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Glendale Area Mental Health Professionals Association
 (818) 771-7680 www.psychotherapy.org/gamhpa
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GAMHPA News

Networking luncheons restarted in April at the Panda Inn. Our first quarterly lunch was a success with a dozen professionals in attendance, many of whom brought promotional literature with them about their practices. These events will continue on a quarterly basis as an opportunity to develop lasting collegial relationships in the local community. Please consult the calendar of events on this page for details about the next one in October.

This month, in this newsletter, Gloria Dahlquist, our columnist, interviews new GAMHPA member, Renate Kerris. Also in this issue, Jim De Santis discusses the value of having an "exit strategy" for your practice. ?

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Calendar of Events

QUARTERLY NETWORKING LUNCHEONS

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

October 5, Olive Garden
 January 18, Calif. Pizza Kitchen

BOARD MEETINGS

September 2 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: _____

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A Conversation With . . .

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



Renate Kerris L.M.F.T.

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

Like many therapists, I started getting interested in therapy when I was going to my first therapist. She was a Jungian, and we worked on dreams including artistic expression of them. Then I started reading a lot about dreams, symbolism, and Jungian psychology. But at the time I was getting a divorce, and I went into teaching, which was what I had been educated to do. Over time, I guess because I was good at working with people, I got into advising students. We had a psychotherapist who worked with the counseling department, and I soon realized that I didn't have the skills that I needed to work with teens and their families. He encouraged me to study counseling. But, because I was divorced and a teacher and a single mom, it took me 20 years to get the education. I kept my dream alive that long! I worked in schools for 29 years, but some of the hours eventually counted toward my license. So hanging in there paid off in the end.

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

I think one big influence in my life has been that I am an immigrant from Germany. I became sensitive to people and their differences, since I had to adjust to a different culture at the age of seven. The biggest shock was not knowing one word of English. I had to enter the school system and become acculturated as fast as I could. My parents purposely put me in first grade. By second grade, the teacher didn't even know I was German. That's how fast a child can adjust, especially with language. I remember my parents talking about how I would come home from

"I really believe that an awareness of choices is essential, so I try to work with clients in such a way that they can make choices that are uniquely theirs."

school early on and sing American songs. It made them glad, because in the beginning, I would come home and cry. Although I made friends easily, I always felt a little foreign. I think it made me aware of people and empathic towards them.

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

One of the people who had the biggest influence on my career as a therapist was a person, Mary K. DeLurgio, that I first got to know in a book club. She always impressed me as a very aware woman and introduced me to my first therapist. Over time she became a therapist in La Canada and introduced me to Ira Progoff's Intensive Journal. For over

40 years we have remained very good friends and colleagues. We went from being moms together, to book club members, to fellow birdwatchers, to doing Intensive Journal workshops to becoming supportive colleagues.

Where did you study?

I went to Mt. St. Mary's College and studied English and French for my bachelor of arts degree and was prepared to be a teacher. Then I went to UCLA and got a master's degree in folklore and mythology which also fulfilled the requirements for a teaching credential. I taught English, French, and folklore for a number of years. Then I received my master's degree in marriage and family therapy at Phillips Graduate Institute in 1995.

What do you like most about being a therapist?

I just love hearing people's stories. At first my fear was: how am I going to keep all the stories straight? But I've never had a problem with that because I think everyone's story is so unique. Trying to help someone look at his or her story and work through what's important is what keeps me really hooked!

What discourages you about your profession?

But what I find discouraging is that because so many people really need to use their insurance, they often do not have an opportunity to do in-depth growth therapy. But we do what we can.

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What is your general philosophy about your work?

My general philosophy is to help a person explore what is important to them. My family calls me the "Queen of Choices." I really believe that an awareness of choices is essential, so I try to work with clients in such a way that they can make choices that are uniquely theirs. An influential element in my education and also my philosophy is the Gestalt view of organismic self-regulation. I find in my own life that if I can get to the core of what I believe, I can then figure out what I want my life to be and live it accordingly. In my work at the Wellness Community, the cancer support center in Pasadena, an essential part of my work with groups is to get each patient to become active in his or her care which may play an important role in a return to wellness. I find this to be an important idea also in working toward psychological wellness.

