

GAMHPA Calls for Speakers, Nominations



Words from the President

Sharon Rae Deacon, Ph.D.

CALLING ALL SPEAKERS

In our efforts to continue to build the presence of GAMHPA members in the community we would like to know which of you would like to have an opportunity to speak to local groups. We will endeavor to connect you to the right people. Just drop me a line.

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For those of you who are not sure it is worth the effort or think you are not an orator, let me share a true story. I gave a simple talk to a group of young parents at a local church. Wouldn't even call it a speech. More like a chat with friends. It was a fun morning but no referrals. No referrals for two years that is, when one of the mothers called. Saw her through a problem. Three years after that I made a count: nine of the patients I saw the week before Easter were referred by that woman.

The point is of course that every time you reach out to the community you cannot know how many will reach back but to quote a great line from *Chariots of Fire*... "If you don't run you can't win."

I look forward to hearing from you.

CALLING FOR NOMINATIONS

Yes it is once again that time of year. Please feel free to nominate yourself or a friend for GAMHPA office. We can use all the help we can get. The offices are President, Vice President, Secretary, Treasurer, and Membership Chair. Join the Board! It's a great way to support the professional community and to market your practice. We would love to hear from you. ?



Gender Preferences in Toys Come from

a Variety of Influences...

Corinne Rupert, Ph.D.

As someone who has tracked the development and expansion of girls' and boys' gender roles for several generations now, I am not amused by Dr. Laura's chuckles over silly feminists and academic experts who are coming around to what "we" have known all along. Boys and girls really are different.

And, according to Dr. Laura, marketing executives are reliable sources for validating beliefs about why girls and boys prefer different toys. The argument is simplistic at best. Boys and girls are different because, well, they're made that way. Biology is destiny when it comes to who carries the shopping gene and who bears the sword.

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From the Editor's Couch

Larry Brooks, Ph.D.

What Do Men Want?
What Do Men Need?

Contemporary thinking has helped us to understand some of the vagaries of gender influenced behaviors. We believe we know that men tend to be achievement driven, competitive, rule bound individualists. Their self-esteem is performance based. Men sacrifice connection for autonomy and achievement. While connection/intimacy at the expense of achievement is unmanly, intimacy is threatening. Women are relational, social, and expressive. Their self-esteem is relationally based on being in a relationship and taking care. They sacrifice autonomy for connection. Achievement at the expense of connection leads to guilt.

Both men and women suffer and suppress qualities that are devalued or scorned by convention. The disfiguring impact of these beliefs on male development has only recently been addressed by authors like Terrence Real in *I Don't Want to Talk About It: Overcoming the Secret Legacy of Male Depression* and William Pollack in *Real Boys*. The challenges that men and women face in their struggle for psychological survival are different. The articulation of women's unexpressed voices has been empowering. In contrast, the articulation of the unexpressed male voice threatens the core values of masculinity, and exposes the fundamental paradox of masculinity:

men's strength belies their vulnerability.

This voice has been energetically suppressed, shamed into silence, quivering in shame, frightened of the slightest manifestation of what might be felt or revealed to others as weakness. This thin, fragile voice expresses feelings that undermine the ideals of masculinity. It has been neglected, disowned, and then scorned. It is frail, timid, and insecure. It wants to be held, caressed, and comforted. It is often a little boy of 4 or 5. If it would speak, it might say, "I am scared. I am needy. My feelings are easily hurt. Don't be too demanding of me. I want to be held. I don't want to compete. Help me!"

The "boy code" a term coined by William Pollack in his book *Real Boys* refers to four injunctions that shape male development: 1) Men should be stoic, stable, and independent. 2) Men should be daring and risk-taking. 3) Men should achieve status, dominance, and power. 4) Men should never show their weakness, which includes acknowledging the soft feelings such as fear and neediness.

The "boy code" is entrenched in the granite of our collective psyche. I remember as a teenager feeling enormous social anxiety and pan-inadequacy. I secretly carried these feelings, profoundly ashamed of how I felt, longing to be different. In college these feelings intensified, as did my need to hide them. I felt the need to be the best and the smartest at whatever I attempted in whatever situation I encountered. I broke into a thousand pieces under this pressure and nearly remained so broken. In

college I remember viewing the emerging women's movement through eyes of neediness and despair. I envied the ease at which women seemed to relate and support each other. 'Twas the penis envying the breast.

Fortunately, I was never successful at becoming the best, or at suppressing my feelings of inadequacy. Repeatedly, I encountered my limitations and sulked in my awful depression. And as a result, over time I have been able to grow into myself.

