

A Bi-Monthly Publication of the  
Glendale Area Mental Health Professionals Association  
March/April 2001 ? Volume IX Number 2 ? Circulation 522

## 2001: Education, Recruiting, & Networking

### News and Notes

Jim De Santis

Our continuing education program is meeting the needs of members and non-members through offering CEUs and MCEP on a regular basis. The box at right lists upcoming topics. Please note David Fox's presentation has changed to a different date and is no longer correct on the enclosed green flier.

Membership recruitment for 2001 continues. If you haven't joined or renewed, we encourage you to do so now. The benefits of membership are described on page 8.

We are planning a networking event for community organizations that share an interest in mental health. If you would like to be a part of this project, please contact us.

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If you are a GAMHPA member, you may be a new winner of a marketing opportunity worth \$80. See the listing of the current winners and prize description on page 7.

Our newsletter is growing. In large part due to its increased size and resulting costs of the newsletter, the Board has decided for this year to change the number of newsletter issues from six to five and to publish a 2001 supplement to the 2000 directory instead of publishing a completely new 2001 edition. ?

### Correction

#### GAMHPA Continuing Education

Please change the date on your calendar to April 20 for:

"Mental Health Practice & the Internet," presented by David Fox, Ph.D.

The date on the enclosed green flier is in error.

### Calendar of Events

#### Continuing Education

Programs are Fridays, 8-9am. Each is one CE and submitted for MCEP. Call (818) 243-0839.

Mental Health Practice & the Internet, (*corrected date*) April 20, David Fox, Ph.D.

Working with Gay & Lesbian Couples, May 4, Anthony Zamudio, Ph.D.

Techniques for Smoking Cessation, June 1, Sharon Deacon, Ph.D.

The Therapist's Journey: Deepening Personal Understanding, Enhancing Therapeutic Effectiveness, July 13, Larry Brooks, Ph.D.

#### Year 2001 Board Meetings

April 20	October 5
June 15	November 30
August 3	

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



## From the Editor's Couch

Larry Brooks, Ph.D.

Divorce Reconfigured: A Review of Judith Wallerstein's Landmark Study of Divorce

The ability to manage and resolve conflict peacefully challenges our world. Conflict polarizes nations, religious and political groups, families, and individuals. The tragic dimensions of this polarization are ever present as we witness events in "hotspots" such as Israel, and as we observe families struggling to stay together or separate.

According to statistics approximately 45% of marriages end in divorce. Of those intact marriages, many are characterized by unhappiness and unresolved conflict. Of those divorces that involve children, approximately half of the couples are able to establish cooperative co-parenting relationships, while the other half remains embroiled in destructive conflict for years.

We need to understand what enables individuals in families, groups, as well as nations to resolve "irreconcilable differences." Divorce creates a natural laboratory of study. We need to think outside the box of comforting ideologies in order to understand the variation in divorced and intact families and how some couples learn to resolve their conflicts and what keeps other couples from acquiring this ability.

Judith Wallerstein's recent book, *The Unexpected Legacy of Divorce: A 25 Year Landmark Study*, which she co-authored with Julia Lewis and Sandra Blakeslee falls short of these goals. There is much value in this work that ultimately disappoints. She does a disservice to the population she hopes to help by further polarizing the debate on divorce. This work is a follow —up to her ground breaking study that she co-authored with Joan Kelly, *Surviving the Breakup*. Their seminal study, published in 1980, awakened the public to the profound impact that divorce has on children. Their work spurred research into the effects of divorce on children that led to an increase in attention and services to this population.

In her new work Wallerstein interviewed children from her original study who had grown up and were in their thirties and forties. Wallerstein shares their evocative stories, bringing to life their inner world as they develop from children into adults. She gives voice to individuals who in their own lives were often voiceless.

Wallerstein's clinical insights and conclusions are infused with an unacknowledged bias. She adamantly believes that in all but the worst cases, where there is severe psychopathology, physical or sexual abuse, and or drug and alcohol abuse, divorce is not only harmful to children, but also a significant parental mistake. In most instances she asserts that children are better off when parents stay together. An intact troubled family is far better for children than a divorced family of any configuration. Failure to stay married

is a failure that is internalized by the child. This failure reverberates throughout their development.

