

A Bi-Monthly Publication of the
Glendale Area Mental Health Professionals Association
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New Benefit Offered to Members in 2000



Words from the President

Sharon Rae
Deacon, Ph.D.

ARE YOU ONE OF THE WINNERS?

Just a jog to get you all to read the newsletter from front to back, six of you have won an opportunity to send a flier out to us all at no charge. Look for your name among the list of winners published in this issue!

We would like to acknowledge the following new GAMHPA members for the year 2000: Stacey Marshall, Alan Karbelnig, Ph.D., The Frostig Center, Harold Slater, Ph.D., Daniel Spector, Ph.D., Judy McGehee, MFT,

and Seanna Marre, MS, LEP. Welcome.

If you haven't already, be sure to look up the GAMHPA web site at www.psychotherapy.org/GAMHPA. It has just been updated and looks great. It includes a full list of members and a copy of the newsletter. I would like to take this time to thank David Fox, Ph.D., for all of his work on the web site. It wouldn't exist without his expertise and effort.

We continue to develop a continuing education program offering continuing education credits. If any of you would like to be presenters, just drop us a note. It is a great opportunity to share your knowledge and let others know about your specialties.

Hope you all are having a good year. ?



From the Editor's Couch

Larry Brooks, Ph.D.

There was never a more holy age than ours and never a less.

Annie Dillard, For the Time Being

The more we change the more we remain the same. Same difference as my daughter is stirred to reply to many parental comments. The monumental insignificance of our passage into the "new millennium" brings this millennial sentiment into focus. Annie Dillard, a novelist and essayist, captures the continuity of life in her narrative For the Time Being:

"The good times, and the heroic people, are all gone. *Everyone knows this. Everyone always has.* (my italics) 'Nowadays,' an 11th century Chinese Buddhist master complained, 'we see students who sit diligently but do not awaken.' In the twelfth century, Rabbi Judah Halevy mourned the loss of decent music: It degenerated from its former greatness because people, too, had degenerated. 'There is so much worldliness nowadays,' Saint Teresa

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From the Editor's Couch
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of Avila wrote to her brother in 1570, 'that I simply hate having possessions.' An 18th century rabbi said, 'Newfangled people have appeared now who care about money.' In our time, says a 20th century hasidic rabbi, we are in a coma."

Technology advances. The human heart remains. We are much more capable of thinking about the world than we are of thinking about ourselves. Our five senses point outwards. Our sixth sense is suspect. Our inner world is an open system, infinitely complex, and still uncharted. Freud labeled that unknown part of the mind the Unconscious: not to be fully known, not to be fully understood. It trails our movements like a giant. It contains all that we have experienced, felt, thought, and wished for. No wonder it is so immense, mysterious, and at times, terrifying.

Freud said that "what is not remembered is acted out and repeated." I saw a picture of Governor George Bush and was struck by the resemblance between him and senior Bush. I wondered about my son, how he would grow up, and how much of my mental load he would carry. My father had his first serious heart attack at age 49. I had endocarditis at age 47. When I was approaching forty, I miscalculated the age when my father had his heart attack to be 39. I began to worry until I realized my mistake. It is estimated that the universe is between 4 and 14 billion years old. We can tolerate a wide margin of error in some circumstances. I began to experience chest pains as I

approached the first anniversary of my father's death. I realized this was an anniversary reaction, but the chest pains did not go away until I had an EKG that indicated my heart was OK. In minutes my chest pains disappeared.

As a child I was fearful. I was afraid of the dark, bad dreams, the world blowing up, dying in my sleep, doctors, and strangers. I always believed that I was the recipient of my mother's unconscious. Born of immigrant parents, she carried their superstitions and fears of the unknown and the known into the modern world. I see my son walk in what I had thought was my shadow.

