

Annual GAMHPA Networking Event Planned

GAMHPA News

Membership Directory

Until April, you still can be included in our annual directory. Membership dues are just \$50. For an application, call (818) 771-7680 or visit our website at www.psychotherapy.org/gamhpa. If you do not have a copy of the directory, ask.

Networking Event

Our annual Installation and Networking Party is scheduled for Saturday, January 19, 2002, 6-9pm at the home of Sharon Rae Deacon, 1728 Earlmont Avenue, La Canada. This is an opportunity to meet and visit with GAMHPA members and incoming officers. Colleagues, associates, and professionals from related fields are welcome. Spouses are most welcome, as well. Dinner will be served, and the tone is dressy casual. If you plan to attend, call now at (818) 957-5166.

Newly elected officers for 2002 are President, Sharon Deacon; Vice President, vacant; Treasurer, Sharon Deacon (acting); Secretary, vacant; Past President, Jim De Santis (appointed); Newsletter Editor, Larry Brooks (appointed); Program Chair, Larry Brooks (acting); Membership Chair, David Fox.

Corporate Sponsorship

We would like to identify corporate sponsors to underwrite our various publications and events. If your organization is interested, please contact us at (818) 771-7680 for further discussion. ?



From the Editor's Couch

Larry Brooks, Ph.D.

Reflections on September 11th:
Trauma and Fundamentalism

The capacity to think and feel has been strained by the singular, still incomprehensible destruction of the World Trade Towers. Structures of thought nurtured within a sanctuary of safety teeter in the aftermath of the collapse of the twin towers. The task of explaining the catastrophic events of September 11th as well as understanding its impact on us individually and collectively challenges us to read beyond the lines of nationalism and political orthodoxy.

The destruction of the twin towers traumatized our nation. "Trauma is contagious," to quote Judith Herman, author of the book *Trauma and Recovery*. "Vicarious traumatization" is the experience the helper suffers listening to the trauma patient's story. It also might characterize the experience of those who were not directly exposed to the attacks but who watched the events of 9/11 on television. The gradient of trauma radiated from the epicenter at Ground Zero across the country and beyond, echoing the unheard trauma of millions of world citizens.

Life-threatening trauma is terrifying. To not be terrified defies a fundamental psychological reality. The traumatic event shatters faith and confidence in

oneself. The world suddenly becomes a threatening and unpredictable place, where individuals feel helpless and

(Editor's Couch, continued on page 2)

Calendar of Events

Continuing Education

Helping Clients Adapt to Chronic Disease: Current Trends and Strategies in Treatment, February 1, Bonnie Cesak, RN, LCSW

Special Education and the Mental Health Professional, March 1, Ed Brostoff

Programs are Fridays, 8-9am. Each is one CEU and submitted for MCEP. Seminars are administrated by Professional Development Programs. Call (818) 243-0839 to pre-register.

GAMHPA Board Meetings

February 1	September 6
March 1	November 1
May 3	December 6
July 12	

Fridays, 9:30-11am
Positive Directions
225-D N. Maryland Ave., Glendale
All are welcome.

(Editor's Couch, continued from page 1)

inadequate to protect themselves. Posttraumatic sensitivity is unsettling. Its symptoms are compounded by feelings of shame and guilt, secondary reactions to the trauma. I feel bad for letting it happen, for how I reacted to the actual events, and to how I continue to be impacted by the events. I feel bad for my inadequacy, my helplessness, my unbound rage, my confusion, and for becoming a burden to others.

Traumatic effects are enduring and life-changing. As the visceral impact of the terror recedes, the individual faces the difficult task of working through the trauma. To recover quickly satisfies a need to reestablish normality, but also defies psychological reality. The likelihood of future terrorist attacks sustains the fear and threatens the healing process. The success of our war campaign in Afghanistan is comfortingly misleading, enabling the nation to feel victorious, but not necessarily to heal.

