

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

Enclosed with this newsletter is a **membership application and renewal** form for 2004. We encourage you to submit your renewal now to stay current. Dues are just \$60 for full members, and \$40 for organizations, prelicensed individuals, and supportive friends.

What are **benefits of GAMHPA membership**? Our directory is distributed to 500 potential referrers in the professional community. Classified advertising is free. Members are randomly awarded free newsletter insert advertising. Members can publish newsletter articles. New members can publish a brief summary of their professional background. Membership dues are low: \$60 for licensed professionals,

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\$40 for students, allied professionals, and organizations.

Our **networking luncheon** in October at Glendale Adventist Medical Center was a success with fourteen in attendance. Thank you again to Janet Richardson, M.F.T., of the GAMC Chaplain's Office for arranging the location and menu. See our Calendar of Events (below) for details about our next luncheon. Bring your business cards. ?

Calendar of Events

NETWORKING LUNCHEON

Friday, December 5, 2003
12-1:30 pm, Glendale Adventist Med. Center, Education Conference Room. Lunch available \$8. Pre-register by calling (818) 771-7680.

2003 BOARD MEETINGS

December 5

* December 5th is 10:30-12 in the Glendale Adventist Medical Center Education Conference Room. Other Board meetings are Fridays, 9:30-11am, at Positive Directions, 225-D N. Maryland Ave., Glendale.



From the Editor's Couch

Larry Brooks, Ph.D.

Psychoanalytic Understanding of Psychoanalytic Beliefs

The edifice of psychoanalysis has been toppled. Freud is Dead. No longer idealized, he has been buried and mourned by most. Freud's theories of psychosexual development, the tripartite structure of the mind, and his prescriptions for psychoanalytic technique constituted what had been the psychoanalytic doctrine. This doctrine, more fable than fact, became the predominant organizing framework of psychoanalysis for more than half a century. Psychoanalysis drew together a faithful core of bright clinicians who accepted and defended this doctrine and perpetuated it through their analytic institutes. It

(Article continues on page 2.)

From: _____

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EDITOR'S COUCH

(Article continues from page 1.)

was not until the late 1960's when Margaret Mahler portrayed development through the perspective of separation and individuation that a competing theory gained wide acceptance. Stirred by Kohut "deviations" from classical theory, it took the psychoanalytic community another 20 years to relinquish the classical doctrine and accept significant change.

The story of psychoanalysis is an unfolding story consisting of many tales told by many voices. An untold aspect of this story is the relationship between belief systems and believers. In this essay I examine the emotional underpinnings of belief in an attempt to understand how the psychoanalytic doctrine had such a profound influence on so many minds of our century, turning critical thinkers into ardent believers.

In an article by Randall Sorenson (1) that examined the structure of psychoanalytic education, the author compared classical psychoanalysis to a fundamentalist religious denomination. He identified three characteristics that define a fundamentalist belief system: absolutism, the belief that "we have the truth, and all others are in error," conformity, "an intolerance of diversity or dissent," and fanaticism, "a missionary zeal to spread the message." According to Sorenson, fundamentalism preserves its doctrine through indoctrination. To apply a concept from Winnicott, in such a system there is a no "potential space" between believer and belief. Fundamentalism forbids questioning of basic assumptions, requires strict allegiance, and forecloses the

possibility of innovation and individual creativity.

What emotional underpinnings anchor passionate attachments to an ideology, particularly a fundamentalist one? This question goes beyond psychoanalysis. Most individuals have the capacity to become overly attached to their sports teams, their religion, and their political ideology. The growth of religious fundamentalism highlights the prevalence of this phenomenon and its danger.

Mental health professionals fall in love with their theory. Like a young lover who fails to see the flaws in his/her beloved, the adherent idealizes their personal theory and devalues others. The adherent becomes so enthralled with the theory that it is mistaken for reality leading to a beguiling confusion of reality and theory.

The capacity to believe, and the strength of a belief emerge out of the "unconscious organizing principles" of an individual as opposed to a conscious and rational thinking process. These principles are rooted in the earliest psychological processes of incorporation and projection, processes that are structured by the dynamics of attachment, separation, and identity formation. Believing can be viewed dialectically along a developmental continuum balancing on a gradient of acceptance of self and of other. Believing oscillates between the poles of belonging and individuating. Each idea has an implication for one's identity and one's connection to others. An individual's beliefs can connect one to, differentiate one from, or repudiate the group. In the language of Intersubjectivity, the individual struggles with the reciprocal tasks of asserting oneself and accepting

another's subjectivity. Maturity is characterized by the ability to sustain mutual relationships and maintain a balance between the needs of self-assertion and demands of acceptance of others.

