



Glendale Area

# Mental Health Professionals Association

# NEWSLETTER

YOUR GUIDE TO GAMHPA NEWS,  
INFORMATION AND EVENTS

April May June 2013

## A Note from the Editors



**Elaine Ahmad, LCSW**

This is an exciting time for GAMHPA as we recently announced compensation for contributors to our book review section of the newsletter. I am including the guidelines below for those who are interested. We welcome your articles, book reviews, and ideas on what you would like to see in future GAMHPA Newsletters. Writing and editing are a lonely business (as many of you know from personal experience). The most gratifying part of editing the newsletter is hearing back from GAMHPA members. Please pull me aside at the next GAMHPA luncheon or send me an e-mail to let me know how we're doing. As always, we appreciate your support and readership.

We are offering **\$100 or a one-page ad in the subsequent GAMHPA Newsletter** for every accepted piece (one book review per issue).

### Book Review Guidelines:

(1) Review of a book that is related to mental health (i.e memoirs related to mental health issues, books addressing mental health theory and practice methods). (2) Under 1,000 words. (3) Discussion of whether you would recommend this book to other mental health professionals and/or clients and a comparison with other topic-related books.

We also continue to welcome other articles about mental health issues geared toward clinical professionals, such as case studies, work with various populations and in new modalities, etc. We are unable to pay for these articles at this time but will include the author's picture and contact information for these accepted submissions. Please let me know if these articles have already been published elsewhere.

*Elaine*

*Elaine Ahmad is a licensed clinical social worker who has been in private practice for twelve years in the Burbank area. In her dwindling free time, she edits her novel, writes and reads fiction, and drives her two sons to soccer practices. She can be reached at [elaine.ahmad@gmail.com](mailto:elaine.ahmad@gmail.com) or (818) 398-2579.*

Happy Spring! I had so much fun presenting on Dialectical Behavior Therapy at the last GAMHPA CEU Event. Thanks for all of the kind feedback from all the attendees! If you have interest in presenting at a future CEU Event, please contact Rachel Thomasian, MFT, or Kimberly Wong, LCSW.



**Suzette Bray, MFT**

*Suzette*

*Suzette Bray is a Licensed Marriage and Family Therapist and Executive Director of Village Counseling and Wellness in Burbank. She spends her limited time outside of the office frantically attempting to thwart the more dangerous adventures of her thrill-seeking three-year-old son. She can be reached at (818) 238-9895, [villagecounselingandwellness.com](http://villagecounselingandwellness.com) or [suzettebraymft@sbcglobal.net](mailto:suzettebraymft@sbcglobal.net).*

## Calendar of Events

### BOARD MEETINGS 2013

138 North Brand Blvd,  
Suite 300  
Glendale, CA 91205

Friday, May 17

Friday, July 12

Friday, September 20

Friday, November 22

All meetings 9:30- 11 am

All are welcome.

### LUNCHEONS 2013

Fortune Inn

Mandarin Restaurant

117 East Broadway,  
Glendale, CA 91205

Friday April 26

Friday July 19

Friday October 4

All lunches 12 to 1:30 p.m.

All are welcome.

Each person pays their own.

## Five Questions with Angela Hagopian, MFTI

### What would you do for a living if you weren't a therapist?

*I would be an interior designer. That's something I wanted to do when I was younger because I love art, anything that's a creative outlet.*

### What is the best advice that you've received from a mentor?

*My supervisor from grad school told me to always take advantage of opportunities and do the best at what I'm doing.*

### What accomplishment are you most proud of?

*Earning my master's degree. It was something I was aiming for since I was a little girl. I didn't have any breaks. I went straight from high school to college to graduate school. It was difficult but it was worth it.*

### What do you do to re-energize yourself?

*That's something that I was thinking about that I don't do enough. Going outside, going for walks, going to the beach. The other thing I love to do is cook, doing something with my hands. I feel like I'm so focused most of the time. I work two jobs and I'm part of three professional associations in leadership roles. I'm also planning my wedding on top of all that! I have to be busy to function, but I try to have at least one solid week of vacation every year.*