Judith Herman describes three stages in the process of working through trauma. Stage one involves stabilization, where the objective is to reestablish a safe environment. Stage two involves re-experiencing the traumatic events and the range of feelings associated with the trauma. In order to work through the trauma the individual must feel and come to terms with feelings of helplessness, humiliation, shame, guilt, and loss, as well as rage. The goal in this phase is to make sense of the trauma, to construct a meaningful framework for understanding the experience. This process often leads to a re-examination of one's values and beliefs. Stage three consists of integrating the effects of trauma, making necessary changes in one's life, psychologically distancing oneself from the trauma and moving forward. Corrective actions help the traumatized individual restore confidence in him or herself. When the individual has been victim of a crime, the wish for justice is an integral part of the recovery process. The implementation of justice reestablishes the bond between individual and the group.

Different dangers exist as one attempts to work through the trauma. Denial is the ever-present siren, coaxing us away from facing the pain. There is the danger of succumbing to the feelings of helplessness and shame, and becoming stuck in the state of victimization. There is the danger of becoming preoccupied with fantasies of revenge, believing that the only way to resolve the trauma is to get revenge. In both cases the trauma becomes a central, rigid organizing principle that fixates the mental activity in the psyche and impedes healing.

Notwithstanding the political necessity to respond militarily to the terrorist attacks, our government has responded to these attacks with a punishing war against the Taliban and Al Qaeda that resembles the behavior of a vengeful, traumatized individual. The cost and excessiveness of the war effort surpass the practical benefits. Is the world safer now than it was before 9/11? Can terrorism be eliminated militarily? The ethical pursuit of justice has been derailed by the single-minded need to punish and display awesome power. Ironically, the government has explained the war in Jihad terms. As President Bush said, "You are either with us or against us in this war of good against evil."

Collective trauma can redefine social parameters and lead to a paradigmatic shift in institutional thinking analogous to changes at the individual level. At what stage is our nation in the healing process? What has been the impact of our government's response to terrorism on this healing process? Within the disquietude created by trauma, fundamentalist thinking has emerged to dominate the public dialogue. Fundamentalist thinking at its root is extremist, primitive, and defensive. Preoccupied with survival, it leads to a belligerent bunker mentality of us versus them. It is characterized by black and white thinking that splits the complex world into good and evil. The dogmatic conviction in the rightness of our vision of the world represents American fundamentalism. We unquestionably assert our rightness, and hold our actions above reproach or questioning. With a

compelling reasonableness, we project evil onto a suitable external source, in this case, Islamic terrorists. Our leaders have contextualized the war as a campaign to exterminate evil that threatens the values of freedom so intrinsic to American culture. The Islamic terrorist is only the most recent villain in our historic struggle.

Fundamentalism is a shield that protects us from pain of helplessness and confusion. It simplifies the complexity of the world, while restoring a sense of control and purpose. It spits in the face of compassion, individualism, and collective responsibility. Many valuable principles are sacrificed in this process. Compassion: The enemy is evil, and evil needs to be exterminated. Consequently, all actions are justified, no matter what the consequences are. The killing of civilians is not a crime, but "collateral damage." Understanding: Do we know or care to know our enemy? Do we understand the rage and despair felt by many non-terrorist Arabs? What are the consequences of our indifference? Individuality and personal freedom: Attorney General John Ashcroft's warning, "Be care what you say and what you do," was directed toward American citizens. In a state of war, there is very little tolerance for difference. As fear grows, the presence of the other becomes more menacing, more pervasive. Collective responsibility: There has been a reluctance to examine how our role in the Middle East has impacted world events, in particular the recent terrorist attacks. Without inquiry the terrorist attacks appear to be a senseless aberration. Without inquiry, there are few lessons to be learned from this tragedy, except to tighten our internal security.

The infinitely wide and illusive middle ground is nowhere to be found. The oceans afford us little security. Our military might is at best a temporary solution. The government and the country are unified. Evil has been identified. The Taliban and Al Qaeda have been crippled. Yet, the world has become a smaller, much more dangerous place. All of us are vulnerable. ?

