

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

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Psychopharmacology Seminar and Luncheon is Set for November

GAMHPA News

A free benefit of membership, GAMHPA will host a networking continuing education seminar and luncheon on Friday, November 4, from 11 a.m. to 2 p.m. covering current information about psychopharmacology. **Non-members who join GAMHPA for the 2006 membership year at the meeting will be admitted to the event free.**

3 BBS continuing education credits have been approved for LCSWs and MFTs, through Professional Development Programs, and the program has been submitted to MCEPAA for psychologists.

The panel will be moderated by internist and GAMHPA Board member, **James Gagne, M.D.** Speakers will include psychiatrist and GAMHPA member, **Thomas Beck, M.D.**, on the subject of child psychopharmacology, Pasadena psychiatrist, **Steven Horwitz, M.D.**, on adult psychopharmacology, Dr. Gagne on special considerations in chronic pain and addiction medicine, and **Brock Summers, M.D.**, of Southwestern Research, Inc., on the

subject of basic science in psychopharmacology.

The presentation will be hosted at **Gordon Biersch Restaurant**, 145 S. San Fernando Rd., Burbank, in the conference room. GlaxoSmithKlein has provided the venue and lunch. This event offers networking with both mental health colleagues and primary care physicians and an opportunity to circulate your promotional literature.

Free to GAMHPA members and physicians, this event includes lunch & CEUs. A \$25 fee will be charged to non-members. \$7 will be required for MCEP processing. **Again, non-members who join will be admitted to the event free.**

In this newsletter, Gloria Dahlquist, L.M.F.T., GAMHPA Board member and columnist, interviews Thomas Beck, M.D., one of our seminar presenters at the Psychopharmacology Update.

We hope you will **register for this important event today by calling (818) 243-0839.** Seating is limited. ?

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A Conversation With . . .

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



A Conversation
With...

**Thomas S. Beck,
M.D.**

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

It was actually quite late in medical school. Throughout all of medical school I had planned on going into child neurology. About a week before we had to make our decision, I decided upon child

psychiatry. Early in medical school I had become interested in the brain while taking a neuroanatomy course. Books by Oliver Sacks and Harold Klawans helped fuel this interest. I also was privileged to have been able to develop a relationship with a child neurologist who

subsequently became a mentor to me. He provided a lot of exposure to experiences that I wouldn't have otherwise had, by opening up his office to me and allowing me to come in during medical school whenever I had the time, to have me see patients with him. He provided an awful lot of encouragement and certainly nurtured my interest in neuroscience. However, toward the end of medical school I had a clerkship in psychiatry during which I worked with some interesting patients. During that clerkship, it

struck me that the problems that mental health professionals deal with—a person's thoughts and feelings—are a much more interesting facet of neurological problems than those a neurologist deals with—such as seizures or speech and movement problems. That realization turned me toward psychiatry and, fortunately, I have been happy with that choice ever since.

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

I had problems with allergies as a child. I was raised in Seattle, which is a terrible place if one has allergies. It was awful. I had to go in frequently to see the allergist for allergy shots, so I spent a lot of time in doctors' offices.

“We all need to work together to provide optimal care for clients, and it's a lot easier to do when we know the person with whom we're working.”

One day at the doctor's office when I was being treated for an ear infection, he used a little model of the ear to explain where the infection was, and what the process of treatment would be. I remember being so interested in that, I wanted to learn more. From that time onward I had an interest in medicine. However, in high school I took a few wrong turns. My friends and I had less interest in academics than basketball and various other activities. Suffice it to say that I ended up not doing anywhere near as well as I could have, and subsequently

forgot my interest in medicine. After high school, I followed a girlfriend down to San Francisco and ended up living and working for a year in a warehouse in the rather down-to-earth Hunter's Point area. This lesson in reality, and some pushing from a friend, led to my applying for college and the reawakening of my interest in medicine.

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

My biggest supporter and greatest source of inspiration is certainly my wife of 20 years. We've been through a lot together and our relationship has always been a source of strength and encouragement. Also, the child neurologist that I mentioned earlier

was someone that I highly respected and that was a great source of inspiration for me. During medical school I worked on a research project with a physician who gave me as a gift an early edition of a book written by Sir William Osler, which became a favorite book and an important source of inspiration.

Where did you study?

My medical school education was at Loma Linda. My residency in adult psychiatry and child fellowship was at UCLA Neuropsychiatric Institute. My undergraduate work was at Pacific Union College in St. Helena, California, a relatively small Seventh Day Adventist school. Given my performance in high school it was probably the only place I could have gotten into (smile).

