

A Bi-Monthly Publication of the
Glendale Area Mental Health Professionals Association
(818) 771-7680 www.psychotherapy.org/gamhpa
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GAMHPA News

GAMHPA is now recruiting new members for 2003. A **membership application form is enclosed** with this issue. Check your copy of the directory to confirm if you are a member. If you are already a GAMHPA member, now is the time to **renew your GAMHPA membership for 2003** with the enclosed renewal form.

Enclosed with this newsletter is your **mid-year directory update** which includes corrections and changes to member information. Please insert it in your existing 2002 directory.

Benefits of membership include distribution of your practice information by directory and newsletter to 500 potential referrers,

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free and discounted rates for advertising and continuing education, periodic networking events with a broad but local interdisciplinary membership base, all for very low annual dues of \$60 for licensed mental health professionals, \$40 for students, interns, organizations, and allied professionals.

GAMHPA's next opportunity to meet and greet local colleagues is our welcoming **networking luncheon**, Tuesday, January 21, 11:30-1:30pm at Notte Luna. Bring your business cards. Both members and non-members are invited.

Glen Peters will be presenting a 2-unit class Friday December 6th from 8-10 am on **Treatment Considerations with Adolescents**. See our Calendar of Events on this page for details.

We are sorry to announce Sharon Deacon is leaving our board. **We thank Sharon** for her many efforts during her tenure as GAMHPA President. We wish her well in all her future endeavors. ?

From: _____	
Request	Circulation
? Read	_____ ?
? Forward	_____ ?
? Return	_____ ?
? Keep	_____ ?
? Discuss	_____ ?

Calendar of Events

NETWORKING LUNCHEON

Welcoming networking lunch. Tuesday, January 21, 11:30-1:30pm at Notte Luna, 135 N. Maryland. Separate tabs. Pre-register by calling (818) 771-7680.

CONTINUING EDUCATION

Programs approved by BBS and MCEP for CEUs. Seminars are administered by Professional Development Programs. Pre-register at (818) 243-0839.

Treatment Considerations with Adolescents

Glen Peters, Ph.D., Friday, December 6, 8-10am, 2 CEUs

BOARD MEETINGS

December 6

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



From the Editor's Couch

Larry Brooks, Ph.D.

The Development of a Psychotherapist

In 1934 James Strachey wrote an article called, "The Nature of the Therapeutic Action of Psychoanalysis." Challenging the notion of the correct interpretation, he noted the inexact nature of interpretations, and how even "incorrect" interpretations could be effective. I read the article when I was a young therapist in training filled with a universe of self-doubt. In sessions I was struggling to understand the clinical material and make what I thought needed to be the "correct" interpretation. By the time I figured out what to say and overcame my insecurity about being wrong, the conversation had moved into other domains that seemed to make my comments irrelevant. The "correct" interpretation delivered with tact and timing had become that elusive moving target. Sitting in a room with a client, and feeling both the responsibility of helping and so helpless felt miserable. It was a miracle that I said anything and that I persevered through this phase of my training. When I came upon Strachey's article, the concept of the incorrect interpretation had a liberating impact on me. It nudged me away from striving for perfectionism, the uphill struggle of my life. It gave me permission to open my mouth, the first step toward becoming the therapist that I would become.

It is said that it takes about 10 years to develop into a mature psychotherapist. This is not a fact but a frame of reference. This growth is not a linear process of simply acquiring skills and experience, and an increased efficiency in using these skills. It is a journey, whose curriculum is personal growth and whose learning curve is analogous to the learning curve of life. It is bound up with one's creativity and insecurities, facing painful aspects of oneself, and coming to terms with hopes, vulnerabilities, and disappointments. It involves knowing the dark side of one's personality as well as the light. It is not a profession for everybody.

I have found it useful to describe this growth using a framework that leans on Mahler's developmental theory of Separation Individuation. For heuristic purposes one can conceptualize this growth in four stages.

