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

In November, our fourth annual conference, at Huntington Memorial Hospital in Pasadena on "Psychology and Technology," was a huge success. 40 people were in attendance and were treated to a sumptuous feast of information. Dr. Maheu has generously provided to GAMHPA members telehealth resources and significant discounts on her online courses accessed at <http://centerforonlinecounseling.com/glendale>. Dr. Skip Rizzo who is Director of the Virtual Psych Lab at USC has invited GAMHPA members to tour his lab on January 21, 2010. If you are interested, contact Larry Brooks at (818) 243-0839.

Our next networking luncheon will be Friday, February 12. You need not be a member to attend. Please see the calendar 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.

Many of our readers assume they are a member only because they receive this newsletter. Membership requires just a simple one-page application and a low \$70 dues per year. An application form can be downloaded from the association website at psychotherapy.org/gamhpa.

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
Jun 25
Sep 10
Nov 19

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From the Editor's Couch

Larry Brooks, Ph.D.

“Come gather 'round people
Wherever you roam
And admit that the waters
Around you have grown
And accept it that soon
You'll be drenched to the bone.”

“The times they are a-changin'”
Bob Dylan

I would like to share some impressions about the conference on Psychology and Technology as well as more general thoughts about the impact of technology on the practice of psychology and the personal experience of identity. I will post these remarks on my blog and sections will appear on the “virtual” online conference space hosted by Facebook.

What is a conference? To borrow a concept from (I) Mary Louise Pratt a professor of Spanish and Portuguese, a conference is a “contact zone.” She used the phrase to describe the “social spaces where disparate cultures meet, clash, and grapple with each other, often in highly



Kaveri Subrahmanyam, Ph.D.

asymmetrical relations of domination and subordination.”

This phrase has evocative relevance on several levels.

In my pre-conference reflections I employed the phrase to describe the intertwined, complex, and symbiotic nature of the relationship between human and networked computer, to underscore the unspoken power dynamics embedded in this relationship, and to implicate certain mythic narratives in the amplification of this relationship, beginning with Prometheus who stole fire from the gods, through Frankenstein, the modern Prometheus, and leading to Hal, (perhaps a post-modern Prometheus) whose independent artificial intelligence turned against the crew of Discovery One. I will return to this relationship in a subsequent post.

The phrase also speaks to the idea that “disparate” cultures came together at a conference. According to Bruce Gale, Ph.D., our first speaker, one way to describe these cultures is by analogy. Dr. Gale illustrated these differences through a humorous comparison of how ostriches, owls, and otters employ tools.

There were a few wise otters in the audience, and we certainly benefited from the wealth of knowledge of our presenters. The owls, if present, kept their predatory nature in the shadows. What about the ostriches? As Dr. Gale informed us, ostriches don't bury their heads in the sand, only humans to.

A courageous group of ostriches removed their heads from the sand to attend this conference. Were their anxieties allayed? Were their concerns addressed? Were they motivated to cross the technological divide? And what about the ostriches who kept their distance? What is this fear of technology that seems to characterize many in our profession?

One participant described the conference as equivalent to exposure therapy, which we know is a well documented treatment for phobias.



Bruce Gale, Ph.D.

Those who attended were exposed to a rich, detailed, complex and at times overwhelming amount of information that has the potential to enhance if not transform their practice.

Bruce Gale, Ph.D., exposed us to the basics of computing. We learned about web tools, online resources, office hardware and specialized software. Marlene Maheu, Ph.D., and Skip Rizzo, Ph.D., respectively exposed the group to glimpses into the present and not too distant future where telehealth and virtual reality applications will become an increasingly larger part of the clinician's toolbox. We learned from Anna Marie Piersimoni about the labyrinthian world of social



Anna Marie Piersimoni

networking and from Kaveri Subrahmanyam's Ph.D. research how adolescents use social networking applications like Facebook.

The conference clarified two trends that characterize the trajectory of technological change. The first speaks to the conservative nature of change. Dr. Subrahmanyam's research on how adolescents use technology, particularly Facebook indicate that adolescent's extensive use of technology is characterized by conventional objectives: they use social networking applications primarily to connect with their offline peers. Most adolescents are not seeking new online relationships, exploring virtual worlds and experimenting with alternative versions of self. Adolescent developmental needs trump technology and illustrates how the dynamic of change, even rapid technological change is constrained



Skip Rizzo, Ph.D.

by shifts between processes of accommodation and assimilation.