### What is your favorite quotation(s)?

*"All that we are is the result of what we have thought. The mind is everything. What we think we become." –Buddha*

*"Art washes away from the soul the dust of everyday life." -Picasso*



*Angela Hagopian is a Marriage and Family Therapist Intern and practices in Glendale and Sherman Oaks. She specializes in grief and loss counseling, anxiety, life transitions, stress, anger management, relationship issues, and depression. Our most recent GAMHPA board member, she set up GAMHPA's Facebook page. She can be reached at 818-281-4208 or via email at [hagopianangela@gmail.com](mailto:hagopianangela@gmail.com)*

## Making a Difference in the Lives of Children with Learning Disabilities

For the past 60 years, the Frostig School has been changing the lives of children with learning disabilities. We are the oldest school for learning disabilities in Southern California. Our school offers a full range of academic and support services for students in grades 1-12.

What sets us apart?

- Highly skilled credentialed teachers, who use a wide range of researched-based approaches to learning, along with state-of-the-art technology
- Small class sizes with a low student-to-teacher ratio (6:1), which provides students with a curriculum tailored to meet their needs



For more information or a tour of the Frostig School, please contact us at (626) 791-1255.

971 North Altadena Drive, Pasadena, CA 91107 | 626.791.1255 | [www.frostig.org](http://www.frostig.org)



FrostigSchool

# GAMPHA hosts DBT CEU Workshop

On February, 21, GAMPHA hosted its second ever CEU workshop. While the first dealt with hoarding issues, the February 21 date was all about DBT, or Dialectical Behavior Therapy.

Presenters Suzette Bray, MFT, and Patty Gieselman, MFT, gave an overview of DBT at the Frostig School in Pasadena. The presenters covered the basics of DBT and its focus on Mindfulness, Emotional Regulation, Distress Tolerance and Interpersonal Effectiveness. In addition, Patty and Suzette went over how DBT can be used to help treat patients with a variety of diagnosis, like depression, bipolar disorder, self-harming behaviors, and personality disorders, just to name a few.

Additionally, participants had a chance to learn about Clearview, which offers a variety of treatment programs.

GAMPHA plans to hold future events two to three times a year at different non-profits as a way for therapists to learn about community resources while obtaining CEUs and networking with colleagues.



(Left) Kimberly Wong, Maria Lovotti and Rachel Thomasian



Patty Gieselman demonstrates point during presentation.



Presenter Suzette Bray points out important detail.

## WHY DOES HE DO THAT?

### *Inside the Minds of Angry and Controlling Men* by Lundy Bancroft

Book review by Emily Moore, LMFT

*Why Does He Do That? Inside The Minds of Angry and Controlling Men* is the most helpful book I have read regarding men who abuse women in relationships. Mr. Bancroft's status as an expert in the field is grounded in his work counseling abusive men since 1987. There is no reference in the book or on his website indicating a professional degree or license in counseling or psychology. He has, however, worked with thousands of men in domestic abuse programs, and his experience and expertise are clear. He notes that in his first five years working with this population, most clients were participating voluntarily albeit often under heavy pressure from a female partner or in the wake of a restraining order. In the 1990s, he began to see court-mandated referrals, men who appeared to have a greater inclination to physical violence against their partners than those seen earlier. He notes, "The female partners of these battering men were largely describing the same distresses in their lives... as women who had been psychologically abused," from which the conclusion was drawn that "different forms of abuse have similar destructive impacts on women."

In my practice as a Marriage & Family Therapist not focusing specifically on domestic violence, I have seen a number of women who have not been physically abused but who nevertheless come to me fearing their partners, making numerous behavioral changes in response to the reactions of their partners, and who are saturated in self-doubt, their self-confidence having been eroded by years of psychological abuse. These are intelligent, educated women who have had successful careers, but the destructive force of the emotional abuse in their lives has had a devastating impact. They come to my office complaining of depression, fatigue, insomnia, anxiety and confusion.

