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

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GAMHPA News

Often our readers believe they are GAMHPA members when they are not. To be sure, **check your mailing label** or your copy of the directory. We widely distribute the newsletter and directory to non-members to better promote members' practices. If you are not a member, consider joining if you want more professional visibility. A **membership application form is enclosed** with this issue.

If you are a GAMHPA member, now is the time to **renew your GAMHPA membership for 2003** with the enclosed renewal form. Exclusive member benefits include a listing in our annual directory, publishing articles and free classified ads in the

newsletter, and reduced rates for CE and MCEP credits.

Continuing education continues through December. See page 3 for details. This is an excellent way to **obtain needed continuing education units toward relicensure** while networking with local area colleagues.

It is time again to call for nominations to Board positions for 2003. You need not hold an elected position to be involved; you are invited to volunteer as well. Often, people find that they **develop strong referral relationships by volunteering** on the Board.

Please **welcome our new Full Members** for 2002 who joined in time to be listed in our annual directory: Michelle Barone, M.A., Linda Bortell, Psy.D., Ann Caporale, L.C.S.W., Bonnie Cesak, L.C.S.W., Tina Clarfield, R.N., Ph.D., M.F.T., Brian Conlan, L.C.S.W., Thurman Couch, L.C.S.W., Cheryl Davis, Ph.D., Lillene Fifield, L.C.S.W., Sarah Jin, M.F.T., Rhea Johnson, Ph.D., L.C.S.W., Collen Land, M.F.T., Karin Meiselman, Ph.D., Michael Obarski, Ph.D., Margaret Stoll, Ph.D., Ruth Tavlin, M.F.T., Elizabeth Taylor, Ph.D., and Marianne Williamson, M.F.T. A special thank you to the following **new Associate Members**: Ed Brostoff, Guillermo Brzostowski, M.A., Frostig Center, Glendale Adventist Medical Center, Judy Schmidt, and Barbara Wright. ?

What is Contemporary Psychoanalysis?

Leslie Maxson, Ph.D., Psy.D.
Institute of Contemporary
Psychoanalysis

I wonder what Freud would think of the way many current analysts are practicing psychoanalysis here in Los Angeles and throughout the world? First we would need to describe to him some of the changes since his passing.

I think Freud would be relieved to know that regardless of contemporary orientation, psychoanalysis has retained its commitment to uncover unconscious process, and continues to show respect for the techniques he developed of dream interpretation, free association, therapist neutrality, and use of the couch. AND, contemporary theory has added

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From the Editor's Couch

Larry Brooks, Ph.D.

Eclecticism

We dance around a circle
and suppose,
While the answer sits in the middle
and knows.
(Anonymous)

I recently read the following statement written by Jay Haley: "To be eclectic means never taking a position or having a firm opinion on anything." This appeared in a book published in 1996 on the teaching of psychotherapy. The recency of the publication along with the prestige of the author made this statement all the more disconcerting. It triggered a poignant recollection and resurrected what I thought was a dead issue.

When I was in graduate school in the late 70's and early 80's, eclecticism was regarded as a failure of thought, an indication of intellectual indecisiveness suggestive of personal inadequacy. The denigration of eclecticism was held by most of my professors regardless of their theoretical hue. Freudians and Behaviorists as well as the Psychology Examining Committee agreed on this point.

That was a generation ago. Now, I can look at this issue with some acquired wisdom. No longer dominated by the ideology of my teachers, I can appreciate the value of eclecticism. According to the Cambridge English Dictionary eclectic is defined as "combining whatever seems the best or the most useful things from many different areas or

systems, rather than following a single system." I should have looked up the definition twenty years ago, around the time that SEPI, The Society for Psychotherapy Integration had formed. Rather than a bottom feeder, eclecticism has risen to the top of my philosophical food chain. As Shakespeare knew four hundred years ago, the complexity of life humbles wisdom. What hubris allows one's blindness to shine? Allegiance to theoretical purity, to a single system of thought, is a hold out, reminiscent of those World War II Japanese soldiers found in island caves, ready to fight, not realizing that the war had ended. Allegiance to theoretical singularity is a belief that draws from the hidden source of vulnerability that feeds all dogmatic belief systems.

