



Glendale Area

Mental Health Professionals Association

NEWSLETTER

YOUR GUIDE TO GAMHPA NEWS,
INFORMATION AND EVENTS

April May June 2015

A Note from the Editor



Hello, everyone! Spring is the season for growth and rebirth. We have chosen our personal challenges for the year, and are in the midst of working enthusiastically in the direction of our goals. Let us remain mindful that mistakes are merely second chances in disguise, and that each day brings opportunities to brighten our lives and the lives of those around us. We are capable of incredible kindnesses. Be sure to double-check our meetings and

luncheon schedule to the right and I hope each and every one of you is ready to take on all that spring has to offer.

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 five-year-old son. She can be reached at (818) 238-9895, villagecounselingandwellness.com or suzettebraymft@sbcglobal.net.

Calendar of Events

BOARD MEETINGS
Shakers Restaurant
801 Central Ave
Glendale, CA 91203

Friday, May 15, 2015
Friday, July 17, 2015
Friday, September 18, 2015
Friday, November 13, 2015

All meetings 9:15 - 11 am
All are welcome.

QUARTERLY NETWORKING EVENT
Acapulco
722 N. Pacific Ave.
Glendale, CA 91203

Friday, April 17, 2015

Pre-pay online- \$12
At the door- \$15

Check-In is at 11:45.
Lunch is from 12 to 1:30 p.m.
All are welcome.
RSVP : Kimberly Wong at 626-260-1356, or Rachel Thomasian at rachelthomasian@gmail.com by the Wednesday prior to event date.

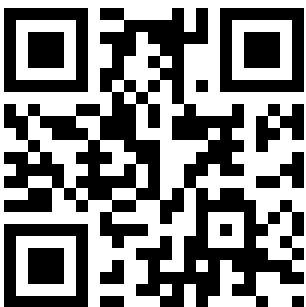
2015 Luncheons

Friday, July 10
Friday, October 2

Call for Submissions

We want to hear from YOU!
GAMHPA is looking for mental health articles, press releases, essays, or case studies (under 1000 words) for our upcoming issues.

Submit to Suzette Bray at
suzette@villagecounselingandwellness.com



Glendale Area
**Mental Health
Professionals
Association**

DSM-5

WHAT YOU NEED TO KNOW

The DSM-5 (Diagnostic and Statistical Manual of Mental Disorders, 5th edition) has many significant differences from previous editions, including new diagnoses, changes to previous diagnoses, and a new classification system. In this course, participants will learn the changes to most of the chapters in the manual, changes to familiar diagnoses and they will learn about several new diagnoses.

About Presenter

Rachel Michaelson, LCSW, is a clinical social worker who has worked in HMOs, public agencies, and private practice as both a mental health provider and a supervisor for more than twenty years. She has taught courses in DSM-5, clinical supervision, law and ethics, childhood psychopathology, and vicarious traumatization at universities, conferences, and mental health agencies. She provides consultation to agencies, and was a Collaborating Clinical Investigator on the DSM-5 field trials. In her private practice in Oakland, California, she provides clinical supervision and works with adults and couples.



Friday, May 8, 2015

9:00- 9:30 a.m.: Check In, Continental Breakfast, & Networking (bring business cards)

9:30 a.m.: Workshop Begins

30 Minute Lunch, Time TBA

4:00 p.m.: Workshop ends

Breakfast and Lunch are Included

The Gooden Center

54 N. Oakland Ave., 2nd floor (at Union)
Pasadena, CA 91101

Self-Pay Parking, a half block from the center:
473 E. Union St.
Pasadena, CA 91101

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

\$20 for Members, \$80 for Non-Members (includes 2015 GAMPHA membership)

6 CEUs for MFTs and LCSWs
(Sorry, no CEUs for psychologists)
(PCE 5187)

Registrants who do not attend or fail to request a refund one week prior to the event will be charged full fee.

Join GAMHPA today www.gamhpa.org to
receive all GAMHPA membership benefits!

