

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

GAMHPA is now recruiting new members for 2003. A **membership application** is enclosed with this issue. If you are already a GAMHPA member, now is the time to renew your GAMHPA membership for 2003 with the enclosed renewal form. Don't let this opportunity slip by to be included in the 2003 Directory.

GAMHPA's next opportunity to meet and greet local colleagues and GAMHPA officers is our welcoming **networking luncheon**, Tuesday, January 21. Bring your business cards. Both members and non-members are invited. See the Calendar of Events on this page for details.

We would like to announce results of the **election** of GAMHPA officers for

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2003. Jim De Santis, has been elected President, Susan Papalia, Vice President; Bonnie Cesak, Treasurer; David Fox, Membership Chair; and Larry Brooks, Program Chair. Larry also continues in the appointed position of Newsletter Editor. Congratulations. All are returning to the Board for another year, and we thank them heartily for their active participation.

We have observed that a number of GAMHPA members have developed their own **websites**, not only for their private practices but for various other related businesses and services. If

you are a member and have a website you would like to promote through GAMHPA, please forward your website's address to the editor so that we may publish it in the newsletter and directory. ?

## 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:

- Rodney Boone, Ph.D.
- William Clarke, M.S.W.
- James De Santis, Ph.D.
- Susanna Friedlander, Ph.D.
- Dale Rose, M.F.T.
- Susan Ziemer-Brender, M.A.

## 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.

### BOARD MEETINGS

January 24	September 12
February 28	October 17
April 25	December 5
June 27	

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 Unknowable Self

"Some questions have no answers to find."

Michael Frayn, *Copenhagen*

"Know thyself," proclaimed Socrates over two thousand years ago. "To thine own self be true," advised Polonius to the young Hamlet as he journeyed forth from Elsinore, that dark place in the mind. The quest for Self-knowledge has driven philosophy, literature, and psychology since the emergence of self-reflection. Has this quest reached a precipice in our post modern age? Has the "royal road" to self-knowledge encountered a limit to what can be known? The contemporary Polonius might say what Heisenberg, the physicist, said in Michael Frayn's play *Copenhagen*, "How difficult it is to see even what's in front of one's eyes....And yet how much more difficult still it is to catch the slightest glimpse of what's behind one's eyes." What is the nature of this limit to our self-knowledge? What is the subjective experience of self at this juncture? What questions and points of view will emerge from beyond the precipice?

Michael Frayn's play *Copenhagen*, locates the principle of uncertainty at the heart of self-knowledge and the paradox of complementarity as the procedural limit of this process. The observer impacts the observed. For this reason, one can never know objectively and absolutely the subject of one's investigation. In the domain

of self-knowledge, passion and anguish are associated with this uncertainty. Not only does the observer impact the observed, but the observer needs the observed in order to be known. I can never know myself, though I long to know myself! I don't see my smile or sneer as I look into another's eyes. I can never see myself as others see me who can never know me as I know myself, though I long to see how other's see me, and to see them as they really are. I long to be recognized by somebody who simultaneously longs to be recognized by me. She discovers an unfamiliar image of herself in my heart, as my heart hums a dirge of past loves. We unwittingly lose ourselves within the flux of our mutual longings. We momentarily discover ourselves in the image that is reflected back to us.

Contemporary models psychoanalysis embody this changed view of the self and the dynamics of self-knowledge. Historically, the mind has been considered a complex but knowable system. Freud believed that mental events were determined by hidden and specific causes that were accessible to psychoanalytic understanding. Through interpretation of dreams and free associations, the unconscious could be made conscious. Stephen Mitchell, one of the architects of contemporary psychoanalysis, has articulated the notion of a more fluid concept of self. He challenged theories that assume the concept of a core, fixed essential, knowable self. He described the self as an emergent relational process that changes over time and place. The self is neither singular nor autonomous, but exists interdependently as a "multiplicity of selves" in multiple contexts. At best the notion of Identity and self-knowledge are adaptive constructs built on an ever-

changing multi-dimensional set of interacting planes.

The post modern individual is a multifaceted evolving process. Some are conscious of this, and some are not. I am working with a bright, 12 year old who described herself as an octagon with 8 different sides to her personality. The complexity unfolds as one imagines the sparks and the darkness created by the interaction of two multifaceted individuals. This complexity characterizes relationships: the relationship of two individuals in love, parent and child, as well as individuals engaged in a psychotherapeutic endeavor.

