

**A Publication of the  
Glendale Area Mental Health Professionals Association  
(818) 771-7680 [www.psychotherapy.org/gamhpa](http://www.psychotherapy.org/gamhpa)  
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## GAMHPA News

“Breaking the Frame/Expanding the Vision: Psychotherapy, Art Therapy, and The Arts,” the third annual conference co-sponsored by GAMHPA and Professional Development Programs provided a deeply moving and varied continuing education experience.

The morning offered four contrasting presentations. Larry Brooks opened the conference with a theoretical talk about the Self, the other, and the unabridged unconscious that interweaved psychoanalytic concepts with quotes from poems and art theorists to delineate a contemporary understanding of unconscious thinking. Robin Vance who is both an art therapist as well as a practicing artist presented an overview of current neuroscience understanding of memory structures. She used pictures she had painted to illustrate the representation of autobiographical memory. Her presentation was based on a chapter that she has written for a book, titled Art Therapy and Neuro-science, that is scheduled to be published in July of 2008. Rita Coufal who is a practicing psychoanalyst and art therapist presented a very personal and moving clinical paper. In it she described how she used art objects that she made in order to externalize her countertransference responses to

a severely traumatized patient whom she had been working with. The last presentation featured Anne Bray, an artist and teacher, and Carol Blake, a psychologist. They showed a short but demanding and disturbing video, “Double Burning Jagged Extremities,” made by Anne Bray and Molly Cleator, and then facilitated a discussion about the video with the audience.

The afternoon provided participants with a hands-on experience of art therapy. Individuals chose from among six different art therapy groups that included the following: Elisse Blinder, Body Mind Connections, A Movement Therapy; Nick Ryan, Using Collage; Sangeeta Levy, Art as a Therapeutic Tool; Nazare Magaz, Evoking Emotional Memory; Anne Warman, In Search of Personal Myth; Sharon Rizk, The Poetry Path Toward Knowing the Self & Connecting with Others.

Thirty-three therapists and artists were in attendance for this special conference in the picturesque setting of McGroarty Arts Center in the foothills of Tujunga. ?

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## Social Networking News

Pamela Toll, Psy.D.

Thank you to everyone who completed the survey for GAMHPA Social Networking Events at the last luncheon. Your input will be used to plan quarterly events where you can socialize and network with your fellow GAMHPA members in a fun, relaxed atmosphere. The top ten activities in order of preference were: dining, hiking, theatre, book club, movies, walking at the Rose Bowl, dancing, running/walking a 5K, concerts, and comedy club. The best times for activities were: Sunday afternoon, Saturday evening, Friday evening, Saturday afternoon, Sunday morning, Sunday evening, and Saturday morning.

If anyone would like to start a GAMHPA book club, I would be happy to help you launch one. So far, eight people have expressed interest in such a club.

I am very excited to announce that our first Social Networking Event will be Saturday, May 17th at 7pm at the Panda Inn in Glendale (111 E. Wilson Ave). You must RSVP to me by Friday, May 2nd, if you want to attend. Significant others and guests are welcome. Please phone or email your name, contact number, and number attending to Pamela Toll, Psy.D., at (626) 224-4563 or drpamelatoll@aol.com. ?

## Calendar of Events

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### SOCIAL NETWORKING EVENTS

Panda Inn Restaurant  
111 E. Wilson Ave., Glendale  
Saturday, May 17, 7pm

Register by Friday, May 2  
name, phone, number attending  
Pamela Toll, Psy.D.  
(626) 224-4563 or  
drpamelatoll@aol.com

Significant others and guests are  
welcome.

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### QUARTERLY NETWORKING LUNCHES

All are welcome.  
Bring your business cards.

All lunches 12-1:30pm  
Each person pays their own.  
Reserve ahead at  
(818) 551-1714.

Wednesday, June 18,  
California Pizza Kitchen  
101 N. Brand Blvd., Glendale

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### BOARD MEETINGS

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

Jun 27      Nov 14  
Sep 12

## Winners of Free Advertising

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In each issue of the newsletter, we randomly select six GAMHPA members who are awarded the opportunity to distribute their own practice brochure or flier as a newsletter insert at no charge. This benefit is worth \$300 in first-class postage to each winner.

Congratulations go to the following winners:

Ruth Tavlin, M.F.T.  
Judith Mendelson, Ph.D., M.F.T.  
Barbara Hancock, M.F.T.  
Kristin Cantella, M.F.T.  
Elisse Blinder, Ph.D.  
Anne Warman, Psy.D., M.F.T.



## From the Editor's Couch

The Self, Other, and the Unabridged Unconscious

Larry Brooks, Ph.D.

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Editor's Note: This is an excerpt from a theoretical paper delivered as the opening to GAMHPA's Third Annual Conference, April 5, 2008, at McGroarty Arts Center in Tujunga.