What do you like most about being a psychiatrist?

Dealing with kids, certainly. From the beginning of medical school I always knew that I would work with children. I love being around kids and their creativity and energy is very stimulating. I think if I had not gone into medicine I would have had to find some other profession where I could work with kids . . . teaching or some other kind of mental health work.

I also love working with families, as challenging as that sometimes is. I'm a parent of a 19 year old, a 15 year old, and a five year old. I find parenting certainly the most difficult thing I have ever done, bar none. But also certainly the most rewarding. I'm very invested in the importance of a family and children needing nurturing love and care from adults. It's so terribly important to children. The process of working closely with families through difficulties and seeing the progress that's made, even slowly, is certainly the most rewarding aspect of this field. It reduces a lot of stress, confusion, frustration, and guilt (earned or not) that the parents feel, which is always an essential element of successfully dealing with the child's problem.

What discourages you about your profession?

The same thing (laughter). All of those things are, at certain times, very frustrating, as they are the most challenging parts of the job. What really discourages me about the profession, though, is the continuing public perception that we child psychiatrists exist solely for the purpose of "drugging" children. I

have a lot of people who come in and say that have put the visit off for a long time because they didn't want to walk in, have someone talk to them for a few minutes, and send them out with a prescription. I think we have a lot more to offer than that minimalist view of our services. This unfortunate public misconception of our field springs, of course, from poor understanding of mental illness. We all need to make education an important element of the services we offer.

What is your general philosophy about your work?

First and foremost is the need to acknowledge the trust that someone must place in us to allow us to share with them their inner lives. Without that trust, successful treatment is not likely to occur. We must continually earn that trust. On the basis of this shared partnership with our client, we then need to perform an accurate and full assessment; one that takes into account medical or physical problems as well as psychological, adjustment, or environmental problems that might be causing the patient to be exhibiting whatever signs or symptoms that lead them to our office. We then need to develop with the individual a treatment plan, the rationale for which they understand and with which they are actively engaged. And this treatment plan must be multimodal in approach. For very few patients is a pill enough. This applies to both adults and children, but is especially critical for children. One must take a very wide view of the "identified patient" in dealing with kids and adolescents. You have to focus on the entire system of relationships, including family, school, and social environment, and

specifically address the difficulties the child has in each of those areas. That's a lot to ask from a pill.

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

It certainly is important. I think the pressures we have as mental health professionals are a lot greater in some respects than what many other professionals face. For me, time with my family helps keep everything in perspective. This year a friend and I coached our sons' little league tee ball teams, and I found this a wonderful way to recharge my batteries, as it were. Woodworking is another interest that allows me to relax. Contact with wood is at some very deep level extremely soothing. I have invested a lot in different saws and tools! That's my primary hobby. I'm currently working on a floor-to-ceiling bookcase, and next on the list I plan to make a dining table.

Another interest is Japanese literature. My wife is Japanese, and we spent about five years in Japan before I began medical school. I can speak and read Japanese, but wish to become fluent enough with the written language to be able to really enjoy reading novels in Japanese. That's waiting for me, at some time in the future.

How would you describe your favorite kind of client?

Well, with children and adolescents, it's always nice to start with someone who wants to be there. Although I do enjoy the challenge of forming a close rapport and partnership with those adolescents who really make you earn that trust. Perhaps due to my own academic background and

experience in high school, I particularly enjoy working with kids with ADHD who appear a bit rough around the edges. I have a highly optimistic view of what these kids can achieve and enjoy playing the cheerleader for them. Once they buy into that optimism about their potential, lasting change can occur. It's a very positive process and wonderful to be a part of. Developmental disabilities are another area of particular interest for me. Following my training at UCLA, I continue to serve on staff in several clinics for those with autism and mental retardation. But my practice is filled with children and adults with a wide range of challenges and I enjoy the variety. The mix of adults to children is about 30:70, which is a proportion that is about right for me.

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

That I'm new to the area and have a strong interest in getting to know mental health professionals and resources in the area. I've been in Pasadena now for a little over a year. I enjoy occasionally getting out of the office in the mid-afternoon for a little conversation over coffee. That provides a nice break, but it's also more than just relaxation. We all need to work together to provide optimal care for clients, and it's a lot easier to do when we know the person with whom we're working. I try to arrange for a little such time each week, and welcome calls from local professionals.