Register online at www.gamhpa.org/events **or** contact
Kimberly C. Wong, LCSW at (626) 260-1356 **or**
Rachel Thomasian, MFT at rachelthomasian@gmail.com

Let's Talk about Sex

By Kimberly Resnick Anderson

As a sex therapist for 23 years, I've spent countless thousands of hours talking to people about sex. It is clear—our culture is profoundly uncomfortable with sex—yet obsessed with it at the same time. We have a love/hate relationship with sex. Competing signals and mixed messages about sex cause confusion—setting people up for shame, guilt, and conflict. Messages from media, parents, religion, and peers shape our notions about sex (often inaccurately). We spend the rest of our lives trying to make sense of it all.

It is often liberating for clients to discuss their sexuality in therapy. Many clients report that they have never shared aspects of their sexual feelings, behaviors, fantasies, etc with another person. Others report that when they've attempted to do so, it has been disastrous. Memories and experiences that shape our sexual development can hold the key to so many locked doors, but only if we are able and willing to take our clients there.

Our clients want and need to talk about sex, yet many therapists feel ill-equipped and awkward discussing sexual matters with clients. They worry that they won't know what to ask or how to respond. They worry that they will come across as judgmental or sexually inexperienced. They worry that they are invading the client's privacy. They worry they will become aroused or unwittingly arouse the client. "What if I laugh in her face; or find him repulsive?" "What if I disapprove of their lifestyle?" These worries often deter therapists from opening the sexual door.

First and foremost, please believe that your clients want to talk about sex. They expect you to bring it up. If you do not set a precedent (early in treatment) that sex is absolute fair game, your clients will be reticent to initiate a meaningful

conversation about sex and the role it plays in their lives. Even some couples counselors "complete" treatment without ever discussing sex.

So how does one comfortably discuss sex with clients? Well, prior to handling sexual material with clients, it is imperative that you are insightful about your own sexual biases, hang-ups, proclivities, etc. Having a bias is not the problem; allowing it to get in the way is the problem. You must also be familiar with the three core components of sexual identity: 1) Gender Identity, 2) Orientation, and 3) Intention. In addition, it is helpful to understand the complex phases of sexual response—desire, arousal, orgasm, and satisfaction (and what can go wrong in each phase). It is important to know how male and female sexual response differs.

Next, you should be able to determine if a symptom is *lifelong vs. acquired*, *global vs. situational*, or *organic vs. psychogenic*. I do not expect generalists to become experts in clinical sexuality. However, having *basic* comfort with (and knowledge of) sexual matters can go a long way toward a client's sense of safety. If a client's sexual concern feels *far beyond* your scope of practice or comfort level, it is appropriate to refer him/her to a qualified sex therapist.

Allowing your clients to explore the meaning of sexuality in their lives (both currently and historically) can not only help move therapy along, but can be life-changing. Therapeutic exploration of sexuality is one of the most powerful, intimate, and supportive ways we can help our clients achieve well adjustment and overall life satisfaction.

Kimberly Resnick Anderson, a certified sex therapist, has helped couples and individuals achieve optimal sexual health and satisfaction for more than 20 years. She offers Sex Therapy Training to licensed mental health professionals (on an individual and group basis) who are interested in increasing their comfort and knowledge base around discussing sexual material with clients. For more information on training programs, please call 818-334-5811 or email kimberly@sexsavvy.net.



Divorce Mediation - an Oxymoron?

By Steven D. Unruh, Mdiv., MFT

When I asked a colleague who was getting a divorce if she was using a mediator, she was shocked and said, "That's impossible, he's out for blood!" I reassured her, even extremely hostile couples can find a way to mediate their divorce.

WHO can get help from Mediation?

The vast majority of couples can mediate. Even people who can barely speak to one another find that saving tens of thousands of dollars is better than fighting it out in court for the next 4 years. I have mediated a few situations where couples never came to mediation together – never even saw one another. It took longer than normal, as you can imagine, and was far from ideal but they pushed through and got divorced, saving themselves an enormous amount of stress and time.

Do I FIRE my Attorney?