Wallerstein's bias casts a dark shadow over her work, undermining the credibility of her conclusions and obscuring the value of her many clinical insights. The objective of her book is not to describe the variation in reactions to divorce, or to simply convey the pain and suffering that some children of divorce experience, but to substantiate the long-term negative consequences of divorce. Her conclusions are not drawn from her clinical data, which are varied and multifaceted, but from her belief system, which is narrow and singularly focused. To this end she highlights the suffering of those children of divorce: their insecurities and anxieties, their years of drug and alcohol abuse, their cycles of bad relationships. She minimizes, rationalizes or ignores the stories of adaptation.

She creates a mythic world, where the intact family is idealized and the divorced family is demonized. In this world "children of divorce" are ejected from the garden of the "intact family." Scarred by multiple traumas, divorce creates an enduring negative identity for the child. The divorce template, which Wallerstein believes the child internalizes from the divorce experience, shapes their psychological development, creating individuals who are anxious, insecure, disillusioned, distrustful of relationships, and fearful of repeating their parents mistakes.

(Article continued on page 7.)

## 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. Thursday 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.

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

**SOCIAL SKILLS GROUP FOR CHILDREN.** Time-limited group helping kids understand and accept themselves and get along with others. Contact Larry Brooks, Ph.D., Lic. # PSY8161, at (818) 243-0839.

**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 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. Call Bonnie Lowry, M.A., M.F.C.C., 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.

#### OFFICE SPACE

**BURBANK/TOLUCA LAKE MEDIA CENTER.** Available half time. Beautiful office suite includes waiting room, call light system, furnishings, kitchen. Day and/or evening hours available each day to share with one other therapist. \$350 per month. Call (818) 843-6054, Camille Caiozzo, Ph.D.

BURBANK/TOLUCA LAKE/NORTH HOLLYWOOD. Prime location, well-furnished. Call lights. Security. Convenient to San Fernando Valley, Los Feliz, Glendale, and Hollywood Hills. Sublet part time, various days, evenings. Windowed. Kathy Downing, M.F.T., (818) 845-0151.

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. 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, and 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.

STUDIO CITY. By the hour or block. Very comfortable office with waiting room. For more info: Email [drcari@mpowerment.org](mailto:drcari@mpowerment.org) or call 877-477-9542.

WESTWOOD. Why not have a Westside office too? Furnished ground-floor office in courtyard building on Westwood Boulevard, 2 blocks south of Wilshire. Near Borders bookstore. Waiting room; call-lights. One to three days a week. Mary Donovan Ph.D., (310) 474-4548.

#### SERVICES

ACCEPT CREDIT CARD PAYMENTS for your professional services. Service developed by psychologists specifically for mental health professionals. Most economical, no long-term contract, no expensive equipment to buy or lease. Check it out at: [www.ProfessionalCharges.com](http://www.ProfessionalCharges.com), or contact Larry Nadig, Ph.D., at (818) 240-8295

#### 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 and Family Therapists. We work with small groups and agencies to design programs to meet your specific needs. Call (818) 243-0839 or Email [ProDevProg@AOL.COM](mailto:ProDevProg@AOL.COM) for information about our programs.

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

#### POSITIONS

FULL TIME CLINICIAN needed for behavioral health clinic in Glendale. Call Nancy Wade Ph.D. at (818) 409-8571.

## MISCELLANEOUS

## EXPERIENCING GOD THROUGH STRESS AND LOSS: A JOURNEY THROUGH THE BOOK OF JOB.

Very helpful booklet related to grief issues available, primarily for persons with a Judeo/Christian background. Flyer available with more details. Email [drcari@mpowerment.org](mailto:drcari@mpowerment.org) or call (877) 477-9542.

