

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

In this issue of the newsletter, on page 2 we feature an article by GAMHPA member, Stacy-Colleen Nameth, L.C.S.W., on the subject of professional training in Somatic Experiencing.

Our last networking lunch was attended by 27 clinicians in September. The next networking luncheon will be Friday, February 12. You need not be a member to attend. Please see the calendar on page 3 for details. The food at Notte Luna Italian Restaurant is excellent, the atmosphere quiet, the company outstanding, and the networking opportunities even better. We hope you'll join us.

On page 3 of this issue, we provide updated and corrected practice information on our members. If your directory listing is not up to date, please contact Bonnie Cesak, our Membership Chair to keep us informed of your important information.

Many of our readers assume they are automatically a member because they receive this newsletter. Membership requires just a simple one-page application and a low \$70 dues per year. If you have not already done so, please consider joining today. An

application form can be downloaded from the association website.

We would like to acknowledge the following new members:

- Rachel Barr, M.F.T.
- Susan Bredhoff, M.F.T.
- Valerie C. Cascadden, M.F.T.
- Lisa Colorado, Ph.D., M.F.T.
- Paula Denney, M.F.T.
- Eden Garcia-Balis, M.F.T.
- Audrey Ham, Ph.D.
- Joanne Koegl, M.F.T.
- Suzanne Lake, Psy.D.
- Gloria Lee, M.F.T.
- Christina Mardiresian, IMF
- Ricardo A. Martinez, Psy.D.
- Jungyeol Oh, Ph.D., R.N.P.
- Roger Schwarz, M.F.T., J.D.
- David Steinger
- Miriam Vanounts, M.S.

Thank you, new members, for your support of GAMHPA!

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Somatic Experiencing

Stacy-Colleen Nameth, L.C.S.W.

As an LCSW in private practice, juggling a business, family, daily toddler mommy-hood activities, personal commitments and hobbies, I was unable to return to school full-time in order to earn another degree. I began to look into various specializations in the field, and found Somatic Experiencing, a specific training program for professionals working with clients who have experienced emotional and/or physical trauma and are looking for relief from the resulting symptoms.

After working for two decades with clients whose backgrounds have included the devastating influences of drug/ alcohol abuse, physical/ sexual/emotional abuse, gang involvement, hate crimes, homelessness, suicide, homicide, abandonment, neglect, burglary, assault, extreme financial hardship and more, I began to realize I had lost a little hope in mankind's ability to heal.

Clients approach me requesting answers to their problems, earnest for solutions to patterns that are leading them into the same black holes, again and again. The e-mails requesting initial appointments often include confessions of confusion, disillusionment with the psychotherapy field, and a general lack of feeling empowered. A colleague mentioned Somatic Experiencing (SE) and how well it

worked with her clients. Being both doubtful and curious, I discovered that there are over 5,000 SE Practitioners (primarily psychotherapists and bodyworkers) in the U.S. and other countries, who are working directly with clients who have experienced trauma from war, natural disasters, abusive childhoods, surgery, and car accidents.

Professional training in SE is provided by the Foundation for Human Enrichment (www.traumahealing.com), a non-profit, educational, and research organization dedicated to the worldwide healing and prevention of trauma.

As Gandhi inspires, "You must be the change you wish to see in the world."

I started to read FHE founder Peter Levine's book, *Waking the Tiger*, where he introduces SE as a way of focusing on the client's perceived body sensations (somatic experiences) to restore the capacity to self-regulate and heal from the physiological symptoms and sensations in order to recover from past life-threatening situations. This occurs very simply when clients revisit (rather than re-experience) the single-episode or chronic trauma and track their own felt-sense experience. He notes that animals in the wild do not

develop trauma symptoms due to their instinctual ability to release the intense energy that builds up in a traumatic situation. However, with humans, there can be a survival response of "freezing" (autonomic nervous system arousal into a frozen state) rather than the fight or flight response in the face of the traumatic event(s), where the client does not discharge the traumatic energy or learn to self-regulate. During treatment, by tracking their own felt-sense experience, the client gradually learns to release the physical tension that he/she has become increasingly aware of which leads to the discharge of symptoms created as the effect of a dysregulation of the autonomic nervous system.