The initial phase is characterized by the question, "do I have what it takes to become a therapist?" Uncertainty and anxiety are associated with this unanswered question. These feelings are embedded in the clinical and supervisory experiences of early training. The anxiety can be daunting as well as motivating. Jocelyn Chaplin in a book by Dryden & Spurling, *On Becoming A Psychotherapist*, described her initial fears as follows: "I was terrified of actually becoming a (psychotherapist) myself. The image and the ideal were fine, but was I personally up to it? It felt like an enormous responsibility to sit before them in this image of 'wise person.' I felt that I was not yet as 'wise' as I would like. My own life had been messy, painful, and full of 'mistakes.' Who was I to dare to help anyone else? I assumed that the psychotherapist could never be

wrong, must never make mistakes. I also imagined that she wielded enormous power over the client. Anything that 'went wrong' with the client or in the sessions would be all my fault."

Supported by significant supervision, personal therapy, and armed with Mahler's theory of Separation Individuation and Strachey's secret weapon, I slowly began to feel that I had the capacity to understand and respond to clinical material, an epiphany that was stretched over years. This emerging confidence was built on a phenomenal amount of reading, supervision, and a capacity to hold the pain of my self-doubt without bursting apart.

The second phase of development is associated with the establishment of a preliminary therapeutic identity, and represents a provisional culmination of the activities of the first phase. One often identifies with a particular theoretical orientation and or is strongly attached to a supervisor. During this phase one develops confidence in one's ability. This confidence is built on practicing and learning a set of techniques and concepts that enables one to be and to see how one is helpful in therapy.

Movement into the third phase is not guaranteed. Having established an initial confidence, one becomes a working therapist. Over time, one will inevitably experience challenges, setbacks, and failures. After working for a number of years, relying on the same techniques, saying the same things to clients, one may also begin to feel stale. These experiences can lead to a feeling of malaise, self-doubt, and renewed questioning of

(Article continues on page 7)

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.

ANGER MANAGEMENT GROUP: A 12 Week Anger Management Group is held at Valley Community Clinic at 6801 Coldwater Canyon in North Hollywood on Tuesdays from 5-6:30 PM and on Wednesday's from 11:00—12:30. The fee is based on a sliding scale. For more Information contact Barbara Ballenger, M.F.T. at (818) 763-1718, ext. 352.

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

Why Join GAMHPA?

<i>Exposure</i>	Membership directories distributed annually to 500 potential referrers in the professional community.
<i>Networking</i>	Periodic social events for colleagues to meet in person and exchange practice information.
<i>Advertising</i>	Free classifieds. Discounted display advertising, newsletter insert advertising, and mailing list address labels. Randomly awarded free newsletter insert advertising.
<i>Marketing</i>	Opportunity to publish newsletter articles. New members can publish in the newsletter a brief summary of their professional background.
<i>All Disciplines</i>	A multidisciplinary membership base of all licensed mental health professions reflects real patterns of professional referral in the community.
<i>Local</i>	A geographically local membership base reflects the fact that most client referrals are local referrals.
<i>CEU/MCEP</i>	Discounts for continuing education.
<i>Inexpensive</i>	Membership dues lower than most professional associations. \$60 for licensed professionals, \$40 for students, allied professionals, and organizations.

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 group for high achievers 20s-40s who want more out of life—to find lasting intimacy, achieve long-term career satisfaction, and expand and deepen friendships. Uses here-and-now interaction to increase self-awareness. Compliments concurrent individual or conjoint psychotherapy. Wednesday, 6-7:30pm. 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 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., Lic. # 13102 (626) 585-8075.

FAMILY MEMBERS OF ALCOHOLICS/ADDICTS GROUP. Small open-ended, insight-oriented with 12-step emphasis. Monday Evenings: 7:00 — 9:00 PM, Santa Monica. Colleen Land, Psychotherapist, Addiction Specialist, License # MFT 20181. (310) 301-2900. Primary Therapist's referrals welcome.

GAY MEN'S PERSONAL DEVELOPMENT GROUP. Growth and insight oriented group addresses life enrichment, self-esteem, and personal relationships. Tuesday, 6-7:30pm. 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.