Thomas Beck, M.D. is a child, adolescent, and adult psychiatrist in Pasadena. He received his medical education at Loma Linda University

School of Medicine where he was elected to Alpha Omega Alpha, the National Honor Medical Society. He then completed residency training in psychiatry and the fellowship in child and adolescent psychiatry at UCLA, where he continues to work on staff in addition to his private practice. He is board certified by the American Board of Psychiatry and Neurology. He can be reached at (626) 796-5761.



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

works primarily with Gifted Adults and Highly Sensitive Persons who are survivors of childhood abuse or neglect. She may be contacted at (818) 766-9348 or gloriadahlquist@aol.com.

Calendar of Events

Special Event
PSYCHOPHARMACOLOGY UPDATE

Friday, November 4, 11-2pm
 Gordon Biersch Restaurant
 Burbank

See GAMHPA News for details

QUARTERLY NETWORKING LUNCHES

All lunches in Glendale.
 12-1:30pm, Wednesdays.
 Separate tabs. Call ahead to reserve at (818) 551-1714.

October 5, cancelled
 January 18, Calif. Pizza Kitchen

BOARD MEETINGS

November 18

Fridays, 9:30-11 a.m.
 138 N. Brand Blvd., Ste. 300,
 Glendale. All are welcome.
 Call ahead at (818) 551-1714.



The Business of Practice

By Jim De Santis, Ph.D.

Expensive Mistakes

I think the full-time, cash-pay practice is still an exception. Accounting, billing, third-party reimbursement, and collections are the bane of private practice if they are not managed attentively and rationally. They will eat away not only at net profit but also at morale.

It is important to standardize your fee-setting and billing procedures and adhere to them. As the basic rule, whenever possible, fees should be due and payable at the time service is rendered. Any fee delay increases the likelihood of non-payment.

If you offer a sliding scale, I would recommend a consistent and objective method for negotiating adjusted rates with clients. Too often I find that therapists make expensive mistakes in fee-setting that is more reflective of the therapist's diminished self-worth than reflective of the client's ability to pay.

If you accept assignment, pre-qualify the third-party payor before the initial

appointment. Obtain all details of the insurance in advance whether or not you are expecting to use all the benefits, such as deductible and portion met, annual maximums, any portion of the benefit already used, tiered copay schedules, date of policy renewal, billing address information, and exclusions, if any. Keep a log that will track third-party reimbursement, such as number of authorized sessions as-yet unused, changes in tiered copayment schedules, and date of renewal of benefits. Details overlooked become a source of potentially lost fees.

Even if you will not be billing insurance directly, it is prudent to pre-qualify third-party payor cases

“Accounting, billing, third-party reimbursement, and collections are the bane of private practice if they are not managed attentively and rationally. They will eat away not only at net profit but also at your morale.”

because the less surprises to the patient—and to you—the better. Most of us have probably had the experience of a client discover their benefit limit and abruptly drop out of treatment.

Along with office policies, I customarily provide any new patient who is using their insurance with a summary of their coverage, along with a disclaimer that the information is not a guarantee but is only what I have been told by their carrier. I encourage them to independently corroborate this information. Again,

the fewer the surprises, the fewer the problems in reimbursement for services, whether in terms of actual third-party payment, or in terms of patient-therapist rapport.

Be consistent with your policies about charges for unkept appointments, cancellations with short notice, same-day reschedules, session over-runs, or checks returned by the bank. Inconsistency creates precedent and changes expectations, often resulting in an erosion of appropriately collectible fees.

Be alert to early warning signs of patients who may be in financial trouble and discuss this with them well in advance. Examples include a patient in immanent danger of losing a job or considering filing for bankruptcy.

Avoid accumulating bad debts. Offer what is, essentially, credit to a client only with due consideration for your limits in accepting a business loss. Is it a fixed dollar amount, a specific number of sessions? Before offering credit, consider what you know clinically of the patient in terms of their dependability.

Our first ethical responsibility is always the welfare of the patient, even when it comes to safeguarding our own livelihood. Think through your policy for handling overdue accounts to ensure that you do not incur liability for professional abandonment, for example, by instituting prior written informed consent, appropriate and timely discussions with the client, and generating options for alternative low-fee referrals.

Avoid using collection agencies or

small claims courts. All it takes is one litigious patient who understands the potential impact of a malpractice accusation, and you may be spending otherwise constructive time and energy defending a lengthy and expensive countersuit.

