during sleep, and in laboratory studies, animals injected with Prolactin become tired immediately.

Interestingly, prolactin also explains why men are sleepier after intercourse than after masturbation. For unknown reasons, intercourse orgasms release four times more prolactin than masturbatory orgasms, according to a recent study.

Oxytocin and vasopressin also assist with sleep. Their release is frequently accompanied by melatonin, the main hormone that regulates our body clocks. Oxytocin is also thought to reduce stress levels, which naturally leads to sense of relaxation and calm.

There is also a fascinating evolutionary explanation as to why men are sleepy after sex. Men are programmed to spread their seed as far and wide as possible. So, moving on to the next opportunity to procreate (have sex with a new partner) is a powerful force. Sleepiness increases the chances that a man will stick around and spend the night. Sleeping next a sexual partner activates Oxytocin. The simple act of falling asleep after coitus may actually increase the chances that a guy will stick around to help you raise junior.

Enhanced Sense of Well Being

Sex fosters a special closeness because (assuming you are monogamous) it is something that you only do with each other. It holds a special and sacred status. Most people state that they feel closer to their partner after sexual contact (assuming it is consensual and generally steeped in good will). Oxytocin is often referred to as the 'cuddle chemical' or attachment hormone.

In addition to Oxytocin, other neurochemicals released during orgasm, such as Serotonin, Dopamine, and Norepinephrine, serve as a natural anti-depressant and anxiety reducer. These chemicals lift your mood and allow you to temporarily forget your troubles and feel hopeful about your future.

Having sex tempers disappointment and resentment toward our partner. Connecting sexually buys lots of good will. Oxytocin increases generosity, so if your partner seems 'nicer' after sex, there is a physiological explanation.

Still not convinced? Here are a few more health benefits of sex:

- Sex is a natural antihistamine (reduces stuffy nose)
- Sex reduces hay fever and asthma
- Sex protects against osteoporosis
- Sex increases Immunoglobulin A which boosts immunity (reduces risk for common cold and flu)
- Sex reduces risk for stroke
- Sex improves pelvic floor muscles (assists with bladder control)

So the next time you don't feel 'in the mood', reread this blog and do it anyway!

Kimberly R. Anderson, Founder of Clinical Concepts in Sexual Health, is an ASSECT-certified Sex Therapist with more than 20 years experience treating individuals, couples, and groups with psycho-sexual concerns. Clinical Concepts in Sexual Health (CCSH) is located at 450 North Brand Boulevard. For information, please call (818) 334-5811.



Glendale Area Mental Health Professionals Association

Money Matters Presentation:
***How to Unpack a Client's Money Issues
& Take Charge in Therapy & Pre-Therapy Interactions
—and Get Paid What You're Worth***

Lynne Azpeitia, LMFT
Saturday, May 6, 2017, 9:30-12:00 p.m.

Do you dread hearing, "So what do you charge?"

Find Out How to Address Client Fees & Payments As Clinical Issues & Increase Your Income & Caseload

Find out what to say to clients in therapy and pre-therapy interactions so you get paid well, have a financially successful practice and can continue to do the work you love.

Lift the ceiling on your income. Too often we, as therapists, take for granted that potential clients understand the value of our products and services the same way we do—they don't. Clients & potential clients want & need a price, a number, that they can justify paying. When therapists can successfully talk with potential clients about the value of what they're receiving for their therapy dollar, people will often hire them even when they are more expensive than what the client originally thought they could afford.

- Find out how to talk money & fees & not sell yourself or the therapy short.
- Discover what you can do to make good clinical money decisions
- See how you can have productive money conversations that take care of you, your clients & practice.

Money Matters is for you if: You undercharge for your services because you don't think clients will pay you more money....You let clients determine how much your services are worth by negotiating your rates ...You are uncomfortable talking about money with clients....You want to increase your income and raise your fees Whether newly licensed, just getting started or are an experienced therapist, this workshop will address your needs & concerns, answer your questions, give you practical tools & advice, and **increase your confidence & success in handling client money matters.**



Lynne Azpeitia, LMFT, AAMFT Supervisor, supports & coaches licensed therapists, interns & students in creating, maintaining & revitalizing a successful, thriving clinical practice as well as a profitable career. Based in Santa Monica, Lynne works with gifted, talented & creative adults, couples, & families—and provides supervision, consultation & training to licensed therapists, interns & supervisors. Professor Emeritus Phillips Graduate Institute & a popular speaker & workshop leader known for her practical, useful, cutting-edge advice, Lynne is nationally recognized for her skillful, innovative training & extensive knowledge of Virginia Satir's work. Websites: LAPracticeDevelopment.com and gifted-adults.com

When: Saturday, May 06, 2017 9:30 AM - 12:00 PM
Check-in: 9:30 am
Presentation: 10:00-11:30 am
Final Comments and Goodbye: 11:30-12:00pm

Where: The Flintridge Center, Suites 117 and 115, at 236 West Mountain Street, Pasadena, CA 91103

Cost: Free to GAMHPA members; \$25.00 to non-members.