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Before I built a wall I'd ask to know  
 What I was walling in or walling out,  
 And to whom I was like to give  
 offence.

"Mending Wall," Robert Frost

The title of the conference "Breaking the Frame Expanding the Vision: Psychotherapy, Art Therapy, and the Arts" calls into question the nature of how we see and understand the world and how we change our understanding. A frame defines an arbitrary boundary that marks a difference creating a separation between one moment and another, between one space and another. As with many words that travel through time, this term has collected multiple meanings. It refers to a perspective, a way of seeing the world. The sociologist Erving Goffman defines frames of reference as "cognitive structures that guide the perception and representation of reality." To this definition I would add the qualities of affectivity and unconsciousness.

While our frames help us to see and understand the world, our frames also prevent us from seeing. The narrowness of our frames becomes apparent when the frame is changed. "Art without a frame" describes a recent art experiment reported in the Washington Post, Sunday, April 8, 2007, "Pearls Before Breakfast." Staff Writer Gene Weingarten described how the world-renowned violinist Josh Bell stationed himself as a street musician in a Washington, D.C., metro station during the morning rush hour. He played for about an hour, songs such as "Chaconne" from Johann Sebastian Bach's Partita No. 2 in D Minor. During the time that he played, only seven people stopped to listen. He earned \$32 from donations for his hour of work. Three days before, he had performed at Boston's Symphony Hall where people paid \$100 for a good seat.

This experiment shows how important our frames are to making sense of the world, making value judgments about what is and is not art, who is and who is not a friend or foe, an artist or a street musician, etc. When the frame is changed, what is seen and experienced changes, sometimes dramatically. The frames that help us see the world blind us with an unconscious logic. In this paradox, experience contains simultaneously a presence and a hidden possibility, a foreground and background. Another way of describing this duality, this complementarity, is to say that experience is pregnant with the possibility of becoming something different. The Josh Bell experiment tapped the domain of conscious experience. How we see and understand emotional and relational experiences are complicated by the influence of the unconscious that spreads a seamless layer of projective distortions throughout the world.

Most of us who practice psychotherapy tinker with frames. We are in the business of trying to influence, challenge, and change our client's ways of seeing and doing. Some clinicians refer to this process as reframing. Ironically we tinkerers tend to be very reluctant to have our frames tinkered with. These professional frames that govern how we see our clients and ourselves as well as how we conduct the business of psychotherapy are tied to our theoretical orientation that in turn is intricately attached to our personal/professional identity. Personal/professional boundaries, how we define ourselves vis-a-vis the world are drawn with a fuzzy brush that reflects the unconscious signature of the self. We often hold on too tightly to our frames and believe they are necessary conditions for doing our work, if not for our psychological survival. Why do we hold on so tightly? What if we were to let go?

The examination of interpersonal conflict provides a perspective for understanding the nature of our attachment to our ways of seeing. Tony Bass wrote an article entitled "When the Frame doesn't fit the picture" that appeared in a recent Psychoanalytic Dialogues. In this article he described how impasses in the analytic relationship that applies to relationships in general involve an incompatibility of frames. Impasses occur when two perspectives collide and each individual refuses to budge from their position. Jessica Benjamin speaks of "this all too familiar impasse in terms of "doer-done to" relationships. Typically, in these "doer-done to" stand offs, each individual asserts their perspective to the detriment of the other, trying their best to get their point across, to be recognized as they wish and need to be known. In such a situation, to

bend or compromise often feels like capitulation to the other's point of view and a betrayal of the self.

For any therapist who works with couples, resolving these impasses is difficult to say the least. Breaking through such impasses involves counter-intuitive measures: going against the grain, wearing the attributes of the other, which often feels like putting a shoe on the wrong foot. Thomas Ogden in "Subjects of Analysis" describes this process of going against the grain as "the experience of doing battle with one's static self-identity through the recognition of a subjectivity that is other to oneself." It is our defensiveness in the service of protecting a narrow and most likely fragile sense of identity that binds us so tightly to our frames. To see beyond our frame is difficult because it involves doing battle against aspects of one's "static self-identity."

Christopher Bollas, in his 1992 book "Being a Character," has astutely rendered the complex experience of being a self embedded in the world, while highlighting the interactive construction of this experience in what is understood as intersubjectivity. He extends the psychophysical limits of self to include self as we know it, what Stolorow has described as the "myth of the isolated mind," and self-non-self environmental elements which include qualities of the self that are scattered throughout the world and reside in persons, objects, activities, and places. We are not autonomous, self-contained, self-regulating, self-determining isolated individuals. The self is indissolubly and unrecognizably embedded in the world.

