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

Our annual **continuing education** seminar will be held April 5, Saturday, 9am-2pm. Save the date. The topic will be "Breaking the Frames: Psychotherapy, Art Therapy, and the Arts." The event will be held at the McGroarty Arts Center in Sunland. In addition to a panel of speakers and lunch, we are planning an experiential component. Please contact Larry Brooks, our Program Chair, at (818) 243-0839 or e-mail him at DrLBrooks@earthlink.net for further information or to pre-register now. Past events have filled quickly.

Bonnie Cesak, our Membership Chair, has put the final touches on our latest **membership directory**. Copies have been mailed to members. This is a highly used resource for cross-referring in the local community because of its easy indexes to identify clinicians by insurance accepted and specialties offered. If you are not a member, you can obtain a copy from any Board Member.

Michelle Barone, Board Member, is developing a Yahoo Group, or **internet listserve**, exclusively for the GAMHPA membership. Members with internet access can participate. This is a great resource for quick communication to the membership for such matters as finding specialists,

renting office space, or raising a theoretical question.

We would like to welcome **new Board Member**, Pamela Toll, Psy.D. She will be spearheading some new ventures for GAMHPA and is discussing organizing some social events, a mentoring program, or special interest groups within GAMHPA. Welcome, Pamela!

We are trying a new format for our next quarterly **networking luncheon** on January 23 at Notte Luna Italian Restaurant in Glendale, from 12-1:30pm. In addition to networking, we will have a special guest, Lukas Alexanian, M.D., who will give a 30 minute presentation on current trends in the assessment of Bipolar Affective Disorder. This particular lunch will be fully paid by AstraZeneca LP Pharmaceuticals. Notte Luna is tucked between Brand and Maryland in the alleyway between the two streets. Call now to reserve a seat.

If you have not yet joined GAMHPA, doing so today will give you membership until January 2009. A **membership application** form is included with this issue of the newsletter or can be downloaded from the GAMHPA website. Dues is a very reasonable \$65 per year for licensed mental health professionals, and all fees go back directly to member benefits. ?

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The Business of Practice

Jim De Santis, Ph.D.

Office Expenses and Taxation

Tax time may be the single best opportunity to conduct an analysis of your business from the perspective of profit and loss. If you itemize your deductions, your 1040 forms from prior years can be a great way to see how you are doing, to look for trends in where your expenses are, and to evaluate if your expenditures are commensurate with the income that they produce.

The average cost of overhead in a private practice approaches 50% of gross receipts, and more than half of that is liable to be income tax, so don't short yourself at tax time. Whether your tax preparer recommends filing itemized deductions or not, I strongly suggest that you at least document your deductions throughout the year so you can itemize if necessary.

Aside from the value of minimizing your tax exposure, another purpose of tracking expenses is to evaluate your business decision-making. For example, look at the primary customer or service that these expenses support. If you are spending a lot to promote and support a service that produces relatively little income, this expense might best be reduced or eliminated and the savings applied to better

advantage elsewhere in your business.

So rule number one is to keep your receipts. To do this, the most important factor is consistency. Therefore, whenever possible keep the task simple in order to maintain that consistency over the long haul. For example, don't wait until later but at the time of each expense—right at the cash register if you can—make a quick note on the receipt if the expense was for your private practice

Aside from the value of minimizing your tax exposure, another purpose of tracking expenses is to evaluate your business decision-making.

and the category in which it will qualify. While computer accounting or check register software may be an advantage to some who are computer hobbyists or very disciplined, a shoe box or a manilla folder will do the job just fine for the rest of us.

Keep informed about what qualifies as a deductible business expense. Probably the first item that comes to mind for the average private practice clinician is office rent. After rent, telephones may be the next biggest business cost. This category obviously includes office phone service but also old-style pager service, cellular phone service used for business purposes, and voicemail or an answering service. You may have a separate, dedicated fax line as well. And don't forget the cost of

your internet access, which may or may not be bundled with your phone bill.

With computers as standard business machines these days, office equipment can represent a huge expense to a practice. Don't forget the cost of peripherals as well as fax machines, photocopiers, answering machines, phone equipment, and blue tooth devices. Does your office have a kitchen area? What did it cost to buy that mini refrigerator, microwave, toaster oven, and coffee maker? Office equipment costs typically include not only purchases but also maintenance and repair expenses. What was your bill the last time your copy machine jammed?