**CONT. Pg. 5**

# Selling Desire, Autonomy, Freedom and Integration: Depth Psychotherapy in the 21<sup>st</sup> Century

By Alan Karbelnig, PhD, ABPP

Following fifteen centuries of dominance by Christianity and then two centuries by Science, Western Civilization now finds itself substantially controlled by a medical ideology. The American Medical Association (AMA), for example, might have combated America's obesity epidemic using education to promote healthier nutrition and lifestyles. Instead, prompted by popular demand for bariatric surgery, the AMA lobbied aggressively during 2004 to get Medicare to classify obesity as a disease. They succeeded, and thus bariatric surgery became covered by many insurance policies.

In a parallel fashion, persons seeking help with problems that are clearly not "medical" in nature – such as arguing married couples struggling with poor communication – often refer to their difficulties in medical terms. They worry about the "health" of their relationships. Similarly, many individuals struggling with meaning, fulfillment or intimacy, or who feel unhappy or lonely, are quick to think they might be depressed, have bipolar disorder, or some other "illness" subject to "treatment."

Aligning themselves with this perverse trend – albeit unwittingly – the entire field of psychoanalysis started by Freud and then expanded upon by Jung and many others in the early 20<sup>th</sup> century, was initially shaped by the then-fresh ideological dominance of medicine. Until the sinking of the Titanic, most people believed that human problems not righted by God would be solved by science, medicine, or engineering. Those seeking the assistance of depth psychotherapists at that point believed that "doctors" specializing in "diseases" of the "psyche" could cure them.

Looking retrospectively from our post-modern era, this original psychoanalytic approach was completely misguided. In truth, for virtually its entire one hundred year history, psychoanalysts have sold **desire, autonomy, freedom, and integration**. These "wares," if you will, are delivered through a form of bounded, structured relationship, a "mutual but asymmetrical" relationship to use Lewis Aron's words. And regardless of their theoretical orientation, all such therapists share three basic features: A desire to uncover elements of the unconscious; a belief that problematic, unconscious, and repetitive psycho-behavioral themes develop because of a combination of biological predisposition and early social learning environments; and a focus on the therapy relationship itself as a vehicle of change, using the concepts of transference and counter-transference.

**Desire**, derived from the French word spelled the same way, refers to a person's authentic wish. In brief, finding one's desire is what Joseph Campbell meant when he proclaimed, using a somewhat awkward phrase, that we should "follow our bliss." Perhaps the Greek poet Pindar said it best when he counseled persons to "be who you are." Strive to determine what you need, what you want – in terms of work, intimacy, and play – and live that life to its fullest.

**Autonomy** means the ability to utilize free will to its maximum while, at the same time, surrendering to those many variables over which persons have no control.

**Freedom** means liberation from any number of learned, self-restrictive patterns, such as fears or inhibitions. Thomas Szasz famously wrote that all psychiatric symptoms represent restrictions in human freedom. Whether socially phobic or sexually dysfunctional, whether depressive or kleptomaniac, these patients' lives have become limited. Effective psychoanalytic psychotherapy seeks to liberate persons from such confines.

**Integration** refers to the process of individuals assimilating into their overall personalities split-off elements of themselves such as unresolved angry feelings or incomplete mourning processes. The critique of psychotherapy as not dealing with values herein loses its merit. The psychoanalytic process typically includes helping individuals learn about, and integrate, their own beliefs and principles.

It therefore follows that, if the goals of psychoanalytic psychotherapy were somehow more widely supported, in other words, if **desire, agency, freedom and integration** were considered worthy values, then more distressed persons could obtain help that would lead them to enjoy more fulfilling and engaged lives. They would *wish to thrive!* And perhaps, over time, such empowerment would lead them to develop the strength and courage to loosen their dependency on institutions, and therefore to act proactively in all areas of their lives, including health-related ones.