Have a procedure in place for generating statements promptly, identifying receivables that are overdue, and tracking response to your inquiries. Your documentation should be clear enough for someone else to understand if you do not conduct billing yourself. Delays in billing increase your risk of uncollectible accounts.

If you find your practices begin to drift or you begin to ignore your policies, consider why and conform your intended policies and actual practices with each other based on best

professional standards. If this is difficult, seek peer consultation. ?

Winners of Free Advertising

In each issue of the newsletter, we select randomly drawn members who are awarded the privilege of distributing their own practice brochure or flier as a newsletter insert at no charge—alone worth as much as \$135.

Congratulations to:

Frances Brown, L.C.S.W.
Karen Cohen, L.M.F.T.
Joy Davis, Ph.D.
Rosalie Finer, Ph.D.
Bertha Helen Head, L.M.F.T.
Jeffrey Lance, Ph.D.

Websites by GAMHPA Members

Michelle Barone, MFT	www.michellebarone.net	Private practice
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, groups, practice development
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
Deborah McColl, M.F.T.	www.deborahmccollmfcc.com	Private practice, arts group, chem-dep
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.

COLLEEN LAND
PSYCHOTHERAPIST & ADDICTION SPECIALIST
(310) 887-0553

PASADENA
 WESTWOOD

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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. This ongoing workshop will support and energize your creative process. Saturday, 10am-1pm. \$30 per meeting. South Pasadena location. Call Deborah McColl, M.A., M.F.T., at (626) 665-7363.

DEL MAR GIRL POWER GROUPS. Ongoing weekly groups for girls 2nd grade through high school. Promote

self-discovery, hardiness skills, growth-fostering relationships, and empowerment. Contact the Institute for Girls' Development (formerly, the psychology office of Dr. Johnson) at (626) 585-075.

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 coming out, dating, HIV status, life enrichment, and relationships. Compliments concurrent individual or conjoint psychotherapy. Thursday, 6-7:30pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. #PSY10315, (818) 551-1714.

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 PERSONAL DEVELOPMENT GROUP. Growth and insight oriented group addresses male-female relationships, separation/divorce, and coping. Compliments concurrent individual or conjoint psychotherapy. Thursday, 7:45-9:15pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. #PSY10315, (818) 551-1714.

MEN'S GROWTH-SUPPORT PROCESS GROUP. Wednesday 7-8:30pm. New group starting. Safe environment. \$45/session with discounts available. Call for referral,

brochure, or intake assessment appointment. Andy Sway, M.A., L.M.F.T., 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.

PARENTING THE "DIFFICULT" CHILD. A 10-week support group offering parents of spirited, difficult, or challenging children/youth a nurturing environment to better understand and address their child's unique needs. The group provides both a psychoeducational and supportive environment for parents to process their experiences. Dr. Finer and Dr. Gould have significant experience in

working with challenging youth as well as their families both within school and private practice settings. Pasadena area. For more information, contact Rosalie Finer, Ph.D., Lic. #PSY10877, or Michelyn Gould, Psy.D., Lic. #PSY17294, at (818) 786-3491.

PARENTS FINDING SOLUTIONS. Ongoing weekly groups. Informative, supportive workshops. Individualized coaching and counseling for parents. Contact Dr. Melissa Johnson at the Institute for Girls' Development, (626) 585-8075, ext. 1.

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) 759-1898.

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.

SOCIAL SKILL DEVELOPMENT AND ENHANCEMENT GROUPS. Small groups designed for children and adolescents striving to improve relationships with friends and family members. Group is both educational and experiential, allowing youth to learn and practice newly developing skills in a safe, supportive environment. Pasadena area. Please call Rosalie Finer, Ph.D., Lic. #PSY10877, or Michelyn Gould, Psy.D., Lic. #PSY17294, at (818) 786-3491.

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 a 12-session course. Tuesdays from 6:15-7:30pm in Pasadena. Beginning February 15. 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.

WHAT TO DO WHEN THE CHALLENGE OF SCHOOL IS TOO MUCH FOR YOUR CHILD? An ongoing group designed to assist parents in supporting their children who are struggling or underachieving at school will be meeting in the San Gabriel Valley area. Within a safe and nurturing environment, participants will gain knowledge about barriers to learning (including the special struggles of gifted and learning disabled children), develop effective strategies for helping their children, and become aware of community resources that offer academic and

emotional support to students. Group leaders are Rosalie Finer, Ph.D., a clinical psychologist with significant experience in working with schools and addressing children's school-related issues, and Rachel Fall, M.S., a licensed educational psychologist with extensive experience working within the general and special education realms. For more information, contact Rosalie Finer, Ph.D. (PSY 10877) at (818) 786-3491.

