

MENTAL HEALTH PROFESSIONALS

NEWSLETTER

Your guide to GAMHPA news,
Information and events
Oct Nov Nov 2016



We are heading into the season of gratitude. My gratitude will be tinged with sadness this year. All of us at GAMHPA are saddened by the passing of our dear friend and colleague Michelle Barone. I hope you will get a chance to read Jim DeSantis' tribute to Michelle in this issue. She will be missed.

Suzette

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.



On January 28, 2017 GAMHPA will be hosting a Holiday Party for members and their guests. The party will be held from 6 – 9 PM at my home in Altadena, CA. The GAMHPA Holiday gathering will include food, drinks, and entertainment. Our goal is to get together to network, learn, support, and have fun.

Laura

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

Shakers Restaurant
801 Central Ave
Glendale, CA 91203

Friday, November 4, 2016

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

QUARTERLY NETWORKING EVENT

Acapulco
722 N. Pacific Ave.
Glendale, CA 91203

Friday, October 14, 2016

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.

Keep an eye out on GAMHPA.org for lunch dates in 2017!

Save the Date



GAMHPA HOLIDAY PARTY!

SATURDAY JANUARY 28TH
6PM - 9PM

FOOD, DRINKS, ENTERTAINMENT

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, October 2016

With Lisa Massaro MA, MS, LMFT

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

I probably would have been a program developer. I took a class in college when computers were just coming out. I loved it but I felt it took so long to work the bugs out. Now I know that is just part of the process in development; working the bugs out. LOL!!

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

There are two things I integrating: present moment awareness/mindfulness and my client's spirituality as a foundation for success in therapy and life.

What is your favorite book?

As I cannot select one favorite book, I will site authors I have either read or have attended their workshops; authors that have influenced me as a clinician to think outside the box. They are: Poet David Whyte and John O'Donheue Thich Nhat Hanh, Jon Kabat Zinn, Jack Kornfield, Deepak Chopra, Dr Wayne Dyer, Dr Peter Levine and Dr Tara Brach, to name a few.

Where is the most beautiful place you have ever been?

The most beautiful and spiritual place I have experienced in my travels has been in my own backyard: Yosemite National Park. Each time I visit this park I can't help but feel I am looking at the face of the God of my understanding. When I come out of the Wawona Tunnel to the view of the valley, waterfalls, and the majestic rock formations, I am in awe and breathless. The spiritual vibration I feel when I enter the park; the smell of the rustling leaves in the trees, the gentle flow of the Merced River, the majestic waterfalls and the pink and red afterglow of sunset reflecting off of Half Dome and El Capitan all greet me with such unconditional regard. I am home, at peace, grounded in her presence.

What is the best advice you have ever been given?

I can hear my father loud and clear in my mind as I read this question. I was the fifth of six children. There is an advantage to that. He always used to tell me the following: "Learn from your older siblings mistakes so you don't have to repeat them, make your own"; AND "Never pay for the same real estate twice, little girl. It is a bad investment". In other words, learn from your mistakes and don't repeat them.

What do you do to re-energize yourself?

I have a meditation room in my home where I can meditate, play music that calms whatever ails me and do yoga for self care.

I spend time with my husband and our children, (4 y/o, Maui- a half German shepherd/Golden Retriever and 1 y/o, Sedona – a half German shepherd/Carolina breed) in the evening relaxing on the patio.

I spend time in nature, work out or go to the beach.



Lisa Massaro is a licensed Marriage Family Therapist and Life Coach in private practice with offices in Glendale (where she works with couples) and Pasadena (where she works with Adults). Lisa also offers service through Breakthrough Counseling, a secured online tele-behavioral health counseling service.

Lisa has worked with, and successfully coached many clients seeking to maintain and improve their relationships since 2001. She weaves a mind/body/spiritual approach into her work. She received specialized training as a Relationship Coach through the Relationship Coaching Institute and is currently working to advance her studies in working with couples through the Gottman Institute Certification program.

In addition, over the years Lisa has also developed an area of expertise working with women who are going through periods of life transition and change. It could be due to the children no longer being in the home, the end of a relationship or marriage, or the loss of a loved one. Lisa works with these women to rediscover their inner-voice and sense of self and soul. Lisa guides women through the journey of retreat, restoration, rejuvenation and a return to an inner place of balance, peace and self awareness.