Bollas artfully describes the self and other (object world) as indissolubly and unrecognizably blended. He states, "We consecrate the world with our own subjectivity, investing people, places, things, and events with a kind of idiomatic significance. As we inhabit this world of ours, we amble about it in a field of pregnant objects that contribute to the dense psychic textures that constitute self-experience." According to Bollas, we move through a "subjective-symbolic" world that is filled with "subjective objects." "Subjective objects" represent the unconscious and

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The best way to convey the unrealized presence of this subjective-symbolic-object world is to imagine conscious life as the surface of a dreamscape.

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conscious blending of meanings that we attribute to, project onto people, objects, events, and settings in the world that are contoured by the structure of these objects. Things are neither what they seem to be in themselves nor what we interpret them to be. Reality is the ever-changing difference between the two.

The relationship between self and world is potentially transformational in that "the objects of our world" change us to the extent that one is open to such experiences. In this complex relationship, Bollas delineates aspects of unconscious thinking, what goes on behind the closed doors of our mind, extending the conventional idea of what it means to think. We think with our mind-body. We think with our

hands when we are chopping garlic or kneading dough; we think with our eyes when we choose a certain piece of clothing to wear. He states, "When we select any series of objects, such as listening to a particular record, telephoning a particular person, reading a particular book, we transform our inner experience by eliciting new psychic textures that bring us into differing areas of potential being." By studying the structural effect of an object's impact on the self, which means thinking more about the different potential transformational effects of an object, we will be able to deepen our understanding of the nature of human life." Different objects, art, poetry, dance, tennis, playing pool, evoke different types of self-experience.

The best way to convey the unrealized presence of this subjective-symbolic-object world is to imagine conscious life as the surface of a dreamscape. It is at this crossroads where the psychotherapeutic conversation can be enlivened by the artist's sensibility and where the psychotherapist's toolbox can be enriched by the various modes of art therapy. It is in one's receptivity to the workings of the unconscious that scatters its contents near and far that leads to a new way of seeing. In this sense otherness is illusory as is the conventional notion of self. In the domain of the familiar, conventionality pauses at the boundary of possibility where, according to Bollas, "meaning meets up with chance to create psychic news" and art. ?



## The Business of Practice

Jim De Santis, Ph.D.

### Marketing a New Therapy Group

There are many therapists who would like to offer group therapy in their practices but have a great deal of trouble getting a group started, so they give up. This is generally due to being unable to recruit enough participants. While starting a therapy group can be challenging, it is usually worth the effort.

There are several main steps to successfully marketing a new therapy group. The first step is advertising to your referral base. The second step is prospecting within your own practice. The third step is managing a waiting list and screening candidates.

Place your group in a "hyper-visible" position in the professional community. The core marketing vehicle in private practice mental health is word-of-mouth. Most referrals—outside of managed care—are made between colleagues who have personally met at least once in the past. So your first marketing task is letting your frequent referrers know about your group.

Use every means at your disposal to advertise your group. A mix of letters, fliers, postcards, e-mail, and phone calls will offer the best reach. Place a brief classified advertisement in the professional newsletter of every discipline in your local

geographical area. Establish a presence on the internet. Give talks on topics related to your group.

Any written materials about your group should have all your contact information, your credentials or a short professional biography, a non-technical description of the methods used, the schedule and fees, for whom the group is intended, and the potential outcomes.

Carry a few copies of your marketing literature wherever you go. Stay alert

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The first step is advertising to your referral base. The second step is prospecting within your own practice. The third step is managing a waiting list and screening candidates.

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for opportunities to hand it to colleagues when the subject presents itself.

Do not, however, rely on referrals only from others. Internal prospecting is equally important. Selling a new service to an existing customer is far less costly than finding a new customer to sell the service to. Moreover, existing patients are likely to be comfortable trying a new service you offer because they already have confidence in you.

Go through your own caseload, and identify those patients who can benefit from your group. What are your patient's personal goals? How can your group specifically help them achieve these goals? How

might the group have advantages over individual therapy alone?

Good timing is important to presenting your group to your patient. Often a patient will raise an issue that naturally lends itself to the discussion of group work in a relevant and timely manner.

"Why do you think I am suggesting this to you?" The patient can be enlisted to consider the benefits of group, given their unique issues. More directly, a therapist can begin, "We've been talking a lot about how nervous you are around members of the opposite sex. A mixed gender group would be a great laboratory to learn how to get more comfortable around women."

Group can be presented as a vehicle for testing out hypotheses generated in individual therapy, as a catalyst that can potentiate the effectiveness of individual therapy, or as a kind of graduation from individual therapy. Sometimes group therapy truly is the treatment of choice for a problem.

Some common examples of the benefits of group include receiving feedback from multiple sources, learning about one's impact on other people, practicing authentic but sensitive communication in-the-moment, desensitizing against unrealistic social anxieties, and increasing tolerance for interpersonal confrontation.

