

# GAMHPA

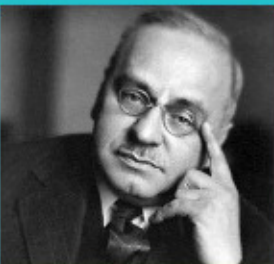
# NEWSLETTER

*Your Source for  
Mental Health News*

*Glendale Area  
Mental Health  
Professionals  
Association*

*Spring 2023  
Volume 31, Issue 2  
Circulation 2,350*

## Can You Correctly Name These Famous Figures in Mental Health?



Answers to quiz are on Page 17.

## Highlights

- Events: CEU Conference  
Game Night
- Features: Marketing  
Genetic Swab Test  
Perfectionism  
ADA Websites
- Mobile Apps
- TED Talks
- Podcasts

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**Glendale Area Mental Health Professionals Association  
Presents**

# **Virtual Game Night**

**May 11, July 13, September 14, November 9  
Thursdays, 7:30-9:30 p.m.**

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**Come play with us at the GAMHPA Jackbox Game Night!  
This is a free event on Zoom.**

**This event is open to all mental health professionals, interns, and associates.  
You do not have to be a member to attend.**

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**Pre-Registration is REQUIRED  
and closes on the Monday night before each event.**

**To join us, go to [www.GAMHPA.org](http://www.GAMHPA.org).  
Upon registration, a Zoom login will be e-mailed to you.**

**Virtual game night will be capped to 12 participants so register early!**

**If registration is already full and you would like to be added to the waitlist,  
e-mail Lauren Worley at [laurenworleylcsw@gmail.com](mailto:laurenworleylcsw@gmail.com).**

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**For questions, contact our Virtual Game Night hosts:**

**Lauren Worley, LCSW  
[laurenworleylcsw@gmail.com](mailto:laurenworleylcsw@gmail.com)  
(626) 314-7477  
GAMHPA Member**

**Cadyn Cathers, PsyD  
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(323) 545-4114  
GAMHPA Member**



**Glendale Area Mental Health Professionals Association  
Presents**

# **2023 Virtual Continuing Education Conference**

**Friday, May 19, 2023, 9:30-3:00 p.m.**

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**Four One-Hour Topics with Question & Answer  
Presented by a panel of GAMHPA members**

- **EMDR: How it Works**
  - **Introduction to Somatic Therapy and the Community Resiliency Model® (CRM): Skills that Foster, Support and Build Resilience**
  - **Chronic Pain: What It Is and How to Cope**
  - **Lifespan Psychological & Neuropsychological Assessment From an Interpersonal Neurobiology (IPNB) Perspective**
- 

**Free admission for GAMHPA members**

**Non-members \$30 (includes free introductory 2023 membership)**

**For details and registration visit [www.GAMHPA.org/events](http://www.GAMHPA.org/events)**

# GAMHPA Continuing Education

## Pre-recorded CEUs

We now offer recorded video workshops, some granting CEUs toward BBS licensure renewal. Watch a video of your choice, complete the course evaluation and attestation (free for members, non-members \$30 fee).

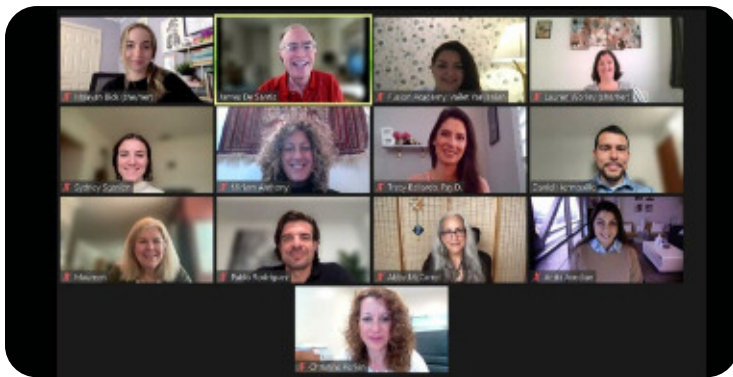
<https://www.shrinksync.com/gamhpa-conference.html>

## Available topics:

*Divorce lawyers' secrets for therapists (1 CEU)*

*How collaboration with an Aging Life Care™ Manager can support your clients and save your sanity (1 CEU)*

*Sustaining private practice through community connections online and in-person (CEU not available)*



April 2023 Virtual Networking Event

## GAMHPA Networking

In April, GAMHPA hosted its fifteenth virtual networking event. In attendance, 13 participants introduced themselves, described their services, and got more acquainted. Then, we took a virtual tour of an office for subplot.