Lisa Massaro, MA, MS, LMFT
CA Lic #43286
Glendale-Arcadia Counseling
100 North Brand Blvd., Suite 200
Glendale, CA 91203
818-476-0111
Couples Therapy

Pasadena Office:
448 S Marengo Avenue
Pasadena, CA 91101
626-399-4290
Individual Therapy

Let's talk about sex...after cancer

By Dr. Stephanie Davidson

Changes in sexual intimacy following the diagnosis and treatment for cancer are distressing and can have a significant impact on the quality of life for cancer survivors. Research shows that as many as 90% of patients report problems with sexual intimacy and 52% report problems with body image (Averyt & Nishimoto, 2014; Bober & Varela, 2012; Roth, Carter, & Nelson, 2010). Because sex is often a difficult topic for patients and even some physicians to talk about, this is too often an overlooked and unaddressed problem for cancer survivors and their partners.

It is important to understand how cancer treatment can impact sexual functioning. Here are some examples of how different cancer treatments can change sex for survivors (adapted from Roth, Carter, & Nelson, 2010):

- chemotherapy and radiation can lead to fatigue as well as potential skin changes
- chemotherapy can also cause nausea, vomiting, diarrhea, and hair loss, which can impact desire and feelings of attractiveness
- medications used to treat the side effects of cancer treatment, such as those for nausea, pain, depression and anxiety, can also impact desire, ability to achieve orgasm and ejaculation in men
- psychological factors such as anxiety, depression and difficulty coping can also impact sexual intimacy
- surgical interventions, such a removal of the breast, can impact body image as well as physical sensitivities due to nerve damage
- surgical removal of reproductive organs and genitalia including the ovaries, uterus, cervix, vulva or vagina can lead to nerve damage and scar tissue that can make sexual activity painful or uncomfortable
- radiation of a woman's pelvis can result in inflammation, narrowing and/or loss of flexibility of the vaginal opening causing pain during intercourse
- hormonal deprivation due to surgery or medication can induce menopause, often causing vaginal dryness, decreased sexual satisfaction and loss of interest in sex
- placement of a temporary or permanent ostomy for urine or stool to treat bladder, colon or rectal cancer may require management during sexual activity and can also lead to changes in body image
- removal of the prostate or bladder and/or radiation to the pelvis can lead to erectile dysfunction and incontinence
- removal of lymph nodes in the abdomen (retro-peritoneal nodes) can cause retrograde ejaculation (semen that ejaculates into the bladder) causing discomfort and feelings of awkwardness
- radiation to the pelvis can also lead to diarrhea or rectal bleeding

There are a number of reasons that patients find it difficult to address these challenges. For some, there is a fear of being rejected by their partners. This fear can lead to feelings of isolation and insecurity. Some partners and patients may want to protect the other partner from having to discuss the changes the patient has experienced and instead keep their thoughts to themselves leading to a loss of communication and connection (Roth, Carter, & Nelson, 2010). However, it is important to know that there is help available.

The following sections explain how to address specific issues related to changes that have taken place during treatment. Although these interventions often focus on the survivor, it is important to note that including a supportive partner can make a very big difference in the success of these interventions for many patients.

Body Image

Some of the first challenges that may need to be addressed are those related to body image. For some, engaging in programs that offer women beauty techniques to use during treatment, such as Look Good, Feel Better, can help boost confidence. For others, it can be important to engage in psychotherapy to help process the losses that have come with treatment and to address changes in self image that have resulted from diagnosis and treatment. Support groups or one-on-one discussions with other cancer survivors can also help with addressing feelings of loss and can provide practical tips for overcoming common struggles with bodily changes, such as the use of an ostomy bag, as a result of treatment.

Changes in Vaginal Health

For women who have experienced changes in vaginal health due to treatment, using water-based vaginal lubricants, nonhormonal vaginal moisturizers and pelvic floor exercises are an important first step in restoring vaginal health. If vaginal dryness continues to be a challenge then vaginal estrogen may be an option, which should be discussed with your gynecologist and oncologist (Roth, Carter, & Nelson, 2010).

Pain During Intercourse

Women who experience pain during intercourse that is not related to dryness, often find that vaginal dilators can be helpful in expanding the vaginal opening, increasing vaginal elasticity and breaking down scar tissue. There is some suggestion that combining the use of a vaginal dilator with pelvic floor exercises may increase the benefits. There is evidence that receiving some brief education from a nurse or another practitioner familiar with vaginal dilation often increases the likelihood that you will use the dilator and will therefore increase the chances of seeing results (Roth, Carter, & Nelson, 2010).