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.

YOUNG WOMEN'S PROGRAM FOR COLLEGE AND GRADUATE STUDENTS. New! Groups, individual therapy, workshops, and resources empower young women through their college experience and beyond. Contact Joy Malek, M.S., at the Institute for Girls' Development, (626) 585-8075, ext 3.

OFFICE SPACE

GLENDALE. Office space available 5 mornings a week plus Monday & Friday all day. Beautifully decorated with view toward mountains and Pasadena. Receptionist, copier, and full kitchen. Landmark building, corner of Brand & Broadway. Call Tina Clarfield, Ph.D., (818) 507-1550.

GLENDALE. Cozy bungalow with three offices in Glendale, north of the 134 on Glenoaks near Jackson St., with private parking and plenty of on-street parking for clients. Call-light system, kitchenette, handicapped accessible, waiting room, separate exit. One office available for sublet on an hourly, day, or monthly basis. Times and days are flexible. Please contact Craig Peterson, Psy.D., (818) 475-5504 or (213) 989-8756.

GLENDALE. Office for rent full-time and part-time with window in central Glendale location. Beautiful new suite of offices built for therapists. Call lights, waiting room, copier, and separate exit. Established group of therapists. Close freeway access, elevator, in attractive complex with view of trees. Call Jeffrey Lance, Ph.D., (818) 265-4052.

MONTROSE. Attractive, furnished office in therapy suite with three other offices, has Monday, Wednesday, and Thursday available to sublet. Friendly office mates include psychologist, M.F.T., and L.C.S.W.'s. Call light, nicely furnished waiting room, adult and child-friendly. Contact Ann Kosinski, L.C.S.W., (818) 244-9352.

OLD TOWN PASADENA. Newly constructed office with upgrades,

available immediately, full or part-time, furnished or unfurnished, waiting room, separate patient exit, call light system, soundproofing, fax, copy machine. Free patient parking close by. Please call Dr. Peter Radestock at (626) 583-8440.

PASADENA. Office space available in newly renovated building in Pasadena's Playhouse District. Excellent location. Free parking, handicapped accessibility. Office space leased by the hour, day, or 6 hour blocks of time. Spacious, pleasant offices. Opportunities for referrals. Contact Debbie Hedgecock, L.C.S.W., (626) 821-4028.

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.

PASADENA. Beautiful, historic Pasadena office near freeways and Old Town. Spacious psychotherapy offices available part time, day, and evening hours. Call light system, waiting room, separate restroom, kitchen, fax, copy machine, DSL with firewall. Contact Harriet Callier, Institute for Girls' Development, (626) 585-8075, ext 6.

WILSHIRE DISTRICT. Between USC and Larchmont Village, 3 miles southwest of (2) Freeway dead-end. Attractive/view office suitable for group therapy. Affordable, ideal second office, with security, too. Call Rhea Johnson (Tues-Sat), (213) 388-0262.

PRACTICE OPPORTUNITIES

EXPERIENCED, REGISTERED M.F.T. INTERN (1700+ hours) seeks supervision and office space for Saturdays and one evening per week. Have 12 ongoing clients. Please email janer90068@yahoo.com.

INTERNS/PSYCHOLOGICAL ASSISTANTS. The Institute for Girls' Development is offering a highly selective training position promoting excellence in psychotherapeutic services and programs for girls and their families. M.A. or Ph.D. in Counseling or Psychology required. Candidates must have a background in working with children, adolescents, families, and groups. Minimum 20 hours a week. The Institute for Girls' Development embraces diversity in our staff and in the clients we serve. Additional program information: www.instituteforgirlsdevelopment.com. Fax letter of interest and resume to Dr. Melissa Johnson, President, at fax (626) 585-0440.

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 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 WORKSHOP. How-to workshops designed for mental health professionals and students/interns wanting to build a private practice. 12 facilitated meetings biweekly. Small group format uses practical lecture & discussion, action-oriented assignments, and peer support. Now offering Tuesday morning or Saturday afternoon sections with 18 CEUs available for MFTs and LCSWs. Glendale location. Call Jim De Santis, Ph.D., at (818) 551-1714 for information or to register today.

PROCESS ORIENTED CONSULTATION GROUP. Process-oriented consultation group designed for licensed mental health professionals seeking a safe environment to confer with other mental health providers regarding cases, countertransference, and other professional development issues.