The SE Practitioner (SEP) training appealed to me for many reasons. It fit into my busy schedule (3 years consisting of 216 credit hours), SEP's were required to gain hours as a client of SE as well as individual/group consultation hours in order to insure that the training was being integrated and practiced correctly, peer practice groups were highly encouraged between training sessions, there were multiple case examples in Peter Levine's and other faculty member books as well as DVD's demonstrating SE work, and most importantly, the professionals using SE were dedicated to helping clients with a severe range of symptoms, by guiding the clients in healing themselves rather than assuming the role of the expert.

Spending the past year in SE training, as well as being an SE client, has led to more than just renewed hope in

the helping field. I have seen firsthand how individuals have the ability to heal themselves, with the proper guidance, from devastating and life-altering events that have limited their ability to move freely through the world. As Gandhi inspires, "You must be the change you wish to see in the world."

GAMHPA member, Stacy-Colleen Nameth, L.C.S.W., is a psychotherapist in private practice in the Los Angeles/Atwater Village area and can be reached at (818) 754-4664, scnameth@yahoo.com, or visit her website for more information at www.tellyourstorytherapy.com.

Winners of Free Advertising

In each issue of the newsletter, we randomly select and announce six GAMHPA members, each of whom is awarded the opportunity to distribute a practice brochure or flier as a newsletter insert at no charge. Please contact the Newsletter Editor to make arrangements.

This benefit is worth the equivalent of over \$350 in first-class postage to each winner.

Congratulations go to the following winners:

- Lorraine E. Cummings, L.C.S.W.
- Gloria Ashby Dahlquist, M.F.T.
- Miriam Davis, M.F.T.
- Ira Heilveil, Ph.D.
- Tricia Lethcoe, M.F.T.T.
- Jemela Macer, Ph.D.

Calendar of Events

QUARTERLY NETWORKING LUNCH

Friday, February 12
Notte Luna Italian Restaurant
113 N. Maryland Ave., Glendale

All lunches 12-1:30pm

All are welcome.

Each person pays their own.

Bring your business cards.

Reserve ahead with Jim De Santis at (818) 551-1714.

BOARD MEETINGS 2010

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

Feb 12

Apr 16

Directory Update

Please make a note of this updated information for your records. Thank you.

Elaine Ahmad, L.C.S.W.: New address is: 4444 W. Riverside Dr., Ste. 105, Burbank, CA 91505.

Cathy Alegria Chazenbalk, M.F.T.: Address is: 4405 Riverside Dr., Toluca Lake, CA 91505.
New fax is: (818) 506-8224. See online directory for other updated information.

Sally Gordon, M.F.T.: Groups held 6-9pm, fee is \$10. After-school theatre program held 4-6pm, fee is \$10.

Crescent Orpelli, M.F.T.: Correct address: 4055 Riverside Dr., Ste. 203, Burbank, CA 91506.

Linda Goodman Pillsbury, L.C.S.W.: New address: 715 N. Central Ave., Ste. 108, Glendale, CA 91203.

Margaret Stoll, Ph.D.: Corrected address is: 320 Arden Ave., Ste. 240, Glendale, CA 91203.



A center for inquiry, clinical training and research, ICP embodies an atmosphere of academic freedom and innovative psychoanalytic thinking.

NEW CASE CENTERED PROGRAM

Psychoanalytic Psychotherapy Training Program — Pasadena

Presentation of 15 clinical cases — Week 1 case presentation

Week 2—Two analysts will respond to initial presentation with alternate clinical approaches

Case presentations will be thematically and theoretically diverse looking at trauma or transference/countertransference tangles; a life stage crisis; a character structure, marital or parenting problems.

- Seminars held in Pasadena on Wednesdays—30 weeks
- 11:00 am to 1:00 pm
- Application Fee: \$50.00
- Tuition: \$700 each trimester
- Classes Begin: September 30, 2009
- Application Deadline: August 20, 2009
- Consultation groups meet weekly
- Contact the ICP office for an application

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Melissa Johnson, Ph.D. PSY13102

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Continuing Education Workshop

Clinical Supervision: A Contemporary Psychoanalytic Approach

Date: December 5, 2009
Time: 9 AM – 4 PM
CEUs: 6 hours (meets BBS requirements for supervisors and has been submitted for approval to the MCEPAA)

Check Out These Case-Focused Supervision Groups

Supervision Consultation Group
for Experienced Therapists

Supervision Consultation Group
for Therapists Starting Out

Supervising the Supervisor:
A Forum to Explore Issues and the Process of Supervision

