



Glendale Area

# Mental Health Professionals Association

## NEWSLETTER

YOUR GUIDE TO GAMHPA NEWS,  
INFORMATION AND EVENTS

July August September 2012

### A Note from the Editors



**Elaine Ahmad, LCSW**

I hope that all of you GAMHPA therapists are finding some time to splash in the fountains this summer. I was in Philadelphia during that big heat wave in early July and all the children (and many adults too) were soaking in the beautiful historic fountains throughout the city right next to the huge signs that said, "No wading!" It reminded me of some of my fondest memories of childhood summers. All splashing aside, I'm very excited to include a book review in this issue. I would like the book review to be a regular feature, so please crack open those books and send us your thoughts about what you're reading. On that note, I'll leave you to your reading, hopefully with a few toes dangling in the water.

*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.*

I'm so glad it's summer! Things slow down a little bit and I get more family time and also more professional development time. I've been very fortunate to get to study this summer with some really great teachers and attend some terrific training sessions. Speaking of training, check out the ad in this newsletter for a GAMHPA-sponsored training on hoarding, given by Mary DeVan. Hope to see you there!

*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 two-year-old son. She can be reached at (818) 238-9895, [www.villagecounselingandwellness.com](http://www.villagecounselingandwellness.com) or [suzettebraymft@sbcglobal.net](mailto:suzettebraymft@sbcglobal.net).*



**Suzette Bray, MFT**

### Calendar of Events

#### QUARTERLY NETWORKING LUNCH

Fortune Inn  
Mandarin Restaurant  
117 East Broadway,  
Glendale, CA 91205

Friday, July 27, 2012  
Friday, Oct 19, 2012

All lunches 12-1:30 pm  
All are welcome.

Each person pays their own.  
Bring your business cards.  
Reserve ahead with Jim De  
Santis at 818 551 1714

#### BOARD MEETINGS 2012

138 North Brand Blvd,  
Suite 300  
Glendale, CA 91205

Friday, Sept 21, 2012  
Friday, Nov 9, 2012

All meetings 9:30- 11 am  
All are welcome.

## Five Questions: GAMHPA Therapist Profile Audrey Ham, PhD

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

*I would make miniatures for dollhouses and make jewelry. It's a nice contrast to do something with your hands as opposed to spending so much time working in your head.*

**What are you reading right now?**

*I'm reading Steve Jobs' biography by Walter Isaacson. For work, I'm reading a book about working with attachment disorders called Treating Attachment Disorders by Karl Heinz Brisch.*

**What great advice have you received from a mentor?**

*Patricia Arredondo was a mentor of sorts to me. She is known for her ideas on cross-cultural competency. She told me not to take it personally when a client drops out of therapy. Of course you have to look at yourself and your interactions with the client but it's hard advice not to take these things too personally.*

**What is your favorite indulgence?**

*Coffee. I'm a coffee addict. I love coffee, not just for the caffeine, but for the smell and the flavor.*

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

*I do a lot of hiking with a friend and with a group. I hike a few times a week in the mountains near Pasadena.*



*Audrey Ham, PhD, practices in Pasadena, CA. She specializes in longer-term psychodynamically oriented therapy but also uses a combined approach with CBT to treat anxiety spectrum disorders. She can be reached at (626) 319-6327. Her website: [www.audreyhamphd.com](http://www.audreyhamphd.com)*

## Program Development- GAMHP is now an approved BBS CEU Provider

*by Rachel Thomasian, MFT and Kimberly C. Wong, LCSW*

The Glendale Area Mental Health Professionals Association is always looking to improve its memberships' experiences and opportunities. In early 2011, the board agreed that GAMHPA would benefit from providing Continuing Education Units, and so the journey began with several applications and correspondences to the Board of Behavioral Sciences. The Board's Programs Committee, led by Rachel Thomasian and Kimberly Wong, wanted to make sure to meet the needs of the members, they understood that although the board liked the idea of providing CEUs, the membership may have a different opinion. During the January Networking Lunch, members were given the opportunity to provide their opinions on different aspects of this new program, including: what topics they would be interested in hearing about, if they favored CEU events, what times they would prefer attending these events. A lot of insight was gained from these surveys, including the fact that people seem to really enjoy the Networking Lunches for what they are and prefer not introducing a new element to them. Therefore, CEU events will be independent of these lunches.

In April 2012, it was official: GAMHPA was approved as a BBS Continuing Education Units Provider (PCE 5187). The GAMHPA Board is working diligently to organize interesting and informative lectures for our members. Although CEUs are currently only available for MFT and LCSW licensures, GAMHPA hopes to provide CEUs for Psychologists in the future.



