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 (818) 771-7680 www.psychotherapy.org/gamhpa
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GAMHPA News

Welcome to the thirteenth year of the GAMHPA Newsletter.

If you haven't joined or rejoined GAMHPA for 2005, please do so today. Enrollment for inclusion in the 2005 Membership Directory will be closing in the next few weeks. If you need an application form, please call us or download a copy from our website, listed on the front and back page of this newsletter.

Networking lunches will be restarting in 2005. Jim De Santis will host the events on a quarterly basis in Glendale. This is an opportunity to develop lasting collegial relationships in the local community. Please consult the calendar of events on this page for details.

Please use the check box in the lower right corner of this page to circulate this newsletter to your suitemates. ?

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In Memorium

We regret to inform our readers of the passing of Ann Caporale, L.C.S.W., formerly Ann Kilpatrick Mock, L.C.S.W., in 2004.

Ann was one of GAMHPA's "Charter" members who contributed her support by maintaining a continuous membership with GAMHPA since its inception. She was a well-regarded mental health professional in the Montrose area known for her child and family specialization. She will definitely be missed.

Calendar of Events

QUARTERLY NETWORKING LUNCHES

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

April 6, Wed, Panda Inn
 June 22, Wed, Far Niente
 October 5, Wed, Olive Garden

BOARD MEETINGS

April 8 September 2
 June 24 November 18

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

From: _____

Request Circulation

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

A Conversation With . . .

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



**Susan Papalia,
L.M.F.T.**

*When did you first
know you wanted to
be a
psychotherapist?*

I was about 28 years old, and I was working in the movie industry for a Story Editor at Orion Pictures. She told me that she thought I should take an assertiveness training class. She was a tough boss, and she knew that I wasn't taking care of myself with her (laughter)! So, I went ahead and signed up for a class. The minute I walked into that setting (the facilitator was a Marriage and Family Therapist), it was like a light went off. I knew I wanted to be doing what she was doing. I set an appointment with her to meet in private so I could "interview" her about becoming a therapist. This became my introduction to therapy and the beginning of a long journey.

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

There is no question that my father was the biggest influence. He was 55 years old when I was born, and, as he was an older father, I was always struggling with comments from others about my "grandfather." I gained an early understanding about the aging process and also knew that my time with him was short. In my early twenties he was diagnosed with Alzheimer's disease. I was involved

with a study at UCLA that was one of the first to recognize the disease. I watched my father slip away over the next few years. By the time he passed away at the age of 84, he was living in a locked facility (before they had the kinds of Alzheimer's units they have today), fully psychotic and anorexic. And, of course, he did not know who I was. My last memory of him is lying in a bed, diminished and defeated by the disease, in a fetal position. This experience shook my world and solidified what I already knew I was meant for...becoming a therapist.

"I believe there are two things I can offer people who come to therapy. One is I believe in teaching people how to take care of themselves....The other thing I believe is that therapy is a place where people learn self acceptance."

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

Oh, my husband, without a doubt. I've had the privilege of having some very good mentors in my profession, but my husband inspires me more than most! He is a self-made and successful art director in the movie industry, came up through the studio system against all odds and has managed to support our family working as a freelance artist. He has tremendous wisdom and has walked the walk of his own intrapsychic journey. There is really no one I can think of who I have more respect for! I've known him for 30 years...met him when he was 18 and I was 22. We've been together through every step of the way.

Where did you study?

I went to Cal State Northridge and came 9 units shy of graduating with a Bachelors Degree in Recreation. It was fun. Got to take classes in dodgeball! I left college early to work at MGM studios in the mailroom. When I made the decision to be a therapist 10 years later, I went back to get my Bachelors and Master's degrees at Antioch University. I had a wonderful experience there...no tests, no grades, just an ongoing written dialogue between teacher and student. There was a tremendous amount of reading and writing...a very rich experience.

What do you like most about being a therapist?

There's so much I like about it. It's such a good fit for who I am. I'm really honored that I'm given the privilege to join someone on a journey and to see them change and grow and feel better about themselves. It feeds me over and over again. I can't imagine work more rewarding.

What discourages you about your profession?

Nothing discourages me. I don't like dealing with insurance companies, and I don't like provider panels and all that headache. But I wouldn't say it discourages me. I'd just say it's an obstacle that I have no choice but to deal with (laughter).

I'm really encouraged that people are willing to sit with themselves and take a look at themselves and grow. It gives me hope for the world. That far outweighs any disadvantages....I guess you could say I'm an optimist.

What is your general philosophy about your work?