The second trend speaks to the speculative not too distant future that portends more dramatic change to the way we practice and the way we live. Dr. Subrahmanyam referred to the adolescents in her study as "digital natives," individuals born into a digital environment where the medium of exchange whether shopping, socializing, listening to music is digitally mediated. These "digital natives" will be our future clients. As they grow up, they will not only look for therapists online, but they will be comfortable with and might seek technologically mediated therapy such as virtual reality treatment applications or online counseling.

What will clinicians need to do to adapt to this changing environment? It is not news that mental health professionals are lagging behind the curve of technological change. While many clinicians use email, shop, and bank online, they have yet to adapt their practice to this changing environment, outside of some who use billing software and perhaps have signed on to the Psychology Today Therapist Directory website. More and more clinicians have websites, few blog, and many look upon Facebook as a scourge. We won't even mention Twitter.

There are many reasons for this reluctance, some fear based and some based on conceptions about the practice of psychotherapy. What we learned from Dr. Subrahmanyam's presentation is

that ostriches are "digital immigrants." "Digital immigrants" are newcomers to this mediated world of networked computers and smart phones. Like most immigrants we are threatened by the necessity to learn a new language and set of social-cultural guidelines for acting and conducting business.

So what don't we do? I am reminded of my grandparents who until this moment I never identified with. They emigrated to the U.S. from Russia when they were in their early twenties. They lived in this country for over 50 years. They never really learned English and they associated



Marlene Mayhew, Ph.D.

exclusively with relatives and their immigrant friends. They had a pervasive fear of the dominant culture and a deeply rooted sense of insecurity and I believe inadequacy. They buried their heads in the sand and stood on the shoulders of their children to navigate their new world.

So what do we do? Most immediately we need to acknowledge our fear and examine how we are coping with this challenge. At the very least we must remove our heads from the sand and take stock. Beyond this recognition, we need to become fluent in basic computing, understand the communicative power of the

Internet, and then make decisions about how to implement these tools into our practice. Adaptation will not simply involve taking online and offline classes; it will also require an openness to change our conceptions of how we practice psychotherapy.

Perhaps we are amidst a paradigm shift that at present has mostly the scent of fear.

"If your time to you
Is worth savin'
Then you better start swimmin'
Or you'll sink like a stone
For the times they are a-changin'."

(1) Pratt, Mary Louise, 1992.
Imperial Eyes: Travel Writing and
Transculturation, Routledge.

Welcome to New Member

Lisa Colorado, Ph.D., M.F.T., E.T., has been serving families, couples, and individuals in La Crescenta and the surrounding communities for 15 years. As a licensed Marriage, Family, & Child Therapist with an emphasis on a cognitive-behavioral therapeutic approach, Dr. Colorado specializes in stress and anxiety disorders, managing adult and child ADD/ADHD, child behavioral problems, parenting difficult and oppositional defiant children, parenting reactive attachment children, and working with foster families.

Dr. Colorado is also an Educational Therapist who offers private one-on-one instruction to children, teenagers, and adults with learning weaknesses and learning disabilities, and attentional issues. The primary focus of a remedial educational therapy program is to strengthen reading, writing, and mathematical abilities, as well as improve study, test taking and organizational skills. College services such as ACT, SAT, and SAT II preparation is also available, along with interpretation of test results and other assessment data.

Dr. Colorado is a member in good standing with CAMFT, AAMFT and Mensa.

Dr. Colorado can be reached at (818) 754-4571 and ColoradoCounseling@msn.com Her office is located at 2953 Honolulu Ave., Ste. 8, La Crescenta, CA 91214

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:

Margot Desannoy, MFT
Carolina Huete-Lehman, MFT
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Holly Miller, MFT, ATR
Linda Poverny, Ph.D., LCSW
Megan Torrey-Payne, LCSW

The Psychotherapist as Instigator



Alan Karbelnig,
Ph.D.