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

Years before I became a therapist I started doing self-care--working with dreams, attending workshops, journaling and dream groups. Also about 14 years ago, my husband and I studied with a meditation teacher and continue to meditate and attend workshops today. One thing that I particularly enjoyed recently was doing a combination morning walk and yoga class at Descanso Gardens. Renewing myself in nature at our home and at our cabin in Big Bear where there is a variety of birds and wildlife is very uplifting as well.

How would you describe your favorite kind of client?

I have associated with girls and women a great deal for most of my life, starting with counseling for the Girl Scouts, attending a private girls' school and college, and later teaching at three private girls' high schools. Because of this, I have a special affinity for problems that are special to young women and girls. I also love working with women, because their lives are often so complex, juggling children, elders, a variety of relationships, and the challenges of getting ahead in the world of work. It's important they have support. I also love helping cancer patients deal with the many facets of fighting their disease. I also like the kind of client that wants to do some self-exploration.

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

I want people to know that I'm open to them, to hearing what they have to say and helping them realize that there are choices available to them that will improve their lives.

Renate Kerris, our interviewee, is a marriage and family therapist with offices in Pasadena and Monrovia. Her general practice includes individuals, couples, and families, with specialties in cancer support, grief work, pre-marital counseling, and school collaboration. She lives in the foothills with her husband and black lab and enjoys the time she spends with her grown children and grandchildren. She can be reached at her office at (626) 358-0155.



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. ?

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:

Mary DeVan, L.C.S.W.
Cynthia Henrie, M.F.T.
Deborah McColl, M.F.T.
Maire Poore, M.F.T.
Barbara Waldman, Ph.D.,
M.F.T., L.C.S.W.



The Business of Practice

By Jim De Santis, Ph.D.

What is Your Exit Strategy?

We as clinicians tend not to have been acculturated in our graduate training to conceptualize our practice as a business. However, if it weren't a business, then we should certainly not expect our practice to succeed financially over the long term and must either be independently wealthy or treat our practice as a hobby.

Whether or not you think you are in business, if you are in private practice, you are a business owner.

By its very nature, every business has an exit strategy, whether it is consciously thought out in advance and documented or whether it is unplanned and unarticulated.

A competent business person will tell you that any business plan should include an exit strategy because a truly successful business is one that will not only grow but also preserve its assets and outlive its owner.

There are five main types of ending to any business venture, only one of which is customarily considered, from a business perspective, the most successful type of outcome:

(1) incapacitation or death of the owner without executor or instructions,

(2) incapacitation or death of the owner under executor instructions,

(3) close the business as a result of insufficient profit,

(4) closure and termination at the point of retirement or career change, or

(5) succession, transfer, or sale with profit from assets.

The first option, incapacitation of the owner without a plan, will likely result in a number of profound negative clinical consequences including abandonment of patients and records and delegation of decisions about records and patients either to

"If you are like many mental health professionals in private practice, your business's exit strategy incorporates two main but poor options—abandonment of your business assets upon retirement or abandonment of your patients upon your untimely incapacitation."

uninformed colleagues or, worse, to unqualified family members. This problem is receiving much more attention in the professional literature as an ethical concern to remedied with a professional will, essentially a set of instructions to a designated colleague on the proper and orderly management of a practice in such an unexpected emergency.

The second option, then, death or incapacitation with a professional will in place, is far more sound from the clinical and ethical perspective and should be instituted by every mental health professional involved in solo patient care. Sample professional wills or executor instructions have been

described in a number of professional periodicals. The text of a will should address such practical matters as the notification of patients of the therapist's condition, referral of clients, identifying the location of appointment schedules and keys to records, listing passwords for voicemail and computer files, prescribing clinical records retention and instructions for responding to requests for records, describing disposition of accounts receivable and payable, handling of incoming phone calls, etc.

The third option, closing the practice as a result of insufficient profit or customer volume, is likely an indication of the practitioner's lack of

understanding of or skill in the marketplace. The solution is greater education about basic, sound, and ethical business development practices that cultivate an enjoyable, thriving practice. Clinically, this option certainly much better than the first because there is likely to be more careful attention to patient termination and

referral, records storage and disposal, ending of phone service and office rental, etc.

