

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

In the Fall, we begin our recruiting for the new year. Enclosed with this issue is a membership application and renewal form for 2005.

This issue we offer a thank you to David Fox who is leaving the GAMHPA Board of Directors after many years of tireless service.

Gloria Dahlquist once again brings us an informative interview, this issue featuring new member, James

Gagne, M.D., Q.M.E.

In his business series, Jim De Santis describes and gives examples of a marketing strategy called the "flank."

The upcoming Aging and Long-Term Care seminar fulfills the new mandated BBS and MCEP requirement. See the enclosed green flier for registration and full details.

If you are interested in becoming more involved in GAMHPA by serving on the Board of Directors or want to nominate someone for a position, please contact any board member for details. ?

In This Issue

About GAMHPA	12
Affiliate Agencies	11
Board Meetings	1
Board of Directors	12
Business of Practice	5
Calendar of Events	1
Classified Advertising	7
Continuing Education	1
Member Interview	3
Board Member Tribute	2
GAMHPA News	1
How to Join GAMHPA	12
How to Advertise	12
Member Websites	6
Office Space	9
Professional Services	10
Publications	11
Therapy Groups	7
Winners of Free Advertising	6

From: _____

Request Circulation

? Read	_____	?
? Forward	_____	?
? Return	_____	?
? Keep	_____	?
? Discuss	_____	?

Calendar of Events

CONTINUING EDUCATION

AGING AND LONG-TERM CARE

Bonnie Cesak, LCSW, RN
 Sunday, November 14, 2004
 9-12pm, Glendale Adventist Medical Center

GAMHPA members receive \$25 discount off the regular \$70 enrollment fee. Register by calling (818) 771-7680.

2004 BOARD MEETINGS

October 22
 December 10

9:30-11 a.m.
 138 N. Brand Blvd., Ste. 300,
 Glendale. All are welcome.

September meeting will run
 10:30-12.



Outgoing Board Member, David Fox

David D. Fox, Ph.D.

David Fox announced in September his intention to resign from the Board of Directors of the Glendale Area Mental Health Professionals Association as of elections for 2005. His decision to resign reflects his wish to simplify what had become an overcommitted, hectic, and exhausting professional life.

For new members, we should provide some a little history. GAMHPA was founded in 1991 with about a dozen members and little else but hope and energy stirred by the changes brought about by managed care. Dave was there from the very beginning and has been a committed, hardworking member of the board for 13 years. Having had prior experience as a membership chair with another professional organization, he brought that experience to our meetings. He has functioned as GAMHPA Membership Chair and Directory Editor consistently across those years.

Dave has had a significant impact on GAMHPA, both on the infrastructure and the manner in which the board conducts its business. GAMHPA has benefited from Dave's good nature and his knowledge and expertise with computers. His most valued contribution has been the directory. He formatted the directory and single-handedly input the data from application forms year after year, a tedious task which he swears he did

not outsource. The usefulness and user friendliness of the directory is a tribute to his competence. He also wrote a series in the newsletter called The Computerized Clinician and has been our webmaster and host.

We will miss Dave's presence at our board meetings. As anyone who has been involved in an organization knows, a few individuals do the lionshare of work. Within that select group Dave's hard work and dedication stands out. Coming to board meetings was a pleasure, a romp in the woods of the board's collective unconscious. Dave's wit and banter enlivened what could have been yet another boring meeting. ("I will always treasure the weeks we spent together in Tahiti at GAMHPA's expense."); he will no doubt tease us in good humor about this article as well. He has been a flexible team player. He has always counseled toward GAMHPA being a gentle organization toward its members. He was particularly welcoming, supportive, and respectful of new members. He is a warm, genuine person, thoughtful and circumspect, comfortable with building consensus.

Dr. Fox writes, "GAMHPA is a special organization. It has managed to go beyond the parochial needs of psychology, social work, etc., to promote good for mental health professions and for the community...I know GAMHPA will continue to be an asset for the community."

Dave is a special person who has provided much to our organization and whom we admire. Dave will continue as a GAMHPA member, and will provide some training to the next membership chair to facilitate a smooth transition. He continues in his professional activities in Glendale

as a respected forensic neuropsychologist.

Thank you, David, for your many years of service to GAMHPA. We wish you well, and we already miss you. ?

A Conversation With . . .

By Gloria Ashby Dahlquist, L.M.F.T.



**James Gagne, M.D.
Q.M.E.**

When did you first know you wanted to be a physician?