*Rachel Thomasian is a Licensed Marriage and Family Therapist with private practice offices in Glendale and Sherman Oaks. She specializes in helping teens and adults deal with trauma, anger, and anxiety. She can be reached at (818) 599-1234 or at [rachelthomasian@gmail.com](mailto:rachelthomasian@gmail.com).*

*Kimberly C. Wong, LCSW has been in private practice for eleven years in South Pasadena working with individuals and couples. She specializes in trauma recovery, substance and behavioral addictions, relationships, women's issues, and LGBT (lesbian, gay, bisexual, and transgender) affirmative psychotherapy. She can be reached at (626) 260-1356 or [KimberlyCWongLCSW@gmail.com](mailto:KimberlyCWongLCSW@gmail.com).*



Visit us at [gamhpa.org](http://gamhpa.org)!

# Book Review

## THE POWER OF FULL ENGAGEMENT

By Jim Loehr and Tony Schwartz, 2003,  
The Free Press, a Division of Simon & Schuster, Inc., New York, New York

When a client tells me about a book they really liked or that was meaningful to them, I'm interested because reading those books gives me another angle on understanding who they are and how they function. The ones I read are also the ones that sound interesting to me personally.

Not long ago a client was talking about a book called *The Power of Full Engagement*. The book is marketed primarily to the business community, in the interest of eliciting greater involvement, commitment, productivity (and – ultimately – profit) from workers and management. Books that are geared to a population other than mental health professionals sometimes use language that is fresh and new which can also be applied to concepts we use as therapists. Books written from other perspectives can have the advantage of using language that is less about sickness and dysfunction and more about growth, solutions, and progress.

In *The Power of Full Engagement*, the authors assert that management of *energy* is the issue that allows us to get things done, rather than management of *time*. This concept makes sense to me because my most unpleasant moments as a therapist come when I do not feel I have enough energy to do a good job. Yes, the days need to be longer than 24 hours, but if I could be optimally alert and productive during all the waking hours I have now, I would at least feel as though I was doing my best within the restrictions of the physical universe.

One of the authors, Jim Loehr, is a well-known sports psychologist who has worked with both professional athletes and corporate executives from Fortune 500 companies. He takes some of the research-based principles he uses with athletes and applies them to the business world. One of those ideas is “interval training” which indicates that growth is based on a balance of energy expenditure and recovery time. We lose energy with both too great expenditure over a long period of time as well as too little expenditure of energy. Consequently, to maintain our strength and energy we have to alternate periods of intense work that push us to just the edge or just beyond the edge of comfort with periods of recovery. This idea can be applied to any pursuit, including working as a psychotherapist.

The authors posit four areas in which this balance needs to be maintained for us to function optimally: physical, emotional, mental, and spiritual. As therapists, it's easy for us to get out of balance in one or more of these areas. It's incredibly easy for therapists to neglect our physical health.

We sit for hours on end and sometimes eat poorly or on the run. We are constantly at risk for becoming emotionally fatigued. Actively listening to people in such a way that one is able to be present and to think about how to be helpful is hard work, and draining. Hearing a series of stories about trouble and being given no happy ending – other than the one we might be able to help create – invites pessimism and burnout. Because there is no one right or wrong way to do therapy, nor is there any foolproof calculation by which to measure our success, we can lose the thread of meaning that led us to the field in the first place. The authors define “spiritual” as “the connection to a deeply held set of values and to a purpose beyond our self-interest,” and it is manifest as a sense that our work is meaningful.

One thing I like very much about this book is its simple and concrete language. The suggestions regarding creating and maintaining energy in all the areas discussed are not new – many of them you will have heard of and thought about before – but each suggestion is backed up with one or several research studies that support the idea, followed by examples of how to implement them. For me, this provides another way to understand and hold on to information that I know is useful but that might otherwise slip easily from my mind. The focus of the book is on maintaining energy and increasing productivity. What is absent from it is any hint or shadow of moral judgment or blame. The information is presented in a way that is clear and convincing but in no way leaves you feeling as though you're already done for because you don't regularly take advantage of all the interventions offered.

We are more like athletes than we might think. Many of the ideas that have come from people learning how to consistently shoot more baskets or find the best receiver for a pass apply to what we do as well as to the corporate world. Our work demands great energy, and in order to keep doing the work, we need to find mechanisms by which we can better maintain it.



*Book review was written by Emily Moore, MFT. She has her private practice in Pasadena. She specializes in dealing with current and past traumas. She can be reached at: (626) 793-1078. Her website:*

[www.emilymooremft.com](http://www.emilymooremft.com)

# The Murder of Julia Kraft

By Alan Karbelnig, PhD, ABPP

Yesterday afternoon, while shopping at Whole Foods, Julia Kraft, a senior partner at Gibson, Dunn, & Crutcher, had her first panic attack. She was flooded by profound anxiety at the precise moment she dropped the Green Giant frozen peas into the shopping cart, while trying to decide between the Hanover's Golden Niblets and the 365 Everyday Value Supersweet Yellow Corn. Her breath caught in her throat, a tight knot formed in her chest. She barely remembers the drive home in her Mercedes SUV, but she recalls speeding, spilling her Starbucks latte onto her Apple iPad II on the passenger seat, and then feeling furious as well as terrified.