Judy Vida and Gershon Molad (2) describe three modes of being that illuminate the emotional undercurrents of learning and of passionate attachments: incorporation, identification, and introjection. They view the learning process as a dynamic relationship between individuals that is modulated by the individual's ability to recognize and express emptiness, loss, and emotional pain. The individual relates to the world of people, things, and ideas based on an internal capacity, an organizing principle that implicitly prescribes how to deal with loss and pain.

According to Vida and Molad, identification represents a process of copying experience with an intention of compensating for a lack and thus denying loss. "Identification fills in the empty spaces with copies of someone else." Incorporation is a primitive and magical expression of identification. In the identificatory mode, information and experience are swallowed but not digested, in order to maintain a psychological stasis. Thinking and believing function in the service of self-protection.

In contrast, introjection represents a process of learning characterized by openness and mutual influence. An individual is open to change when he/she is vulnerable and able to maintain a feeling of emptiness, of being incomplete. The individual's sense of self is not threatened by

(Article continues on page 7.)

Classified Advertising

GROUPS

ADULTS MOLESTED AS CHILDREN. Small, open-ended AMAC group in Burbank's Media District. Thursday evenings, 7:30-9:30 pm. Insight-oriented group process, most appropriate for well-functioning clients, preferably also in individual treatment or a 12 step program. Free pre-group interview. \$180 per month. Kathy Downing, M.A., 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. Fee: \$20.00 per session. California Family Counseling Center, Encino, (818) 386-5690, x474.

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 who want more out of life—to find lasting intimacy, achieve career satisfaction, and expand 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-

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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. Small open-ended, insight-oriented Process Group with 12-Step emphasis. Monday evenings, 7-9pm, Westside, Colleen Land, Psychotherapist,

Addiction Specialist, Lic.
#MFT70181, (310) 887-0553.

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. #PSY17395 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. Fee: \$35.00 per session. California Family Counseling Center, Encino, (818) 386-5690, x456.

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. Fee: \$40 per session, sliding scale available. California Family Counseling Center, Encino, (818) 386-5690, x437.

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, M.A., 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.

MEN'S GROWTH-SUPPORT PROCESS GROUP. Monday 7-8:30 PM. New group starting. Safe environment. \$45/session with discounts available. Call for referral, brochure, or intake assessment appointment. Andy Sway, MA,

Larry Nadig ad
x 2 issues left including this one

LMFT, MFC34846, (818) 829-7900.

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. Fee: \$20 per session. California Family Counseling Center, Encino, (818) 386-5690 x481.

PARENTING GROUP (English). "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. Monday 7-8:30pm. Fee: \$25/individual, \$40/couple (per session). Discount if paid in full: \$160/8 weeks/individual, \$280/8 weeks couple. California Family Counseling Center, Encino, (818) 386-5690, x460.

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.

SECOND HALF OF LIFE GROUP for women 48+ who are interested in deepening their relationship with the Self through creative activities designed to tap inner resources and promote individuation in a nurturing and supportive environment. Tuesday and Wednesday evening groups in Encino. Limit six people per group. Concurrent or prior individual therapy recommended. Call (818) 906-0406 x3.

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 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. 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 MFT, 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.

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. Spacious and windowed office. Comfortably furnished with play therapy supplies available to share. Freeway convenient and central to SFV, LA, Hollywood, SGV. Ample free street & residential parking. All therapist suite with signal lights, refrigerator, microwave and waiting room. \$11/hr or \$130/day monthly. Discounts for multiple day/week monthly commitment. Andy Sway, LMFT. Cell: 818/620-3307, VM-pager (818) 829-7900.

BURBANK/TOLUCA LAKE. Part time spaces available in September. Three office suite with waiting room, beautifully furnished in antiques. Charming brick building in heart of media district. Call Annie, (818) 558-3922.

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.

GLENDALE. Psychotherapy office with call system, sound proofing, and great colleagues. Contact Ira Heilveil, Ph.D., at (818) 241-6780 x209 for more information.

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location. Near Freeway and Metro. Practice building opportunity! Call Dr. Rhea Johnson, (213) 388-0262.

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SILVERLAKE. Available July 1: Large therapy space with waiting room in ideally located two-story building, convenient to major freeways, near popular neighborhood eateries. Share schedule with us -- a variety of times available. Silverlake Psychotherapy Associates, c/o Anita Frankel, M.A., M.F.T.. (323) 661-0297 or afrankel@earthlink.net.

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.

Third year of successful how-to workshops designed for mental health professionals and students wanting to build a private practice. 12 facilitated meetings biweekly. Action-oriented small group using a didactic, peer support, and homework format. Now offering Tuesday morning, Thursday evening, or Saturday afternoon sections starting the week of February 2nd. 18 CEUs available for MFTs and LCSWs. Glendale location. Call (818) 551-1714 for information or to register today.