Emphasize the potential outcomes your group is designed to produce. This may be as simple as symptom relief, skill development, or personal enrichment. The four main tangible

goals that people seek from therapy are satisfying love relationships, rewarding work, a circle of supportive friends, and happy adjusted children.

Accept all inquiries about your group; by this I mean talk with prospective candidates in a little depth. Take your time. When people call on the phone, explain the group is forming and you are building a waiting list. Give them your best estimate of the start-date, this should usually be within a couple of months.

But more than that, establish rapport, convey empathy. Ask why the person is seeking a group at this time. Ask some initial questions to establish preliminary appropriateness for the group. How was the patient referred? What kind of issue is the patient coming to group with? You want to gauge how well the patient understands group work, so assess the patient's expectations, sophistication, and degree of fit. Be alert for any obvious rule-outs, such as affordability, impending relocation out of the area, scheduling conflicts, or acting-out potential. Avoid the temptation to put a prospect on your waiting list who is not a good fit. Instead, have other appropriate referrals ready to offer the person.

Keep your waiting list members informed if it takes longer than you anticipated to get started. Yalom to the contrary, expecting to start a new group with eight people would be extremely ambitious for most situations. Start your group when you have three participants on your waiting list. Initially run your group for only 60 minutes. When you have four or five members, then go ahead and run the group for the standard 90 minutes. Thereafter, do not shorten your group's length.

If you arrive at your initial start-date and one or two of your three people have dropped out for whatever reason, don't despair, don't give up. Set a new start date a couple of months further ahead, call and inform the remaining people on your waiting list of the situation, state your intention to have the group, and continue marketing. Those recruits who remain on your waiting list are committed, perhaps because yours is the only such group in town or you are the best fit for what they need.

When you are ready to start your group, schedule at least two individual sessions with each person to interview and prepare them for your group. The first appointment is for a thorough diagnostic clinical interview. Some clinicians offer this screening as a free service, citing that the purpose is simply for determining if the patient is appropriate for their group. This philosophy overlooks our responsibility as independently licensed professionals to consider all the mental health needs of the person. Important to this objective is a diagnostic formulation, assessing risk factors, considering any other treatment modalities that may be appropriate, and recommending collateral consultations and offering referrals needed.

By the end of the first appointment, you and your prospective group participant should have an initial sense of whether the group will be helpful or not, and so it is at this point you can offer an invitation to join the group.

Obtain a consent from the patient to contact the referring therapist between the first and second appointment to collect any corroborative observations from the individual therapist and to establish a working collaboration with them.

The second appointment can be used to orient the patient to the parameters of the group. This should at minimum include discussing attendance, confidentiality, initial commitment length, and payment, but it also should include exploring the patient's expectations about the process and establishing some specific goals for that particular patient's work.

Inoculating patients against premature termination is valuable to getting a group started well. The second appointment may be the best opportunity for an open discussion of the patient's initial reservations about group. Typical worries that people disclose include not fitting in with the rest of the group; being ignored, judged, rejected, or attacked; the patient's own emotions getting out of control—like rage, panic, or sobbing; boredom with other people's story-telling; being steamrolled by a monopolizer, narcissist, or hysteric; hurting someone else's feelings by expressing oneself poorly; and shame, humiliation, or embarrassment for secrets being "found out."

Finally, even when your group has begun and enrollment is "full," do not stop marketing. You never really know when someone may drop out. If you generate too many recruits, you can always start a second group.

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Jim De Santis, Ph.D., is a clinical psychologist in full time private practice in Glendale. He offers workshops and individualized consultation to mental health professionals on business and entrepreneurship. He can be reached at (818) 551-1714 or [JJDeSantis@aol.com](mailto:JJDeSantis@aol.com). ?

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*Melissa Johnson, Ph.D. PSY13102*

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**The National Alliance on Mental Illness (NAMI)** provides support, advocacy and education to families and loved ones affected by mental illness. We meet weekly on Tuesday evenings at 6:00 PM at 1550 E. Colorado St. Glendale, CA. for more detailed information about our program call (323) 654-3844 or visit [www.namiglendale.org](http://www.namiglendale.org)

## Classified Advertising

### GROUPS

**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. Complements 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 for girls second grade through high school. Promote self-discovery, hardiness, growth-fostering relationships, and empowerment. Social skills groups also available. Melissa Johnson, Ph.D. (PSY 13102), Institute for Girls' Development, (626) 585-8075, ext. 108.

**FAMILY MEMBERS OF ALCOHOLICS/ADDICTS.** Small open-ended, insight-oriented Process Group with 12-Step emphasis. Monday evenings, 6:30-8pm, Westside, Colleen Land, Psychotherapist, Addiction Specialist, Lic. # MFT70181, (310) 887-0553.