Seating is Limited

Refreshments Provided

Sorry, no CEU's will be issued

Register online at gamhpa.org

Why choose Fusion for summer school?



For more information about summer offerings visit: FusionSummer.com

The term “summer school” has gotten a bad rap, and we’re on a mission to change that paradigm. We know students attend summer school for different reasons. Whether they need help before the school year begins, want to get ahead in credits, or want to do something fun, Fusion covers it all in a one-to-one classroom. Best of all, our unique campus environment is a safe place for students to have fun and actually enjoy learning!

1 One-to-one classrooms.

That’s right, just one student and one teacher per classroom - always. Personalized learning happens here!

2 Accredited middle and high school courses.

For credit or tutoring, Fusion offers three learning levels, essential, college prep, and honors.

3 Post-graduation navigation.

From college applications, learning life skills, and preparing for the transition into the real world, Fusion can help.

4 Cool electives for fun or for credit.

Fusion invests in art and music. Our variety of electives easily surpasses any other summer school option.

5 Skill building and test prep.

Sure we cover the basic study habits and test-taking strategies, but you name it, we’ll likely teach it.

6 The epitome of flexibility.

Sleep in, go on vacation, start anytime, and finish early - we work around summer activities.

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Classified Advertising

GROUPS

Men's Healthy Relationships Group

This group is for men seeking to develop healthy and satisfying relationships with their partners. Men in this group are dealing with intimacy issues and disorders, i.e., conflicted, compulsive, addictive, and hyper-sexuality. Complements concurrent individual and/or couples therapy. Thursday 7:00 – 8:30 P.M. Glendale. D. Lee Stoltzfus, Ph.D. PSY 8607, MFT 6746, CSAT 818-248-1140

MEN'S DATING SUPPORT GROUP 25-35.

A place for men to talk about dating, relationships, sex, and women. Themes include examining limited beliefs, sharing dating skills and knowledge, brainstorming where and how to meet eligible women, screening women for compatibility, trouble-shooting problem situations, and receiving candid positive feedback. Goals include clarifying what you really want, making the best of yourself, building confidence, and meeting more of the right women. Alternate Fridays, 6-7:30 pm, Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714, JJDeSantis@aol.com or JJDeSantis.com.

GAY MEN'S PERSONAL DEVELOPMENT

GROUP. Growth and insight-oriented group addresses dating and relationships, career issues, life enrichment. Uses here-and-now small group dynamics to increase self-awareness, understand one's impact on others, and practice better ways of self-expression. Second and fourth Thursdays, 7-9 pm, Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714, JJDeSantis@aol.com or JJDeSantis.com.

Moving Through Bereavement. On-going supportive and educational group uses here and now discussion, as well as cognitive, psychodynamic, and biopsychosocial perspectives to optimize self-care and coping. Complements concurrent individual or conjoint psychotherapy for your clients. Consultation about a case, call Bonnie Cesak, LCSW, RN, Lic # LCS18570. Glendale, (818)240-1355.

Thriving with Diabetes. Ongoing supportive and educational group uses here-and-now discussion, as well as cognitive, psychodynamic, and biopsychosocial perspectives to optimize self-care and coping. Complements concurrent individual or conjoint psychotherapy for your clients. Consultation about a case, call Bonnie Cesak, LCSW, RN, Lic # LCS18570. Glendale, (818) 240-1355.

Post Traumatic Stress Disorder / Trauma / Sexual Abuse Survivors Process Group for Women. This group will allow survivors to share their abuse and recovery experiences, while providing a safe space for healing and to try out new, healthy coping skills. This group is targeted to sexual abuse, incest, assault, and rape issues. This is held every other Wednesday morning in Pasadena, CA. Please contact Cristina Mardirossian, LMFT at (818) 434-6051 for more information.

