



Glendale Area

Mental Health Professionals Association

NEWSLETTER

YOUR GUIDE TO GAMHPA NEWS,
INFORMATION AND EVENTS
JAN FEB MAR 2016

A Note from the Editor



Hello, everyone! Frigid weather has settled over our fair city and I find myself wrapped in a warm blanket, sipping hot chocolate, reminiscing about warmer weather. The new year inspires us all to make bold action plans and chase after our dreams, but remember to incorporate periods of rest and relaxation into those dizzying forward marches. Better to move slowly and consistently toward our goals than burnout like a falling star. Best wishes

for your resolutions and I'll see you in the spring!

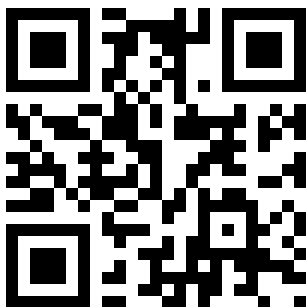
Suzette

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.

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



Calendar of Events

BOARD MEETINGS
Shakers Restaurant
801 Central Ave
Glendale, CA 91203

- Friday, January 22, 2016
- Friday, March 18, 2016
- Friday, May 20, 2016
- Friday, July 22, 2016
- Friday, September 16, 2016
- Friday, November 4, 2016

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

QUARTERLY NETWORKING EVENT

Acapulco
722 N. Pacific Ave.
Glendale, CA 91203

- Friday, January 29, 2016
- Friday, April 8, 2016
- Friday, July 15 2016
- Friday, October 14, 2016

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. Arrive early parking is limited!

Keep an eye out on GAMHPA.org for lunch dates in January, April, July and October of 2016!

When the Body Says “No”: Exploring the Stress-Disease Connection by

Gabor Mate, MD - A Book Review

By: Emily Moore, M.A., LMFT

I pay particular attention to books recommended by clients. This book was recommended to me by a woman suffering from rheumatoid arthritis and lupus. It is an unapologetic affirmation by the author of the real biological connection that exists between stress and disease. My client was positive in her assessment of the book while making it clear that she did not necessarily agree with every idea it holds.

Dr. Mate asserts that, “Repression dissociating emotions from awareness and relegating them to the unconscious realm disorganizes and confuses our physiological defenses so that in some people these defenses go awry, becoming the destroyers of health rather than its protectors.” He also states, “In important areas of their lives, almost none of my patients with serious disease ever learned to say no”

This last comment and the interpretation of this as meaning, “If I had learned how to say ‘no’ I wouldn’t have cancer,” earned the author some criticism. He tries to clarify that he does not intend to blame individuals for being ill; rather, he believes each of us is better off armed with knowledge that allows us to respond as best we can to the situation in which we find ourselves, including that of being seriously physically ill.

Part of our difficulty in seeing the connection between stress, emotional responses and disease comes from the language we use. The author states that, “Even to speak about the links between mind and body is to imply that two discrete entities are somehow connected to each other. Yet in life there is no such separation; there

is no body that is not mind, no mind that is not body. The word *mindbody* has been suggested to convey the real state of things.” As things are, we have to build what appear to be bridges between these discrete linguistic entities of “mind” and “body,” and the book helps to do that in a very concrete way.

Dr. Mate goes into some detail explaining the physiology of emotions and the means by which our emotional responses to the events in our lives (events that constitute “stressors”) impact our biology and our health. He references health conditions such as: rheumatoid arthritis, scleroderma, cancer, ALS, multiple sclerosis, inflammatory bowel disease and Alzheimer’s. He quotes research studies that document the “inhibiting effect of chronic stress on the immune system.” While this idea may be more ordinary today that it was in 2003 when the book was published, the detail with which the author explores and explains the physiological effect of, for example, isolation, on the disease process is very useful. The fact that “stress is bad for you,” is something we can get from the cover of *Psychology Today*, but the details offered in *When The Body Says No* provide firm ground on which to stand when we make that assertion.



Emily Moore, licensed marriage and family therapist for 18 years, works with individuals, adolescents, couples and families to open space for truth-telling and examination of previously taken-for-granted notions of self and the world, thus helping lay the groundwork for new possibilities and preferred ways of moving into the future. She has offices in Eagle Rock and conducts video sessions online. She can be reached at (323) 509-4932 or emooremft@gmail.com.

