

MENTAL HEALTH PROFESSIONALS

NEWSLETTER
Your guide to GAMHPA news,
Information and events
July Aug Sept 2017

Hello GAMHPA members.

We hope that you are enjoying your summer!

In August GAMHPA will be providing a MEMBER ONLY BUSINESS PHOTO SHOOT. LA Photographer, Myan, will be available on August 12. Come and update your photo so you look your best in your marketing materials. See ad for more details.

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 seven-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.net and by phone 818-476-0111.

GAMHPA

UPDATE YOUR PROFESSIONAL PHOTO

SPECIAL MEMBER ONLY PORTRAIT SESSION (\$150 VALUE)

DATE: AUGUST 12, 2017
COST: \$39 FOR MEMBERS
LOCATION: Glendale-Arcadia-Counseling
100 N Brand Blvd. Ste, 200
Glendale, CA 91203

Schedule your appointment now by emailing GAMHPA board member Laura Dickson, LCSW at ldicksonlcsw@sbcglobal.net

APPOINTMENTS BETWEEN 9am and 4pm. LIMITED AVAILABILITY



CALENDAR OF EVENTS

BOARD MEETINGS

Conrads Restaurant
820 N. Central Ave
Glendale, CA 91203

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 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, July 2017

With Jim De Santis, Ph.D.

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

A photographer. I literally have 100,000 photos, many of my son and daughter living their lives and participating in extracurricular activities—sports, arts, scouting, travel. I've taken my gear to a number of countries and photographed my adventures. I enjoy the challenge of light and movement and composition, especially in capturing those fleeting moments when you don't have the luxury to think or plan. The viewfinder trains you to see things you might not otherwise notice. I collect and scan family photos, as well. Photographs are the one thing people who, in losing all their possessions in a disaster, say they mourn the most. Family photographs just cannot be replaced. They connect us with our identity.

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

Metaphor. Symbol and allegory are a gateway to rapid and deep transformation with clients. Metaphor bypasses intellect and defenses, engages the faculty of play, and generates fresh perspective about otherwise seemingly irresolvable dilemmas. It's a challenge to find a metaphor that will embed itself in the client's psyche—maybe even borrowing from their personal experience, professional expertise, or cultural context.

3. What is your favorite book?

A Brief History of Time, by Stephen Hawking. His explanations of what we now know about the origin and fate of the world, through physics and chemistry and astronomy from the vantage point of things that are very small, things that are very big, and the vast expanse of time, gave me a clearer sense of mankind's place in the cosmos. In my mind, it intersects wonderfully with Existentialism.

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

There are so many. The awesome hulk of the great pyramid of Giza. The soft rain in the forest of Manuel Antonio, Costa Rica. The brightly-painted houses on the canal in Burano, Italy. The spiritual stillness of Ayres Rock at sunrise in Uluru, Australia. The stark rise of Stonehenge from the plains of Wiltshire. The spectacular vista exiting the Wawona tunnel as you enter Yosemite. The expanse of LA's city lights at night radiating outward, from the roof of the Griffith Observatory. But probably the lush,

breezy Amalfi coast, more than any other.

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

"Don't just do something, sit there!" In the 1980's while in graduate school, I was a resident student at the Zen Center of Los Angeles in Koreatown, participated actively in this urban Japanese Buddhist monastery, studied with a sensei, and practiced stillness, detachment, and mindfulness.

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

Travel. Somewhat later in life, I discovered travel is a remarkable way to clear my mind through the curiosity of exploration, to develop new perspectives about people, and to reinvigorate the routine of daily life once back home. Sometimes the best moments are accidental, for example by wandering off the path, getting lost, and having to navigate your way back. These make the best stories, too. I've been to a lot of destinations now—Greece & Italy, Egypt, China, Britain & Ireland, Central America, Australia. I've also attended professional conferences in different U.S. cities, and I enjoy the off-time between seminars to explore local history and foods and culture.

Jim De Santis, Ph.D., earned his bachelors degree in psychology from the University of Southern California, magna cum laude, Phi Beta Kappa, and his masters and doctoral degrees in psychology from the California School of Professional Psychology. Dr. De Santis has been licensed for 29 years. He is president of the Glendale Area Mental Health Professionals Association and the East San Gabriel Valley Mental Health Professionals Association. He publishes several directories including The Group List and The Assessment List. Jim is in full-time private practice in Glendale and Glendora, working with individuals and couples and facilitating psychotherapy groups.