**GAY MEN'S PERSONAL DEVELOPMENT GROUP.** Growth

and insight-oriented group addresses dating and relationships, career issues, life enrichment. Uses here-and-now interaction to increase self-awareness. Complements concurrent individual or conjoint psychotherapy. Thursday, 6-7:30pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714.

**INSTITUTE FOR GIRLS DEVELOPMENT SUMMER WORKSHOP SERIES.** A fun, in-depth experience in self-discovery and hardiness! 2007 Dates: third-fifth grade – July 9-20th; sixth-eighth grade – July 30-Aug 3; ninth-tenth grade – June 25-29. Activities include indoor and outdoor activities, arts and crafts, journaling and creative writing, skits and role-plays, Yoga, fun activities with guest experts. To learn more please refer to our website: [www.InstituteforGirlsDevelopment.com](http://www.InstituteforGirlsDevelopment.com) or contact Robin S. Harpster, M.A., L.M.F.T., at (626) 585-8075 x109.

**LESBIAN PROCESS GROUP.** Ongoing, meets on the second and fourth Tuesday each month from 7-8:30pm. \$50 per month. Openings for 2 people. Maximum 8 women.



Interview required. In Sherman Oaks. Call Dr. Mathis, (818) 386-9028.

**MEN'S PERSONAL DEVELOPMENT GROUP.** Growth and insight oriented group addresses male-female relationships, career, self-care, and personal fulfillment. Uses here-and-now interaction to increase self-awareness. Complements concurrent individual or conjoint psychotherapy. Thursday, 7:45-9:15pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714.

**PARENTING GROUP FOR PARENTS OF TEEN AND PRE-TEEN GIRLS.** This 12-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 Lisa Blum, Psy.D., Lic # PSY19790, at (626) 585-8075 x104.

**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, dream work, 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.

**SUPPORT GROUP FOR MEN GOING THROUGH SEPARATION AND DIVORCE.** Starting January

2007. Meets Wednesday eves. 7:30-9pm. \$45 per session. For more information call Larry Brooks Ph.D., Lic. # PSY8161, at (818) 243-0839.

**WOMEN COMING OUT 40ish AND BEYOND.** This is a group for women who are coming out as lesbians a bit later in life, and/or who find themselves in a relationship with a woman and are struggling to understand what this means for their lives from here forward. Group is in Pasadena, Tuesdays 7:30pm, and cost is \$35/session. Contact Emily Moore, M.F.T., for information at (626) 793-1078.

**YOUNG WOMEN'S PROGRAM** at the Institute for Girls' Development (for women 18-30). Groups offered: Developing the Creative Self, Healing Body-Food-Soul, Relationships, Transforming Anxiety, Depression, and Stress, Healing from Trauma. Melissa Johnson, Ph.D (PSY13102) (626) 585-8075, ext 108. Program co-coordinator: Psychological Assistant Amy Willcoxon, Psy.D. (PSB 31585).

#### **OFFICE SPACE**

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**BURBANK/TOLUCA LAKE.** Designer decorated extra large waiting room and extra large office with two windows. Professional building with patient parking. Available mornings Monday, Wednesday,

Thursday, and Friday, as well as Thursday afternoons. \$350 per month. Contact Elizabeth Taylor, Ph.D., (626) 792-1103.

**EAGLE ROCK.** Newly designed suite of three offices with spacious waiting room in professional building off the 134 freeway. One 208 square foot office with built-in wall-sized shelving, available full time, is appropriate for groups. \$800 per month, including wireless internet connection. Contact Ann Montgomery, Ph.D., M.F.T., at (323) 982-9595.

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

**GLENDALE.** Attractive office space in beautifully restored building at 100 North Brand, corner of Broadway. Available immediately on a shared time basis. Space is open for Wednesday p.m., Thursday a.m. & p.m., Friday a.m. & p.m., & Saturdays. Cost approximately \$370 per month. May be seen by arrangement through call to William Clarke, M.S.W., at (818) 244-1935 or (805) 733-0533. Also may be seen through management office at Suite 200 through call to (818) 244-1935.

**GLENDALE.** Small, attractively furnished office with window. Pleasant waiting room with lighting system for clients. Office space available hourly or some days per week. Freeway convenient, near

downtown area. Call Dr. Joy B. Davis, (818) 203-7672 or doctorjoy@earthlink.net.

GLENDORA. Attractive furnished/unfurnished office in therapy suite. Waiting room, small kitchenette area, off the 210 and 57 freeways. Call Judy McGehee, M.F.T., at (626) 963-3337 or email jmcgeheepartners@verizen.net. Opportunity to be a part of the CEU programs.