Approximately 21% of women and 12% of men also experience some form of awful depression over the course of their lives. In contrast, many men and some women experience what Terrence Real has described as "covert" or masked depression, the latter term originally used to describe depression in children who theorists believed did not have the cognitive capacity to feel depressed. In "covert" depression, men don't feel or look depressed. They often appear successful and driven, arrogant and irritated. They work too hard, drink too much, and get angry too easily. Their efforts and achievements are not the fruits of self-actualization, but rather of defensiveness. They defend against underlying feelings of helplessness and worthlessness through activity, both adaptive and maladaptive.

Covertly depressed men don't get depressed, they get mad. Their anger is triggered easily, often far in excess to the situation. It is triggered by threats to their tenuous

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Classified Advertising

GROUPS

ADULTS MOLESTED AS CHILDREN (SPANISH). Group to address the needs of Spanish-speaking women molested as children. Safe environment in which to process and resolve abuse issues impacting their relationships and functioning. Contact Teresita Morales, Ph.D., Lic. # PSY16668, at (626) 449-2484 ext. 2.

AMAC GROUP. Small, open-ended AMAC (Adults Molested as Children) group, women only, in Burbank's Media District, Thursday evening, 7:30-9pm. Insight-oriented group process most appropriate for clients who are in individual treatment or who have had some therapy on their abuse issues. Free pre-group interview. Fee \$40 per week, negotiable. Kathy Downing, M.F.T., (818) 845-0151. Primary therapist's inquiries welcome.

CREATIVE PROCESS GROUP. A group for practicing and aspiring writers, musicians, visual artists, actors, etc., utilizing the "art as practice" Zen approach of Natalie Goldberg and the inspiring book, *Trust the Process: an Artist's Guide to Letting Go*, by Shaun McNiff. This 16-week workshop will support and energize your creative process through experiencing the "deep ecology of creation." Emphasizes the development of daily meditation practice. Saturday 10am-1pm. \$22 per meeting. South Pasadena location. Call Deborah McColl, M.A., M.F.C.C., at (213) 896-5127.

DEL MAR GROUPS FOR GIRLS. Weekly groups for teenage girls focus on self-esteem and empowerment through dialogue, support, and creativity. Workshops and consultations available for parents as well. For more information, contact Melissa Johnson, Ph.D., Lic. # 13102, (626) 585-8075.

GAY MEN'S GROUP. Insight-oriented men's group psychotherapy with focus on issues of life enrichment, self-esteem, and personal relationships. Tuesday evening, 6-7:30pm. Call Jim De Santis, Ph.D., Lic. # PSY10315, (818) 551-1714.

GRIEF GROUP FOR TEENS. When someone close has died, teens can benefit from sharing support, coping with feelings, and working towards healing in this 16-week group. Contact Debra Kuperberg, M.F.T. Intern (IMF 34287), in the office of Melissa Johnson, Ph.D., Lic. # 13102, (626) 585-8075.

GROUP THERAPY. Co-ed, insight-oriented group psychotherapy that offers the opportunity for peer feedback in a structured and supportive environment. Wednesday evening, 6-7:30pm. Call Jim De Santis, Ph.D., Lic. # PSY10315, (818) 551-1714.

MEN'S GROUP. Insight-oriented group psychotherapy that examines issues around male-female relationships, work life, coping, and roles. Monday evening, 6-7:30pm. Call Jim De Santis, Ph.D., Lic. # PSY10315, (818) 551-1714.

PERSONAL GROWTH AND SUPPORT GROUP. Leaderless, introspective, longstanding, seeks

new members, male and female. No charge. Meets alternate Saturdays in member's homes. Contact Amyhowell@earthlink.net, (626) 794-7577.

SEVERELY ABUSED WOMEN SURVIVORS. Safe group limited to six participants at Empowerment! in Burbank on Thursdays at 7:30pm. This group is especially for those who would benefit from group participation (which includes communication and relationship skills building), but feel their story is so severe or unusual that the "average" recovery group members couldn't handle it. Participants include survivors of ritual abuse, torture, mind control, and child prostitution and pornography. \$100/month. Call (818) 559-1357.