(Bolstered by Soren Kirkegaard's lament that "ours is a paltry age because it lacks passion," Dr. Alan Karbelnig writes this essay to provoke thoughtful reaction from his colleagues. Alan is a Training and Supervising psychoanalyst at the New Center for Psychoanalysis and the Newport Psychoanalytic Institute. He practices psychoanalytic psychotherapy and forensic psychology in South Pasadena.)

Because it sprung from the loins of psychiatry during the 1950s, clinical psychology, a bastard child, necessarily grew up in the medical model family. Medical discourse has since remained the primary way psychotherapists organize their professional work. But, truth be told, the actual work of most psychotherapists never really fit into this restrictive, logical positivistic viewpoint. Psychotherapists work within a societal medical system in which they don't belong. As a result, they suffer a certain form of alienation.

As Thomas Szasz argued, medicine is organized around organ systems.

Cardiologists focus on the heart, neurologists on the nervous system, and orthopedists on bones and ligaments. Psychotherapists, in contrast, work with persons' subjective experiences – phenomena that cannot be reduced to physiological classification. They read between the lines of patient's concerns, searching for layers of meaning rather than underlying disease. They meet with whole persons – individuals living their lives, making choices, dealing with vulnerability. Their work eschews a focus on symptoms. The medical model for providing "psychotherapeutic treatment" to persons is, well, a lie.

...the more accurate word for psychotherapist would be instigator. Psychotherapists create perturbations in their patients' experiences, facilitating a process that ultimately results in emotional, interpersonal, or cognitive alterations.

As I argued in an earlier column, even the word "psychotherapy" is absurd. It implies that a distinct entity – the psyche – has become diseased in some way and therefore in need of treatment – the therapy. This is patently inaccurate. The "psyche" betrays clear definition. Any "therapy" for it, therefore, becomes equally dubious. The term "psychoanalytic" is similarly problematic. In it, that awkward word "psyche" appears again, and is supposedly subjected to "analysis." The actual "psychoanalytic" process involves

more synthesis and integration. Its essence is relating, not investigating.

If we are to strive for accuracy about so-called psychotherapy, a "procedure" now more than 100 years old, the phrase "transformational encounter" would be more accurate. Psychotherapists meet with real people with real life struggles. "Patients" seek help because, they believe, something needs to change. They may be uncomfortable with certain types of mental pain, i.e. they feel depressed, anxious, or hopeless. But at the same time some aspect of their lives has become untenable: They are dissatisfied with their work; they feel unfulfilled in their marriages; they

have become alienated from others; they regret the way they have treated their friends. Even if "patients" complain because something is changing, i.e. they are aging, or their children dislike them, or their husbands have left them, they still seek transformation of some sort. They need help, ironically, with change itself.

Along the same lines, the more accurate word for psychotherapist would be instigator. Psychotherapists create perturbations in their patients' experiences, facilitating a process that ultimately results in emotional, interpersonal, or cognitive alterations. They instigate change either passively or actively. An initial session, or even a whole set of sessions, may consist of a grieving wife weeping over the loss of her husband. The psychotherapists' role may consist of simply listening and facilitating the grieving process. This would be an example of passive

instigation of change; it occurs, partially, just by virtue of the psychotherapists' social role.

Psychotherapists also interpret, clarify feelings, offer empathy, and in similar ways become active instigators of transformation. In the example just given, the psychotherapist might take a more active role further down the road of the grieving process. If the wife is still intensely grieving five years after the loss, the psychotherapist or instigator might confront the woman with the ways that grief may have become a defense against facing certain fears, moving on with life, and so on.

These ideas may help reduce the sense of alienation psychotherapists feel, particularly as their highly complex, humanistic work comes under attack by a society that views

humans in an increasingly mechanical fashion. If psychotherapists view their work as instigators of transformation within the broad spectrum of the human experience, perhaps they can begin to enjoy a professional identity more in line with the truth of their work.

Alan M. Karbelnig, Ph.D., is a licensed psychologist in private practice and can be contacted at 625 Fair Oaks Ave., Ste. 270, South Pasadena, (626) 441-7778, or amkarbelnig@gmail.com.