For Additional Information
Call Dr. Larry Brooks, (818) 243-0839
<http://drlarrybrooks.com/>

Glendale Area
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Professionals
Association**

Top Reasons to Visit GAMHPA Online

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

psychotherapy.org/gamhpa

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Association**

Enter the Digital Mental Health Community

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Classified Advertising

GROUPS

BEREAVEMENT SUPPORT GROUP. If you have suffered a loss, no need to grieve alone. Please call to join a bereavement group where you can find support in this difficult time of your life. For more information, please call Dawn Krikyan, RN, MSN, PMHCNS-BC, at (626) 399-6646.

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.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., Lic. # 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.

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.

MOVING THROUGH BEREAVEMENT. Ongoing supportive

and educational group uses here-and-now discussion, as well as cognitive, psychodynamic, and biopsychosocial perspectives to optimize self-care and coping. Complements concurrent individual or conjoint psychotherapy for your clients. Consultation about a case, call Bonnie Cesak, LCSW, RN, (Lic. # 18570), Glendale, (818) 240-1355.

NAMI GLENDALE. National Alliance on Mental Illness provides support, education, and advocacy to families and friends who have a loved one with a severe persistent mental illness. We have a weekly support group on Tuesday evenings at 6pm at Verdugo Mental Health Center, 1540 E. Colorado St., and a Spanish-speaking support group that meets the second and fourth Tuesdays at the same time and place. For further information, visit www.namiglendale.org or call (323) 654-3844.

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.

PERSONAL GROWTH GROUP. Enhance individual therapy. Provide couples who are willing to work individually alternatives for self-development. Offer clients a place to practice deepening their intimate relating. Openings are now available in on-going group for high achieving men and women seeking more satisfying relationships and meaningful life work. We explore how the choices we make are influenced by our level of self-awareness. Wednesday, 6:30-8pm. \$45/group. Contact Suzy Boyle, L.M.F.T., Lic. #

MFC25347, at (626) 577-9352. Providing insight-oriented therapy in Pasadena since 1990.

PSYCHOTHERAPIST THERAPY GROUP. Finally a therapy group just for therapists! Interns/Trainees welcome. This is NOT a supervision group. Feminist therapy perspective. Come be creative, get support, and enjoy an intimate process group that is a closed group of 8 or less. This is a great, cost effective means of obtaining psychotherapy and a good way to experience the group process first hand! Must be willing to commit to minimum 6 months and attend regularly. Contact Cynthia Henrie, M.F.T., BCETS, License # MFC 41617, (323) 829-3568.

SASS GROUP. Sexual Abuse/Assault Survivor's Support Group for women who have been sexually abused, experienced incest, raped, sexually assaulted, exposed to adult sexuality too young, used in child pornography, or who have been or who are currently being stalked. Closed group of 6 or less. Must be willing to make a minimum of a 6 month commitment to the group and attend on a regular basis. Group meets every other Saturday 1-3pm. Contact Cynthia Henrie, M.F.T., BCETS, License # MFC 41617, (323) 829-3568.

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.

SIGNIFICANT OTHERS SUPPORT GROUP. Group for women whose significant other has a gender identity issue or is gender variant. Partners may be transsexuals, transgender, intersexed, cross-dressers, gender-queer, transvestites.... They can be either male-to-female or female-to-male. Group meets every 2-3 weeks depending upon availability of group members. Closed group of 6 or less. Must be willing to make a minimum of a 6 month commitment to the group and attend on a regular basis. Contact Cynthia Henrie, M.F.T., BCETS, License # MFC 41617, (323) 829-3568.

SUPPORT GROUP FOR WOMEN. You are invited to work out your issues in a warm and supportive environment. For more information, please call Dawn Krikyan, R.N., M.S.N., PMHCNS-BC, at (626) 399-6646.

SURVIVORS' GROUP (AMAC). "Treatment of choice" for molest/incest (per research). High-functioning women's group, \$225 per month, prefer therapist's referral, collaboration. Minimums: 6 months' previous therapy, 6 weeks' minimum commitment, two initial interviews required. Kathy Downing, L.M.F.T., Lic. # 24403, 20 years' group experience, (818) 845-0151.