I believe there are two things I can offer people who come to therapy. One is I believe in teaching people how to take care of themselves. This involves learning how to set boundaries, problem solve, make good decisions for themselves, and basically learn where they stop and another starts by not taking on the powerful introjects of those around them. The other thing I believe is that therapy is a place where people learn self acceptance. This is where good self esteem and compassion towards self and others comes in. This is my guiding philosophy and where I'm living from myself.

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

Self-care is probably one of the things I do best! I've gotten really good at it (laughter)! My favorites? The list is long...I do a lot of nurturing, pampering things like getting massages, facials, and pedicures. I practice yoga. I love to read, garden, and cook. My greatest source of joy is being with my husband and two boys. I have two teenagers, and they are a lot of fun. The four of us share a passion for music. We're always bringing new kinds of music to each other, playing it, talking about it...that's really fun for me! Who would have believed that I would be able to share with my sons my favorite teenage music...The Beatles, Jethro Tull, Pink Floyd.

I really feel that my life is full and I feel very grateful.

How would you describe your favorite kind of client?

I really enjoy, and I think I'm probably the most confident, working with someone who has borderline/narcissistic traits. Not the DSM-IV diagnosis, just the tendencies in their personalities. I find them challenging and interesting, and I think I'm very helpful to them. I seem to do well with people who have been emotionally injured in childhood. But I also enjoy working with people who are in a difficult life transition. I also love the energy that comes from working with couples and feel proud of the marriages I have saved.

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

As a therapist, the most important thing I would want people to know about me is that I am always willing to take responsibility for my work. I take a hard look at myself and scrutinize my work all the time. I'm ethical and take my work very seriously. And, I'm also the first to share a good laugh with my clients.

Thank you so much for interviewing me.



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. ?



The Business of Practice

By Jim De Santis, Ph.D.

Stay Motivated in Marketing

Many clinicians don their marketing suit when their practice caseload is low only to abandon marketing when the phone starts ringing again. This is apt to amplify swings in demand.

Too frequently, we may launch into promotional efforts haphazardly. Yet, we already know clinically that applying techniques inconsistently can result in wasted time, effort, and expense. Similarly, actual success in business depends on consistency and persistence over time.

The clinician is probably well-acquainted with the kinds of strategies that are necessary for the success of their clients. We must apply the same to our own efforts. Here are some suggestions.

Give priority to marketing. All else being equal, if you have two tasks and one of them is marketing, do the marketing first. Put marketing into your schedule. Making marketing activities a regular part of your weekly routine will keep you on-task.

Find a marketing partner. Organize a marketing study/support group. The social element and accountability for follow-up that you create will keep you going more consistently, even if you stay in touch just by phone.

Track your progress. Corny though it may sound, keep a log. Anything

measured improves. The more you can see your efforts toward a goal, the more you will feel rewarded by the incremental progress you make. Set yourself up for success rather than failure.

Invest in yourself. Add to your business knowledge and skills. Ben Franklin said, "The wise man empties his purse into his head." Attend continuing education courses, read books on marketing and entrepreneurship. Keep yourself refreshed with new ideas about the process.

Innovate. Select a new aspect of your business to either develop or phase out, based not only on profitability but on the satisfaction it brings you. Reinvigorate your marketing efforts with a new marketing method or message. Try emphasizing another benefit or advantage of what you offer. Try a

new brochure stock. Try making a few calls or go to lunch with a new colleague in the community. A practice is a living, breathing thing. Nurture it. Vary your routine. Try doing marketing tasks early in the morning or on a different day of the week, a different room of the house. Change your scenery. Take your laptop to the park. Take your marketing manual to the pool.

Set a new marketing goal. Create more meaning for your marketing efforts by defining new ambitions as they develop. Focus on how marketing activity makes you feel. Every effort you make gets you closer to what you want. The goal is more and better business, which should make you feel great.

Reward yourself. When you complete a marketing campaign, treat yourself to a new plant for your office or lunch at a new restaurant.

Whatever makes you feel good. Treat yourself to something. Give yourself something that will make marketing more fun, like a new software program for business management or a new cassette on selling techniques.

Avoid criticizing yourself. If you fall short of your expectations for marketing effort or marketing success, remember that setbacks are not failures. As in basic experimental research, non-significant results may be extremely valuable. Identify what you have learned from your setback and apply it in your next wave.

Take a break. Rest and relaxation, even a short "vacation" from marketing, can give you a new vantage point to review your work. Breaks do not mean you are slacking off or can't get back into the routine of marketing. ?

Websites by GAMHPA Members

Larry Brooks, Ph.D.	www.pdpce.com	Continuing education
Martha Carr, M.F.T.	www.mcarmft.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.deborahmccollmfc.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.

Why Join GAMHPA?

Many of our Newsletter readers and Membership Directory recipients believe they are members of GAMHPA when they are not. In fact, 80% of our circulation are not members. If you have not completed an application or renewal and paid annual dues, then you are not a current member. Only members receive the following additional benefits.