Our virtual networking events are free. Membership is not required to attend. Everyone is welcome, including students, associates, allied professionals, and organizations.

**Photo top row:** Maayan Bick, Jim De Santis, Vailet Yarijanian, Lauren Worley

**Second row:** Sydney Scanlon, Miriam Anthony, Tracy Ballardo, Daniel Hermosillo

**Third row:** Maureen Tyra, Pablo Rodriguez, Abby McCarrel, Anita Avedian

**Fourth row:** Christine Kerian

## Events

### Virtual Continuing Education Conference

See details on page 3.

### Virtual Game Night

Thursdays, 7:30-9:30 p.m.

May 11  
July 13  
September 14  
November 9

### Virtual Networking Events

Wednesdays, 12-1:30 p.m.

June 14  
August 9  
October 11  
December 13

All are welcome, including clinicians, interns, students, associates, organizations, and allied professionals.

Reserve ahead at (818) 551-1714 or [JJDeSantis@aol.com](mailto:JJDeSantis@aol.com), and we will send you Zoom login information. Virtual events are free.

Registration closes the Monday night before each event.

Upon registration, you will be able to forward your promotional materials for advance distribution to attendees.



## GAMHPA Mission

GAMHPA was founded in 1992 by a few local area mental health professionals in private practice. Within several years, the organization 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, reflecting how clinicians actually cross-refer to each other based on expertise rather than discipline.

We are an interest group only and do not make referrals to the community. We are not a profit-making organization.

## GAMHPA Welcomes . . .

Please welcome our newest GAMHPA members:

- Charlene Alugbue
- Miriam Anthony, AMFT
- Elizabeth Brackenbury, AMFT
- Michelle Camarillo, ACSW
- Center for Council
- Regina Hernandez, AMFT
- Whitney Huhmann, CHT
- Sheri Kane, LMFT
- Laurel Roberts-Meese, LMFT
- Doris Mollenkopf, MA, CPC, CRC, CCDS-O, CNA

- Debra Sharon, PhD
- Joseph Stiteler, AMFT
- Hal Tyler, LPCC
- Kendra Valdez, LCSW

GAMHPA membership dues have not increased in twenty years. Dues are just \$60 for licensed professionals, \$35 for students, interns, associates and allied professionals, and \$125 for group practices and organizations. Join online at [www.gamhpa.org](http://www.gamhpa.org).

## GAMHPA Listserv

### GAMHPA member listserv

As a free, exclusive benefit of GAMHPA membership, you are entitled to participate in our active and supportive listserv, an internet discussion group.

The listserv is a rapid and effective method to communicate with colleagues. When you post your message to the listserv, it is sent out to 147 member subscribers. Anyone may respond publicly to the community as a whole or privately to the sender.

The listserv accepts messages seeking or offering:

- Office rental space
- Jobs & internships
- Groups & workshops
- Clinical & ethical questions
- Case consultation
- Sharing of techniques
- Events & activities
- Specialized resources

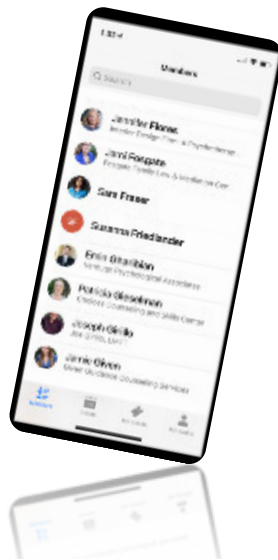
To be added to the listserv, contact our moderator at [lynnemazpeitia@yahoo.com](mailto:lynnemazpeitia@yahoo.com).

# GAMHPA Mobile App

## Free benefit of membership

Our smartphone app lets you search for specialists by diagnoses treated, modalities offered, age-range seen, insurance accepted, and second languages available.

From the Apple Store or Google Play Store, download "Wild Apricot for Members." Enter your GAMHPA username (e-mail) and password to login. It's that easy!



# GAMHPA Directory Video

Many prospective clients now search for a therapist based on information they access on the internet.

As a benefit of GAMHPA membership, within your online searchable member directory profile, you can include a link to your promotional video that helps prospective clients learn more about you.