SURVIVOR'S GROUP. Group for women who have posttraumatic stress disorder and are survivors of childhood abuse or are survivors of traumatic events. This group is a process group. Excellent for getting support and learning effective coping skills and strategies. Closed group of 6 or less. Must be willing to make a minimum of a 6 month commitment to the group and attend on a regular basis. Meets every Wednesday 8-10pm. Contact

Cynthia Henrie, M.F.T., BCETS, License # MFC 41617, (323) 829-3568.

THRIVING WITH DIABETES. Ongoing supportive and educational group uses here-and-now discussion, as well as cognitive, psychodynamic, and biopsychosocial perspectives to optimize self-care and coping. Complements concurrent individual or conjoint psychotherapy for your clients. Consultation about a case, call Bonnie Cesak, L.C.S.W., R.N., (Lic. # 18570), Glendale, (818) 240-1355.

TRANSWOMAN SUPPORT GROUP. Group for transsexual women who are in the process of transitioning from male-to-female who are at different phases of their transitioning process. Age of group members is currently between 30-60. Highly supportive process group! Closed group of 6 or less. Must be willing to make a minimum of a 6 month commitment to the group and attend on a regular basis. Meets every other Saturday from 10am-12pm. Contact Cynthia Henrie, M.F.T., BCETS, License # MFC 41617, (323) 829-3568.

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.

WOMEN'S DIVORCE SUPPORT GROUP. Women in their 40s and 50s who are divorced, or are in the process of divorcing, are cordially invited to join this group, moderated by an experienced divorce mediator.

Monday evenings, limited to 6 participants. Call for more details and enrollment information. Referrals welcome. Elisse Blinder, Ph.D., Lic. # PSY11598, (626) 795-9718.

WOMEN'S MIDLIFE PASSAGES.

Ongoing supportive and educational group uses here-and-now discussion, as well as cognitive, psychodynamic, and biopsychosocial perspectives to optimize self-care and coping. Complements concurrent individual or conjoint psychotherapy for your clients. Consultation about a case, call Bonnie Cesak, LCSW, RN, (Lic. # 18570), Glendale, (818) 240-1355.

WRITER'S GROUP. Monthly group for screenwriters, poets, playwrights, comedy writers, journalists, lyricists, authors. Identifying and overcoming obstacles to productivity, peer support and accountability for forward movement in your craft. Goal is quality, timely output with personal satisfaction. Wednesday, 5-6 pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714.

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

EAGLE ROCK. Psychotherapy office in a quiet, attractive, professional building on Figueroa at the 134 Freeway. Large windowed, 200 square foot office in a suite with waiting room and three offices. Wireless internet connection

included. \$800 a month. Office will be available at the end of October or the beginning of November 2009. Please call Dr. Ann Montgomery, 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.

LA CANADA-FLINTRIDGE. For Lease: Professional office in La Canada-Flintridge. 800 square feet divided into reception area, large office, back room, and restroom. Great location near the corner of Oceanview Blvd. at 2258 Foothill Blvd. Ample free street-level parking in complex for clients. Lease rate is \$2,200 per month including water. Excellent freeway access. To inquire, please call (818) 248-8998.

MONTROSE. Office space for rent. Available blocks of time 9am to 4pm and 4pm to 9pm. Warm atmosphere, kitchen and bathroom within the office, plenty of free parking available. Please call Susie Andruk, L.M.F.T., at (818) 219-3006.

PASADENA. Wonderful building, location, parking, handicap accessible, waiting room, and call light. Mondays, Tuesdays, and every day after 6:15. Joan Scott, Ph.D., (626) 796-1158, jnscottphd@sbcglobal.net, or Lydia Glass, Ph.D., (626) 792-4153, lydiaglass@msn.com.

PASADENA. Comfortable, part-time, furnished psychotherapy office. Lovely view of courtyard with fountain, large waiting room, kitchen. Great location with client and therapist parking. Please contact Paula Denney, M.F.T., at (626) 795-2270 or pauladenney@earthlink.net.

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.

CONSULTATION GROUP.

Discussion of case material with a focus on a Contemporary Relational Psychoanalytic perspective. Reading provided if desired. Location is 10-15 minutes from Glendale, 20 minutes from Pasadena, at 1800 Silverwood Terrace, Los Angeles. Call Elaine Silberman, Ph.D., Psy.D., (323) 664-8240 or e-mail esilbos@aol.com to inquire further.