Erectile Dysfunction - Medications

For men with erectile problems, medications such as Viagra and Cialis can be helpful. It is important to ensure that muscles and tissue have had a chance to heal after surgery before assuming that these medications may not be effective for you. It is also important to work with your physician to ensure that the medication you are taking is being prescribed at the correct dose for you. In addition to taking the medication, manual and/or psychological stimulation is needed in order to achieve an erection that is firm enough to allow for penetration. Even if you are not able to achieve an erection, you are still able to experience orgasm so if the medications do not work for you then other types of sexual intimacy may be required to achieve orgasm (Roth, Carter, & Nelson, 2010).

For men who have been treated for prostate cancer, a penile injection of medications that cause the blood vessels in the penis to dilate can be very effective. Again, it is important to work with your doctor to ensure that you are using the medication properly and at the right dose. Many couples find that adapting their sexual routine to incorporate or work around the administration of this medication is helpful. Similar medications can also be delivered via a suppository that fits into the opening of the penis. The advantage of the suppository is the avoidance of the injection; however, some men find that the medication creates a burning or painful experience (Roth, Carter, & Nelson, 2010).

Erectile Dysfunction – Mechanical Devices

Some men prefer the use of mechanical devices rather than medication options. Vacuum erection devices fit over the penis and are pumped to create an erection. Erections achieved using this type of device tend to be more rigid and may feel different. Adjustments to a couple's romantic routine will help to incorporate the device. Another option is using a penile implant or prosthesis, which is either unfolded or pumped to quickly create an erection. These methods require good training and instructions in order to be the most effective. They also require patience and changes in sexual practices to create a positive experience (Roth, Carter, & Nelson, 2010).

Couple's Therapy

It is important to understand that facing a life-threatening illness can impact a couple's ability to openly communicate about issues related to sex either during or after treatment. Therefore, engaging the help of a therapist can increase the success of sexual rehabilitation. Therapy can provide a place for the couple to acknowledge and process the losses that have come with cancer and its treatment and to have the opportunity to grieve these losses (Roth, Carter, & Nelson, 2010).

For couples that face challenges associated with changes in the way they relate and communicate or who had other problems that were present prior to cancer, general couple's therapy is likely to be the best first step. If the issues focus more on overcoming the changes in your sexual relationship as a result of cancer treatment then sex therapy is likely to be more helpful. For some the root of the problem is unclear and that is understandable. In that case, it may be best to start with sex therapy. Sex therapy will focus on issues of communication around sex, identification of sexual positions to enhance the sexual intimacy while reducing pain or discomfort and ways to improve intimacy that are not focused solely on sexual intercourse (Roth, Carter, & Nelson, 2010).

Dr. Stephanie Davidson is a licensed, clinical health psychologist and co-founder of the Rowan Center for Behavioral Medicine specializing in the use of cognitive-behavioral, humanistic and existential approaches to treat patients with a range of medical and mental health challenges. She has a strong interest in mindfulness-based interventions to heal the body and mind. Her focus is on collaboration with the goal of assisting patients in adjusting to difficult experiences and achieving a greater sense of well-being, balance and peace in their lives.



Please feel free to call the Rowan Center for Behavioral Medicine for further information 818-446-2522 or email info@rowancenterla.com



In Memoriam

Michelle Barone

With great sadness, we announce the passing of long-time GAMHPA member, Michelle Barone, L.M.F.T., following an illness. Michelle served on the Board of Directors of GAMHPA for a decade, serving as both treasurer and listserv moderator. Even more significantly, she was a cheerful voice, consensus-builder, and wise counsel to the Board, inspiring others to draw on their strengths and give their best.

A specialist in homeschooling/unschooling, energy psychology, and neuro emotional technique, in addition to being a psychotherapist, she was also an author, blogger, and teacher. She coordinated Unschooling Summits with experts in the field. Michelle also served on the board of McGroarty Arts Center in Sunland-Tujunga, a center offering arts education for people of all ages.

Michelle is survived by her two children, Jeremiah Bush and Hannah Bush.

If you would like to donate to help defray Michelle's end of life costs, checks can be made out to Jeremiah or Hannah Bush and can be mailed to: **The Barone Bush Family 285 County Club Drive, #16 Simi Valley, CA 93065.**

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.

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

Stacy-Colleen (SC) Nameth, LCSW, SEP, CCDC, TRM II, RYT 500, LFYP II
Psychotherapy & yoga for the mind body spirit
Eagle Rock Office, 850 Colorado Blvd., Suite 203, LA 90041
www.tellyourstorytherapy.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:

Oct/Nov/Dec 2016 Issue Sept 1
Jan/Feb/Mar 2017 Issue Dec 1
Apr/May/Jun 2017 Issue Mar 1
July/Aug/Sept 2017 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