GROUP FOR LESBIANS WHO ARE PARENTS. Time limited educational and support group for lesbian

mothers. Answer questions, share ideas, dispel myths, learn about research, improve parenting skills. Groups forming for mothers of teen and pre-teen children and mothers of new children. Location in Pasadena, cost \$35/session with a commitment to 4-session blocks. Contact Chris D. Cooper, Ph.D., Lic. # PSY 17395 at (626) 293-5252.

MEN'S PERSONAL DEVELOPMENT GROUP. Growth & insight-oriented group addresses male-female relationships, work life, coping, and roles. Thursday, 6-7:30pm. 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 members' homes. Contact Amyhowell@earthlink.net, (626) 794-7577.

SEXUAL ADDICTION GROUP. Group for men struggling with sexual

Louise Elerding ad
x 5 issues left including this one

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 time-limited 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 letting go of unhealthy relationships sooner, building trust in self and others, making better choices, limit-setting, healing past hurts, and knowing where to go/what to do to "get out there" in safe, productive ways. Groups last 12 weeks, with a new group forming every six weeks, \$40/week. Monday evenings from 8:15-9:45pm or Wednesday evenings 7:15-8:45pm in downtown Pasadena. Call Andrew Whaling, M.F.T., at (626) 564-0480.

Larry Nadig ad
x 1 issue left including this one

SMOKING CESSATION: A 7 week group to stop smoking is held at Valley Community Clinic at 6801 Coldwater Canyon in North Hollywood. There is a very small nominal fee based on a sliding scale. For more information contact Barbara Ballenger, M.F.T. at (818) 763-1718. ext. 352.

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

GLENDALE. Multidisciplinary, successful private practice group has one office for rent, part or full time, in large suite with separate exit, signal light, soundproofing, large waiting room with separate rest room, kitchen and fax and copy machine available. Opportunities for referrals. For further information contact Brian Conlan, L.C.S.W., or Manohar Shinde, M.D., at (818) 956-0101.

LA CANADA Psychotherapy office for rent. Attractively furnished in a professional building. Ample parking. Reception room. Monday, Thursday, and Saturday available. \$150.00 per month (one day). \$275.00 (two days). \$290.00 (three days). Call Ed Spangler, MFT (818) 790-4401.

MONTROSE. Charming office space in Montrose available for licensed therapist. Reasonable day and evening rates. Plenty of free parking and additional amenities. Call Susie Andruk, L.M.F.T., (818) 949-4013.

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., at (626) 564-0480.

GROUPS FOR PROFESSIONALS

COACH available for psychiatrists and MSWs preparing for board exams. Francie Issenman, L.C.S.W., developed and wrote extensive material for the Association for Advanced Training in the Behavioral Sciences (AATBS) preparatory manuals for MSWs preparing for the LCSW oral board examination. She also conducted the AATBS training seminars for MSWs in both northern and southern California. Most recently she has been assisting psychiatrists in developing treatment planning and psychotherapeutic intervention skills in preparation for general as well as child psychiatric board exams. For individual or group coaching sessions, please call Francie Issenman, L.C.S.W., at (818) 759-3433.

MARKETING FOR MENTAL HEALTH PROFESSIONALS. Many people find it easier to stay motivated and achieve goals when encouraged by a peer group over time. 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. CEUs available for MFTs and LCSWs. Glendale. Call (818) 551-1714 for further information or brochure.

START A PRIVATE PRACTICE. Many people find it easier to stay motivated and achieve goals when encouraged by a peer group over time. This workshop is designed for mental health professionals and new graduates wanting to start a private practice. 12 facilitated meetings, every other Thursday 10-11:30am. Action-oriented small group using a didactic, peer support, and homework format. CEUs available for MFTs and LCSWs. Glendale. Call (818) 551-1714 for further information or brochure.

SUPERVISION CONSULTATION GROUP. Earn CE hours while participating in a small, time-limited group that provides supervision and support to clinical supervisors. Starting in October, meeting every other Wednesday from 12:00-1:45pm. Contact Larry Brooks, Ph.D., Lic. # PSY 8161, at (818) 243-0839.

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.

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) 551-1714. (Lic. # PSY10315).

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. Call (818) 243-0839, or e-mail ProDevProg@AOL.COM for information about our programs.