For the Sake of the Kids: Coping with Kids in a Divorce

By Steven D. Unruh, MDiv., MFT

Often, when I first meet with a couple who is divorcing, I hear the words, "We are mediating for the sake of the kids." At this point, I fight my own skepticism. Well-meaning parents, in the throws of a divorce, can do some outrageous, even horrible things to their kids. I've seen a parent get their child to log onto the other parent's computer and download emails. As a result, a 'war' began. On numerous occasions, I've heard that one of the parents has told their child about their spouse's affair.

The actions of these parents can lead to harmful effects on children. Children are often triangulated by this kind of instability in many divorces. Also, children can 'psychologically-split' to manage the indirect communication, making one parent all bad and the other parent all good. As clinicians, we know this is emotionally debilitating to these children.

Furthermore, research is clear that the aftermath of a divorce can have an enormous impact on a child's mental health. If the fighting and manipulation between the parents continues, the trauma to the child becomes exponential. Certainly, how we handle divorce and its aftermath has huge consequences, not only on our clients, but on the future lives of their children as well.

As a CLINICIAN, what can YOU DO TO HELP ?

- **Elicit the parent's empathy for their children.**

When our client is going through a divorce, we need to listen to what is behind their stories. We need to look for the part our client plays in the chaos and stress. I am constantly inviting my clients to consider how their kids are experiencing the divorce.

- **If your client is divorcing, discuss the option of mediation.**

Even if they are very hostile to their spouse and have already retained an attorney, mediation will save them from months of anger and depression, exhaustion and stress. If a divorce can be mediated, the deleterious effects on children can be minimized.

- **Respect their child's boundaries.**

Divorcing parents need to responsibly withhold some of the information from their children. It is crucial to the health of the child that parents consider their child's age and maturity before revealing information. Parents who reveal all the details of the divorce may be using the child to resolve their own anxiety or shame.

- **Listen - so your kids will talk.**

Our clients need to pay attention to the mental health of their children through this traumatic transition. Parents may need to check in more explicitly with their children and be willing to listen to their experience. Much of the time, children experience guilt and shame around divorce, believing it is their fault. It is only after listening that parents are able to speak truth into this pain. Children need explicit assurance that they had no fault in your divorce.



Feel free to contact **Steven Unruh** with questions.

c- 818-523-5723. stevenunruhmf@gmail.com stevenunruh.com

Glendale Area
Mental Health Professionals
Association

Quarterly Networking Event

Friday, January 29, 2016
Acapulco Mexican Restaurant
722 N. Pacific Ave., Glendale
Check-in @ 11:45, Lunch @ 12 noon
Early arrival is recommended; parking is limited.

Pre-registration at GAMHPA.org is required and closes two days prior.
\$15 for members, \$20 for non-members, including lunch.
No walk-ins will be permitted.
For questions, contact Kimberly Wong, LCSW, at (626) 260-1356.

Newport Psychoanalytic Institute

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Holistic Psychotherapy: Healing the MindBody Matrix

Martha Stark, M.D.

Courtyard by Marriott

Saturday, April 9, 2016

9 am - 4 pm – 6 CEUs



Dr. Stark will show us how the balance of optimally stressful interventions embedded in empathic attunement and authentic engagement will induce healing and lead to ever-higher levels of integration, dynamic balance, and functional capacity.

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Six Questions with Kate O'Sullivan, MA, LMFT

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

- I would probably be involved in Marine Sciences - out on a boat somewhere collecting samples or ocean trash and analyzing it for some research project. I would also do community outreach/teaching on tide pools.

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

- As a clinician, I could not live without the knowledge and skills around the Resilience Zone or Window of Tolerance as some call it. Educating my clients on managing their own nervous system has been most valuable all the way around!

3. What is your favorite book?

- I'm currently re-reading John O'Donahue. He has a few books - *Anam Cera: Spiritual Wisdom From the Celtic World*, *Eternal Echoes: Exploring Our Hunger to Belong*, and *Beauty: the Invisible Embrace*. They affirm me and feed me spiritually.