Perhaps our mental turmoil resembles Sisyphus whose fate was to repeatedly push a boulder up a long hill, only to have it roll backwards as it neared the summit. It was said that he had stolen secrets from the gods. We, who have the capacity to reinvent ourselves, who believe in the future as if it were a benevolent god, however, don't see ourselves in Sisyphus. The chorus I hear from many of my clients, especially the younger ones, as they deftly avoid thinking about their "problems" is what's the point of dwelling in the past; it's ancient history today. Let's move on. With ever more powerful microprocessors the living unit of time has become the microsecond. A second has become interminable, as you wait to connect.

A parent of my son's friend recently moved to a house that is several blocks away from the house that she lived in as a child. When she walks her son to school, she passes this house. As she described her walk, I imagined an energy field

encompassing her neighborhood, channeling time past and time present. I longed to return home.

Thick Nhat Hahn, a Vietnamese Buddhist monk, poet, and peace activist, says, when you look deeply into things you see the interconnections of life. "A tree is like a cathedral." He sees the sun and clouds in its branches. When he looks at his enemy he sees himself. He sees his mother in the suffering of school children in Kosovo, Vietnam. Most of what we believe about ourselves consists of not-self elements. We spend so much time taking credit for not-self achievements and plagiarize the process of Being. Much of what we believe about our enemies is true of ourselves. I long to be honest.

In our hands, the hands of all of us, the world and life.

Teilhard de Chardin,
quoted in For the Time Being ?

Calendar of Events

2000 BOARD MEETINGS
3245 N. Verdugo Road
9:30-11am. Everyone welcome.
Call ahead if you plan to attend.
(818) 771-7680.

April 28	Aug 11
June 16	Oct 13
	Dec 18

Classified Advertising

GROUPS

ADOLESCENT GROUP THERAPY. Ages 13-16. Limited to five members, to deal with family and peer relationships, school problems, substance abuse issues, and improving communication. Former teacher and counselor. \$25 per group. Call Ann Montgomery, M.F.C.C., Lic. # MFC31715, (818) 734-9509, Glendale.

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.

AMAC GROUP. Small, open-ended AMAC (Adults Molested as Children) group, women only, in Burbank's Media District, Thursday evening,

7:30-9:00pm. 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.

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.

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.

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 member couldn't handle it. Participants include survivors of ritual abuse, torture, mind control, and child prostitution and pornography. \$100/month. Call (818) 559-1357.

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 CPAAA and the BBSE to provide continuing education to Psychologists, Licensed Clinical Social Workers, and Marriage, 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.

Place Your Practice Advertisement On the Desk of 500 Colleagues

GAMHPA members can place free classified ads and discounted display ads in this newsletter. The GAMHPA Newsletter is distributed bimonthly to over 500 mental health professionals in Glendale, Burbank, Pasadena, La Canada, Los Feliz, and Silverlake. For further details, turn to the back page of this issue.

OFFICE SPACE

BURBANK/NORTH HOLLYWOOD. Delightful offices designed for therapists. Full/part time, furnished/unfurnished offices available. Client call system, waiting room, kitchen, gated parking, excellent location. Call Sharon Tobin, L.C.S.W., (818) 845-0729.

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

GLENDALE. Charming windowed therapist office available June 1, 1999, in convivial, multidisciplinary suite,

located next to Glendale Adventist Medical Center. Private restroom, elevator, quiet. Please call Sandy Weimer, M.D., (323) 662-5798.

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

LA CANADA. Psychotherapy office for rent. Attractively furnished in a professional building. Ample parking. Reception room. Tuesday, Thursday, Friday available. \$150 per month (one day). \$275 (two days). \$350 (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 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.

AFFILIATE AGENCIES

COLDWATER COUNSELING CENTER is a non-profit organization based in Studio City providing depth psychotherapy to adults and children

on a sliding-scale basis. All therapists and interns have had and continue to engage in extensive personal analysis. The staff--mostly licensed M.F.C.C.'s--include three Jungian psychoanalysts and a number of analysts in-training. Satellite locations include offices in Glendale and on the Westside. For information or a brochure, call (818) 508-0703.