GAGNE? There's an apocryphal story. My mom had just had minor surgery and I was five years old. I went on the local equivalent in upstate New York of the Buffalo Bob TV show. They had a peanut gallery and were asking the various kids what they wanted to be when they grew up. I said I wanted to be a doctor. They asked why, and I replied that I wanted to cut little balls out of people. They quickly moved on to the next kid!

Then for awhile I wanted to be an engineer, and then when I got to college, I went back to wanting to be a physician (for awhile a psychiatrist). But I realized I really liked treating normal, healthy people and I liked the hands-on science of general medicine. I'm always kind of torn between behavioral work, which I really like, and the internal medicine work.

What experiences in childhood do you suppose influenced your becoming a physician?

GAGNE? My mother had always wanted to go into medicine and spoke of it glowingly. It seemed like a good thing. She was a little bit ahead of her time and so never went to medical school.

Whom do you regard as your biggest supporter and/or inspiration?

GAGNE? A lot of teachers in medical school. I have met a number of individuals that I think if I can be half as good as they are, then I'm doing a good job.

After my residency I met a 72 year old gentleman who at the time was very old (at least that's what I thought) and he'd been sober from alcohol for 30 years. He'd sponsored other men innumerable times. There was something about him, a peace and a self-acceptance, that I just desperately wanted. I get a similar feeling with some of the physicians I have met in the addiction medicine field as well.

Where did you study?

GAGNE? I graduated from college at Columbia University, and went to medical school at Albert Einstein College of Medicine. My internal medicine training was at Lincoln Hospital (South Bronx) and Kaiser in Santa Clara, California.

What do you like most about being a physician?

Actually I like the combination of internal medicine, which is about half or two-thirds of what I do, and addiction medicine and pain medicine.

What discourages you about your profession?

GAGNE? The problem with addiction medicine and pain medicine is that the majority of patients don't want to get better. Much of the work with them is dealing with ambivalence masked by either a victim status or narcissism. At times it can be very challenging.

What is your general philosophy about your work?

GAGNE? I made a decision not to participate in managed care. I find the longer I'm in practice, the more time I spend with patients. And I actually think I'm very efficient, because that initial investment of taking time with people and getting to know them and what their problem is, really pays off. I kiddingly tell my patients that it's my job to get fired. Because we've figured out what's wrong, we've taken care of it and they don't need me any more. Unfortunately I'm too good at that (laughter)! So I'm still accepting patients and building my practice.

I'm really lucky because I have the opportunity to practice the kind of medicine I truly believe in. I love what I do. I try to do the best job that I can. I try to set up a collegial relationship with the patient. I'm not the sort of individual who has to be right. In fact, I enjoy when something comes up and I can hear of another way, or I misunderstand them and they correct me. We learn to work together so we're both relaxed and focused on the task at hand. So that sense of partnership with people is something I really believe in. I do that also with my colleagues, with nurses, and with others on my staff, because I think that the more I can empower everybody around me to work on the patient's behalf, the best outcomes I'll get.

I have a lot of interest in and enthusiasm for psychotherapy, but it's not my thing because I'm too impatient. I'm too "general physician" about that, where it's like, let's go in there and get the job done! I like working with good psychiatrists, though, in a collegial way.

(Article continues on page 4.)

A CONVERSATION WITH . . .

James Gagne², M.D., Q.M.E.

(Article continues from page 3.)

Is self-care an important component of your work, and if so, what are your favorite restorative activities?

GAGNE? Self-care is at the core of what I do. You know, I see myself not only as practicing medicine, but trying to heal. And you can't heal others unless the patient is actively involved.

In addiction medicine and chronic pain, there is very little I can do as a physician. There's a lot of activity to be done, but a lot of that activity is training the patient and clearing the field so they can get better. I'm very much not somebody who waves a magic wand and makes it better.

Now there's some times when you need to do that. As an internist I often meet patients at the hospital and do very specific things to help them get better. I favor situations where eventually I can turn the keys over to the patient and they can take over from there.

How would you describe your favorite kind of client?

GAGNE? I like working with a variety of people. If I had one type of client exclusively, it wouldn't be as much fun. I would fit the traditional stereotype of what psychotherapists like in a patient, which is somebody who is eager to get to work on themselves and brings a commitment and focus to the task.

What is the primary thing you would want people to know about you?

GAGNE? The thing that distinguishes me from some of my colleagues is I try to look at complex problems from a variety of perspectives. I'll look at it from one perspective and get as far as I can there. And then put on a different hat and look at it from another perspective and get as far as I can there, and so forth. And then try to help integrate those perspectives.