*Bolstered by Soren Kirkegaard's lament that "ours is a paltry age because it lacks passion," Dr. Alan Karbelnig writes this regular column to provoke thoughtful reaction from his GAMPHA colleagues. He practices psychoanalytic psychotherapy and forensic psychology in South Pasadena. He can be reached at: [amkarbelnig@gmail.com](mailto:amkarbelnig@gmail.com) His website is: [alankarbelnig.com](http://alankarbelnig.com)*

## CONT. Why Does He Do That?

Women often shy away from using the term “abuse,” and the exact mechanism of the abusive treatment can be very difficult to understand and make clear. It was Mr. Lundy’s careful deconstruction of the language of the abusive man that I found tremendously helpful (the author uses the term “man” or “men” given that the great majority of abuse is perpetrated by men against women; he also acknowledges the problem of abuse in gay and lesbian relationships). The author uses the words “abuse” and “abuser” despite the discomfort it produces in some people. The abusive person is someone who “has recurring problems with disrespecting, controlling, insulting or devaluing his partner.” He also explains that this sort of behavior exists on a spectrum, and he points out that “Even if your partner’s behavior doesn’t fit the definition of abuse, it may still have a serious effect on you.”

In the beginning of the book, the author itemizes and debunks 17 myths about domestic abuse, beginning with “He was abused as a child, and he needs therapy for it.” In this case, Mr. Bancroft points out, the causal connection is tenuous, and therapy can unfortunately serve the purpose of helping the abuser be more effective in his abuse. “An abusive man who is adept in the language of feelings can make his partner feel crazy,” for example, by analyzing “her reasons for ‘mistakenly’ believing that he is mistreating her.” He notes that “a nonabusive man doesn’t use his past as an excuse to mistreat you.”

Mr. Bancroft moves on from myth to reality, describing and giving examples of behaviors that are controlling and entitled as well as the manner by which the abuser twists things into their opposites; considers himself superior to and disrespects his partner; confuses love and abuse; is manipulative; strives to have a good public image; feels justified; denies and minimizes his abuse; and is possessive. He addresses the question, “How can I tell if a man I’m seeing will become abusive?” with a list of early warning signs that include some of the characteristics just mentioned as well as: nothing is ever his fault; he pressures you for sex; he gets serious too quickly about the relationship; he intimidates you when he’s angry; and he treats you differently around other people. Mistreatment has become abuse when “he retaliates against you for complaining about his behavior; tells you his objections to his mistreatment are your own problem; gives apologies that sound insincere or angry, and he demands that you accept them; blames you for the impact of his behavior; and justifies his hurtful or frightening acts or says you ‘made him do it’,” among other examples.

The book is extremely helpful, and the behaviors will be instantly recognizable to any woman who has ever experienced this type of relationship. I have referred the book to several clients, some of whom have felt the need to only read it away from home, keep it somewhere other than at their house, or carefully hide it from their partners. The need for such measures indicates a problem in the relationship.

The power of *Why Does He Do That?* lies in the author’s ability to vividly render descriptions of interactions as well as give examples of conversational tactics used by the abuser. The intent is not to vilify the abuser but to make his tactics transparent. Women are empowered when they understand why, when the experience doesn’t look or sound particularly abusive, they come away from it feeling badly and find themselves, over time, unhappy, lacking in self-confidence, confused about their lives, and not the woman they knew themselves to be prior to their relationship. As therapists, we can use it to educate ourselves and become familiar with the ins and outs of these very confusing and destructive relationships. We can then use the information to empower women, return to them a sense of entitlement, let them know they’re not crazy, and help them to become capable of making decisions that will benefit themselves.



Emily Moore is a licensed marriage family therapist who practices in Pasadena and specializes in trauma work. She can be reached at: [Emily@emilymooremft.com](mailto:Emily@emilymooremft.com) Her website: [www.emilymooremft.com](http://www.emilymooremft.com)

## Classified Advertising

### GROUPS

**Dialectical Behavior Therapy Skills Training Groups** for teens and adults who have difficulty with emotional regulation. We are launching a new, fully adherent DBT program in Burbank! Please contact Suzette Bray, MFT, MFC37518, Executive Director of Village Counseling and Wellness at (818) 2389895 or [suzette@villagecounselingandwellness.com](mailto:suzette@villagecounselingandwellness.com).