DIVORCE AND SEPARATION SUPPORT GROUP FOR FATHERS. For men who have children or teens and are contemplating, going through, or recovering from separation or

divorce. Topics include communicating with an estranged spouse, coping with the legal process, co-parenting effectively, optimizing your relationship with your children, developing a new home life, building a new community of friends, dating again, maintaining productivity at work, and achieving personal satisfaction in life. First and third Thursdays, 7-9 pm, Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714, JJDeSantis@aol.com or JJDeSantis.com.

Teen Talk Support Group. This co-ed support group is a safe place for teens to talk about everyday challenges with school, parents, relationships, and to get support from other teens. Increase self-esteem, healthy decisionmaking and self-awareness. Weds, 6-7:30pm. Glendale. Susan Chakmakian, MA, MFT, MFC41817 contact by 818-839-0390 or susan@susanchakmakian.com.

Write Your Life to "Right" Your Life. Writing group in Toluca Lake. This group meets once per week for 10 weeks; anyone can join any week as this is not a "chronological" process. Help your clients augment their therapy process by journaling and writing, even fictionalizing the stories of their lives into publishable works. I am both a licensed MFT in California and a professional writer and teacher of creative writing. Vickie.saxon@gmail.com or 818-640- 3789.

Men and Women's Interpersonal Therapy Group - A safe environment for adults to explore their issues and gain the support and feedback of other men and women. Members learn how to connect past experiences with present circumstances, to gain self-awareness and find new ways to cope and relate to others and find overall well-being. Thurs, 6:30-8pm. Glendale. Susan Chakmakian, MA, MFT. MFC41817. For more information: susan@susanchakmakian.com or 818-839-0390.

Divorce Class. The Law Collaborative hosts free family law classes on the second Saturday and fourth Wednesday of every month, as a free service to the community. An attorney answers questions and concerns of attendees regarding divorce, child support, child custody, and alimony. It is extremely beneficial to people currently affected by divorce in any way. If you would like more information on this topic, please call Courtney at (818)348-6700 or send an email to courtney@thelawcollaborative.com.

WOMEN'S DATING SUPPORT GROUP 40-65. A place for women to talk about dating, relationships, sex, and men. Themes include examining limited beliefs, sharing dating skills and knowledge, brainstorming where and how to meet eligible men, screening men for compatibility, trouble-shooting problem situations, and receiving candid positive feedback. Goals include clarifying what you really want, making the best of yourself, building confidence in situations, meeting more of the right men, and acquiring new insights into the male perspective. Alternate Wednesdays, 6-7:30 pm, Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714, JJDeSantis@aol.com or JJDeSantis.com.

GROUPS FOR PROFESSIONALS Consultation Group. For experienced licensed therapists who are

interested in contemporary psychoanalytic theory. The goal of this small group (limited to 5) is to provide a place for open, creative discussion of case material with the objectives of deepening one's therapeutic work, enhancing one's clinical understanding, refining one's ability to apply theory to practice, and more effectively using one's self in the clinical encounter. Tuesdays 12:00 – 1:45. For more information contact Larry Brooks, Ph.D., Lic. #PSY8161 (818) 243-0839 or dlarrybrooks.com

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

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

MARKETING CONSULTATION. Individualized coaching for mental health professionals and students/interns wanting to start or build a private practice. Formulate goals, identify optimal niches and target markets, design ethical and effective marketing strategy, write effective advertising materials, and track results. Flexible format uses in-person meetings, telephone, and e-mail as-needed. Jim De Santis, Ph.D., Glendora and Glendale, at (818) 551-1714 or JJDeSantis@aol.com.

PRIVATE PRACTICE OFFICE FORMS. Field-tested, up-to-date quick-start kit of forms includes patient intake, financial agreements, HIPAA notice, consents and releases, and clinical screening forms. CD-ROM, paper copy, or digital files via e-mail. For more information or to examine samples, visit JJDeSantis.com.

The Therapist's Journey formerly known as Professional Development Programs is certified by the MCEPAA and BBS to provide continuing education to Psychologists, Social Workers, and Marriage and Family Therapists. The Therapist's Journey works with small groups of clinicians and agencies to design programs to meet your specific training needs. Call Dr. Larry Brooks at (818) 243-0839 or check out the website at dlarrybrooks.com.

THE BUSINESS OF PRACTICE: Building an Optimal Private Practice for Mental Health Professionals. Paperback challenges and inspires mental health professionals to expand

and refine their opportunities for a private practice that is personally fulfilling. Content emphasizes pragmatic, real-world information and action-oriented steps to offering mental health services, while respecting both established business concepts and ethical principles of professional practice. \$18.95 online at Lulu Books or Lulu.com.