SEXUAL ADDICTION GROUP. Group for men struggling with sexual addiction including excessive time

Flier Winners

As an incentive to joining GAMHPA, in each newsletter we publish six randomly drawn names of members. Each winner has the privilege of distributing a marketing flier to the newsletter readership at no charge—an \$80 value. Congratulations to our six new recipients this issue:

Richard Atkins, M.D.
Mona Delahooke, Ph.D.
Mary Anne Gallagher, M.F.T.
Jemela Macer, Ph.D.
Andrew Sway, M.A.
Charles Weinstein, Ph.D.

spent on the Internet seeking pornography and other acting-out behaviors. Contact Teresita Morales, Ph.D. Lic # PSY16668, at (626) 449-2484 ext. 2.

SINGLES 12-WEEK RELATIONSHIP GROUP. A 12 week coed group allowing singles to prioritize their personal lives, connect with other thoughtful singles, and discover what needs to be done to move towards dating more or developing a loving long-term relationship. Issues usually include screening potential partners, letting go of unhealthy relationships sooner, limit-setting, healing past hurts, changing old patterns, developing new plans, and taking reasonable risks. Opens 4 times a year, \$35/week, 12-week commitment. Monday evenings from 8:15-9:45pm or Wednesday evenings from 7:30-9pm in downtown Pasadena. Call Andrew Whaling, M.F.T., (626) 564-0480.

SUPPORT GROUP FOR CHILDREN OF DIVORCE. Time-limited group to provide support, understanding, and practical help for children whose parents are separated or divorced. Contact Larry Brooks, Ph.D., Lic. # PSY8161, at (818) 243-0839.

SUPPORT GROUP FOR PARENTS OF CHILDREN WITH ADHD. This group will offer education and support to parents whose children have Attention Deficit Disorder. This group will help parents strategize their way through the maze of information and support services available for their child. As a parent of two ADHD children, Susan can speak with empathy and experience. She will offer valuable tools for dealing with problems related to discipline,

organization, self-esteem and school work. She will also teach parents how to advocate for their child in various environments. Fee: \$35.00 per week. Call Susan Papalia, M.F.C.C., member of CHADD, at 626-798-5073.

WOMEN'S SUPPORT GROUP. For women ages 30-55 who have had brief interventions in individual treatment and would like ongoing therapy that focuses on personal growth, interpersonal relationships, and ongoing improvement in symptoms of mild to moderate depression and/or anxiety. This group is designed to provide both support and insight for growth. Glendale. Bonnie Lowry, M.A., M.F.C.C., call for details, (818) 240-0340.

YOU AND YOUR TEEN - A PARENTING GROUP. This 16-week group format combines parent education with sharing and support. This group is designed to help parents enhance their relationships with their teens. For more information, contact Melissa Johnson, Ph.D., Lic. # 13102, (626) 585-8075.

SERVICES

ATTENTION DEFICIT DISORDER AND LEARNING DISABILITIES. The Assessment Center provides psychological testing for specific learning disabilities, attention deficit hyperactivity disorder, and emotional difficulties, both for children and adults. Reduce the stress and frustration of an undetected client problem. To discuss a case or receive a brochure, contact us at (818) 548-8449.

PROFESSIONAL DEVELOPMENT PROGRAMS. PDP is certified by the CSPAA and the BBSE to provide continuing education to Psychologists, Licensed Clinical Social Workers, and Marriage and Family Therapists. We work with small groups and agencies to design programs to meet your specific needs. Call (818) 771-7888 or Email ProDevProg@AOL.COM for information about our programs.

PSYCHOLOGICAL AND PSYCHIATRIC BILLING SERVICES. Billing various insurance companies (including Medi-Cal and Medicare), assertive follow-ups, patient statements, insurance detailed coverage information. Services strictly confidential. Call Juania at (818) 240-5910 or Page (818) 566-2859.

SELF-HELP MATERIALS. If you have developed any self-help materials and would to sell them on the Internet, visit www.helpself.net. Contact Larry Nadig, Ph.D., at (818) 240-8295 or DRNADIG@aol.com if you are interested.

OFFICE SPACE

BURBANK/TOLUCA LAKE. Part-time space available in charming brick building in heart of Media District. Three office suite and waiting room beautifully furnished in antiques. Call Annie, (818) 558-3922.

GLENDALE. Looking for a therapist with 3 years or more experience to rent part-time office in a suite with well-established psychotherapists. Prime Glendale location, The Exchange. Beautifully furnished. Available Monday, Wednesday, Friday, & weekends. Opportunity for

referrals and collegial relationships. Call Tom Dakoske, (818) 956-6623.

GLENDALE. Psychotherapy office to rent part time. Furnished, recently redecorated, elevator, waiting area, call lights. Available Monday, Tuesday, Friday, and Weekends. Call Devora Lockton, Ph.D., (818) 241-6003.