**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 [jjdesantis@aol.com](mailto:jjdesantis@aol.com).

**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, 7-8:30pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic # PSY10315, (818) 551-1714 [jjdesantis@aol.com](mailto:jjdesantis@aol.com).

**Moving Through Bereavement.** On-going 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 # LCS18570. Glendale, (818) 240-1355.

**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, LCSW, RN, Lic # LCS18570. Glendale, (818) 240-1355.

**Post Traumatic Stress Disorder / Trauma / Sexual Abuse Survivors Process Group for Women.** This group will allow survivors to share their abuse and recovery experiences, while providing a safe space for healing and to try out new, healthy coping skills. This group is targeted to sexual abuse, incest, assault,

### **Classified Advertising (cont.)**

and rape issues. This is held every other Wednesday morning in Pasadena, CA. Please contact Cristina Mardirossian, LMFT at (818)434-6051 for more information.

### **Men's Separation and Divorce Support Group.**

For men either contemplating separation or divorce, going through it, or recovering from it. Communication with an estranged spouse, co-parenting, building a new circle of friends, dating, maintaining productivity at work, and achieving personal satisfaction with life. Wednesdays, 7:45-9:15 p.m., Glendale. Jim De Santis, Ph.D., C.G.P., Lic # PSY10315, (818)551-1714, [jjdesantis@aol.com](mailto:jjdesantis@aol.com).

### **Teen Talk Support Group.**

This co-ed support group is a safe place for teens to talk about everyday challenges with school, parents, relationships, and to get support from other teens. Increase self-esteem, healthy decision-making and self-awareness. Weds, 6-7:30pm. Glendale. Susan Chakmakian, MA, MFT, MFC41817. For more information: [susan@susanchakmakian.com](mailto:susan@susanchakmakian.com). 818-839-0390.

### **Men and Women's Interpersonal**

**Therapy Group** - A safe environment for adults to explore their issues and gain the support and feedback of other men and women. Members learn how to connect past experiences with present circumstances, to gain self-awareness and find new ways to cope and relate to others and find overall well-being. Thurs, 6:30-8pm. Glendale. Susan Chakmakian, MA, MFT. MFC41817. For more information:

[susan@susanchakmakian.com](mailto:susan@susanchakmakian.com) or 818-839-0390.

### **GROUPS FOR PROFESSIONALS**

#### **Consultation Group.**

**For experienced licensed therapists** who are 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. Tuesdays 12:00 – 1:45. For more information contact Larry Brooks, Ph.D., Lic. # PSY8161 (818) 243-0839 or [drlarrybrooks.com](mailto:drlarrybrooks.com)

### **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 use in one's self in the clinical encounter. Fridays 3:15 – 5:00 For more information contact Larry Brooks, Ph.D., Lic. # PSY8161 (818) 243-0839 or [drlarrybrooks.com](mailto:drlarrybrooks.com).

### **SERVICES**

#### **INTERN/TRAINEE Process Group**

Being an intern/trainee can be emotionally stimulating at the least! And while it's important to work through your counter-transference with clients, and learn more about your own relationships, it may be an expensive prospect while you are interning. A group may be just what you need. Get support from your peers and guidance from someone whose been there. 300 hours in 100 hours! Led by Susan Chakmakian, MA, MFT. MFC41817. For info:

[susan@susanchakmakian.com](mailto:susan@susanchakmakian.com) or 818-839-0390.

#### **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, in both 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, (818)551-1714 [jjdesantis@aol.com](mailto:jjdesantis@aol.com).

#### **Business Consultation.**

Private, individualized how-to for mental health professionals and students/interns wanting to start 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](mailto:JJDeSantis@aol.com).

**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 screening forms. CD-ROM, paper copy, or via e-mail. For more information or to examine samples, visit [JJDeSantis.com](http://JJDeSantis.com).

**The Therapist's Journey** formerly known as Professional Development Programs is certified by the MCEPAA and BBS to provide continuing education to Psychologists, Social Workers, and Marriage and Family Therapists. The Therapist's Journey 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 check out the website at [drlarrybrooks.com](http://drlarrybrooks.com).