NO, you can simply put your attorney on hold, ask them not to move or perform any more activity. My business partner and I like to take our clients from A to Z. Every filing and every situation is done by the two of us, at South Bay Mediation. When everything is completed, I encourage my clients to take the Final Divorce Agreement, FDA, to any attorney, for a second opinion, but this is only for their own reassurance. They do not need another attorney. Mediation makes going to Court unnecessary.

Steven Unruh has been a licensed Psychotherapist for 26 years. He has offices in Pasadena and Westlake. He is the single parent of 3 young men. His training in mediation comes from the City Attorneys Office in Los Angeles. he can be

WHAT is actually mediated?

Whether you have kids, dogs, property, Corporations, investments, a lot of wealth or very little, everything from a parenting plan, to assets and debts being assessed, as well as the division of retirement plans, is done through mediation.

HOW to choose a mediator?

Take a look at their credentials and reputation. Just as Physicians are not trained in bedside manners, attorneys are not usually trained in conflict management, or how to handle personality disorders, deep seated emotions, or addictions in couples that are divorcing. Personally, I have been in the field of family therapy, mediation and marriage counseling for 30 years.

What is the COST of Mediation?

Statistics show that mediation is one/tenth of the cost of litigation. The time involved is up to you, not the courts. With over 2500 court rooms having closed in California, litigation can now last up to 3 to 4 years. Mediation is far less costly and is done in your time frame, often 5-8 months.

Feel free to contact me with any questions about divorce mediation.





NEWPORT PSYCHOANALYTIC INSTITUTE
2015 OPEN HOUSE - PASADENA
“Why Psychoanalysis?”

Friday, April 17, 2015 - 4:00 PM - 7:00 PM

At the office of Dr. Gale Rapallo
1543 N. Garfield Ave, Pasadena

Brief presentation at 4:00 PM by Kathleen Fitzgerald, Psy.D.,
followed by questions/answers

Come “break bread” with us -
Meet your clinician neighbor!

Register at (626) 796-2776
or just drop by!



Find out who we are,
what we do, and the
dynamic training and
degree programs
we offer.

Five Questions with Rita Bazeley, LMFT

1. If you weren't a therapist, what would you be?

I would use my undergraduate degree in art and architecture, in both teaching and doing art, design and historical preservation.

2. What is the one thing in your bag of therapeutic tricks you could not live without?

Working with the unconscious of the client through dreams, sand tray and art therapy.

3. What is your favorite book?

Since my Freshman year in college I have dragged two huge books with me on every move I have made: the American Heritage Dictionary, which has the origins of the words and Janson's History of Art.

4. Where is the most beautiful place you have ever been?

It is a toss-up between New England in Autumn and the California Redwoods and Central Coast.

5. What is the best advice you have ever been given?

It is the same advice we use in the therapeutic setting: “It's the relationship that heals.”

6. What do you do to re-energize yourself?

I have tea with friends, walk in nature or have an artist day roaming through museums, vintage shops and historical streets.

Rita Bazeley, LMFT, is a Licensed Marriage and Family Therapist.

She received her BFA from Rhode Island School of Design and her MA in Clinical Psychology from Pacifica Graduate Institute in Santa Barbara. Rita is an integrative psychotherapist with an emphasis in Jungian and post-Jungian studies. She has a private practice in Studio City often working with highly creative adults, couples and adolescents.

She can be reached at psyche@ritabazeley.com or www.ritabazeley.com or at 213-300-5295



Classified Advertising

GROUPS

Dialectical Behavior Therapy Skills Training Groups for teens and adults who have difficulty with emotional regulation. We are comprehensive DBT program in Burbank. Please contact Suzette Bray, MFT, MFC37518, Executive Director of Village Counseling and Wellness, (818) 238-9895 or 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
jidesantis@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, 7-9 pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic # PSY10315, (818)551-1714
jidesantis@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, and rape issues. This is held every other Wednesday morning in Pasadena, CA. Please contact Cristina Mardrossian, 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, jidesantis@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 contact by 818-839-0390 or susan@susanchakmakian.com.

Write Your Life to "Right" Your Life. Writing group in Toluca Lake. This group meets once per week for 10 weeks; anyone can join any week as this is not a "chronological" process. Help your clients augment their therapy process by journaling and writing, even fictionalizing the stories of their lives into publishable works. I am both a licensed MFT in California and a professional writer and teacher of creative writing. Vickie.saxon@gmail.com or 818-640-3789.