Group will be facilitated by licensed clinical psychologists with significant emphasis on training and consultation. Pasadena Area. Please call Rosalie Finer, Ph.D. (License # PSY10877) or Michelyn Gould, Psy.D. (License # 17294) at (818) 786-3491.

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 DISORDERS. The Assessment Center offers psychoeducational testing to evaluate specific learning disorders, 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 Jim De Santis, Ph.D., Lic. #PSY10315, at (818) 551-1714.

BUSINESS CONSULTATION. Private, individualized how-to for mental health professionals and students/interns wanting to start or

build a private practice. Formulate goals, identify optimal niches and target markets, design ethical and effective marketing strategy, and track results. Jim De Santis, Ph.D., at (818) 551-1714.

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.

PRIVATE PRACTICE OFFICE FORMS. Field-tested, up-to-date fast-start kit of forms includes patient intake, financial agreements, HIPAA notice, consents and releases, and clinical assessment forms now available via CD-ROM or download from the internet. For more information or to examine samples, visit <http://hometown.aol.com/jjdesantis/office.html> or call Jim De Santis, Ph.D., at (818) 551-1714.

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

"BEST THING I EVER DID FOR MY PRACTICE." Successful, field-tested private practice marketing system. Complete development pack includes 226-page manual on CD-ROM with sample forms and marketing letters. For further information or to order, visit the web at <http://hometown.aol.com/jjdesantis/start.html> or call Jim De Santis, Ph.D., at (818) 551-1714.

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. Request a copy or submit your free listing today. Concise, up-to-date directory of outpatient psychotherapy groups in the Los Angeles metropolitan area. Over 250 facilitators and 600 groups and growing. Edited by a licensed psychologist & certified group psychotherapist. Web page has received over 5,000 hits from visitors. View or download from <http://hometown.aol.com/jjdesantis/grplist.html> or call Jim De Santis, Ph.D., at (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-- 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. 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, dmccoll@vmhc.org.

T.H.A.W. Theater of Hope for Abused Women, 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 (818) 766-9702. ?

GAMHPA

Glendale Area Mental Health
Professionals Association
Suite 300
138 North Brand Boulevard
Glendale, CA 91203-4618
(818) 771-7680
www.psychotherapy.org/gamhpa

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MISSION

Our mission 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.

MEMBERSHIP

Contact any Board member 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.

BENEFITS

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 membership 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. They 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, are planning to move, if we are sending your newsletter to a wrong address, or if you wish to discontinue delivery, please notify us.

EDITORIAL POLICIES

GAMHPA encourages members to contribute articles of scholarly or clinical interest for publication. 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.

2005 Newsletter Deadlines

Sept. 29 Nov/Dec issue
Nov. 18 Jan/Feb issue

ADVERTISING

Advertising for services by psychologists or psychological assistants must include the license number of the psychologist.

Advertising Rates

Item	Advertising Rates	
	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¢

Display ads must be camera-ready; submit one copy for each issue. To submit an insert—such as a flier or brochure—provide the number of copies to cover the mailing list. Make checks payable to “GAMHPA.” Due to publication processes, each newsletter is delivered approximately three to four weeks after our deadline.

GAMHPA Newsletter.
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Psychopharmacology Update

Friday, November 4, 2005, 11-2 p.m.
Gordon Biersch Restaurant Conference Room, 145 S. San Fernando Rd., Burbank

Network with primary care physicians, circulate your professional literature, enjoy a great lunch, learn about the latest developments in psychopharmacology, and walk out with a continuing education certificate. Free.

Non-members who join GAMHPA for the 2006 membership year at the meeting will be admitted to the event FREE.

3 BBS Continuing Education Units for MFT & LCSW, submitted to MCEPAA
Free to GAMHPA members and physicians, lunch & CEUs included
\$25 for non-members, \$7 required for MCEP processing, CME not available

Presenters

Addictions & Chronic Pain	James Gagne, M.D., Private Practice Internist, Moderator
Children	Thomas Beck, M.D., Private Practice Psychiatrist
Adults	Steven Horwitz, M.D., Private Practice Psychiatrist
Basic Science	Brock Summers, M.D., Southwestern Research Inc

Sponsored by
Glendale Area Mental Health Professionals Association, coordination
Professional Development Programs, continuing education credit
GlaxoSmithKlein, venue & lunch

Register now (818) 243 - 0839 Seating is limited