



Glendale Area

Mental Health Professionals Association

NEWSLETTER

YOUR GUIDE TO GAMHPA NEWS,
INFORMATION AND EVENTS

September/October/November 2011



Elaine Ahmad, LCSW

I am excited to present the new, revamped, color-enhanced, digitized version of the GAMHPA Newsletter along with my co-editor, Suzette. When considering how to enrich the newsletter, I thought about the many social work and psychology newsletters I have read over the years. My hope is to bring a distinct personality to the newsletter that gives GAMHPA members a chance to get to know each other more personally and build a forum for their musings about their practice in particular and mental health issues at large. Your feedback, submissions, and words of encouragement are always appreciated!

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 or (818) 398-2579.

Welcome to the
new
GAMHPA
Newsletter!



Suzette Bray, MFT

It's been a lot of fun working with my co-editor, Elaine to bring you this updated newsletter. As the member of the editing team responsible for the design of the newsletter, I hope the bright colors and upbeat layout reflect the excitement all of us on the GAMHPA board feel about the possibilities and opportunities that come with GAMHPA membership and participation. I'm looking forward to hearing your ideas and opinions as we continue to build and refine the newsletter. Hope to see you all at our next Networking Lunch!

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, villagecounselingandwellness.com or suzettebraymft@sbcglobal.net.

Calendar of Events

QUARTERLY NETWORKING LUNCH

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

Friday, Jan 27, 2012
Friday, April 20, 2012
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 2011/12

138 North Brand Blvd, Suite 300
Glendale, CA 91205

Friday, Nov 4, 2011
Friday, Jan 13, 2012
Friday, Mar 16, 2012
Friday, May 18, 2012
Friday, July 13, 2012
Friday, Sept 21, 2012

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

HOLIDAY MIXER

Friday, Dec 2nd, 5-9pm
(further details TBA)

Visit us at gamhpa.org!

Belated Farewell from Dr. Larry Brooks



Larry
Brooks,
Ph.D.

After having served as GAMHPA's first President, and subsequently as the Newsletter Editor and Program Committee Chair, I decided to resign from the Board as well as from my position as Newsletter Editor. This occurred at the end of 2010.

Jim De Santis and I founded GAMHPA years ago at a critical moment in the history of mental health when managed care had emerged as a dominant and threatening force. We recognized the need to have a local organization that supported mental health professionals. GAMHPA happened to be the right organization at the right time. Its robust membership attests to its continued value in the mental health community. Now as much as then we need a community of support. I wish GAMHPA the best under its new leadership and look forward to hearing about its future developments.

Larry Brooks, PhD, practices in Glendale, CA. He can be reached at: (818) 243-0839 or drlarrybrooks.com

Premarital Therapy: Love Potion #1



Suzannah Luna
Ferron, MA, MFTI

Why premarital therapy? We're learning more these days about how premarital therapy can improve marital/partner happiness and health. This, in turn, positively affects individuals and families. It's not just win-win; it's win-win-win-win. Premarital therapy can help nip problems—and at times, problem relationships—in the bud before they blossom. Better to rock the love boat now than years later in the midst of an affair or potty training twins.

What does premarital therapy look like? It is often framed by a well-established inventory, such as PREPARE/ENRICH or FOCCUS. These questionnaires invite couples to explore such arenas as personalities, family, culture, children, sex, intimacy, religion, money, values, and life goals. Therapists use inventories to help couples address challenges and build on resiliencies.

Premarital therapy places special emphasis on connection and communication, since it is often what goes unspoken—or is spoken carelessly—that can damage a relationship. Therapists also look for problematic themes, such as “knight in shining armor,” “the fixer-upper,” “if I ignore it, it will go away,” and “if only we were married....”

Who is it for? Any couple considering union/marriage. New couples in the Velcro phase, magically bereft of bad breath or annoying habits, might need help locating and diffusing any hidden landmines left by families, personality differences or unvoiced expectations. Others for whom the pixie dust has worn off may need guidance with managing conflicts or blending families.

Regardless of where couples are coming from—or what they're bringing with them—premarital therapy helps give them a map and a flashlight so they can see more clearly where they're headed, where they are, and who they are as a couple.

When should it happen? As soon as someone says, “Yes.” Without guidance, couples may wait until after someone's second mortgage has financed the dress, the DJ and the ice-sculpture. While premarital therapy isn't as glamorous (or costly) as the wedding, the positive effects will last long after the guests have gone home and the swans have melted through the tablecloth. Rather than a second thought, it ought to be the first priority.

Suzannah Luna Ferron is an MFT Intern under the supervision of Suzette Bray, MFT at Village Counseling and Wellness in Burbank, specializing in premarital therapy, women's issues and preschool social skills. She is launching a Women's Assertiveness and Self-Esteem group and developing a (very fun) pre-school social skills curriculum. She can be reached at (818) 238 9895.