Capital improvements like furniture include desks and seating but also lighting fixtures, decor and accessories, and window treatments and wall coverings. Periodic environmental costs may include houseplants, carpet and upholstery cleaning, and painting. Our office waiting room has a fish tank with associated maintenance by a vendor.

Advertising and promotion can be a little or a lot. Such items as yellow pages and classified advertising may be standard, but these days many clinicians have a website that incurs a hosting cost as well. Postage and printing for your own direct mail pieces, such as brochures or postcards, can add up as well.

The cost of continuing education is not just the tuition for the education itself but also the travel or lodging costs,

including parking fees and some portion of meals. Log your mileage.

All professional licenses, certifications, and association dues should be documented. Have you paid a colleague for consultation to develop your professional skills? Fees for attorneys and accountants that help with your business may qualify. Your own personal psychotherapy may be a deductible business expense. Document insurance costs associated with your practice, including not only professional liability insurance but also disability insurance and office overhead insurance.

Aside from some of the obvious deductions, there may be others to consider, and over a year these expenses can add up. Entertaining your key referral sources, such as with lunches or dinners where business is discussed, is obvious to most business people but maybe not obvious to us. Business gifts to referral sources, such as sending a gift basket, should qualify. Do you mail out holiday cards to colleagues?

Office supplies certainly include stationery but also postage stamps and toner. Do you have your office intake forms off-set printed or photocopied by a vendor? Do you offer coffee to your clients? Then the Sparkletts delivery, tea bags, creamer, paper towels, etc., should be tracked. Keep your receipts for professional books, subscriptions, and computer software. Psychological testing kits, protocols, and scoring and interpretation services are a business expense. Do you put your old clinical records in a self-storage? Any costs incurred for storage of records should be included.

Even if you do not see patients in your home, you may be able to deduct some expenses associated with a home office. A home office may include office furniture, business equipment, and supplies just like your primary office. In addition, if you rent or lease your home, then consider deducting a percentage of your rent and utilities proportionate to the square footage of space you use for your professional activities, including carpet cleaning, water and power, and home contents insurance. If you own your own home, your tax preparer may recommend that you not take this latter deduction because it may require a calculation of depreciation on your home that could affect your tax situation upon the sale of the property later.

Documenting and tracking business expenses is a necessary part of running your private practice. It doesn't have to be complicated or difficult to do so. There are a large number of items that the average clinician should be able to deduct before taxes. Some items may slip our minds unless we are vigilant and keep the process routine and simple. A conversation with our tax preparer each year is a good way to not allow opportunities slip through the cracks. The value of doing this is to keep more of our hard-earned income and to keep our business lean and smart.

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. ?

Calendar of Events

QUARTERLY NETWORKING LUNCHES

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

January 23, Wednesday
Notte Luna Italian Restaurant
113 N. Maryland Ave., Glendale

Speaker: Lukas Alexanian, M.D.,
"Bipolar Disorder Assessment"
Lunch paid by AstraZeneca

ANNUAL CONTINUING EDUCATION SEMINAR

April 5, Saturday, 9am-2pm
"Breaking the Frames:
Psychotherapy, Art Therapy,
and the Arts"
McGroarty Arts Center, Sunland

Registration: Larry Brooks at
(818) 243-0839 or
DrLBrooks@earthlink.net.

BOARD MEETINGS

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

Jan 18	Jun 27
Feb 29	Sept 12
Apr 11	Nov 14

Call ahead at (818) 551-1714.

institute for girls' development *A Psychological Corporation*



Empowering girls for life through

- Self-discovery • Hardiness skills
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- Del Mar Girl Power Group Therapy (2nd grade–High School)
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- Young Women's Program (for adults in their 20's & 30's)
- Summer Workshop Programs (3rd grade–High School)

Presentations, Workshops & Trainings

- Available through our Center for Education on Girls' Development

For more information, visit us on the web:

www.InstituteForGirlsDevelopment.com

626.585.8075 ext.108

Melissa Johnson, Ph.D. PSY13102

Top Reasons to Visit GAMHPA Online

1. Online Directory
2. Online Newsletter
3. Online Application Form
4. Links to Member Websites

psychotherapy.org/gamhpa

Winners of Free Advertising

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 \$225 in first-class postage to each winner.