GLENDALE. Large, furnished psychotherapy office in attractive suite with other professional, friendly psychotherapists. Part-time. Professional building, free parking for therapists and patients. Close freeway access. Handicap accessible. Private rest room. Furnished waiting room. Separate entrance and exit. Very reasonable rates. Call Suzanne Bloom, Ph.D., (818) 545-0600.

GLENDALE/MONTROSE AREA. Two full days per week available within a suite of psychotherapy offices with call system, waiting room, bathroom. Newly remodeled, ample parking, reasonable rate. Call Marie, (818) 957-8385.

LA CANADA. Charming, upscale location, safe, quiet freeway close. Well-appointed suite with bathroom, large waiting room, central air. Utilities included. Full time \$425.00. Kay Kates, M.F.T., (818) 790-7672.

LA CANADA. Psychotherapy office for rent. Attractively furnished in a professional building. Ample parking. Reception room. Tuesday, Thursday, Friday available. \$150.00 per month (one day). \$275.00 (two days). \$350.00 (three days). Call Ed Spangler, M.F.T., (818) 790-4401.

MONTROSE. Office for rent in established Counseling Center that

has moved to new location. One office, 150 square feet, available for lease at \$500.00 per month (includes utilities). Contact Robert Kerrebrock, Ph.D., (818) 957-5358.

PASADENA. Part-time psychotherapy office available in a beautiful historic building near old town Pasadena. Waiting room with separate entrance/exit, reception area, soundproofing, and a light signal system. This comfortably furnished, windowed office is available on Fridays and weekends. Please contact Susanna Friedlander, Ph.D., at (818) 548-4770 for further information.

MISCELLANEOUS

WHOSE CHILD? by Kasey Hamner is now available! This highly regarded book is an adoptee's life story, written for the adoption community and helping professionals, to help them develop a better understanding of the lifelong emotional aspects of adoption and reunion. ISBN: 0-9674145-0-4, 308 pages, \$14.95 each + \$1.23 CA sales tax + \$3.50 S&H for first book; \$1.00 each additional. We accept Checks, Money Orders, Visa, MasterCard and American Express!!! Ordering Information: Mail: Triad Publishing, P.O. Box 8514, La Crescenta, CA 91224-0514. Phone/Fax: 818-957-5526. Email: healingheart@earthlink.net. Online: <http://www.bookzone.com/bookzone/10001914.html>. ?

From the Editor's Couch
Larry Brooks, Ph.D.

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self-esteem. They need others to bolster their self-esteem and admire

their achievements while cloaking this need in machismo. Their anger appears extreme and senseless, having been severed from connection to their needs and feelings of vulnerability. When confronted, their response is often denial or indignation.

Intimacy challenges men's coping, especially men who are covertly depressed. They often encounter their shadow in their partner. The relational drama unfolds like a Greek tragedy. While the internal conflicts of each partner are acted out in the relationship, men's unacknowledged pain sets the emotional thermostat of the relationship. Men who are intolerant of helplessness are threatened by displays of helplessness in their children and their wives.

The dynamics of gender reflect a dialectic between dual psychological qualities that are unequally expressed in individuals, with certain qualities more present in men and others in women. Qualities such as activity/passivity, aggression/masochism, dependence/independence, stoicism/vulnerability have become benchmarks of the differences between men and women. The concretization of gender differences has polarized our knowledge of men and women and ourselves. Men are from Mars and women are from Venus. But men are more like women and women are more like men than we care to admit. Differences which are a fundamental condition of humanity, of relationships do not have to alienate us from others, and quite possibly from deeper parts of our personality. ?

Gender Preferences in Toys Come from a Variety of Influences...
Corinne Rupert Ph.D.

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Dr. Laura has it partly right. To a degree, we are programmed by our genetic heritage. So, what's the other part? Just the notion of learning from the family, social, cultural, and political contexts in which we live. The field of learning, a fundamental principle for understanding human behavior, can open our eyes to the complex ways in which our environment nurtures the development of our gender roles. Here are a number of facts about gender that can help us understand this important organizing principle. By this understanding, we can create settings and experiences conducive to healthy sex role development. We can encourage our children to expand their play and gender role flexibility to become more complete, happy, and well-rounded human beings.

Fact: Boys and girls are more alike than different. In the womb, we all start out female. The bell-shaped curves measuring girls' and boys' biology and behavior show greater commonality than difference. Basic psychological needs for trust, love, meaningful work, family/community, and spirituality exist in both women and men. We all want freedom, success, esteem and opportunity to create our own destiny. Equality, respect, dignity, and recognition of our accomplishments are not boy needs or girl needs, they are human needs.