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

- [Only] one?! My backyard, Monterey/Pacific Grove, Ireland and Alaska

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

- I was told early in my career not to do/take insurance. For me, that has been a very helpful piece of advice.

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

- I sit in my backyard for an hour in the quiet...watching the dogs, squirrels, birds and wind through the trees. There in the quiet, in nature, I am grounded. Once a month - or more if I can - I will head to Point Dume early on a Saturday and sit there and watch the waves for hours before the people arrive.

Kate O'Sullivan's practice is located at 4444 Riverside Dr, Suite 105, in the Toluca Lake neighborhood of Burbank. She works with food, body and eating issues, trauma & neglect, relationship challenges and issues involving faith/religion. She can be reached at 818.429.4407 or kateosullivanmft@earthlink.net



Classified Advertising

GROUPS

Men's Healthy Relationships Group

This group is for men seeking to develop healthy and satisfying relationships with their partners. Men in this group are dealing with intimacy issues and disorders, i.e., conflicted, compulsive, addictive, and hyper-sexuality. Complements concurrent individual and/or couples therapy. Thursday 7:00 – 8:30 P.M. Glendale. D. Lee Stoltzfus, Ph.D. PSY 8607, MFT 6746, CSAT 818-248-1140

Men's Dating Support Group

Topics include dating skills and knowledge, where and how to meet eligible women, screening for compatibility, trouble-shooting problem situations, and receiving candid positive feedback. Clarify what you really want, make the best of yourself, build confidence, and meet more of the right women. Alternate Fridays 6-7:30pm, Glendale. Jim De Santis, Ph.D., C.G.P., Lic. #PSY10315, (818) 551-1714, JJDeSantis@aol.com or JJDeSantis.com

Gay Men's Personal Development

Group. Insight-oriented group addresses dating and relationships, career issues, and life-enrichment. Uses here-and-now smallgroupdynamics to increase self-awareness, understand one's impact on others, and practice self-expression. Second and Fourth Thursdays, 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 Mardirossian, LMFT at (818)434-6051 for more information.

Men's Separation and Divorce Support Group.

For men either contemplating separation or divorce, going through it, or recovering from it. Communication with an estranged spouse, co-parenting, building a new circle of friends, dating, maintaining productivity at work, and achieving personal satisfaction with life. Wednesdays, 7:45-9:15 p.m., Glendale. Jim De Santis, Ph.D., C.G.P.,

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, 6-730pm. 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, 630-8pm. 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 dlarrybrooks.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 dlarrybrooks.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

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 dlarrybrooks.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.

DiagnosticTestingDirectory. Freedirectory of 300 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 141 mental health professionals from Pasadena to Claremont, cross-indexed by specialties, services, second languages, and insurance accepted. View or download at www.JJDeSantis.com.

GAMHPA Members Directory. 120 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 directory of outpatient psychotherapy groups in Los Angeles County. 650 facilitators and 1,600 groups. Directory has received over 30,000 views 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

MIRACLE MILE Established Psychotherapy group sub-leasing office space. 3 furnished offices with views, waiting room, off-street parking and 24-hr security. Amenities included. Close to eateries and public transportation. Please email to info@cauleyassociates.com to inquire about availability and fees.

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 Mondays, Fridays and on weekends. \$215/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

GLENDALE. Competitive rent for furnished office (with waiting and common room) on Brand. Available in half and full day blocks with best rates for multiple days; includes internet, call light, printing, etc. Accessible by all freeways (134, 5, 2). Covered parking included for Therapist and guest parking. Contact Susan Chakmakian, MFT at 818-839-0390 or email at susanachak.mft@gmail.com.

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

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NEWSLETTER

The GAMHPA Newsletter is published quarterly on our website. Notices of publishing are distributed to the local mental health community, including Glendale, Burbank, Pasadena, La Crescenta, La Canada Flintridge, Los Feliz, and Silverlake. Contact us to be added to our mailing list. If you have changed your email address, or mailing address, or wish to discontinue delivery please notify us.

EDITORIAL POLICIES

GAMHPA encourages members to contribute articles of scholarly or clinical interest for publication. Submissions should be forwarded to Editor 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