Congratulations go to the following winners:

Sara Fraser, Ph.D.
 Alan Karbelnig, Ph.D.
 Laurie McDonough, L.M.F.T.
 Pamela Toll, Psy.D.
 Verdugo Mental Health Center
 Cathy Wright, L.C.S.W.

NEWPORT PSYCHOANALYTIC INSTITUTE PASADENA / ORANGE COUNTY

NPI is a freestanding non-profit institute committed to an integrative study of diverse psychoanalytic schools of thought. Our collegial atmosphere invites curiosity, openness, critical thinking, and a sense of community. We offer small colloquiums of talented creative senior faculty and students. NPI's goal is to enable practitioners to deepen their work with patients while further developing their psychological selves.

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For further information

Contact NPI: (714) 505-9080 or (626) 796-2776

Or e-mail admin@npi.edu

Visit our website: www.npi.edu

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 coming out, dating and relationships, HIV status, 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 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.

THRIVING IN RETIREMENT GROUP. On-going group forming now for retired people who want to make the most of this next phase of life. Discussions will focus on identity, roles, relationships, leisure activities, and fulfillment outside of work. Tuesdays 1-2:30pm, Pasadena. Contact Pamela Toll, Psy.D., Lic. # PSY20373, (626) 224-4563.

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

BURBANK. Attractive, fully furnished office space available on hourly, daily or monthly basis. All amenities supplied. Waiting room, reception room, call system. Convenient to studios, medical offices and freeways. Call Mimi Davis, M.F.T., at (818) 848-3022 or email miriamdavis@verizon.net.

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.

GLENORA. 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 mcauleyl@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.

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 meetings, small group format uses 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 Jim De Santis, Ph.D., at (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 that professional 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 download from the internet. For more information or to examine samples, visit 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.

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 or call Jim De Santis, Ph.D., at (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 200 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 or call Jim De Santis, Ph.D., at (818) 551-1714 or e-mail to 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. Hard 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 13,000 hits from visitors. View or download from hometown.aol.com/jjdesantis/grplist.html or call Jim De Santis, Ph.D., at (818) 551-1714 or e-mail to 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.

AFFILIATE AGENCIES

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, 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. ?

Why Join GAMHPA?

Publications

Directories with member names and practice information are published annually, placed on the desks of potential referrers in the community. Newsletters with member advertising and articles are circulated bimonthly to over 750 readers in the local professional community.

Advertising

Classified ads are free to members. Members are randomly drawn to place their practice flier or promotional brochure with the newsletter at no charge—a \$225 value. Members receive discounts for display advertising, newsletter insert advertising, and mailing list address labels. Member websites are published in the newsletter.

Visibility

Members can publish articles in the newsletter on professional topics. Members may present a talk to colleagues on a professional topic, advertised as an association program event.

CEU/MCEP

Reduced rates to members for local continuing education units applicable toward professional licensure renewal.

Multidisciplinary

Equal membership is offered to all licensed mental health professionals regardless of discipline, reflecting real patterns of professional referral in the community.

Local

A geographically local membership base reflects how most client referrals are local.

Inexpensive

Membership dues are lower than most professional associations. Just \$65 per year for licensed mental health professionals, \$45 for students, interns, and allied professionals.

Websites by GAMHPA Members

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

BOARD OF DIRECTORS

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

Michelle Barone, M.A., M.F.T.,
List Serve Moderator,
(818) 951-7744

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

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, \$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

Feb/Mar Issue Jan 19
Apr/May Issue Mar 21

ADVERTISING

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

Advertising Rates

<u>Item</u>	<u>Member</u>	<u>Non-Mem</u>
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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<<< KEEP THIS DATE FREE >>>

SATURDAY, APRIL 5, 2008

**“Breaking The Frames:
Psychotherapy, Art Therapy, & The Arts”**

Third Annual Conference
Co-Sponsored By
Professional Development Programs and
Glendale Area Mental Health Professionals Association

Plan to Register Early

Space is Limited

In the spirit of the topic, this conference will include both didactic and experiential components. It will be located at the McGroarty Art Center in Sunland.

For more information
call Larry Brooks, Ph.D., at (818) 243-0839
or e-mail drlbrooks@earthlink.net