The best we can hope for is an approximate understanding of the interminably illusive and complimentary truths of our existence. "The answer is the disease that kills curiosity," (and uncertainty) states Maurice Blanchot in Bion's *Elements of Psychoanalysis*. The objective of unifying the psychological perspective and the belief that the discipline would be better or more advanced or scientific if the various theoretical perspectives on human behavior could be incorporated into a single discipline similar to chemistry or physics is naive at best, at worst self-serving. Eclectics can come out of the closet. Eclecticism understands the limitation of theory in its efforts to understand the complexity of life. It recognizes the need for conceptual openness, flexibility, and the importance of looking at a problem from multiple perspectives. Eclecticism faces the messy phenomena of life with humility, openness, and even indecisiveness.

Eclecticism or multi-theoreticalism or integrative theory is a logical outgrowth of pluralism and the corresponding decline of ideological authoritarianism. Analogously, this shift parallels the psychological growth from adolescence to maturity, from conventional thinking to post-conventional thinking, the prized achievement of maturity. Post-conventional thinking represents the ability to apply critical thought internally as well as externally, an ability to examine one's assumptions and positions as well as those of others. It considers transference, personal countertransference as well as "theoretical countertransference." It is not constrained by the popular, the politically correct, or the ideologically dominant. Without these constraints, creative thinking is optimized. Therapists can understand their particular clients within the frame of their own "intersubjective" intuitions guided by multiple theories.

Findings from psychotherapy outcome research support the value of eclecticism. To a large extent this research has not been acknowledged, let alone integrated by training programs for psychotherapists or the various schools of psychotherapy and their adherents. In the early days of psychotherapy outcome research, different researchers reflecting different orientations attempted to show that their approach was the best. The data has not supported their aspirations. On the contrary, data from meta-analytic studies have shown that with few exceptions, different approaches to treatment are equally effective. Consult Hubble, et. al. (1999) *The Heart and Soul of*

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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 in North Hollywood on Tuesdays from 12-1:30pm. The fee is \$25 per session. 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 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, 6-7:30pm. 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., (626) 585-8075.

Calendar of Events

CONTINUING EDUCATION

Programs are Fridays, 8-9am. Each is CEU and submitted for MCEP. Seminars are administered by Professional Development Programs. Pre-register at (818) 243-0839.

Onsite Treatment of Trauma: The 911 Tragedy and its Aftermath

Rosemarie White, Ph.D.
September 13, 8-10am, 2 CEUs

Therapist's Journey: Deepening Personal Understanding

Larry Brooks, Ph.D.
October 4, 8-11am, 3 CEUs

Maintaining Appropriate Boundaries in Professional Relationships

Nanette de Fuentes, Ph.D.
November 1, 8-10am, 2 CEUs

Treatment Considerations with Adolescents

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

BOARD MEETINGS

September 6
November 1
December 6

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

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. # PSY1795 at (626) 293-5252.

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 members' 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 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

Louise Elerding ad
x 6 issues left including this one

Larry Nadig ad
x 2 issues left including this one

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.

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**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.

GLENDALE. Furnished, elegant office available in the Exchange area (116 N. Maryland Ave.). New paint, new carpets, leather furniture, signal light system, and art on the walls in a beautiful brick building adjacent to restaurants, shops, and theaters. Available full or part-time. Contact: Rodney Boone, Ph.D., at (818) 547-2623.

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.

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. Serene, beautifully furnished private office in historic Pasadena building near freeways & Old Town, available Tuesday & Thursday, as well as Wednesday evenings and Saturday mornings. Call (626) 795-9718.

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.

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.

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.

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.

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. # PSY8161, 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 CPAAA 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 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. # PSY1795, 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:
<http://home.earthlink.net/~triadpublishing> and clicking on your favorite online retailer. Read all about Kasey and Whose Child?:
<http://www.authorsden.com/kaseyhalmner>.

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. ?

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 brochure or flier as a newsletter insert to our readers at no charge—an \$80 value.