As soon as she got home, Julia took a Xanax, a mild tranquilizer manufactured by Pfizer. Her husband John greeted her with concern in his Calvin Klein jeans and a Rag-and-Bone casual shirt that emphasized his muscular frame. He walked her to their patio. They sat down on their Brown and Jordan patio furniture and talked, looking out at their Pottery Barn planters and the Smith and Hawkins decor. Julia didn't have a clue what had set her off. At John's suggestion, they searched the internet, first Web MD and then Wikipedia, where they read the DSM-IV criteria for a panic attack. They located a psychotherapist using Psychology Today online. Ernest Jones, PhD, PsyD, ABPP, a psychologist specializing in CBT and DBT, quickly returned her message, giving her an appointment time for the next morning. Julia used her Verizon cell phone and her Gmail account to cancel her morning appointments.

In an effort to soothe her, John suggested that they go to dinner. The Xanax had taken effect, Julia felt better, and she agreed. They got into his Ford F-150, drove to Houstons and had the special, sharing a bottle of Grgich Hills Chardonnay. On the way home they picked up dessert from the La Brea Bakery. Julia's anxiety returned by then; she took another Xanax. When she struggled to fall asleep that night, her husband gave her Ambien, made by Pfizer's competitor, Sanofi-Aventis.

Next morning, Julia prepares for her appointment thoughtfully. She showers using L'Occitane soap and Nexxus shampoo. She next smoothes Neutrogena light sesame formula body lotion onto her legs and arms, and massages Origins Plantscription anti-aging serum and Clinique Moisture Surge Gel onto her face. Next she applies Lancome Maquicake UV Infinite Everlasting Compact Foundation. Wearing her Felina underwear, Julia puts on her Ann Taylor slacks, her Anthropologie top, and her Nine West heels. She leans over and kisses John, still nestled in their Ralph Lauren sheets, exits their Kaufman-and-Broad house, and uses her Genie remote to open the garage door.

As Julia drives the few miles to Dr. Jones' office at San Marina psychiatric, passing a Chevron station, a Jack-In-The-Box, a Jiffy Lube, and a Marshall's Department Store, she feels terror again. She realizes that she has ceased to exist as an *individual*. Not only have her desires for her material possessions been implanted through the media, but she realizes that outside influences – social, cultural, institutional – account for virtually all of her life choices, from her university degree, to her career, to her current family lifestyle, to her recreational pursuits, to the kind of future she imagines for her children. By the time she enters Dr. Jones' office, well-appointed with Ethan Allen Furniture, Julia is in the grip of acute panic.

Dr. Jones greets her in the waiting room with a warm smile, clutching a handbook entitled *Structured Psychosocial Interventions (STI)*. He escorts her into his office and, peering through his Belinsky prescription eyeglasses, has her take the Beck Anxiety Inventory on his Hewlett-Packard desktop which he purchased with his United Airlines Chase Bank credit card. (The results are instantly scored by Pearson Assessments utilizing his SBC Global DSL line).

Dr. Jones informs her that panic attacks are the result of biological factors, ways of thinking, and social stressors, and that upwards of 20 percent of Americans suffer from them. Although this fact also resides somewhere in the far reaches of his mind, he fails to tell *that the average American is exposed to tens of thousands of brand names each day*. As he hands her an Avery-Dennison notepad and instructs her, with a click of his Waterman pen, to begin writing down her automatic thoughts, Julia runs screaming from his office—ripping off each piece of clothing, every accessory—and into the neighboring woods. She has not been seen since.

*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*

## Kudos Corner

*Kudos Corner showcases brief statements about GAMHPA members' recent accomplishments, publications, awards, new certifications, etc. If you have one that you would like to share, please send it to: [elaine.ahmad@gmail.com](mailto:elaine.ahmad@gmail.com) for publication in the next GAMHPA Newsletter.*

Rachel Thomasian recently passed both board licensing exams and is now a Licensed Marriage and Family Therapist! She is in private practice in Glendale and Sherman Oaks. She can be reached at (818) 599-1234 or at [rachelthomasian@gmail.com](mailto:rachelthomasian@gmail.com).