PUBLICATIONS

Child Psychiatrist Directory. Concise list of 440 physicians who provide psychiatric services to children and adolescents throughout Los Angeles County available on the internet at JDeSantis.com.

Holistic Health Coach Services. Individualized wellness coaching program for overall health and happiness. Together we'll create goals around nutrition, sleep, habits, non-toxic products, exercise, stress management, you name it! Contact Jill Lawrence, AADP Holistic Health Coach. www.JillLawrenceHealth.com Email: Jill@JillLawrenceHealth.com

Subscribe to The Therapist's Journey, an E-newsletter that focuses on the subjective experience of doing psychotherapy in these changing times. Go to dlarrybrooks.com.

DIAGNOSTIC TESTING DIRECTORY. The Assessment List is a free directory listing of 300 licensed psychologists throughout Los Angeles county who offer psychological assessment services, including educational, neuropsychological, forensic, vocational, custody, or general psychiatric differential diagnosis. View, print, or download from JDeSantis.com.

East San Gabriel Valley Directory.

Free directory of 141 mental health professionals from Pasadena to Claremont, cross-indexed by specialties, services, second languages, and insurance accepted. View or download at www.JDeSantis.com.

GAMHPA Members Directory.

120 licensed mental health professionals in the Glendale area, cross-indexed by specialties, services, second languages, and insurance accepted. This 65-page is available free at the GAMHPA website: gamhpa.org.

GROUP THERAPY DIRECTORY. Free directory of 900 outpatient psychotherapy groups offered by 300 licensed mental health professionals throughout Los Angeles county. Online directory has been viewed on the internet 34,000 times. Download a copy from TheGroupList.org.

Home Schooling. "Finding Your Way: Exploring Your Family's Educational Journey," a workbook of discussion topics and thought provoking exercises by GAMHPA member Michelle Barone, MFT. Learn more at michellebarone.com.

OFFICE SPACE FOR RENT

MIRACLE MILE Established Psychotherapy group sub-leasing office space. 3 furnished offices with views, waiting room, off-street parking and 24-hr security. Amenities included. Close to eateries and public transportation. Please email to info@cauleyassociates.com to

inquire about availability and fees.

LA CANADA. Just completed office space in La Canada with private waiting area, therapist signal system, sound proofing, plus separate entrance and exit. There are a total of 4 offices within the suite, the building is very well maintained with security for both the building and suite. Similar to 595 Colorado in Pasadena but it's in La Canada! Learn more about from Debra Kessler, Psy.D at www.drdebrakessler.com

Eagle Rock Large, (16.5' x 12.5'), sunny, 2nd-floor, furnished corner office in Eagle Rock available all day Wednesday, Saturday, Sunday. Looking to sublease for full days. Available immediately, renting month-to-month. Includes utilities, shared waiting room, wi-fi, copier, kitchen, free street parking. For more information, please call Emily Moore at 213-503-5553.

Glendale PT office space available for mental health professional. Comfortable, welcoming space located in Beautiful Landmark Bldg., corner of Brand and Broadway. Receptionist, waiting area, full kitchen. Great work environment. Call Laurie McDonough, LMFT 818/661-7147.

GLENDALE. Office space available five mornings a week plus Monday and Friday all day. Beautifully decorated with view toward mountains and Pasadena. Receptionist, copier, and full kitchen. Landmark building, corner of Brand and Broadway. Call Tina Clarfield, Ph.D., (818) 507-1550.

GLENDALE. PT space available for mental health professional. Attractive, upscale and professional building. Highly secured. Beautiful waiting area with refreshments available. Separate exit. Handicap accessible. Great networking opportunities. Newly painted and furnished tastefully. Floor to ceiling window with a view. Nearby freeway. Reasonable rates. Café within the building. Call Anita Avedian at (818) 426-2495 for more information or email her at avediana@aol.com.

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

SILVERLAKE. Spacious and sunny 2nd floor office available Fridays after 12 PM and Saturdays after 11 AM. The Silverlake Avenue location is ideal for therapists wishing to serve the East side communities of Echo Park, Silverlake, and Los Feliz. We are "freeway close" -- just a few minutes from the 2, the 5, and the 101. Please call Anita Frankel MA MFT at 323-661-0297.

BURBANK. Office space to share. Available Monday-Friday all day, plus some evening and weekend hours if needed. Located in the heart of Toluca Lake at 10000 Riverside Drive (across from Paty's). Rent is less than \$400/month depending on time needed. Waiting room, plus comfortable, bright corner therapy office.