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 or 818-839-0390.

Divorce Class. The Law Collaborative hosts free family law classes on the second Saturday and fourth Wednesday of every month, as a free service to the community. An attorney answers questions and concerns of attendees regarding divorce, child support, child custody, and alimony. It is extremely beneficial to people currently affected by divorce in any way.

If you would like more information on this topic, please call Courtney at (818)348-6700 or send an email to courtney@thelawcollaborative.com.

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

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.

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: 818-839-0390. susan@susanchakmakian.com

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 jidesantis@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.

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 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.

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.

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: 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 25,000 visits on the internet. View or download from 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.

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. 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.

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

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.

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 and until 4:30 on Thursday. \$200/day/month or by the hour. Contact Bruce Hirsch (626) 395-7833 or drbruce@brucehirschphd.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.

SILVERLAKE. Spacious and sunny 2nd floor office available Fridays after 12 PM and Saturdays after 11 AM. The Silverlake Avenue location is ideal for therapists

wishing to serve the East side communities of Echo Park, Silverlake, and Los Feliz. We are "freeway close" -- just a few minutes from the 2, the 5, and the 101. Please call Anita Frankel MA MFT at 323-661-0297.

BURBANK. Office space to share. Available Monday-Friday all day, plus some evening and weekend hours if needed. Located in the heart of Toluca Lake at 10000 Riverside Drive (across from Paty's). Rent is less than \$400/month depending on time needed. Waiting room, plus comfortable, bright corner therapy office. Vickie Saxon: 818-640-3789 or Vickie.saxon@gmail.com

BURBANK. Comfortable, warmly decorated office space available in therapy suite. Medical building close to Toluca Village, St. Josephs Hospital, NBC, Disney and freeways. All amenities supplied, including call light. Available on hourly, daily or monthly basis Contact: Miriam Davis, MFT at (818) 848-3022 or miriamdavis@verizon.net

LA CANADA. Part time office space available for rent in La Canada (in a newly remodeled building with 4 other offices, 1 large bathroom, waiting area, kitchen, private parking, on a small street) Cost: \$550. Available hours: M-W: anytime before 12pm, Th-Sun: all day New year lease starts March 1st. Contact Hillary Haynes at (818) 516-3561.

BURBANK. Inviting office space available for sublease at 4444 Riverside Drive. Located between Bob's Big Boy and Paty's Restaurant. Convenient parking. Reasonable rent. Available weekday mornings, all day Saturdays, and all day Sundays. Free group consultation with experienced and supportive officemates on Thursdays at noon. Contact Wendi Svoboda, LCSW at (818)288-6711 or wsvobodalcsw@yahoo.com.

BURBANK. Fully furnished office with a cozy, yet professional style. It is centrally located in a quiet area in Burbank close to the studios and near the Golden State Freeway. Parking is ample and free. If interested, please call (818) 848-5653.

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.
Submit to Suzette Bray at
suzette@villagecounselingandwellness.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.

Glendale Area Mental Health Professionals Association

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

E-List Moderator
(818) 951-7744
mbarone@earthlink.net

Suzette Bray, MFT

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

Rachel Thomasian, MFT

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

Emily Moore, MFT

(626) 793-1078
emooremft@sbcglobal.net

Angela Andikyan, MFTI

Social Media Chair
(818) 281-4208
angelaandikyan@gmail.com

Anne Warman, Psy.D, LMFT

Events & Networking
(310) 281-9797
Drannewarman@sbcglobal.net

Kimberly Wong, LCSW

Program Chair
(626) 260-1356
KimberlyCWongLCSW@gmail.com

Eric Thomasian

Webmaster
(818) 915-6056
Eric.thomasian@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 Suzette Bray at suzettebraymft@sbcglobal.net

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:

July/Aug/Sept 2015 Issue June 1
Oct/Nov/Dec 2015 Issue Sept 1
Jan/Feb/Mar 2016 Issue Dec 1
Apr/May/June 2016 Issue Mar

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