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How to Become a Life-Long Learner By Maximizing a Student's Summer

By Dani LePon Ryckman

Ed.M., Harvard Graduate School of Education
Head of School at Fusion Academy Pasadena

During the school year many of us often hear students/our kids saying they feel overwhelmed. They're stressed out trying to manage many sets of expectations and they may also express feeling massive amounts of pressure. Considering the common stress of the school year, it's no wonder that the idea of summer SCHOOL sounds like torture!

But what if summer were an opportunity to blend students' interests and passions with academic concepts? Summer could be a great chance to build students' love for learning while supporting retention. It could provide a chance for pre-learning to get the student's new school year off to a strong start and decrease the stress that overwhelms so many students as school opening approaches. Unfortunately, the traditional school model often focuses so highly on prepping for tests, rote memorization, and GPA that many students lose the excitement, motivation and joy that learning new things should inspire.

When parents are asked what they want for their children they will often answer "I just want them to be happy and successful!" As adults we know that naturally we are more productive, creative, focused and overall successful when we feel happy in our jobs. School is a student's job. What can happen when students are not happy and motivated at school? Their performance begins to decline and so does their self-confidence. Some students excel under pressure and with traditional assessments, but what about those kids who don't? More students fall through those cracks than you think! Students who learn differently often do not excel in the traditional school model, which has nothing to do with their intellectual abilities.

Students who are gifted can get bored and may need to be stimulated by going deeper into concepts or applying what they are learning to their interests. For example, a student who is extremely gifted in math and science and who is particularly interested in computer coding would likely perform so much better if their interest overlapped with their learning. Or consider a student who is a gifted artist and might perform better in school if more artistic projects could be assigned to assess mastery especially around subjects that are more challenging for them. Similarly, students who are struggling with a specific learning disability tend to never feel good about their performance because often the traditional tests do not accurately assess the student's actual mastery of the material. For example, a student with dyslexia may struggle to write all that they know, but might be able to tell you verbally every answer on a test! What about students with anxiety? Often the high pressure testing makes them crumble when it comes to exam time, but they may know all the material. The list goes on and on. We all learn differently and the truth is that no school is perfect for every student or meets every student's needs. This is why I encourage students to use their summer to build on their strengths and get re-engaged in the excitement of learning.

So why not allow a student to explore their interests and abilities? Help them be engaged and excited about their learning experience. I have seen the rewards that come from being a life-long learner. When a student loves to learn, they take that love into adulthood and they will likely feel more satisfaction in their job while also experiencing more success throughout their life. A hairdresser who studies trends and new products, who understands the chemistry behind mixing hair color, will book more clients. What scientist who makes new discoveries is not constantly studying new theories and trends in the scientific community? What musician makes it long-term in the industry without constantly practicing and studying their craft? What author writes a novel that hits big without studying the era they are writing about or constantly learning more about the human condition to enhance their characters?

Do not miss out on an opportunity to enhance a student's learning experience and academic trajectory. There are so many programs and camps that can help students blend their passions and creative energies, and also support learning retention. Do not underestimate the value of sparking (or re-sparking) a student's love of learning . . .it can literally change their lives!

Dani Ryckman worked as a school administrator for over 10 years on the East and West Coasts. She earned her Master of Education (Ed.M.) from Harvard University. Her undergraduate work was completed at California State University, Northridge where she majored in Child and Adolescent Development with a minor in Psychology. She credits much of her success working with students who learn differently to her personal education background and studies which have focused on education, development and psychology. She can be reached at dryckman@fusionacademy.com



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UPDATE YOUR PROFESSIONAL PHOTO

SPECIAL MEMBER ONLY PORTRAIT SESSION (\$150 VALUE)

DATE: AUGUST 12, 2017

COST: \$39 FOR MEMBERS

**LOCATION: Glendale-Arcadia-Counseling
100 N Brand Blvd. Ste, 200
Glendale, CA 91203**

Schedule your appointment now by emailing GAMHPA
board member Laura Dickson, LCSW at ldicksonlcsw@sbcglobal.net

APPOINTMENTS BETWEEN 9am and 4pm. LIMITED AVAILABILITY



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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 JJDeSantis.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 JJDeSantis.com.

East San Gabriel Valley Directory.

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

GAMHPA Members Directory.

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

GROUP THERAPY DIRECTORY. Free directory of 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 Fridays & 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.

BOARD OF DIRECTORS

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NEWSLETTER

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

EDITORIAL POLICIES

GAMHPA encourages members to contribute articles of scholarly or clinical interest for publication. Submissions should be forwarded to Editor 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:
Oct/Nov/Dec 2017 Issue Sept 1
Jan/Feb/March 2018 Issue Dec 1
April/May/June 2018 Issue Mar 1
July/Aug/Sept 2018 Issue June 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