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 SELF CARE GROUP.

Helping others is our calling, but attending to our own needs is

essential to achieving our objectives. For the mental health professional who wants to create the life they truly want, 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. 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.

SUPERVISING THE SUPERVISOR. This ongoing bi-weekly consultation group focuses on the experience of doing supervision. It adapts the supervision case model to look at supervisory case material. Using a contemporary psychoanalytic framework, it will provide a forum for supervisors to discuss their supervisory experiences, present cases, receive feedback on their work, and discuss relevant topics in field of supervision such as the use of the self in therapy and in supervision, the difference between supervision and psychotherapy, and the dynamics of co-transference in the supervisory relationship. Contact Larry Brooks, Ph.D., Lic. # PSY8161 at (818) 243-0839 and check out drlarrybrooks.com.

SUPERVISION CONSULTATION GROUP. For experienced licensed mental health professionals interested in contemporary psychoanalytic theory. The goal of this small group (limited to 5) is to provide a place for open, creative discussion of case material with the objectives of deepening one's therapeutic work, enhancing one's clinical understanding, refining one's ability to apply theory to practice, and more effectively using one's self in the clinical encounter. Contact Larry Brooks, Ph.D., Lic. # PSY8161 at (818) 243-0839 and check out

drlarrybrooks.com.

SUPERVISION CONSULTATION GROUP FOR THERAPISTS STARTING OUT IN PRIVATE PRACTICE. Targeted to clinicians with less than 5 years of post-licensure experience. This small group (limited to 5) will provide a setting to strengthen clinical skills as well as deal with the personal/professional challenges of being in private practice. It will utilize a contemporary psychoanalytic framework to discuss clinical material with objectives of deepening one's therapeutic work, enhancing one's clinical understanding, refining one's application of theory to practice, and more effectively using one's self in the clinical encounter. Contact Larry Brooks, Ph.D., Lic. # PSY8161 at (818) 243-0839 and check out drlarrybrooks.com.

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.

DR. AUDREY KHATCHIKIAN, PH.D. Now accepting Blue Shield and Medicare for neuropsychological evaluations and treatments. Please call (818) 476-0077.

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. CD-ROM, paper copy, or e-mail. For more information or to examine samples, visit JJDeSantis.org or call (818) 551-1714.

PROFESSIONAL DEVELOPMENT PROGRAMS. PDP is certified by the MCEPAA and BBS to provide continuing education to Psychologists, Social Workers, and Marriage and Family Therapists. PDP works with smalls groups of clinicians and agencies to design programs to meet your specific training needs. Call Dr.

Larry Brooks at (818) 243-0839 or drlbrooks@earthlink.net or check out the website at DrLarryBrooks.com.

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

CHILD PSYCHIATRIST DIRECTORY. Concise list of 400 physicians who provide psychiatric services to children and adolescents throughout in Los Angeles county, available on the internet at JJDeSantis.org.

DIAGNOSTIC TESTING DIRECTORY. No cost to obtain a copy or submit a listing. New directory for purposes of professional cross-referral, listing 230 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 JJDeSantis.org call (818) 551-1714, or e-mail to JJDeSantis@aol.com.

EASTERN SAN GABRIEL VALLEY DIRECTORY. Hard to find a qualified referral further east? New directory of 65 mental health professionals out beyond the 605 freeway from Azusa to Pomona, cross-indexed by specialties, services,

and insurance accepted. 30-page resource free to view or download at JJDeSantis.org.

GAMHPA MEMBERS DIRECTORY. Over 100 mental health professionals in the Glendale area, cross-indexed by specialties, services, and insurance accepted. This 65-page resource is available free from the following internet address: psychotherapy.org/gamhpa.

GROUP THERAPY DIRECTORY. Request a free copy or submit your free listing. Concise, up-to-date directory of outpatient psychotherapy groups in Los Angeles county. 500 facilitators and 1,200 groups. Edited by a licensed psychologist and certified group psychotherapist. Web page has received 20,000 hits from visitors. View or download from TheGroupList.org.

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.

FRONTPOINT CHILD AND FAMILY THERAPY 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.