### **PUBLICATIONS**

**Child Psychiatrist Directory.** Concise list of 440 physicians who provide psychiatric services to children and adolescents throughout Los Angeles County available on the internet at [JJDeSantis.com](http://JJDeSantis.com).

**Subscribe to The Therapist's Journey,** an E-newsletter that focuses on the subjective experience of doing psychotherapy in these changing times. Go to [drlarrybrooks.com](http://drlarrybrooks.com).

**Diagnostic Testing Directory.** Free directory of 350 licensed psychologists throughout Los Angeles County who offer psychological assessment services: educational, neuropsychological, forensic vocational, custody, and general psychiatric differential diagnosis. View or download from [www.JJDeSantis.com](http://www.JJDeSantis.com).

**East San Gabriel Valley Directory.** Free directory of 156 mental health professionals east of the 605 freeway from Azusa to Pomona, cross-indexed by specialties, services, second languages, and insurance accepted. View or download at [www.JJDeSantis.com](http://www.JJDeSantis.com).

#### **GAMHPA Members Directory.**

117 licensed mental health professionals in the Glendale area, cross-indexed by specialties, services,

### **Classified Advertising (cont.)**

second languages, and insurance accepted. This 65-page is available free at the GAMHPA website: [gamhpa.org](http://gamhpa.org).

**Group Therapy Directory.** Free, up-to-date directory of outpatient psychotherapy groups in Los Angeles County. 500 facilitators and 1,250 groups. Directory has received over 23,000 visits on the internet. View or download from [www.TheGroupList.org](http://www.TheGroupList.org).

**Home Schooling.** "Finding Your Way: Exploring Your Family's Educational Journey," a workbook of discussion topics and thought provoking exercises by GAMHPA member Michelle Barone, MFT. Learn more at [michellebarone.com](http://michellebarone.com).

### **OFFICE SPACE FOR RENT**

**EAGLE ROCK OFFICE:** Lovely window office in a professional suite. Sunny and light. Nice two-story garden building. Attractive warm suite has two professional offices, secretarial office, comfortable reception room, and private restroom. Free parking. On Colorado Blvd. (between Orange Grove and Figueroa). Easy access to 134/210 freeways. Available 3-5 days per week; month-to-month or annual sub-lease. Call (323) 340-1596 or (626) 796-1093.

### **GLENDALE OFFICE SPACE:**

Floor to ceiling windows office for rent. Three person suite, soundproofing, call lights, newly furnished, easy freeway access, parking garage on premises prime location and view of Brand Blvd. (818) 913-7301.

**GLENDALE** - Office available part-time in friendly 3 office suite on Brand Blvd. Great for psychotherapy or hypnotherapy practice (recliner in suite). Large interior office is furnished and ready for you to start. Comfortable waiting room, call lights, microwave, fridge, printer/copier, internet. Secured Parking included. Client parking. A great place to start or grow your practice! Contact Susan 818-839-0390.

**GLENDALE.** Full-time inner office in a suite with five clinicians in The Exchange, downtown Glendale. Can accommodate small groups as well as individual sessions. Attractive building with elegant architectural details and charm, 90-minute free parking in covered garage, central location with easy 134/5/2 freeway access, prestigious Brand address. Sound-proofed spaces, comfortable waiting room with call-light system and aquarium, separate exit, kitchenette 90-minute free parking in covered garage, central location with easy 134/5/2 freeway access, prestigious Brand address. Sound-proofed spaces, comfortable waiting room with call-light system and aquarium, separate exit, kitchenette with sink and refrigerator, photocopier. We are looking for the right mid-career mental health professional with license, insurance, and established practice. Opportunity for cross-referrals. \$705 per month. If you are interested or know someone who is, contact Jim De Santis, Ph.D., at (818) 551-1714 or [JJDeSantis@aol.com](mailto:JJDeSantis@aol.com)

**LA CANADA.** Just completed office space in La Canada with private waiting area, therapist signal system, sound proofing, plus separate entrance and exit. There are a total of 4 offices within the suite, the building is very well maintained with security for both the building and suite. Similar to 595 Colorado in Pasadena but it's in La Canada! Learn more about from Debra Kessler, Psy.D at [www.drdebrakessler.com](http://www.drdebrakessler.com)