Congratulations to:

Bonnie K. Abel, Ph.D.
 Linda Bortell, Psy.D.
 Ann Caporale, L.C.S.W.
 Larry Nadig, M.F.T., Ph.D.
 Charlotte Ann
 Smith, M.A., M.Div.
 Ruth Tavlin, M.F.T.

Psychoanalysis
 (Article continued from page 1)

dimensions I doubt he ever dreamed of. I do imagine he would find some of these ideas fascinating.

Some of the most expansive additions to contemporary psychoanalysis have to do with a listening stance that includes the use of countertransference as well as transference in the analytic conversation. The therapist's subjectivity as well as the patient's subjectivity are used in an intimate manner to form the context of the analytic experience. The patient is welcomed to make observations about the therapist's mind. Giving the patient authority might make Freud a little jumpy, but it actually is a very healing form of listening. This sensitive detailing of different subjectivities is contemporary intersubjectivity. There are East Coast versions of this theory and West Coast versions, each of which has roots in either Object Relations Theory and or Self Psychology. Various forms of intersubjectivity have interesting philosophical differences, which enliven the rich pool of writing that has been building in the last twenty years. Recent writing has become exciting in the way it illuminates the present moment with a deep understanding of the history and development of the patient.

There is much more, however, that enriches the analytic conversation. Contemporary infant research has given us a wealth of possibilities to choose from to enhance our attachment with our patients. Infant research tells us to use our senses in the process, make eye contact, find patterns of relating that give clues

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Psychoanalysis

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about attachment patterns. We are given tools to help us as therapists read the unconscious patterns of relating that are apparent in the transference, and tools that help us build a secure attachment with our patients.

Psychoanalysis here in Los Angeles has been enjoying a wonderful renaissance.

GAMHPA member, Dr. Maxson is a psychologist and psychoanalyst in Glendale. She is a Training and Supervising Analyst at the Institute of Contemporary Psychoanalysis which is opening a program in Pasadena, ICP Psychoanalytic Psychotherapy Program, East. Classes start this fall. If you are interested in knowing more about this training, please call Dr. Maxson at (818) 956-8240 or call Peter Radestock, Ph.D., M.F.T., at (626) 564-8440. ?

Eclecticism

(Article continued from page 2)

Change: What Works in Therapy for a discussion of this research.

The Common Factors approach to understanding what works in psychotherapy emerged out of these results. It reflects the belief that the effectiveness of therapy can be most accurately described as a result of factors common to all or most styles of psychotherapy. Michael Lambert, in a review of the psychotherapy outcome literature published in *The Handbook of Psychotherapy Integration* (1992) edited by Marvin Goldfried and John Norcross, concluded that roughly 40% of improvement in therapy can be attributed to client

variables and extra-therapeutic influences, such as client support systems. Client factors include strengths, motivation, severity of symptoms, psychological mindedness, while 30% of improvement can be attributed to the therapeutic relationship, 15% to placebo, and only 15% to techniques (Consult Hubble, et. al., 1999). It is noteworthy but not surprising that when you ask therapists (and researchers have) what they feel contributed to change, they will attribute the change to their technique. However, when you ask a client, they will tell you the personal qualities of the therapist, such as caring, warmth, and acceptance.

When researchers began to study what works in therapy, the findings were humbling. The most significant contributions to positive psychotherapy outcome are the therapeutic relationship and the quality of the client's participation in therapy. The therapist's task is to understand the client in order to mobilize their strengths for psychological work. Many clients accommodate to our theoretical models, and this is gratifying, but deceptive. The more problematic clients often do not accommodate, and this can be frustrating, but enlightening. They become treatment failures or catalysts for therapist change. In these instances, change in the therapist might be a precondition for change in the client. The non-linear equation of therapeutic change contains two variables of undetermined magnitude, the therapist and the client. Each client represents an unknown, and presents a unique challenge to the therapist to adjust one's thinking and doing. ?

GAMHPA

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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.

ADVERTISING

Please deliver all advertising by the submission deadline to the editor.

Newsletter Submission Deadlines

Nov/Dec issue	Oct 12
Jan/Feb issue	Dec 13
Mar/Apr issue	Feb 14

Advertising Rates

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

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

GAMHPA Newsletter.

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