Those perspectives are: the biomedical (the physical problem) based on observable pathology and dysfunction or alteration of the body's anatomy. The second is psychological or psychiatric, which includes what people bring with them to the situation and what they want to work on in a behavioral way. The third perspective is where they fit in their social structure . . . family, employment, etc. Some patients don't want to go there, so of course I don't push that on them. Finally, when appropriate and patients are open to it, a spiritual perspective -- stage in life, life purpose, sources of strength and inspiration, meditation-relaxation training, and so on.

Jim Gagne, MD, QME, may be reached at his Verdugo Internal Medicine offices at 1809 Verdugo Blvd., Glendale, CA 91209, telephone (818) 790-4300. His website address is www.drgagne.com.

Lipton, host of the popular TV show, "Inside the Actor's Studio," and to her husband and grandchildren, who inspire. ?



Our columnist, Gloria Ashby Dahlquist, is a Licensed Marital & Family Therapist. Her successful fee-for-service private practice is in Toluca Lake. She works

primarily with Gifted Adults and Highly Sensitive Persons who are survivors of childhood abuse or neglect. She tips her hat to James



The Business of Practice

By Jim De Santis, Ph.D.

Flank with a Specialized Group

Among classic marketing approaches well-suited to the solo private practice mental health professional is the "flank."

The flank is elegant in that it essentially avoids the onerous task of competition with colleagues. Why compete when you don't have to? A "flank" involves launching a new product or service into an uncontested market. The product or service need not be entirely new, but a flank creates a new category, niche, or segment in the market, thus eliminating direct competition.

Flanks work best when the marketer initially focuses their total force, or all their marketing resources, on a single product launch to achieve a local superiority. So, to best launch a flank, avoid marketing several products or services concurrently.

One service within the mental health field that is ideal for flank marketing is group work. There must be hundreds of special-topic therapy groups available to choose from. Aside from the general mixed, dynamically-oriented group are many types of dydactic, supportive, and topical groups. For example, groups can be distinguished by diagnostic category such as depression or aspergers, by demographics such as gender or age group, by a specific environmental stressor such as bereavement or trauma, by goal such

as weight loss or effective parenting, or by theoretical orientation such as analytic or cognitive. Consider offering groups that emphasize "positive" psychology for healthy, adjusted people who want to get more out of life.

Firstly assess yourself. What type of client do you like, do you find that you have experience and work very well with? Choose wisely: whatever type of group you end up running is likely to distinguish you in the professional community and likely to generate referrals for individual work in the same category.

Next assess the market place. Are there large numbers of this type of client in your catchment area? Does the client know they need what you offer? Is the ease of reaching this client high? Does this type of client have a high need for this service? Does this client have money to spend and are they willing to pay a premium for quality? If yes, you are on the right track to offering something of true value.

Lastly, cross-check to see if local peers are running groups of such clients. If not, then you are liable to have a good opportunity of capturing this niche.

Good planning is important for an effective launch. Generally, in developing groups, one should consider (1) whether a specialized consent to treatment form is necessary, (2) specifics of the group format and rules, and (3) methods for screening candidates for appropriateness for admission to the group.

In a flank, a sustained marketing effort may be as important as the initial launch itself. If the competition

doesn't notice you—that is, if peers don't start offering in parallel what you are offering--then expand your market, but expand only after you achieve and solidify the initial breakthrough.

Examples of a lateral product expansion might be (1) offering the same type of group at different locations, (2) offering more than one group at different times of day or days of the week, (3) creating the same group for clients at different levels of functioning, or (4) creating groups for clients at different stages of development.

Always important in marketing mental health services is consideration of the ethical principles and implications before executing a marketing campaign or new product launch. For example, additional training, experience, and supervision may be necessary before beginning group work. ?

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:

Richard Atkins, M.D.
Nanette de Fuentes, Ph.D.
Shirley Geller, Ph.D.
Reese Angela Lawton, Ph.D.
Roberta J. O'Brien, M.F.T.
Nick Ryan, M.F.T.