**PASADENA.** Office space available in prestigious Rose Court on the grounds of Las Encinas Hospital. The office is 11.5 x 12.5 ft. fully furnished in mid century modern decor, dark walnut laminate floors, restroom inside suite, kitchenette with mini fridge & microwave, fax/copier and free wifi. Free parking for therapists & clients. Receptionist in suite M-F from 9:30-5. \$ 500 flat rate per month, utilities included. Available every day, including weekends except Thurs 12-7 PM. Please email your interest to: [apkurk@gmail.com](mailto:apkurk@gmail.com)

**GLENDALE.** Office space available five mornings a week plus Monday and Friday all day. Beautifully decorated with view toward mountains

month, utilities included. Available every day, including weekends except Thurs 12-7 PM. Please email your interest to: [apkurk@gmail.com](mailto:apkurk@gmail.com)

**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.** PT space available for mental health professional. Attractive, upscale and professional building. Highly secured. Beautiful waiting area with refreshments available. Separate exit. Handicap accessible. Great networking opportunities. Newly painted and furnished tastefully. Floor to ceiling window with a view. Nearby freeway. Reasonable rates. Café within the building. Call Anita Avedian at (818) 426-2495 for more information or email her at [avediana@aol.com](mailto:avediana@aol.com).

**PASADENA.** Office space available at 309 office at 711 East Walnut Street in Pasadena for reasonable rates. Includes free mentoring in helping you get started in your practice. Lovely office and free parking. Great location in the Playhouse district. Contact Debbie Hedgecock at 626-821-4028 for info.

**PASADENA.** Window office in attractive, cozy building. Shared waiting room in friendly suite. Office set up for kids or adults. Available all day Friday and on weekends, Monday mornings & until 4:30 on Thursday. \$200/day/month or by the hour. Contact Bruce Hirsch (626) 395-7833 or [drbruce@brucehirschphd.com](mailto:drbruce@brucehirschphd.com)

**Call for Submissions  
We want to hear from  
YOU!  
GAMHPA is looking for  
mental health articles,  
essays, or case studies  
(under 1000 words) for our  
upcoming issues. Send  
submissions to:  
[elaine.ahmad@gmail.com](mailto:elaine.ahmad@gmail.com)**

## GAMHPA

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

## 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

Download an application form from our website. Full member dues for licensed mental health professionals, \$60 per year. Associate Member dues for students, interns and others, \$35 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 and inserts, and mailing list labels. Members are automatically entered for free newsletter advertising. They receive reduced rates for continuing education. New members can submit a brief professional biography for publication in the newsletter.



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## NEWSLETTER

The GAMHPA Newsletter is published quarterly on our website. Notices of publishing are 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 changed your email address, or mailing address, or wish to discontinue delivery please notify us.

## EDITORIAL POLICIES

GAMHPA encourages members to contribute articles of scholarly or clinical interest for publication. Submissions should be forwarded to Editor Elaine Ahmad at [elaine.ahmad@gmail.com](mailto:elaine.ahmad@gmail.com). 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:

Oct/Nov/Dec 2013 Issue Sep 1  
Apr/May/June 2013 Issue Mar 1  
July/Aug/Sept 2013 Issue June 1

## ADVERTISING

All advertising questions should be directed to Suzette Bray at [suzettebraymft@sbcglobal.net](mailto:suzettebraymft@sbcglobal.net). Classified and display ads run for one issue. Advertising for services by psychologists or psychological assistants must include the license number of the psychologist. Advertising is accepted up to one week before publication.

## Advertising Rates:

Item	Member	Non-Member
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
Full-page display ad	\$100	\$150

**Mailing lists are available.** Contact Jim De Santis at:

[jjdesantis@aol.com](mailto:jjdesantis@aol.com).

Rates:	Member	Non-Mem
Mailing list, printed	\$25	\$25
Mailing list on labels	\$30	\$40
Mailing list on disk	\$70	\$80
Member e-mail list	\$20	\$30