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DIVORCE SUPPORT GROUP for those trying to find meaning and purpose†in the dissolution of their relationship. Offers an opportunity to work through feelings of anger, grief, disappointment and fear within a supportive community of others and find the inner resources to move through this difficult transition and live a more meaningful and fulfilled life. Group meets once a week in Van Nuys. Cost is \$35. Call Christi Taylor-Jones, M.F.T., at (818) 759-1898 for more info.

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.

FTM/GENDER QUEER GROUP. Group for people who identify as Female-to-Male Transmen or who identify as Gender Queer. Group will be a supportive group. Issues can be about identity issues, life issues... whatever is on your mind! This is a 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 6pm-7:30pm. Call Cindie Henrie at (323) 829-3548.

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.

GIRLS' THERAPY GROUPS at the Institute for Girls' Development. Empowering elementary, middle, and high school girls through self-discovery, hardiness skills, growth-fostering relationships, and embodiment. Various group formats, including process, skill-building, art, and social skills. Clinical Director, Group Therapy Programs: Joy Malek, M.S., Lic # MFC 47098, (626) 585-8075, ext. 108.

HEALING AND FREEDOM from Critical and Controlling Parents and/or Partners. Group for women who were raised by critical, controlling and/or narcissistic parents or who are in relationship with critical and controlling, narcissistic partners. Most women in the group have found that their self-esteem has suffered tremendously as a result of being emotionally and verbally abused, criticized or controlled in their lives. Excellent group! Closed group. Must be willing to make a minimum of a 6 month commitment. Meets every other Saturday from 3pm-5pm. Call Cindie Henrie at (323) 829-3548.

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.

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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.

MFT TRANSWOMAN SUPPORT GROUP. New Group Forming! Group for transsexual women who are in the process of transitioning from male-to-female who are at different phases of their transitioning process. This is a 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. Date and time TBD. Call Cathy Stansell (562) 453-7961.

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,

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SASS GROUP (Sexual Abuse/Assault Survivor's Support Group). 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 - onth commitment to the group and attend on a regular basis. Group meets every other Saturday 1-3. Call Cindie Henrie at (323) 829-3548.

SECOND HALF OF LIFE GROUP (Van Nuys) for women 50+ who are interested in working on issues related to aging, children/grandchildren, caring for elderly parents, relationship issues and finding meaning/purpose in this stage of life. Facilitated by Jungian Psychotherapist, Christi Taylor-Jones, and includes dreamwork, sandtray, art, meditation and other activities designed to connect with the higher Self. Call Christi at (818) 759-1898 for times. Cost \$35/session.

SIGNIFICANT OTHERS SUPPORT GROUP (SOS 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. Call Cindie Henrie at (323) 829-3548.

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.

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 8pm. Call Cindie Henrie at (323) 829-3548.

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.

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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.

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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.

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Tuesdays, Thursdays, Saturdays, 4-6 hour blocks. Suzy (626) 577-9352.

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.

PSYCHOTHERAPIST SUPERVISION/PEER CONSULTATION GROUP.

Supervision/professional peer consultation group for therapists who are interested in trauma, feminist therapy, gay and lesbian issues, gender identity issues, dissociative disorders, or who want to learn more and consult on cases. Lots of great information will be discussed, presented and explored! Come be creative, get support, and enjoy an intimate process group with other therapists. Date/Time TBD. Call Cindie Henrie at (323) 829-3548.

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.com 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 small 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.com.

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.com 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 73 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.com.

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 1,250 groups. Edited by a licensed psychologist and certified group psychotherapist. Web page has received over 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
Rachel Barr, M.F.T.	www.creativetherapyla.com	Private practice
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.com	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
Audrey Ham, Ph.D.	www.audreyhamphd.com	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
Joanne Koegl, M.F.T.	www.jkoegl4therapy.com	Private practice
Gloria Lee, M.F.T.	www.gleecounseling.com	Private practice
Ricardo Martinez, Psy.D.	www.drrickmartinez.com	Private practice
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 Poverny, Ph.D., LCSW	www.povernyandassociates.com	Private practice
Roger Schwarz, MFT, JD	www.rogersmarriagecounseling.com	Private practice
Lee Stoltzfus, Ph.D.	www.lifemanagementsystems4u.com	Private practice
Mark Tinley, M.A.	www.marktinley.com	Intern
Megan Torrey-Payne, L.C.S.W.	www.megantorreypayne.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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