**HOARDING:***What Clinicians Need to  
Know as We Approach  
DSM-V*

**This workshop will provide an overview of the proposed changes for the DSM-V regarding hoarding, including the possibility of creating hoarding as a distinct disorder. In addition, this workshop will cover definitions, hoarding behaviors and dynamics, treatment approaches as well as what makes people who hoard difficult to treat.**

**Workshop Objectives**

- Learn where hoarding will be located in the DSM-V, and why
- Learn why the CDC is concerned about hoarding
- Learn about the continuum of hoarding behaviors
- Learn about treatment options for hoarding, what works & what doesn't
- Understand what makes this group difficult to treat

**Join GAMHPA today [www.gamhpa.org](http://www.gamhpa.org) to receive all GAMHPA membership benefits!**

**Details**

Thursday September 13, 2012 from 9:30 a.m. - Noon  
at Peace Over Violence, West San Gabriel Valley  
Center  
892 N. Fair Oaks, Suite D  
Pasadena, CA 91103  
(626) 584-6191  
*(Street parking available on Fair Oaks and Mountain)*

**Agenda**

9:30 a.m. Continental Breakfast, Registration, &  
Networking (*bring business cards*)  
10:00 a.m. Workshop

**Registration**

***(Space is Limited, Register Now!)***

\$10 for Members

\$20 for Non-Members

Register online at [www.gamhpa.org/events](http://www.gamhpa.org/events) or  
contact Kimberly Wong, LCSW at 626-260-1356, or  
Rachel Thomasian, MFT at  
[rachelthomasian@gmail.com](mailto:rachelthomasian@gmail.com) for more information.

**About Presenter**

Mary E. DeVan has been a licensed clinical social worker since 1975. Mary is a retiree of Los Angeles County, having worked 25 years in the Departments of Adoptions, Health Services and Probation. Her work experience is broad and diverse and has spanned from child welfare to senior welfare. Mary has a strong interest in advocacy and program development. She developed a behavioral program for clutterers that teach them to balance their lives while learning to understand and deal with the clutter. She has been an active, participating member and trainer of the Hoarding Task Force since 2002.



## 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) 238 9895 or [suzettebraymft@sbcglobal.net](mailto:suzettebraymft@sbcglobal.net).

**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.** 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.

**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.

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

**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. [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. [susan@susanchakmakian.com](mailto:susan@susanchakmakian.com). 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 therapeutic encounter. Fridays 1:00 - 2:30. For more information contact Larry Brooks, Ph.D., Lic # PSY8161, (818) 243-0839 or [www.drlarrybrooks.com](http://www.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 ability to apply theory to practice, and more effectively using one's self in the therapeutic encounter. Tuesdays 12:00 - 1:30. For more information contact Larry Brooks, Ph.D., Lic # PSY8161, (818) 243-0839 or [www.drlarrybrooks.com](http://www.drlarrybrooks.com).

**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). 818-839-0390.

## 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)

# Classified Advertising (cont.)

## 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, 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 [www.JJDeSantis.com](http://www.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 [www.drlarrybrooks.com](http://www.drlarrybrooks.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 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.

**OFFICE SPACE AVAILABLE IN PASADENA'S 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)

## 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 [www.JJDeSantis.com](http://www.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 [www.drlarrybrooks.com](http://www.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, second languages, and insurance accepted. This 65-page is available free at the GAMHPA website: [www.gampha.org](http://www.gampha.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 [www.michellebarone.com](http://www.michellebarone.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.



## BOARD OF DIRECTORS

**Jim De Santis, PhD**  
President, (818) 551-1714  
[jidesantis@aol.com](mailto:jidesantis@aol.com)

**Bonnie Cesak, RN, LCSW**  
Treasurer and  
Membership/Directory Chair  
(818) 240-1355  
[bacesak@yahoo.com](mailto:bacesak@yahoo.com)

**Michelle Barone, MFT**  
Yahoo Group Moderator  
(818) 951-7744  
[mebarone@earthlink.net](mailto:mebarone@earthlink.net)

**Elaine Ahmad, LCSW**  
Newsletter Editor  
(818) 398-2579  
[elaine.ahmad@gmail.com](mailto:elaine.ahmad@gmail.com)

**Suzette Bray, MFT**  
Newsletter Editor  
(818) 238-9895  
[suzettebraymft@sbcglobal.net](mailto:suzettebraymft@sbcglobal.net)

**Rachel Thomasian, MFT**  
Program Chair  
(818) 599-1234  
[rachelthomasian@gmail.com](mailto:rachelthomasian@gmail.com)

**Emily Moore, MFT**  
(626) 793-1078  
[emooremft@sbcglobal.net](mailto:emooremft@sbcglobal.net)

**Mark Tinley, MFTI**  
Webmaster  
(626) 389-0439  
[mark@pgcounseling.com](mailto:mark@pgcounseling.com)

**Kimberly Wong, LCSW**  
Program Chair  
(626) 260-1356  
[KimberlyCWongLCSW@gmail.com](mailto:KimberlyCWongLCSW@gmail.com)

## 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 2012 Issue Sep 1  
Jan/Feb/Mar 2012 Issue Dec 1  
Apr/May/June 2012 Issue Mar 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:

[jidesantis@aol.com](mailto:jidesantis@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