MIRACLE MILE/FAIRFAX DISTRICT. Great location at Wilshire/Fairfax. Attractive two-suite office, fully furnished with all amenities, including parking. Available days, evening, and weekends. Please call Michelle at (323) 931-6025 x0 or e-mail at mcauley1@sbcglobal.net.

MONTROSE. Office space is available in a comfortable, friendly office in downtown Montrose. The office features three consultation rooms, reception area, restroom, and kitchenette. There is plenty of free parking on the street. Blocks of time are available everyday from 8am to 4pm. Evening blocks are available on Mondays, Tuesdays, and Fridays. Weekends are also available. The first block of time is \$160 per month, and each additional block of time is \$80 per month. For information and to see the office, please call Susie Andruk at (818) 219-3006.

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 106.

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. Part-time and full-time psychotherapy office available in a beautiful historic building near old town Pasadena. Waiting room with separate entrance/exit, reception area, soundproofing, and a light signal system. Please contact Linda Sancerino, M.F.T., (818) 246-5457 or Susanna Friedlander, Ph.D., (818) 548-4770 for further information.

PASADENA. Generous office space available in attractive suite in highly desirable building with quality professionals of varying expertise including psychiatrist, psychologist, and therapists. Hospitable environment. Fully furnished waiting room. Small kitchenette. Secure parking for you and your clients. Call Alejandra Suzuki, M.D., at (626) 396-9598.

PASADENA. Excellent location, historic professional building with handicap accessibility on Colorado at Madison. Comfortably furnished waiting room, large, bright, corner consultation room, reception area, internet connection, office equipment, and chart storage/billing area. Convenient parking. Office is available daily or by half day as of January 1, 2008. Please contact Richard Atkins,

M.D. Leave a message with answering service at (818) 249-3770.

SOUTH PASADENA. A very comfortable private adult consultation room with windows and/or a fully equipt children's play room available for rent by the day or in 4-hour blocks of time. Waiting room with separate entrance/exit, visual access to waiting room, parking lot, refrigerator with drinks, microwave, snack closet, buzz system, wheelchair accessible, Internet access, and bathrooms. Please contact Toni Cavanagh Johnson, Ph.D., at (626) 799-4522 or toni@tcavjohn.com.

### **GROUPS FOR PROFESSIONALS**

COACH available for psychiatrists and M.S.W.s 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 M.S.W.s preparing for the L.C.S.W. board examination. She also conducted the AATBS training seminars for M.S.W.s 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. Not a one-size-fits-all, this how-to workshop is designed for mental health professionals and students/interns wanting to build a private practice. Twelve facilitated biweekly small group meetings use

practical lecture and discussion, action-oriented assignments, and peer support. 18 CEUs available for M.F.T.s and L.C.S.W.s. Glendale. Call (818) 551-1714 for information or to register.

**THERAPIST'S "GUIDE TO SELF CARE" GROUP.** Helping others is our calling, but attending to our own needs is essential to achieving our objective. For the mental health professional who wants to create the life they truly want, this support group focuses on listening to your own biopsychosocial "signals" to maximize the things you enjoy, create an environment you are happiest in, reserve ample time for re-creation, cultivate rewarding collegial relationships, and get more of your important tasks accomplished—in order to achieve personal satisfaction and well-being. On-going bi-weekly small group format, Wednesday, 10-11:30 a.m. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714.

**SUPERVISION CONSULTATION GROUP.** This group is for licensed mental health professionals who are interested in contemporary psychoanalytic theory. The goal of this group is to provide a place for open, creative discussion of case material with the objective of deepening one's therapeutic work, enhancing one's clinical understanding, and refining one's utilization of theory in practice. Therapists will have the chance to explore the personal dimension of doing therapy, looking at what they bring into the therapy room, their strengths, weaknesses, conflicts, and passions. Contact Larry Brooks, Ph.D., Lic. # PSY 8161 at (818) 243-0839.

## SERVICES

**ATTENTION DEFICIT DISORDER AND SPECIFIC LEARNING DISORDER.** 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, write effective advertising materials, and track results. Flexible format uses in-person meetings, telephone, and e-mail. Jim De Santis, Ph.D., at (818) 551-1714 or JJDeSantis@aol.com.

**COMPREHENSIVE NEUROPSYCHOLOGICAL EVALUATIONS AVAILABLE IN ARMENIAN, FARSI, AND ENGLISH.** Dementia examinations and differential diagnosis (e.g., Alzheimer's disease, multi-infarct dementia, depression, other cognitive disorders of the elderly). Unexplained cognitive decline (e.g., memory problems, attention/concentration problems). Other neurological disorders (e.g., seizure disorder, tumors, stroke, Parkinson's disease). Head injuries (e.g., motor vehicle accidents, falls). Psychodiagnostic assessments (e.g., determining degree of thought disorder, delusions). School performance difficulties (e.g.,

ADD/ADHD, learning disabilities). Competency evaluations (e.g., medical and financial decision-making capacity). Disability assessment (e.g., Worker's Compensation cases). Contact Audrey Khatchikian, Ph.D., at (818) 476-0066.