Vickie Saxon: 818-640-3789 or Vickie.saxon@gmail.com

BURBANK. Comfortable, warmly decorated office space available in therapy suite. Medical building close to Toluca Village, St. Josephs Hospital, NBC, Disney and freeways. All amenities supplied, including call light. Available on hourly, daily or monthly basis Contact: Miriam Davis, MFT at (818) 848-3022 or miriamdavis@verizon.net

GLENDALE. Competitive rent for furnished office (with waiting and common room) on Brand. Available in half and full day blocks with best rates for multiple days; includes internet, call light, printing, etc. Accessible by all freeways (134, 5, 2). Covered parking included for Therapist and guest parking. Contact Susan Chakmakian, MFT at 818-839-0390 or email at susanchak.mft@gmail.com.

BURBANK. Inviting office space available for sublease at 4444 Riverside Drive. Located between Bob's Big Boy and Paty's Restaurant. Convenient parking. Reasonable rent. Available weekday mornings, all day Saturdays, and all day Sundays. Free group consultation with experienced and supportive officemates on Thursdays at noon. Contact Wendi Svoboda, LCSW at (818)288-6711 or wsvobodalcsw@yahoo.com.

BURBANK. Fully furnished office with a cozy, yet professional style. It is centrally located in a quiet area in Burbank close to the studios and near the Golden State Freeway. Parking is ample and free. If interested, please call (818) 848-5653.

EAGLE ROCK Office available in a mind-body psychotherapy suite with other like-minded therapists in the beautiful Eagle Rock area. All utilities included as well as wifi, fax, microwave and fridge. Available 10/1 at \$900. Unlimited free street parking in front of or behind the building. Beautifully landscaped, quiet building near the 2/134 freeways. scnameth@yahoo.com for more information!

Office space available in Montrose. Room for rent 9 3/4 * 14 5/6 furnished or unfurnished by the month. If you are in need of just a few days we have a lovely room furnished 12 1/2 * 14 1/4 available Monday, Wednesday, Thursday, Friday, Saturday and Sunday. For information please call/text Maggie Murphy 818-800-0279 or email MaggieMurphyLCSW@GMAIL.COM.

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

suzette@lifeworthliving.solutions

GAMHPA

Glendale Area Mental Health Professionals
Association 138 North Brand Boulevard
Suite 300 Glendale, CA 91203-4618
(818) 771-7680 www.gamhpa.org

MISSION

GAMHPA was founded in 1992 by a few local area mental health professionals in private practice. Within several years, it grew to over 100 members. Our mission is to advance professional development through networking, continuing education, and public awareness. We offer equal membership to all licensed mental health professionals regardless of discipline, reflecting real patterns of professional referral. We are an interest group only and do not provide referrals to the community. We are not a profit making organization.

MEMBERSHIP

Download an application form from our website. Full member dues for licensed mental health professionals, \$60 per year. Associate Member dues for students, interns and others, \$35 per year. Organizations, \$125 per year. Dues may be deducted as an ordinary and necessary business expense but not as a charitable contribution.

BENEFITS

Members receive a number of exclusive benefits. Members can present a talk or publish an article on a professional topic. They are listed in the annual membership directory, distributed to the local professional mental health community and posted on our website. They have access to our internet discussion group.

Members can place free classified ads and receive discounted rates for display ads and inserts, and mailing list labels. Members are automatically entered for free newsletter advertising. They receive reduced rates for continuing education. New members can submit a brief professional biography for publication in the newsletter.

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NEWSLETTER

The GAMHPA Newsletter is published quarterly on our website. Notices of publishing are distributed to the local mental health community, including Glendale, Burbank, Pasadena, La Crescenta, La Canada Flintridge, Los Feliz, and Silverlake. Contact us to be added to our mailing list. If you have changed your email address, or mailing address, or wish to discontinue delivery please notify us.

EDITORIAL POLICIES

GAMHPA encourages members to contribute articles of scholarly or clinical interest for publication. Submissions should be forwarded to Editor Suzette Bray at
suzette@lifeworthliving.solutions.

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

Newsletter Deadlines:
July/Aug/Sept 2017 Issue June 1
Oct/Nov/Dec 2017 Issue Sept 1
Jan/Feb/March 2018 Issue Dec 1
April/May/June 2018 Issue Mar 1

ADVERTISING

All advertising questions should be directed to Suzette Bray at
suzette@lifeworthliving.solutions.
Classified and display ads run for one issue. Advertising for services by psychologists or psychological assistants must include the license number of the psychologist. Advertising is accepted up to one week before publication.

Advertising Rates:

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

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

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