En route through life, ruminating about myself, thinking about theory, feeling vulnerable, insufficient, and tossing out labels of my self equal to a lovers quarrel, I realized that my shameful self had colonized my soul. I began to think about a day in my life. In just one day I had a wonderful session with a difficult and disturbed young child. I had a good initial session with a bright, motivated musician who left a message saying he would not be coming back. I stumbled through a session with an awkward self-conscious adolescent. I lost my temper with my son and quickly apologized. Later that night, I dreamed of my father, son, and myself. My father said that he didn't feel valued in the family. My young son told me that my dad needed a hug. I woke up feeling deeply appreciative of my son, and feeling more compassion for my dead father. The complexity of one day, one hour, exploded through my evaluative schema leaving it tattered. My shameful self, my ideal self, categories as ancient and eroded as volcanic cones, slipped through the

(Article continues on page 8)

## 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.

**ANGER MANAGEMENT FOR ADULTS:** This is a group for men and women who would like to learn how to recognize and utilize their anger in a more constructive way through facilitated discussion and experiential exercises. In a supportive environment, you will learn what your anger will be telling you and how you can appropriately channel it for higher self-esteem and more satisfying relationships. Mondays 7-8:30pm. California Family Counseling Center, Encino, (818) 386-5690 ext. 460 or 406.

**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 5-6:30pm and on Wednesday's from 11-12:30. 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 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.

**COUPLES WORKSHOP FOR PREMARITAL COUPLES:** Most couples enter into a marriage with a great deal of love and good intentions. It is life's circumstances that catch them unawares and unprepared. We are offering an educational and collaborative workshop to help couples create a vision for a more satisfying marriage. Thursday 7:30-9, California Family Counseling Center, Encino, (818) 386-5690 ext. 421 or 473.

**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, 7-9pm, 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.

**HEALING AFTER LOSS: THE JOURNEY TOWARD ACCEPTANCE AND RENEWAL:** A support group designed to aid in the healing after a loss. In this group you will share feelings associated with loss and explore ways to heal and renew. This group is both educational and experiential. Tuesday 6-7:30pm, California Family Counseling Center, Encino, (818) 386-5690 ext. 456 or 451.

**MEN'S GROUP FOR ENDING DOMESTIC VIOLENCE:** A group for men who wish to stop angry, controlling or violent behavior. We offer support for facing pain and confusion and the opportunity for growth and change. This group follows probation guidelines for court referrals. Mondays 7-9pm, California Family Counseling Center, Encino, (818) 907-9980 or (818) 386-5690 ext.437.

**MEN'S GROWTH & SUPPORT GROUP.** 1-1/2 year old established Burbank men's group presently has

one opening. Dynamic process and insight-oriented group working on self-enrichment, mutual respect, and insight. This ongoing weekly group has excellent cohesion and works in an atmosphere of safety. Interview or brochure by contacting Andrew Sway, MA, L.M.F.T., Lic# MFC34846, (818) 829-7900.

**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.

**OPTIONS TO ANGER FOR TEENS: AN ANGER MANAGEMENT AND VIOLENCE PREVENTION GROUP:** Interactive program is designed for today's teenager. This is a structured series of meetings where adolescents will learn how to recognize their escalating feelings of tension and frustration that can lead to anger and violence. Ongoing group meets Thursday 7-8:30pm, California Family Counseling Center, Encino, (818) 386-5690 ext. 481 or 403.

**PARENTING GROUP:** "Parenting is not about being perfect, it's about being effective." In a supportive group with other parents, using the STEP guide you will learn: what your children want when they misbehave; how to handle emotions: your children's and your own; ways to use encouragement to build self-confidence and self-esteem; how to really listen to your child. English speaking: Tuesday 7-8:30pm, California Family Counseling Center, Encino, (818) 386-5690 ext. 460 or 448.

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.

SINGLES 12 WEEK RELATIONSHIP GROUP. A 12-week time-limited co-ed 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.

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 nominal fee based on a sliding scale. For more information contact Barbara Ballenger, M.F.T., at (818) 763-1718, ext. 352.

SUPPORT GROUP. Are you the loved one of a police officer or fireman? Would you like some support? Welcome to our group! We share concerns, hopes, dreams, stresses, triumphs. We bond and build connections with those who care and understand. Facilitated by licensed M.F.T., Gloria Ashby

Dahlquist, M.A., in Toluca Lake. Meets weekly, Tuesday, 7:30pm, \$45. Call (818) 766-9348.

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.