MARKETING FOR MENTAL HEALTH PROFESSIONALS. Stay motivated and achieve your business goals. This workshop is designed for mental health professionals and interns wanting to develop a private practice. 12 facilitated meetings, every other Tuesday, 10-11:30am. Action-oriented small group using a didactic, peer support, and homework format. Call (818) 551-1714 for information or brochure.

## NARRATIVE STUDY GROUP.

Explore Narrative and Collaborative therapy methods in monthly group with other therapists interested in these exciting postmodern approaches to therapy with AAMFT Approved Supervisor. Call Mary Donovan Ph.D., M.F.T., Lic. # 13239, at (818) 243-7425.

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 + 8% CA sales tax + \$3.50 S&H for first book; \$1.00 each additional. Ordering Information: Mail Check/Money Order to: Triad Publishing, P.O. Box 299, Verdugo

City, CA 91046-0299. Voice Mail: 800-669-2466, press #, enter 8189575526. E-mail: [triadpublishing@yahoo.com](mailto:triadpublishing@yahoo.com). Order by Credit Card by visiting: <http://www.geocities.com/triadpublishing> and click on favorite online retailer.

## 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. "Toll Free: (877) 477-9542." Our web site to "[www.mpowerment.org](http://www.mpowerment.org)".

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](mailto: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. ?

From the Editor's Couch  
(Article continued from page 3.)

This formulation reflects only a part of the elephant. Neglected are the "resilient" few, who account for 45%-60% of children of divorce. Their ability to adapt, to triumph over their adversity and lead productive, satisfying lives while noted is attributable to some inexplicable, exceptional act of individual will. Their stories litter the path of Wallerstein's argument as exceptions, singular occurrences, never acquiring legitimate status to challenge her conclusion.

In contrast, to "children of divorce," "children of intact families" seem to be blessed with psychological immunity. They are unscathed by unhappy marriages, parent-child conflicts, overwhelmed parents and diminished intact parenting. Marital intactness is internalized and creates an enduring character founded on hope and confidence. She states that, "adults raised in intact families have been to marriage school," and are prepared by this schooling for the challenges of intimacy.

Have those children really been to marriage school? What do we know about the school of the intact family and what children learn? Has Wallerstein delineated the variation that exists within the intact family? What do children learn and internalize from unhappy marriages, where conflict simmers or is sequestered out of sight? Is the gradient of life so simply divided between divorce and intactness? Does an intact family actually exist outside the world of formulations?

At some point in my reading about divorce, I realized that I was a "child of divorce." My parents divorced when I was 15, many years before Wallerstein conducted her original research. It was not that I denied the existence of my parent's divorce, I just never identified myself as a "child of divorce." While the phrase is accurate, the construct does not quite fit. More accurately I don't want it to fit. I believe that my parents had an unhappy though not overtly conflictual marriage. I believe that they had a "good" divorce. I recall the pain and intense shame that I felt about their "good divorce," and remember how I hid the divorce from even my best friends. I know that my troubles began years before my parents were divorced. I know the divorce added to my troubles, even though both my father and mother maintained close relationships with me. I know that I am a child of divorce as well as a child of pre-divorce. I also know that the pieces of my puzzle don't fit very neatly together. And I doubt that I am a singular occurrence. ?

## Flier Winners

In each newsletter we publish six randomly drawn names of members who are awarded 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:

Sharon Deacon, Ph.D.  
David Fox, Ph.D.  
Alan Karbelnig, Ph.D.  
Joanna Saporito, LCSW  
Harold Slater, Ph.D.  
Bonnita Wirth, 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.

### 2001 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 may be deducted as an ordinary and necessary business expense but not as a charitable contribution.

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 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 drawings 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, including Glendale, Burbank, Pasadena, La Canada, Montrose, Los Feliz, and Silverlake. 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.

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.

### Newsletter Submission Deadlines

May/June/July issue	May 18
Aug/Sept/Oct issue	Aug 3
Nov/Dec issue	Oct 19

### 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

<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." Please note that each issue of the newsletter is delivered approximately three to four weeks after the submission deadline.

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