SUPERVISION CONSULTATION

GROUP. Earn CE hours while participating in a small, time-limited group that provides supervision and support to clinical supervisors. Starting in April, meeting every other Tuesday 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 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. #PSY17395, 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.

PUBLICATIONS

BUY-ONE-GET-ONE-FREE book offer! Order "Adoption Forum" by Kasey Hamner (List Price: \$17.95) and receive "Whose Child?" by Kasey Hamner (List Price: \$14.95) free!! \$17.95 + \$4.50 S&H + \$1.48 = \$23.93. Send Check/Money Order payable to Triad Publishing. Mailing address: Triad Publishing, PO Box 299, Verdugo City, CA, 91046. Or, send your order by email to: TriadPublishing@comcast.net and we will send invoice with shipment. Phone/Fax: 818-293-1505, Website: www.KaseyHamner.com.

GROUP DIRECTORY. New concise, up-to-date directory of Los Angeles area psychotherapy groups lists 172 facilitators and 350 groups. Free to licensed therapists to join. View or download from the internet at hometown.aol.com/jjdesantis/grplist.html or call (818) 551-1714.

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.

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.)

incompleteness, and neither has to guard against the consequences of being influenced or asserting oneself. Information and experiences are swallowed, digested, absorbed, and

"played" with. Theories are intrinsically incomplete, and can be absorbed in parts. They neither need to be accepted fully or rejected fully. In the incorporative mode believing has been weaned from the psychological necessity of self-defense.

The roots of one's theoretical autobiography are vague and indeterminate extending beyond the reaches of graduate school and even beyond formative experiences of childhood, way back into the unrecorded history of one's family and culture. I would like to focus briefly on a dimension my theoretical autobiography. When I was in graduate school in the late 70's early 80's, the predominant psychoanalytic ideology was an amalgam of Ego Psychology and Object Relations articulated most clearly by Otto Kernberg. At the time cognitive behaviorism and family systems theory competed for dominance, while Kohut was regarded with suspicion and interest. The conventional wisdom held the conviction that students needed to commit to a single theoretical orientation. It descried eclecticism as a sign of weakness. To have challenged this conviction would have required an ability to stand in a theoretical "no-man's land."

I defined myself as an ego-psychoanalytically oriented object relational therapist. Yet I was of two minds, a public one and a private one. Publicly I accepted this doctrine and aspired to be a good psychoanalytically oriented psychotherapist. This meant taking a primarily interpretive role in therapy and practicing neutrality and abstinence. Privately I never felt comfortable in this role. I felt

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EDITOR'S COUCH

(Article continues from page 7.)

uncomfortable not answering questions. I felt restricted by what I thought I should and shouldn't say to clients, and threatened by supervisor's expectations. I believed that my difficulties represented my personal deficiency. For years I felt inadequate and uncomfortable doing therapy. I could not convert this discomfit into skepticism and critical doubt. I harbored it as a secret belief that something was wrong with me. This anecdote highlights how fundamentalist groups dominate the individual. In such a group there is no space for disagreement: you are an adherent or an outsider. The individual is confronted by a Hobson's choice: to silence oneself and accept the doctrine or assert oneself and risk censure or banishment. One believes in order to belong in order not to be exiled.

According to Pelikan quoted in Sorenson (1), "Maturity in relation to our parents consists in going beyond both a belief in their omniscience and a disdain for their weakness, to an understanding and gratitude for their decisive part in that ongoing process in which now we, too, must take our place, as heirs and yet free." Maturity enables one to move more freely between the poles of omnipotence and impotence, conscious of the coercive influence of seeking approval from others or the need to precipitously establish one's autonomy. Unfortunately, we are less mature than we'd like to believe. We are subject to the directives of both our internal parents and their external surrogates.

I. Sorenson, R. L., (2000).
"Psychoanalytic Institutes as Religious Denominations: Fundamentalism,

Progeny, and Ongoing Reformation." *Psychoanalytic Dialogues*, 10 (6): 847-874.

2. Vida, J.E. & Molad, G. J. (2001). "The Ferenczian Dialogue: Psychoanalysis as a Way of Life." Present to the "The Lost Childhood", organized by the Sandor Ferenczi Society of Budapest, February 23-25, 200, Budapest, Hungary. ?

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. We are not a profit-making organization.

2003 BOARD OF DIRECTORS

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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 an insert with the newsletter at no charge—an \$80 value.

Congratulations to:

Clarice Barkhordarian
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Christi Taylor-Jones, M.F.T.

Advertising Rates

Item	Member	Non-Mem
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¢

Newsletter Submission Deadlines

Jan/Feb 04	Dec 12
March/April 04	Feb 20
May/June 04	April 23
July/Aug/Sept 04	July 23

GAMHPA Newsletter.
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