EMPOWERMENT! is a non-profit organization that offers quality affordable counseling to those in distress. We specialize in recovery from trauma and dissociative disorders. We are located in Burbank. Our phone number is (818) 559-1357. Our web site is <http://members.aol.com/mpowermnt/index.htm>

GLENDALE FAMILY SERVICE has been providing outpatient mental health services to the surrounding communities for over 60 years. We offer individual, group, family, and couples counseling, and psychiatric services. In addition, we have a domestic violence program (both in English and Armenian) and parenting classes. An outpatient substance abuse treatment program, the Verdugo Recovery Services Program, is also available and provides services free of charge to individuals receiving welfare. Our hours of operation are 9am-10pm Monday-Thursday, 9am-8pm Friday, and 9am-5pm Saturday. (818) 248-2286.

POSITIVE DIRECTIONS COMMUNITY COUNSELING CENTER, serving the Glendale area community since 1986, offers high-standard, low-fee, short- and long-term psychotherapy. With the exceptional ratio of one supervisor per three interns, Positive Directions

is dedicated to providing excellent psychotherapy to clients who can't afford private practice fees. Substance abuse counseling is also available as well as information and referrals, sober social events, and a variety of self-help meetings. (818) 247-8180. CounselPD@AOL.com.

T.H.A.W. A safe harbor in which to continue the healing process through classes in creative expression including body image, body movement, yoga, writing, tai chi, and acting. For women who have suffered from physical or emotional abuse, including domestic violence, rape, and incest. Clinically supervised. Sliding-scale fees. Tuesday, Thursday, Friday. 9am-1pm. For intake evaluations, contact Wendy Clarke, M.A., or Leslie deBeauvais at Theater of Hope for Abused Women, (818) 766-9702. ?

GAMHPA Winners

As a new benefit of membership, in each newsletter we will publish the names of six randomly drawn GAMHPA members. These will have the privilege of distributing a marketing flier to the newsletter readership at no charge--an \$80 value. See how to join on page 6. Congratulations to our first six recipients:

Terri Breneman, Ph.D.
Larry Brooks, Ph.D.
Martha Carr, M.A.
Gary Coleman, M.A., M.F.C.C.
Gennie Phillips, M.A., M.F.C.C.
Kathleen Williams, Ph.D.

GAMHPA

Glendale Area Mental Health
Professionals Association
Suite 300
138 North Brand Boulevard
Glendale, CA 91203-2620
(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

Sharon Rae Deacon, Ph.D.,
President, (818) 957-5166

Lee Conger, M.A., Treasurer, (818)
957-5166

David D. Fox, Ph.D., Membership
Chair, (818) 246-3937

Larry Brooks, Ph.D., Newsletter
Editor, Acting Program Chair, (818)
243-0839

Jim De Santis, Ph.D., Past President,
(818) 551-1714

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 are not tax deductible as a charitable contribution but may be deducted as an ordinary and necessary business expense.

Members receive a number of exclusive benefits. New members can submit a 50-100 word summary of their professional experience and expertise for the newsletter. Members can present a talk or publish an article on a professional topic. They are listed in the annual members directory distributed to the business and professional community. They can place free classified ads and can receive discounted rates for display ads, newsletter flier inserts, and mailing list labels. Members are entered into a drawing for free newsletter insert advertising. Members receive reduced rates for continuing education.

NEWSLETTER

The GAMHPA Newsletter is published six times a year, distributed to the local professional mental health community.

GAMHPA encourages members to contribute articles of scholarly or clinical interest for publication. Authors should clarify questions of suitable content with the editor prior to submission. We encourage submissions in computer-readable format. Submissions must be forwarded to the editor by the deadline. 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.

Contact us to be added to our mailing list. If you have moved, plan to move, or we are sending your

copy of the newsletter to a wrong address, please notify us with your correct address.

Newsletter Submission Deadlines

May/June issue	April 21
July/Aug issue	June 23
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. Please note each issue of the newsletter is delivered approximately three to four weeks after the submission deadline.

Advertising Rates

<u>Item</u>	<u>Member</u>	<u>Non-Mem</u>
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."

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