PSYCHOLOGICAL ASSESSMENT. Psychological assessments provided are designed to help with diagnosis and treatment planning for clients age 18 and over. This can be especially helpful with new clients or clients with a complex presentation. Fees are

reasonable, and reports are comprehensive, integrating material from interview and a battery of tests selected to answer your diagnostic and treatment questions. Contact Chris D. Cooper, Ph.D., Lic. # PSY 17395, at (626) 293-5252.

SPECIAL EDUCATION

ADVOCACY. Services provided to parents needing help in obtaining special education services from public schools. This includes the initial assessment as well as supporting parents in the IEP process to make sure their children receive all of the services the child needs. Call Ed Brostoff at (323) 664-9312.

MISCELLANEOUS

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, P0 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: home.earthlink.net/~triadpublishing and clicking on your favorite online retailer. Read all about Kasey and Whose Child?: 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 MFTs--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.

INSIGHT TREATMENT PROGRAMS. An intensive outpatient adolescent program for teens and their families. Four-day program modalities include individual, family, and group process. Parent participation is required. Consultation and assessments available for parents. For more information contact Daniel Leon, L.C.S.W., at (626) 564-2703.

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. ?

Editor's Couch
(Article continues from page 2)

one's therapeutic skills. Burnout is the conventional explanation for this experience. Burnout is a normative, sometimes subtle, and perhaps inevitable crisis in the development of a psychotherapist. One can become cynical, disillusioned, apathetic, and more entrenched. Alternatively, this dilemma can represent a turning point. One might realize there is a need to change and revitalize oneself. It can motivate one to seek additional training, pursue personal therapy, explore different techniques, and alternative theories. At this point, one begins to separate and individuate from one's initial teachers, theories, and role models. Often this process involves a movement away from the familiar and comfortable, and ultimately a return to a deeper appreciation of oneself. The metaphor of an adolescent or young adult leaving home as a condition of establishing and consolidating an identity elucidates the value of psychological uprooting in a therapist's development.

The final phase in the development of a psychotherapist is one of integration and professional individuation. This involves the capacity to integrate the personal with the professional. It often entails a greater understanding of one's limitations and strengths and an ability to use more of one's personality in therapy. This part of

the growth process is built on principles of acceptance rather than on principles of change or skill acquisition. One feels comfortable enough to trust one's personality, weaknesses and strengths, to shape the way one works. At this phase one is less inhibited and more attuned to one's intuitive capacities and more open to the client. Our journey is never-ending, uneven, and uncertain. The achievement of integration is not the final resting point. Throughout one's career, one alternates between periods of stability (integration) and disequilibrium that can lead to despair, disillusionment, rigidity and acting out, or further exploration, revitalization, and integration. ?

Winners of Free Advertising

In each issue of the newsletter, we publish six randomly drawn names of members who are awarded the privilege of distributing their own marketing brochure or flier as a newsletter insert at no charge--an \$80 value.

Congratulations to:

California Family Counseling
Center
Bonnie W. Cesak, L.C.S.W.
Barbara Hancock, M.A.
Carolina Huete-Lehman,
M.A., C.E.A.P.
Professional Development
Programs
Andrew Whaling, M.A.

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

Bonnie Cesak, R.N., L.C.S.W.,
 Acting Treasurer, (323) 255-3411

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

Susan Papalia, M.F.T.,
 Membership Committee,
 (626) 798-5073

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

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

MEMBERSHIP

Full Member dues for licensed mental health professionals, \$60 per year. Associate Member dues for students, interns, organizations, and others, \$40 per year. Dues may be deducted as an ordinary and

necessary business expense but not as a charitable contribution.

Members exclusive benefits include listing in the annual members directory distributed to the professional community. Members can present a talk or publish an article on a professional topic. They can place free classified ads and receive low rates for display ads, newsletter flier inserts, and mailing list labels. Members receive low rates for continuing education. Members are automatically entered in drawings for free newsletter insert advertising.

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.

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.

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.

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 four to six weeks after our submission deadline.

Newsletter Submission Deadlines

Jan/Feb issue	Dec 13
Mar/Apr issue	Feb 14
May/June issue	April 11

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¢

10% discount when purchasing advertising in quantity (six issues).

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