Fact: From the get go, we respond differently to children based upon

their gender. For example, a two year old was greeted by the same person with "hi' ya slugger" when sporting a baseball cap and "coo coo coo" when in lace and ribbons. Girl babies are treated as more fragile and helpless despite the fact that they are generally healthier and better developed than boy babies. Boy babies are talked to less, and encouraged to be more independent than girl babies. Moms and dads have different emotional attitudes, expectations and play patterns when they interact with their sons and daughters. Different styles, images, and colors are assigned to girls and boys right from the start.

Fact: There are greater differences within each gender than between the genders. While the majority of boys seem to take innately to the warrior-hunter role, as many as one-third do not. We may know and love these sweet and gentle boys who would rather relate than compete. And, there are some highly charged girls who are CEO's in training. They have an inborn will to lead. There is nothing wrong with these characteristics, just kids expressing the wide range of personality traits within each human being.

Fact: Children are multidimensional and want to explore a variety of roles. Compared to the fifties and sixties when sex roles were divided by more rigid expectations, boys and girls today are "crossing the line." In safe, non-shameful environments, boys play dress-up with the girls, and even dare to try on a boa or high heels. They wear frilly aprons and argue over who irons better. Girls get dirty transforming into saber tooth cat princesses and playing rowdy

adventure games. And while most of these children would buy toys typically assigned to their gender, they enjoy greater sex role flexibility in their play than ever.

Fact: Toy, activity, and dress preferences are not set; they change over time with maturity and new experience. A preschool girl may refuse to wear anything but baggy shorts and shirts, preferably military style. By second grade, she has discovered her feminine power in a pony tail hair extension. Over time, I observed one "all boy" who was so attached to toy trucks that he slept with one in each fist at night. Even his first word was "guck" for truck. This boy grew up to be valedictorian of his class, is majoring in philosophy and theology, and is an espoused feminist. (He is also quite a hunk with a long-term girlfriend in case anybody was wondering.)

Fact: Despite kids believing that they are in charge of their choices, youngsters easily absorb the programming and products from popular culture. Hyper-masculine and feminine images abound. And, despite what marketing experts say about merely reflecting society, advertisements send girls and boys powerful messages about how to behave and what to buy. After parents and peers, media has the third largest influence on kids. And it can jump to a higher rank if parents and the community are absent or unable to convey the values and life style that they want for their kids. The good news is that our efforts to educate, guide, and redirect destructive or inappropriate behavior have paid off. According to recent

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Gender Preferences in Toys Come from a Variety of Influences...
Corinne Rupert Ph.D.

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trends, the "Y" or "millennium" generation is more media savvy, less sexualized, and less violent than preceding ones.

Fact: The notion of what it means to be male or female has changed over the years. We are all works in progress. Forty years ago, we gave girls dolls, beauty products, and domestic toys to reenact what mommy does, and to prepare them for nurturing and beauty roles. So what's changed, you might wonder? Well, mainstreaming its way into the repertoire of possibilities is the archetype Diana or Artemis—adventurer, heroine and athlete. She prevails in girls sports. Go Purple Pixie Sticks! Disney's *Mulan* also manifests these traits. And the boys? Though boys remain as enamored by muscled heroes as the girls are with Barbie and Britany, they are gradually expanding their images and play patterns as seen in the wide popularity of the unlikely hero, Harry Potter, a small, thin boy with glasses. In the *Pokèmon* series, boys fight the battle between good and evil, as usual, but they also nurture and protect Pikachu, a soft cuddly creature more typical of a "girls only" property.

Fact: A secure and comfortable congruence with one's gender is desirable for both boys and girls. Ages two to ten are crucial years for establishing gender identity. Gender identity, however, should not be confused with stereotypical sex role behavior. A man can be

comfortable with his masculinity and his role as homemaker/primary child care provider. Both boys and girls have masculine and feminine sides. We typically recognize the masculine side as one of agency--the tendency to act and be powerful in the outside world. The feminine side is one of receptivity, relatedness, and inner space. Children need to develop competencies in both worlds. Boys have greater unmet needs for closeness, affection, and security. Too often, these needs get split off or repressed. One unfortunate result of this emotional disconnection is the lack of consistent and available fathers or father figures in many children's lives. Boys need many more experiences where they can acquire essential skills for empathy and emotional regulation. In today's social climate, girls are realizing more fully their capacity for agency in public life. Though they may reach glass ceilings and face impossible demands as mother, homemaker, and worker, women are more fulfilled than ever. Rather than calling women for equal rights silly, angry, and militant, Dr. Laura may one day appreciate how much she benefits from those women who worked and sacrificed for her ability to be heard in the public arena.