**Five Questions:
GAMHPA Therapist Profile
Nanette de Fuentes, PhD**



What do you do to re-energize yourself?

I meditate and I exercise and I laugh a lot and play with my animals. I have a standard poodle, which is a therapy dog, three parrots, and two rabbits. They are all rescue animals.

What is your favorite indulgence?

Running on a beach, scuba diving, snorkeling.

What are you reading right now (for pleasure or for work)?

*The Emotional Life of Animals by Marc Bekoff and The Handbook of Animal-Assisted Therapy by Aubrey Fine
I am interested in reading about the intelligence of animals.*

Any great advice that you received from a mentor?

Always focus on kindness and compassion first when working with a client in pain. I work at a soul level with my clients.

What is your favorite quotation?

Eleanor Roosevelt said, "You have to accept whatever comes and the only important thing is that you meet it with the best you have to give."

*Dr. Nanette de Fuentes practices in Glendale, CA. She is a published author regarding clergy sexual abuse. She is currently working on a book for interfaith survivors of clergy abuse. She can be reached at:
drndefuentes@roadrunner.com*

New GAMHPA Website!

Be sure to check out the new website if you haven't had a chance. Our own Mark Tinley did an amazing job of putting together the site to usher GAMHPA into the technological era.

A few highlights:

- A therapist directory that you may personalize with a headshot and specific practice information (searchable by city, insurance, specializations, language)
- A group directory (searchable by city and group type)
- Archives of GAMHPA newsletters (past and present)
- GAMHPA membership renewal and new member application available online
- General information about GAMHPA

Go to gamhpa.org to have a look for yourself. Update your therapist profile and refer other colleagues and clients to the website when they are in need of therapist resources.

Mark Tinley, MFTI has a practice in South Pasadena and specializes in treating Families Parents and their late adolescent/early adult children, also those dealing with "MidLife" issues. He can be reached at Mark@PGCounseling.com or PracticeGrowingCounseling.com.



Mark Tinley, MFTI

The Business of Practice

Building an Optimal Private Practice for Mental Health Professionals

by James J. De Santis, Ph.D.

"Challenges and inspires."
"Helped me think more flexibly about business."
Upbeat, personal good vibe."
"It's the kick in the pants I have been needing."

Promote mental health services that are high quality, in-demand, ethical, profitable, and professionally fulfilling.

Licensed for twenty years, Dr. De Santis is in full-time private practice. He has offered marketing workshops and consultation for the past decade.

The Business of Practice

Building an Optimal Private Practice
For Mental Health Professionals



James J. De Santis, Ph.D.

Available now at JJDeSantis.com
\$17.06 (You save 10% off list price)
Paperback, 128 pages
Ships in 3-5 business days

My Old Friend Death

The death of my brother twenty years ago made me a therapist. It also brought me to an intimacy with death that has been both difficult and useful. I feel as though death has stayed with me, like a tiny layer of energy that hovers over my skin as I walk through my life. Death is so much a part of my day-to-day thinking it's like an old friend. It is certainly something you can count on.

For some of us, the "problem" of death becomes real at an early age, captures our imagination, and goes on to be a lifelong companion. This is not to say I've always been sanguine about death, and it does not mean that death is no longer an intellectual, spiritual and emotional problem for me. By "problem" I might more accurately say death is a mystery, a conundrum, a difficult-to-accept reality, a source of grief. It's all those things for me.

I'm not sure about my earliest experience of death. I remember the death of a neighbor's cat my sister was looking after when I was about seven or eight years old. And of course there were the goldfish that ended belly-up and got flushed ignominiously down the toilet.

After animals, the first death I remember impacting me, as a child was the suicide of my friend's mother. My friend discovered her mom hanging in

the basement behind the washing machine. That was scary, and it made basements and unopened doors become forbidding places where death might be lurking.

In the second decade of my life, there were more people I knew who died: my maternal grandmother, my favorite junior high school English teacher. In my twenties, my maternal grandfather passed. In my thirties, I lost my brother and my father. And in my forties my paternal grandmother died at age 100.

Death was an idea my curious mind couldn't let go of because it could not be made sense of. It was miraculous: a person was there and then – poof! – s/he was gone, like magic, and no one could explain to my satisfaction how or why or when that happened. It's still like that, but over time, I have wrestled with and thought about and grieved over and raged at and laughed at and been so entirely without control of death, that it feels like an old friend, or a family member.

With clients, it's useful to be able to sit with the person who grieves and not feel too afraid. It's a great gift we can give people, our willingness to be with the bereaved and not look away, not need to move on. It can be very difficult to find that among friends or family members. We can hold death and life at the same moment, when the griev-

Emily Moore, MFT

ing person feels that death has just swallowed the whole universe

Whether we like it or not, death is always present – sometimes nearer, sometimes further away, sometimes seen from a long way off, sometimes jumping out from behind a curtain, often scary, sometimes funny, eternally enigmatic, entirely unavoidable. My old friend, Death: he's not going anywhere, and if we can become comfortable enough to sit quietly in a room with him, we have a lot to offer to the grieving.