Websites by GAMHPA Members

Larry Brooks, Ph.D.	www.pdpce.com	Continuing education
Martha Carr, M.F.T.	www.mcarrmft.com	Private Practice
Sharon Deacon, Ph.D.	www.drdeacon.com	Group practice
Jim De Santis, Ph.D.	hometown.aol.com/jjdesantis	Testing, group therapy, workshops
David D. Fox, Ph.D.	www.psychotherapy.org	Resource center & web hosting
James Gagne, M.D., Q.M.E.	www.drgagne.com	Private practice and articles
Ira Heilveil, Ph.D.	www.pacificchild.com	Nonpublic agency for children
Melissa Johnson, Ph.D.	www.girlpowernow.com/	Information & resources regarding girls
Melissa Johnson, Ph.D.	www.instituteforgirlsdevelopment.com	Private practice focusing on girls
Karin Meiselman, Ph.D.	www.meiselman.net	Private practice
Larry Nadig, Ph.D., M.F.T.	www.professionalcharges.com	Credit card services
Andrew Whaling, M.F.T.	www.great-marriages-now.com	Marriage/relationship counseling
Andrew Whaling, M.F.T.	www.singledirections.com	Singles seminars

If you are a GAMHPA member and operate a website that you would like to submit for publication in this newsletter and placement as a link on the GAMHPA website at www.psychotherapy.org/gamhpa, please contact David D. Fox, Ph.D., GAMHPA Webmaster, at (818) 246-3937 or at DavidFox@psychotherapy.org.

Classified Advertising

GROUPS

AMAC GROUP. (Adults Molested as Children) Small, open-ended women's group, Burbank. Stability & previous or concurrent individual treatment needed. \$180 per month, 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. 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-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, 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 Gil Speer at (323) 661-7769, gilstchr@aol.com.

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. Activities include art, music, movement, sand play, meditation, guided imagery, dreamwork, role play, as well as cognitive exercises and group discussion. Tuesday and Wednesday evening groups in Encino. Limited to six people per group. Concurrent or prior individual therapy recommended. Call Christi at (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.

STRESS MANAGEMENT TRAINING. An education and process oriented training course to help participants understand the physiology and psychology of stress and learn skills to manage physical, emotional, and behavioral reactivity. For men and women with chronic health conditions as well as those overwhelmed by fear, anxiety, and anger due to a variety of life events. This is an ongoing 12-session course. Participants may join at any time. Tuesdays from 6:15-7:30pm in Pasadena. For more information please contact Michael Obarski, Ph.D., or Peter Sepsis, M.S., M.P.H., at (626) 943-4084.

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

ATWATER. Office available at Los Feliz Boulevard location in suite of five psychotherapists. Hourly, part-time,

or full-time available. Contact David Willoughby, at (323) 661-4270.

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-page (818) 829-7900.

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

BURBANK/TOLUCA LAKE/NORTH HOLLYWOOD. Call lights, well-furnished, security. Convenient to San Fernando Valley, Los Feliz, Glendale, Hollywood Hills. Sublet part time, various days, evenings; all offices windowed. Kathy Downing, (818) 845-0151.

GLENDALE. Multidisciplinary group practice has office space for rent in large, centrally located suite near the juncture of Glendale and Burbank. The suite contains signal lights, fax, large waiting room with separate rest room for clients, kitchen, and separate exit. Psychiatric consultation available. One large window office is available Mondays and Thursdays. A large office and group room will be available June 1st, three days a week. Cost for one day is \$125 per month. Please contact Brian Conlan, L.C.S.W., or Manohar Shinde, M.D., at (818) 956-0101.

GLENDALE. Psychotherapy office for rent. Prime downtown Glendale location in The Exchange. Looking for clinician with five or more years of professional experience to rent a full-time windowed office in a suite with a group of well-established psychotherapists. Opportunity for cross-referrals and collegial relationships. Waiting room, call light system, acoustical insulation, kitchen. Handicap-accessible. Near restaurants & shops. Covered off-street parking. Close to three freeways--134, 5, 2. Contact Jim De Santis, Ph.D., at (818) 551-1714 or JJDeSantis@aol.com.

MIRACLE MILE LOS ANGELES. Great location on Miracle Mile. New psychotherapy office, fully furnished with all amenities. Available days, evenings, and weekends. Parking available. Monthly rate is \$275.00. Call Lorah Joe, (323) 353-8546.

MONTROSE. Spacious office with large windows in a suite of four offices, available immediately. Suite includes secretarial area, bathroom, large waiting room with lighting system, and ample reserved garage parking. In the heart of Montrose with easy freeway access. Please contact Brian Morrison, Ph.D., at (818) 957-7983 or Nicle Weingarten, M.F.T., at (818) 249-5690.

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.

SILVERLAKE. Office hours available in two desirable spaces. 1) Wednesday afternoon and Saturday hours in large second-floor space in well-located building (w/o wheelchair access), near popular eateries; 2) Large variety of hours, cozy space in chiropractic suite, also near popular cafes and shops. Anita Frankel, M.A., M.F.T., (323) 661-0297 or afrankel@earthlink.net.