Classified Advertising

GROUPS

ADULTS MOLESTED AS CHILDREN.

Small, open-ended AMAC group in Burbank's Media District. Thursday evening, 7:30-9pm. Insight-oriented group process, most appropriate for well-functioning clients, preferably also in individual treatment or 12-step programs (any). Free pre-group interview. Fee \$40 per week, negotiable. Kathy Downing, M.F.T., (818) 845-0151. Primary therapist's inquiries welcome.

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.

CO-ADDICTS/CODEPENDENTS GROUP: For Partners of Sexual Addicts. This weekly group allows partners to work through their feelings and problems associated with being the partner of a sexual addict. Partners find out about their role in the "problem" and learn about the disease of sexual addiction. Individual therapy is available, also. Dale K. Rose, M.F.T., (818) 783-1283.

CO-ED ADULT PERSONAL DEVELOPMENT GROUP. Growth and insight oriented group, high-functioning, addresses interpersonal dynamics in a supportive environment. Wednesday, 6-7:30 pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714.

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

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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.T., at (213) 896-5127.

THE DEL MAR GIRL POWER PROGRAM promotes resilience, self-discovery, and empowerment in preteen and teen girls. Groups available for 4th and 5th graders, middle and high school girls, and seniors heading for college. Workshops and consultations available for parents as well. Contact Melissa Johnson, Ph.D., (626) 585-8075.

GAY MEN'S PERSONAL DEVELOPMENT GROUP. Growth and insight oriented group addresses life enrichment, self-esteem, and personal relationships. Tuesday, 6-7:30 pm. Glendale. Jim De Santis, Ph.D., C.G.P., 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.

MEN'S PERSONAL DEVELOPMENT GROUP. Growth and insight oriented group addresses male-female relationships, work life, coping, and roles. Thursday, 6-7:30pm. Glendale. Jim De Santis, Ph.D., C.G.P., 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, \$40/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.T., 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.T., 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

ARCADIA. Sublet furnished office. Floor to ceiling window, beautiful view of the mountains, easy freeway access, free parking, large waiting room. Available Wednesday evenings and Saturdays. Reasonable. Call Caren Jones, (626) 446-7792.

BURBANK/TOLUCA LAKE. Therapist office in two office suite: great location, call light and parking included. Easy access from freeway. Reasonable rent. Please contact Lisa O'Connell, (310) 281-5573.

BURBANK/TOLUCA LAKE MEDIA CENTER. Beautiful office suite includes waiting room, call light system, furnishings, and kitchen. Great location near all major studios for greater referral possibilities. Plenty of easy street or lot parking. \$350 half time. Call (818) 843-6054, Camille Caiozzo, Ph.D.

GLENDALE. Office space available in multidisciplinary mental health group in Glendale. Office is close to freeway, soundproofed, separate exit and signal light system. Fax and copier available. Rental fees are \$30 to \$45 per day. For further information contact Manohar Shinde, M.D., or Brian Conlan, L.C.S.W., at (818) 956-0101.

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. Great location, near freeways and Old Town, available mornings plus Friday and Saturday. Mountain views, new furniture, your own indoor parking space. Receptionist, large waiting room, separate exits, easy freeway access and parking lot for clients. A quiet building, wonderful staff, with the following 24/7: security, use of different size group rooms, or conference rooms to see clients outside of regular hours, kitchen, brewed coffee, fax, and copiers. Please call Andrew Whaling, M.F.T. (626) 564-0480.

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 ATM, DEBIT AND CREDIT CARD PAYMENTS for your professional services. Service developed by psychologists specifically for mental health professionals. Very easy to use. Fair rates, no long-term contract, no expensive equipment to buy or lease. Check it out at: www.ProfessionalCharges.com, or contact Larry Nadig, Ph.D., at (818) 240-8295.