Emily Moore has a private practice in Pasadena where she is devoted to helping individuals, couples and families of all kinds achieve understanding, acceptance and change in their lives, according to their deepest desires. For more information about Emily, you can visit her website at www.emilymooremft.com.

You are cordially invited to
Rose City Center's
Fourth Annual Fundraiser



Guest Speaker

Robert Stolorow, PhD

discusses and signs his new book,
World, Affectivity, Trauma

Thursday Oct 27th

6:30 PM

The Rococo Room
64 W. Union St., Old Town

with Music by Matthew Elgart, DMA

RSVP by Oct 7 to

rosecitytherapists@gmail.com or 626-793-8609

\$100 tax deductible donation per person / \$50 students

Psychologist and philosopher Robert D. Stolorow, PhD, is a founding faculty member of the Institute of Contemporary Psychoanalysis, a founding faculty member at the Institute for the Psychoanalytic Study of Subjectivity, and Clinical Professor of Psychiatry at the UCLA School of Medicine. Dr. Stolorow has authored or co-authored several books, including *Faces in a Cloud* (1979, 1993), *Structures of Subjectivity* (1984), *Worlds of Experience* (2002), and *Trauma and Human Existence* (2007). In 1995 he received the Distinguished Scientific Award from the American Psychological Association's Division of Psychoanalysis

All proceeds from this event go to Rose City Center,
a nonprofit psychoanalytic psychotherapy clinic and training program.

Classified Advertising

GROUPS

Systematic Training for Effective Parenting classes being offered by certified long-time STEP Parenting trainer, Miriam Davis, MFT in her Burbank office starting in September. Two 7 week courses available: for parents of children 1-6 years old (including expectant parents) or for parents of children 7-11 years old. Each class meets for 1 ½ hours once a week. Please contact Miriam for fees and other details at (818) 848-3022 or at miriamdavis@verizon.net.

Dialectical Behavior Therapy Skills Training Groups now forming for preteens, 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.

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.

Women's Assertiveness and Self-Esteem Group

Do you have a client who's afraid to take up space? Our Women's Assertiveness and Self-Esteem Group will give her tools to speak her mind without shivering in her shoes or stepping on toes. She'll also gain skills to move into self-acceptance and self-esteem. To find out more, call, Suzannah Luna Ferron, MFT Intern 57226, (818) 238-9895, ext. 2. Village Counseling and Wellness, Burbank, CA. Supervised by Suzette Bray, MFT, MFC37518.

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.

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.

See next page for more classified ads!

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.

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 drlarrybrooks.com.

Classified Advertising (cont.)

GROUPS FOR PROFESSIONALS (cont.)

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 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, 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.

Business Consultation. Private, individualized how-to for mental health professionals and

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.

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.

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.

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.

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.

Diagnostic Testing Directory. Free directory listing 275 licensed 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.

East San Gabriel Valley Directory. New directory of 124 mental health professionals east of the 605 freeway from Azusa to Pomona, cross-indexed by specialties, services, second languages, and insurance accepted. 60-page resource free to view or download at 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: gampha.org.

Group Therapy Directory. Free, up-to-date directory of outpatient psychotherapy groups in Los Angeles County. 600 facilitators and 1,400 groups. Edited by a licensed psychologist and certified group therapist. Web page has received over 20,000 hits from visitors. View or download from 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.

GAMHPA

Glendale Area Mental Health
Professionals Association
138 North Brand Boulevard
Suite 300
Glendale, CA 91203-4618
(818) 771-7680
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
jjdesantis@aol.com

Bonnie Cesak, RN, LCSW

Treasurer and
Membership/Directory Chair
(818) 240-1355
bacesak@yahoo.com

Michelle Barone, MFT

Yahoo Group Moderator
(818) 951-7744
mebarone@earthlink.net

Elaine Ahmad, LCSW

Newsletter Editor
(818) 398-2579
elaine.ahmad@gmail.com

Suzette Bray, MFT

Newsletter Editor
(818) 238-9895
suzettebraymft@sbcglobal.net

Rachel Goukassian, MFTI

Program Chair
(818) 599-1234
rachel.goukassian@gmail.com

Emily Moore, MFT

(626) 793-1078
emooremft@sbcglobal.net

Mark Tinley, MFTI

Webmaster
(626) 389-0439
mark@pgcounseling.com

Kimberly Wong, LCSW

Program Chair
(626) 260-1356
kcwong@mail2therapy.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. 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/Feb Issue	Nov 1
Mar/Apr/May Issue	Feb 1
Jun/Jul/Aug Issue	May 1
Sep/Oct/Nov Issue	Aug 1

ADVERTISING

All advertising questions should be directed to Suzette Bray at 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.

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