NAMI GLENDALE. National Alliance on Mental Illness provides support, education, and advocacy to families and friends who have a loved one with a severe persistent mental illness. We have a weekly support group on Tuesday evenings at 6pm at Verdugo Mental Health Center, 1540 E. Colorado St., and a Spanish-speaking support group that meets the second and fourth Tuesdays at the same time and place. For further information, visit www.namiglendale.org or call (323) 654-3844.

Websites by GAMHPA Members

Tom Badzey	www.tombadzey.com	Student/intern
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
Elissa Blinder, Ph.D.	www.peacefuldissolutions.com	Private practice
Rodney Boone, Ph.D.	www.cbtsocal.com	Cognitive behavioral therapy
Larry Brooks, Ph.D.	drlarrybrooks.com	Private practice & continuing education
Ed Brostoff	www.specialedhelp.com	Educational advocacy
Deborah Buckwalter, Ph.D.	www.personagroup.com	Private practice
Kim Carlson	www.kcpsychotherapy.com	Intern
Martha Carr, M.F.T.	www.mcarrmft.com	Private practice
Michelle Cauley, L.C.S.W.	www.cauleyassociates.com	Private practice
Chris Cooper, Ph.D.	www.chriscooperphd.com	Private practice
Coldwater Counseling Center	www.coldwatercounselingcenter.org	Clinic
Lorraine Cummings, L.C.S.W.	www.caringwithpassion.com	Geriatric care management
Jim De Santis, Ph.D.	www.jjdesantis.org	Testing, groups, business consultation
Margot Desannoy, M.F.T.	willowspringscenter.com	Youth residential treatment program
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
Cynthia Henrie, M.F.T.	Www.therapist4me.com	Sexuality, gender, & feminist therapy
Melissa Johnson, Ph.D.	www.instituteforgirlsdevelopment.com	Group practice & resources about girls
John Juarez	www.pasadenamediation.com	Mediation
Aracelli May, LCSW, M.Ed.	www.aracellimay.com	Private practice
Karin Meiselman, Ph.D.	www.meiselman.net	Private practice
Holly Miller, M.F.T.	www.hollytherapy.com	Private practice & art therapy
Emily Moore, M.F.T.	www.emilymooremft.com	Private practice
Stacy-Colleen Nameth, LCSW	www.tellyourstorytherapy.com	Private practice
Glenn Peters, Ph.D.	www.therapyinla.com	Group practice
Craig Peterson, PsyD, MBA	www.drcraigpeterson.com	Private practice
Linda Goodman Pillsbury, LCSW	www.lgpillsbury.com	Private practice, EMDR
Linda Povernny, Ph.D., LCSW	www.povernnyandassociates.com	Private practice
Lee Stoltzfus, Ph.D.	www.lifemanagementsystems4u.com	Private practice
Megan Torrey-Payne, L.C.S.W.	www.megantorrey-payne.com	Private practice
Anne Warman, Psy.D., M.F.T.	therapist.psychologytoday.com/45189	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

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, send your link to David D. Fox, Ph.D., GAMHPA Webmaster, at DavidFox@psychotherapy.org.

GAMHPA

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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, reflecting real patterns of professional referral. 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, \$70 per year. Associate Member dues for students, interns, and others, \$45 per year. Organizations, \$125 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 local professional mental health community and posted on our website. They have access to our internet discussion group.

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. They receive reduced rates for continuing education. New members can submit a brief professional biography for publication in the newsletter.

NEWSLETTER

The GAMHPA Newsletter is customarily published bimonthly and 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

Dec/Jan Issue	Nov 20
Feb/Mar Issue	Jan 22

ADVERTISING

All advertising questions should be directed to the Editor. Classified ads will run for two issues, display ads for one issue. Advertising for services by psychologists or psychological assistants must include the license number of the psychologist. Display ads must be camera-ready; submit one copy for each issue. To submit an insert—such as a flier or brochure—provide sufficient copies to cover the print circulation, noted on the masthead. Due to publication processes, each newsletter is delivered approximately three to four weeks after our deadline.

Advertising Rates

Item	Member	Non-Mem
Classified ad	Free	\$25
1/8-page display ad	\$25	\$50
1/4-page display ad	\$50	\$75
1/2-page display ad	\$65	\$90
Mailing list, printed	\$15	\$25
Mailing list on labels	\$30	\$40
Mailing list on disk	\$70	\$80
Member e-Mail list	\$20	\$30
Newsletter inserts	19¢	32¢

GAMHPA Newsletter.
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