ADVOCACY AND ADVICE is provided for parents needing Special Education for their children. This includes advice in preparing requests for assessments and IEP meetings and advocacy at IEP meetings. Ed Brostoff is a parent of a special needs child and a retired teacher. He knows the difficulty of obtaining the help these children need. He now assists other parents to get these services for their children. Fees are on a sliding scale. Contact Ed Brostoff at (323) 664-9312 or e-mail ebrostoff@aol.com.

ATTENTION DEFICIT DISORDER AND LEARNING DISABILITIES. The Assessment Center offers psychoeducational testing for specific learning disabilities, attention deficit hyperactivity disorder, and emotional difficulties, both in 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.

NUTRITIONAL THERAPIES for anxiety, depression, OCD, ADD, and mania, addressing the underlying causes of these problems such as PMS, Menopausal Syndrome, yeast (Candida), parasites, food reactions, chronic fatigue, fibromyalgia, and heavy metal toxicity. Can be used to augment medication or in place of it. Contact Nancy Mullan, M.D., at (818) 954-9267 .

PROFESSIONAL DEVELOPMENT PROGRAMS. PDP is certified by the CAAA and the BBS 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. Visit our Website at www.pdpce.com, call (818) 243-0839, or Email ProDevProg@AOL.COM for information about our programs.

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. Flier available with more details. Email drcari@mpowerment.org or call (877) 477-9542.

MARKETING WORKSHOP FOR MENTAL HEALTH PROFESSIONALS. 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. Glendale. Call (818) 551-1714 for further 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.

PRACTICE FOR SALE: 30 year old thriving psychological practice in quaint Montrose, CA. All suites rented. Private patients and managed care contracts. More referrals than can be seen. Will assist with transition and assumption of managed care affiliation. Price is one half times gross. Contact Dr. Kerrebrock at (818) 957-5358.

WHOSE CHILD?: An Adoptee's Healing Journey from Relinquishment through Reunion . . . and Beyond, 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 + \$3.70 S&H for first book, \$1.00 each additional. Ordering information: Mail check/money order to: Triad Publishing, PO Box 299, Verdugo City, CA 91046-0299. To order by Phone/Fax, please call: 818-957-5526 and an invoice will be included in your shipment. You can also learn more about Whose Child? and order by credit card by visiting: <http://home.earthlink.net/~triadpublishing> and clicking on your favorite online retailer. Read All about Kasey and Whose Child?: <http://www.authorsden.com/kaseyhamner>.

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.T.'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 or visit us at <http://www.ColdwaterCounselingCenter.org/>.

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 is www.mpowerment.org.

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

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.

2002 BOARD OF DIRECTORS

Sharon Rae Deacon, Ph.D., President,
Acting 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, \$50 per year. Associate Member dues for students, interns, organizations, and others, \$30 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 receive discounted rates for display ads, newsletter flier

inserts, and mailing list labels. Members are automatically entered in drawings for free newsletter insert advertising. Members receive reduced rates for continuing education.

NEWSLETTER

The GAMHPA Newsletter is customarily published six times a year, distributed to the local 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 moved, plan to move, or we are sending your 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

Mar/Apr issue	February 15
May/Jun issue	April 19
Jul/Aug issue	June 21
Sep/Oct issue	August 16
Nov/Dec issue	Oct 18

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; please submit one copy for each issue in which it will appear. 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 due to publication processes, each issue of the newsletter is delivered approximately three to four weeks after our submission deadline.

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Winners of Free Advertising

In each newsletter we publish six randomly drawn names of members who are awarded the privilege of distributing their own marketing flier to the newsletter readership at no charge—an \$80 value. Congratulations to:

Joanna Haase, Ph.D.
George Khair, Jr., M.A.
Daniel Leon, L.C.S.W.
Bonnie Lowry, M.F.T.
Jemela Macer, Ph.D.
Betty Mathis, Ph.D.