WILSHIRE DISTRICT: Between USC and Larchmont Village, 3 miles southwest of (2) Fwy dead end. Attractive/view office suitable for group therapy. Affordable, ideal second office or practice-building location, security too. Call Rhea Johnson (Tues-Sats), (213) 388-0262.

PRACTICES AVAILABLE

SEDONA. Well-established, thriving part-time psychotherapy practice in exquisite Sedona, Arizona, for someone with a "gift" for working with children and teens. Cozy office with views of Sedona's spectacular red rocks. Will stay to connect you to all referral and clinical sources. Call to discuss. Barbara, (818) 790-9543.

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. 18 CEUs available for MFTs and LCSWs. Glendale location. Call (818) 551-1714 for information or to register today.

SUPERVISION CONSULTATION GROUP. Earn Continuing education hours while participating in a small, time-limited group that provides supervision and support to clinical supervisors. 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. 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.

SPEAK SPANISH CONFIDENTLY!
Expand your practice and employment opportunities. Native Spanish Speaking MFTI (and former language teacher) interviewing now for 12 students, including interns, psychotherapists, psychologists and/or Social Workers for intensive 6 month Spanish class. Two groups beginning July 2004 in Silverlake/Los Feliz area and Westside. For more information, call Guillermo Brzostowski, M.A., (323) 342-9866 or (323) 663-2998.

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 THERAPIST DIRECTORY. List therapy groups that you facilitate. Concise, up-to-date directory of outpatient psychotherapy groups in the Los Angeles metropolitan area. Over 200 facilitators and 400 groups already listed. Edited by a licensed

psychologist & certified group psychotherapist. Web page has received over 2,000 hits from visitors. View or download from the internet at <http://hometown.aol.com/jjdesantis/grplist.html> or call (818) 551-1714 to request a copy or place your free listing.

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--includes three Jungian analysts and a number of analysts-in-training. For information or a brochure, call (818) 508-0703, or visit us online at www.coldwatercounselingcenter.org.

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. ?

GAMHPA

Glendale Area Mental Health Professionals Association
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 138 North Brand Boulevard
 Glendale, CA 91203-2620
 (818) 771-7680
www.psychotherapy.org/gamhpa

The mission of the Glendale Area Mental Health Professionals Association is to advance professional development through networking, continuing education, and public awareness. We offer equal membership to all licensed mental health professionals regardless of discipline. We are an interest group only and do not provide referrals to the community. We are not a profit-making organization.

BOARD OF DIRECTORS

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MEMBERSHIP

Contact our Membership Chair for an application form to join or download a copy from our website. Full Member dues for licensed mental

health professionals, \$60 per year. Associate Member dues for students, interns, organizations, and others, \$40 per year. Dues may be deducted as an ordinary and necessary business expense but not as a charitable contribution.

Members receive a number of exclusive benefits. Members can present a talk or publish an article on a professional topic. They are listed in the annual members directory distributed to the business and professional community, including 550 colleagues in the mental health community and posted on our website. They can place free classified ads and receive discounted rates for display ads, newsletter flier inserts, and mailing list labels. Members are automatically entered in random drawings for free newsletter insert advertising and for publication of a professional bio in the newsletter. Members receive reduced rates for continuing education.

NEWSLETTER

The GAMHPA Newsletter is customarily published bimonthly, distributed to the local mental health community, including Glendale, Burbank, Pasadena, La Canada, Los Feliz, and Silverlake. Contact us to be added to our mailing list. If you moved, plan to move, or we are sending your newsletter to a wrong address, please notify us with your correct address. If you are receiving this newsletter and wish to discontinue delivery, please let us know.

GAMHPA encourages members to contribute articles of scholarly or clinical interest for publication. Authors should clarify questions of suitable content with the editor prior to submission. We encourage submissions in computer-readable format. Submissions must be

forwarded to the editor by the deadline.

Opinions expressed in this newsletter are not necessarily those of the Association or its members. GAMHPA does not endorse any of the products or services advertised.

Newsletter Submission Deadlines

Nov 18	Dec/Jan Issue
Jan 21	Feb/Mar Issue

ADVERTISING

Deliver advertising by the submission deadline to the editor. Advertising for services by psychologists or psychological assistants must include the license number of the psychologist.

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

Display ads must be camera-ready; please submit one copy for each issue in which it will appear. To submit a newsletter insert—such as a flier, brochure, or postcard—provide a sufficient number of copies to cover the mailing list. Inserts must be no larger than 3 3/4" x 9 1/8". Make checks payable to "GAMHPA." Please note that due to publication processes, each issue of the newsletter is delivered approximately three to four weeks after our submission deadline.

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