TEEN SUPPORT GROUP: For teenagers whose parents are separated or divorced. Children learn how to cope with chaos and confusion of the transition and regain personal control, how to make sense of two parents in two places, how to increase his/her self-esteem, how to understand s/he was not the cause of the separation or divorce. Wednesday's 4-5:30pm, California Family Counseling Center, Encino, (818) 386-5690 ext. 471 or 460.

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.

WOMEN'S WORKSHOP FOR MID-LIFE ISSUES: An educational, interactive workshop for women to learn about the very real physical, hormonal, emotional and relational issues that occur in this phase of life. California Family Counseling Center, Encino, (818) 386-5690 ext. 457.

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 DISTRICT Part time. Call lights, all windowed offices, very convenient to freeways 5, 2, 134-101. Great location. Easy street or lot parking. Friendly collegial atmosphere. Nicely furnished. Kathy Downing, (818) 845-0151.

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.

TOLUCA LALKE: Furnished office near studios. Electric light call system, use of fax and computer. Good deal on Fridays and Saturdays. Walk way to office--ideal for privacy. Call Dr. Louis Leveen for information at (818) 762-1137.

#### 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](http://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. 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.

#### WANTED

P/T LICENSED PSYCHOLOGIST for psychological testing of infants, children, and adolescents in LA County. Set own schedule. Spanish-speaking helpful but not necessary. Please call H. Keith Massel, Ph.D., (805) 563-9249.

#### MISCELLANEOUS

**PSYCHOTHERAPY PRACTICE FOR SALE:** 30-year full-time psychology practice in Pasadena for sale. Assistance with referrals and community introductions. If buyer has CISM experience, value-added

asset. One times gross. Call (626) 796-3515.

**ADOPTION FORUM** by Kasey Hamner is here! *Whose Child?* is still available. Visit our website for testimonies and ordering information at [home.attbi.com/~triadpublishing](http://home.attbi.com/~triadpublishing). Order directly from Triad Publishing: *Whose Child?*: \$14.95 + \$3.00 shipping, *Adoption Forum*: \$17.95 + \$3.00 shipping, Both titles: \$27.95 + \$4.50 shipping (CA residents add 8.25% sales tax). Send Check/Money Order to: Triad Publishing, PO Box 299, Verdugo City, CA 91046. Phone/Fax/Email your order to (818) 293-1505, (775) 878-0243, [TriadPublishing@attbi.com](mailto:TriadPublishing@attbi.com) respectively.

**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?*: [www.authorsden.com/kaseyhamner](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.

**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](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. ?

Editor's Couch  
(Article continues from page 2.)

strainer of complexity, barely leaving a trace. Who am I?

As I thought about these ideas about the multifaceted self, that resonated with my own illusive sense of self, and felt the growing weariness of wasting time in the process of knowing rather than being, I came upon an article in the Calendar section of the *Los Angeles Times*. The text of the picture stated "IMAGE GURU: Sam Christensen teaches students to recognize how they are perceived." Through a series of interactions with people who describe your personality style one identifies themes about oneself. These themes can be narrowed down to essences of how you are perceived. Once the essence is known, you can stop wondering what others think of you and simply accept yourself. How simple! How at odds with contemporary theories of knowledge!

I found myself at the confluence of two contradictory streams of thought, along side other streams, some not yet even identified. These two

streams reflect divergent perspectives on the nature of self-knowledge. Taken together these two complementary perspectives on self-knowledge constitute a dialectic within the cultural group mind, present also in ever-changing ratios within my mind. The certainty of knowing myself seems as illusive as true love, yet both exist as passionate truths within the group mind. Certainty and uncertainty straining for prominence within me and within the group.

As I look into the unknowable future, I see the reflection of the past flickering in the darkness. I wonder if these flickering lights will provide enough illumination to get one's bearings? The focus on the self is shifting, with implications for psychotherapeutic treatment and theory. The relational self is emerging out of the shell of the narcissistic self. Will the responsibility of the individual shift as well? Will there be less a need to know oneself, change oneself, or be preoccupied with oneself? Will the value of self-knowledge within theory diminish as well? Will the focus of psychological inquiry shift from individual to context, from strategies of change to strategies of acceptance? How will the dyadic search for meaning change within this evolving context? ?

**GAMHPA**

Glendale Area Mental Health Professionals Association  
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138 North Brand Boulevard  
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(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.

2003 BOARD OF DIRECTORS

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

Susan Papalia, M.F.T.,  
Vice President, (626) 798-5073

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

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

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

NEWSLETTER ADVERTISING

Please deliver advertising by the submission deadline to the editor.

Newsletter Submission Deadlines

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¢

GAMHPA Newsletter.  
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