Resources	Directories with member names and practice information are published annually, placed on the desks of over 500 potential referrers in the community. Newsletters with member advertising and articles are circulated bimonthly to over 500 readers in the local professional community.
Advertising	Running classified ads for groups, services, and office space are free to members. Members are randomly awarded the opportunity to bundle their practice flier or promotional brochure with the newsletter at no charge—an \$80 value. Members receive discounts for display advertising, newsletter insert advertising, and mailing list address labels.
Visibility	Members can publish articles in the newsletter on professional topics to gain collegial exposure and respect. Members are randomly selected to be featured in a biographical interview in the newsletter. Members may present a talk to colleagues on a professional topic, advertised as an association program event.
CEU/MCEP	Reduced rates to members for local continuing education units good toward professional licensure renewal.
Multidisciplinary	Equal membership is offered to all licensed mental health professionals regardless of discipline, reflecting real patterns of professional referral in the community.
Local	A geographically local membership base reflects how most client referrals are local.
Inexpensive	Membership dues are lower than most professional associations. Just \$60 per year for licensed mental health professionals, \$40 for students, interns, allied professionals, and organizations.

For a membership application form or to renew your expired membership, call GAMHPA at (818) 771-7680 or visit <http://www.psychotherapy.org/gamhpa> to download a copy of our application form.

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 (626) 665-7363.

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. Thursday, 7:30-9pm. 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

Winners of Free Advertising

In each issue of the newsletter, we select six 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:

Ann Jackson, M.F.T.
Melissa Johnson, Ph.D.
King-Hwa Lang, M.F.T.
Karin Meiselman, Ph.D.
Marcel Mendoza, M.F.T.
Michael Obarski, Ph.D.

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, work life, coping, and roles. Thursday, 6:00-7:30pm. 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) 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.

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.

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

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/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.

Wouldn't You Like Your Practice Information On the Desks of Over 500 Referrers?

GAMHPA members benefit from the visibility of their free classified ads and inexpensive display ads in this newsletter reaching 550 mental health professionals in Glendale, Burbank, Pasadena, La Canada, Los Feliz, and Silverlake. For further details on how to join, turn to the back page of this issue.

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. 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.

MIRACLE MILE LOS ANGELES. Great location in Miracle Mile at Wilshire/Fairfax. Psychotherapy office, fully furnished with all amenities, including parking. Available days, evenings, and weekends. Please call Lorah at (323) 353-8546 or mcauleyl@sbcglobal.net.

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.

MONTROSE. Charming office, art therapy room, and group room available for rent on a month to month basis. Saturdays and evenings available. Comfortably furnished, with kitchenette and bathroom. Freeway convenient, ample free parking. Contact Susie Andruk, (818) 949-4013.

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. 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.

TOLUCA LAKE/BURBANK. Large, windowed office in new two-office suite in prime Media District.

Excellent freeway access and amenities. Available January, 2005, full or part time. Contact Martha Carr, M.F.T., (323) 461-7239 or e-mail mcarrmft@aol.com.

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.

Third year of successful how-to workshops designed for mental health professionals and students/interns 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.

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., Lic. #PSY10877, or Michelyn Gould, Psy.D., Lic. #PSY17294, 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 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.

PRIVATE PRACTICE OFFICE FORMS. Field-tested, up-to-date fast-start kit of patient intake, financial agreement, HIPAA, specialized consent, and clinical assessment forms now available via download from the web. For more information or to examine samples, visit the internet at <http://hometown.aol.com/jjdesantis/office.html> or (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.

60-Second Networking

Please take one minute right now to build your professional community. Consider who is new to your network of colleagues who may benefit from GAMHPA membership and may not yet know about our association. Share this newsletter as a way to mentor them.

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

"BEST THING I EVER DID FOR MY PRACTICE." Successful, field-tested private practice marketing system. Complete development pack includes 226-page manual, CD-ROM, sample forms and letters. For further information or to order, visit the web at <http://hometown.aol.com/>

jjdesantis/start.html or call (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. Concise, up-to-date directory of outpatient psychotherapy groups in the Los Angeles metropolitan area. Over 200 facilitators and 500 groups. Edited by a licensed psychologist & certified group psychotherapist. Web page has received over 4,000 hits from visitors. View or download from <http://hometown.aol.com/jjdesantis/grplist.html> or call (818) 551-1714 to request a copy or submit your free listing today.

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. 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

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

EDITORIAL POLICIES

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.

2005 Newsletter Deadlines

Mar 18	April/May issue
May 20	June/July issue
July 22	Aug/Sept issue
Sept 22	Oct/Nov 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; 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. Inserts must be no larger than 3 3/4" x 9 1/8". 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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