**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, hard copy, or e-mail. For more information or to examine samples, visit [hometown.aol.com/jjdesantis/office.html](http://hometown.aol.com/jjdesantis/office.html) or call (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](mailto:ProDevProg@aol.com) for information about our programs.

**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.

**TREATMENT IN ARMENIAN, FARSI, AND ENGLISH:** Individual and couple's psychotherapy. Contact Audrey Khatchikian, Ph.D., at (818) 476-0066.

**PUBLICATIONS**

"BEST THING I EVER DID FOR MY PRACTICE." Field-tested marketing system. How to start your own interdisciplinary professional association like GAMHPA as a successful method to build your own private practice. 226-page text available in ring-binder or on CD-ROM, includes 35 sample forms and cover letters. For further information or to place an order, visit the web at [hometown.aol.com/jjdesantis/start.html](http://hometown.aol.com/jjdesantis/start.html) or call (818) 551-1714.

DIAGNOSTIC TESTING DIRECTORY. No cost to obtain a copy or submit a listing. New directory for purposes of professional cross-referral, listing 220 psychologists throughout Los Angeles county who offer psychological assessment services, whether educational, neuropsychological, forensic, vocational, custody, or general psychiatric differential diagnosis. View or download from [hometown.aol.com/jjdesantis/psychtest.html](http://hometown.aol.com/jjdesantis/psychtest.html), call (818) 551-1714, or e-mail to [JJDeSantis@aol.com](mailto:JJDeSantis@aol.com).

GAMHPA MEMBERS DIRECTORY. 117 mental health professionals in the Glendale area, cross-indexed by specialties and insurance accepted. This 65-page directory is available free to review or print from the following internet address: [psychotherapy.org/gamhpa](http://psychotherapy.org/gamhpa). Paper copy available by mail, call GAMHPA at (818) 771-7680.

GROUP THERAPIST DIRECTORY. Request a copy or submit your free listing. Concise, up-to-date directory of outpatient psychotherapy groups in Los Angeles county. 330 facilitators and 880 groups. Edited by a licensed

psychologist and certified group psychotherapist. Web page has received over 16,000 hits from visitors. View or download from [hometown.aol.com/jjdesantis/grplist.html](http://hometown.aol.com/jjdesantis/grplist.html), call (818) 551-1714, or e-mail [JJDeSantis@aol.com](mailto:JJDeSantis@aol.com).

PEDIATRIC PSYCHIATRIST DIRECTORY. Concise list of 200 child psychiatrists in Los Angeles county, available on the internet at [hometown.aol.com/jjdesantis/pedpsychmd.html](http://hometown.aol.com/jjdesantis/pedpsychmd.html).

**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](http://www.coldwatercounselingcenter.org).

FRONTPOINT CHILD AND FAMILY THERAPY. FrontPoint is an organization of highly skilled licensed clinicians who specialize in helping children, adolescents, and their families reach their goals. Services include individual, family, and group therapy, parent consultation, play therapy, psychological testing/assessment, and psychiatric services. We also provide individual and couples therapy for adults, and group presentations and trainings for schools, churches, and parent organizations. Fee for service, sliding scale, and most PPO insurance programs accepted. Reduced rates available for psychology graduate students fulfilling their therapy

requirement. For more information, visit our website at [www.FrontPoint.org](http://www.FrontPoint.org), or call (626) 396-9502.

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](mailto:dmccoll@vmhc.org). ?