The fourth option, closure upon retirement or career change, is probably the most common business ending in private mental health practice. While this also is better from the clinical and ethical perspective because there is likely to be careful attention to patient termination and referral, records storage and disposal, ending of phone service and office rental; from a business standpoint, however, this destroys significant business assets

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typically built up slowly with great care and effort over a long period of time, often decades.

The fifth option, succession, transfer, or sale with profit from assets, probably the most desired in business, is ironically the most ignored in the arena of professional mental health practice. Yet, no business person ever opens a shop, buys a franchise, or builds a product line with the principle expectation that they will eventually just close their doors and walk away. They strive to build the business into an asset to pass on through inheritance or sale.

The sale of a clinical practice may seem impractical, intimidating, or enigmatic. It may seem difficult in the managed-care era, since success seems not only based on the skills and personality of the clinician but also on non-transferrable contracts obtained from third-party payors. Yet, service-oriented businesses are bought and sold all the time. In actuality, the escrow process for a lucrative practice can be accomplished perhaps relatively more simply than the sale of a piece of real estate.

A established six-figure solo private practice, comprised of 50% managed care and 50% fee-for service, may yield, upon transfer to a new owner, gross receipts on the order of the upper five-figures over the 2-3 year period following a sale. This income is generated from two primary sources: (1) existing caseload being successfully (and, obviously, clinically appropriately) transferred to the new therapist and (2) incoming prospective referrals from the seller's referral channels, namely an established phone number and

established collegial referral sources (with attention to the legal and ethical issues with informed consent). The proportion of transferrable cases will depend in part on a match of third-party contracts. The success of this kind of transfer will depend to a larger extent on the professional and personal similarities of buyer and seller as well as on the effort made by both in effecting a smooth transition.

For an aspiring new licensee or new entrant into a community, this is a practical short-cut into full-time practice. This kind of value can easily be worth \$20-\$50K in sequential payments over that same 2-3 year period of time, even accounting for the purchaser's own contribution to the generation of that income through their own labor.

I'm sure to a seller the price should be higher and to the buyer the price should be lower. To the seller, I would ask, "When you close your doors, would you like something for your practice or not?" To the buyer, I would ask, "What's the value of hitting the ground running?"

If you are like many mental health professionals in private practice, your business's exit strategy incorporates two main but poor options—abandonment of your business assets upon retirement or abandonment of your patients upon your untimely incapacitation. It is incumbent upon the solo practitioner to carefully and consciously consider an exit strategy that is not only clinically and ethically but also financially sound, that best protects patient welfare and the profession while managing the assets of a valuable investment. The alternative is simply "exit strategy by default." ?

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 not yet know about our association. Share this newsletter as a quick and easy way to mentor them.

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.deborahmccollmft.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. 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 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 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) 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.

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. 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 Nicole 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.

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.

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. 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 or Saturday afternoon sections. 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.

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 Jim De Santis, Ph.D., Lic. #PSY10315, 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 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 call Jim De Santis, Ph.D., at (818) 551-1714.

PROFESSIONAL DEVELOPMENT PROGRAMS. PDP is certified by the CAAA and the BBS to provide continuing education to Psychologists, Licensed Clinical Social Workers, and Marriage and Family Therapists. We work with small groups and agencies to design programs to meet your

specific needs. Call (818) 243-0839, or e-mail ProDevProg@aol.com for information about our programs.

PSYCHOLOGICAL ASSESSMENT. Psychological assessments provided are designed to help with diagnosis and treatment planning for clients age 18 and over. This can be especially helpful with new clients or clients with a complex presentation. Fees are reasonable, and reports are comprehensive, integrating material from interview and a battery of tests selected to answer your diagnostic and treatment questions. Contact Chris D. Cooper, Ph.D., Lic. #PSY17395, at (626) 293-5252.

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

SPECIAL EDUCATION ADVOCACY. Services provided to parents needing help in obtaining special education services from public schools. This includes the initial assessment as well as supporting parents in the IEP process to make sure their children receive all of the services the child needs. Call Ed Brostoff at (323) 664-9312.

PUBLICATIONS

"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 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. 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 Jim De Santis, Ph.D., at (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. 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

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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

July 29	Aug/Sept issue
Sept 22	Oct/Nov issue
Nov. 18	Dec/Jan issue

ADVERTISING

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

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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