Fact: Many parents are needlessly anxious about their children's sex role behavior. We worry. "Will my son be gay if he plays dress-up with his older sisters? Will my daughter ever enjoy her femininity and stop skateboarding with the boys?" Be reassured. Developing an easy acceptance and comfort with one's gender does not mean one must follow sex role traditions. For the most part, gender identity is a very deep, gradual, and largely

unconscious process that can be influenced but not controlled. The best things parents can do are to help their children feel good and competent about their bodies, create warm and loving experiences with their kids, and model what they want to teach. Still worried about the gay issue? Seek counsel and gain understanding about your own attitudes and fears. Disconnect being gay from being bad or sick, and do your part in bridging the tolerance gap.

Gender is a powerful organizing principle in a child's life. Gender identity is greater than the sum of the parts encoded in our biological inheritance and by our cultural experience. So let's mark today's stage of gender identity, equality, and differentiation among girls and boys as one point in time along a path of mystery and striving to meet unfilled potential, differentiate more clearly, and unite more harmoniously.

Dr. Corinne Rupert is a psychotherapist, writer, and educator with offices in Glendale and Dana Point. A nationally recognized expert in child development, she has been a consultant for children's programming at ABC Television, Knowledge/Adventure, and elsewhere in the toy, television, and multimedia industries. She holds a Ph.D. from the California School of Professional Psychology in Los Angeles. Dr. Rupert is a GAMHPA member. ?

GAMHPA

Glendale Area Mental Health Professionals Association
Suite 300
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(818) 771-7680
www.psychotherapy.org/gamhpa

The mission of the Glendale Area Mental Health Professionals Association 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. We are an interest group only and do not provide referrals to the community. We are not a profit-making organization.

2000 BOARD OF DIRECTORS

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MEMBERSHIP

Contact our Membership Chair for an application form to join. Full Member dues for licensed mental health professionals, \$45 per year. Associate Member dues for students, interns, organizations, and others,

\$25 per year. Dues may be deducted as an ordinary and necessary business expense but not as a charitable contribution.

NEWSLETTER

The GAMHPA Newsletter is published six times a year, distributed to the local professional mental health community, including Glendale, Burbank, Pasadena, La Canada, Montrose, Los Feliz, and Silverlake.

GAMHPA encourages members to contribute articles of scholarly or clinical interest for publication.

Newsletter Submission Deadlines

Sept/Oct issue	Aug 18
Nov/Dec issue	Oct 20

ADVERTISING

Deliver advertising by the submission deadline to the editor. Ads run in two issues except employment ads which run once. All advertising for services by psychologists or psychological assistants must include the license number of the psychologist.

Advertising Rates

Item	Member	Non-Mem
Classified ad	Free	\$15
1/8-page display ad	\$20	\$45
1/4-page display ad	\$40	\$65
1/2-page display ad	\$60	\$85
Mailing list, printed	\$10	\$20
Mailing list on labels	\$20	\$30
Mailing list on disk	\$75	\$75
e-Mail list	\$10	\$20
Newsletter inserts	15¢	25¢

Display ads must be camera-ready. To submit a newsletter insert—such as a flier, brochure, or postcard—provide a sufficient number of copies

to cover the mailing list. Postcard and brochure inserts must be no larger than 3 3/4" x 9 1/8". Make checks payable to "GAMHPA."

GAMHPA Newsletter.
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Calendar of Events

NEW!

CONTINUING EDUCATION Friday Morning Seminars

Sleep Disorders, October 6
Michael Stevenson, Ph.D.

EEG Biofeedback, November 3
EveLynn McGuinness, Ph.D.

Aging, December 1
Rowin Cantrell, M.D.

Marketing, February 2
Jim De Santis, Ph.D.

Children of Divorce, March 2
Larry Brooks, Ph.D.

See the enclosed flier to register for these upcoming GAMHPA continuing education events. Call (818) 771-7888 for details.

YEAR 2000 BOARD MEETINGS

3245 N. Verdugo Road
Fridays, 9:30-11am
Everyone welcome.

Call ahead if you plan to attend.
(818) 771-7680.

Aug 11 Oct 13 Dec 8