## Websites by GAMHPA Members

Michael Barnes, Ph.D.	<a href="http://www.michaelnbarnesphd.com">www.michaelnbarnesphd.com</a>	Private practice
Michelle Barone, M.F.T.	<a href="http://www.michellebarone.net">www.michellebarone.net</a>	Private practice
Megan Bearce, M.F.T.	<a href="http://www.meganbearce.com">www.meganbearce.com</a>	Private practice for gifted teens/adults
Kate Beiler, Psy.D.	<a href="http://www.katebeiler.com">www.katebeiler.com</a>	Private practice
Rodney Boone, Ph.D.	<a href="http://www.cbtsocal.com">www.cbtsocal.com</a>	Cognitive behavioral therapy
Larry Brooks, Ph.D.	<a href="http://www.pdpce.com">www.pdpce.com</a>	Continuing education
Ed Brostoff	<a href="http://www.specialedhelp.com">www.specialedhelp.com</a>	Educational advocacy
Kristin Cantella, M.F.T.	<a href="http://www.kristincantella.com">www.kristincantella.com</a>	Private practice
Martha Carr, M.F.T.	<a href="http://www.mcarrmft.com">www.mcarrmft.com</a>	Private practice
Michelle Cauley, L.C.S.W.	<a href="http://www.cauleyassociates.com">www.cauleyassociates.com</a>	Private practice
Coldwater Counseling Center	<a href="http://www.coldwatercounselingcenter.org">www.coldwatercounselingcenter.org</a>	Clinic
Lorraine Cummings, L.C.S.W.	<a href="http://www.caringwithpassion.com">www.caringwithpassion.com</a>	Geriatric care management
Jim De Santis, Ph.D.	<a href="http://hometown.aol.com/jjdesantis">hometown.aol.com/jjdesantis</a>	Testing, groups, business consultation
David D. Fox, Ph.D.	<a href="http://www.psychotherapy.org">www.psychotherapy.org</a>	Resource center & web hosting
Anita Frankel, M.F.T.	<a href="http://www.therapyinla.com/area3.html#anitaf">www.therapyinla.com/area3.html#anitaf</a>	Private practice
FrontPoint	<a href="http://www.frontpoint.org">www.frontpoint.org</a>	Group practice
Enrico Gnaulati, Ph.D.	<a href="http://www.dr.gnaulati.net">www.dr.gnaulati.net</a>	Private practice
Ira Heilveil, Ph.D.	<a href="http://www.pacificchild.com">www.pacificchild.com</a>	Nonpublic agency for children
Lorah Joe, L.C.S.W.	<a href="http://www.lorahjoe.com">www.lorahjoe.com</a>	Private practice
Melissa Johnson, Ph.D.	<a href="http://www.instituteforgirlsdevelopment.com">www.instituteforgirlsdevelopment.com</a>	Group practice & resources about girls
Karin Meiselman, Ph.D.	<a href="http://www.meiselman.net">www.meiselman.net</a>	Private practice
Holly Miller, M.F.T.	<a href="http://www.hollytherapy.com">www.hollytherapy.com</a>	Private practice & art therapy
Thomas Oldenburger, L.C.S.W.	<a href="http://therapist.psychologytoday.com/42652">therapist.psychologytoday.com/42652</a>	Private practice
Craig Peterson, PsyD, MBA	<a href="http://www.apapo.org/drcraigpeterson">www.apapo.org/drcraigpeterson</a>	Private practice
Arghavan Sadeghi, M.F.T.	<a href="http://therapist.psychologytoday.com/38050">therapist.psychologytoday.com/38050</a>	Private practice
Charles Weinstein, Ph.D.	<a href="http://www.charlesweinsteinphd.com">www.charlesweinsteinphd.com</a>	Private practice
Andrew Whaling, M.F.T.	<a href="http://www.great-marriages-now.com">www.great-marriages-now.com</a>	Marriage/relationship counseling
Kathleen Williams, Ph.D.	<a href="http://www.psychologist-losangeles.com">www.psychologist-losangeles.com</a>	Private practice
Cathy Wright, L.C.S.W.	<a href="http://www.petgriefsupport.com">www.petgriefsupport.com</a>	Pet loss bereavement services

If you are a GAMHPA member and have a website you would like to submit for publication in this newsletter and placement as a link on the GAMHPA website, please contact David D. Fox, Ph.D., at (818) 246-3937.

# GAMHPA

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

## BOARD OF DIRECTORS

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 President, (818) 551-1714

Bonnie Cesak, R.N., L.C.S.W.,  
 Membership/Directory Chair,  
 Treasurer, (323) 255-3411

Larry Brooks, Ph.D.,  
 Program Chair, Newsletter Editor,  
 (818) 243-0839

Michelle Barone, M.A., M.F.T.,  
 Yahoo Group Moderator,  
 (818) 951-7744

Pamela Toll, Psy.D.,  
 Social Events Chair,  
 (626) 224-4563

## MISSION

GAMHPA was founded in 1992 by a few local area mental health professionals in private practice. Within several years, it grew to over 100 members. 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, \$65 per year. Associate Member dues for students, interns, organizations, and others, \$45 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 hundreds of colleagues in the mental health community and posted on our website.

Members 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 Crescenta, La Canada Flintridge, Los Feliz, and Silverlake. Contact us to be added to our mailing list. If you have 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.

### Newsletter Deadlines

June/July Issue	May 17
Aug/Sept Issue	July 19

## ADVERTISING

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

### Advertising Rates

Item	Member	Non-Mem
Classified ad	Free	\$20
1/8-page display ad	\$25	\$50
1/4-page display ad	\$45	\$70
1/2-page display ad	\$65	\$90
Mailing list, printed	\$15	\$25
Mailing list on labels	\$25	\$35
Mailing list on disk	\$80	\$80
e-Mail list	\$15	\$25
Newsletter inserts	17¢	29¢

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 a deadline.

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