## How to post your video

Go to [www.gamhpa.org](http://www.gamhpa.org). On the home page, enter your e-mail address and passcode in the upper right corner. Click on "View Profile" then on "Edit Profile." In the space next to "Member Video," paste the internet address of your own pre-recorded promotional video. Lastly, scroll to the top and press "Save."

It's simple and quick.

# Member Benefits

Members receive a number of exclusive benefits. Members are listed in the annual membership directory that is distributed to the local professional mental health community and posted on our website. They also have access to our internet discussion group.

Members can present a talk or publish an article on a professional topic. They receive reduced rates for newsletter advertising and continuing education. Members are automatically entered in a drawing for free newsletter advertising, below. New members can submit a brief professional biography for publication in the newsletter.

# Winners Of Free Advertising

In each newsletter, we randomly select six members, each awarded the opportunity to submit a display advertisement in the newsletter at no charge. This benefit can be used anytime in the next 12 months. Contact the editor to submit your ad. Congratulations go to the following winners:

- Jeffrey Lance, Ph.D.
- Ross Phillips, L.M.F.T.
- Jeremy Treat, L.M.F.T.
- Lynne Azpeitia, L.M.F.T.
- Kelly Daly, A.M.F.T.
- William Haddad, L.M.F.T.

# Feature Article

## The listserv: Quick, easy, and free marketing for private practice or job hunting

**Lynne Azpeitia, L.M.F.T.**

A listserv is one of the most overlooked resources available to licensed and pre-licensed therapists whether you're in private practice or working for an organization.

Good for introverts and extroverts alike, a listserv, e-tree, e-list, e-mail forum, member-to-member e-mail service or communication—whatever you want to call it—is an easy way for a group of people to get to know each other, communicate, connect, and interact with each other online through the organization's e-mail channel.

It's a cost-effective solution to delivering your message. Listservs are usually available to members of associations or chapters of an association at no cost as a benefit of membership. Listservs can help you share the value of your services and expertise, whether you are looking for clients, a job, a referral, hours toward licensure or certification, training, exam preparation, an office to sublet, to share a resource or presentation, and much more.

You must be a member to participate in a listserv—to access, see, read, and receive messages, post a message, or reply to a listserv posting.

To send, or post, a message to the listserv, you send an e-mail to the listserv's central e-mail address and then your e-mail is automatically sent out to all

members who have subscribed or opted in to receive the e-mails sent to the listserv community.

Listserv messages can include announcements for office space, groups, workshops, jobs, internship opportunities, specialized services, and resources; case consultation and sharing techniques; announcement of chapter events; updates on topics relevant to our profession; dialogue and discussion regarding clinical, professional, and ethical questions or topics; as well as announcements about professional development and continuing education presentations, conferences, and events—and more!

Listserv messages are received by recipients through their e-mail accounts. All listserv members can view the original e-mail and read it, respond to it, or delete it without reading. Subscribers can either respond to the individual who posted a message or to the whole list. This creates an open communication network among the listserv members, and de facto, a virtual group discussion.

While the amount of traffic for each listserv varies, if you find the number of messages overwhelming, you can easily unsubscribe.

Joining listservs in professional organizations and making and responding to posts is a wonderful way to market yourself, your expertise, your practice, or your services.

Below are some local listservs. Check them out:

San Gabriel Valley CAMFT  
[https://www.sqvcamft.org/e\\_tree](https://www.sqvcamft.org/e_tree)

Long Beach-South Bay CAMFT  
<https://lbsbcmft.org/membership>

Los Angeles CAMFT Private Facebook Group  
<https://www.facebook.com/groups/1495968650666948>

Los Angeles County Psychological Association  
<https://www.lacpa.org/lacpa-listserv-guidelines>

American Counseling Association  
<https://www.counseling.org/aca-community/listservs>

Glendale Area Mental Health Professionals Association  
<https://www.gamhpa.org/listserv>



*Lynne Azpeitia, L.M.F.T.*

***Lynne Azpeitia, L.M.F.T., GAMHPA Board Member and AAMFT Approved Supervisor, is in private practice in Santa Monica where she works with couples and gifted, talented, and creative adults across the lifespan. Lynne has been doing business and clinical coaching with mental health professionals for more than 15 years, helping them develop even more successful careers and practices. To learn more about her in-person and online services, workshops, or monthly no-cost Online Networking & Practice Development Lunch visit [www.Gifted-Adults.com](http://www.Gifted-Adults.com) or [www.LAPracticeDevelopment.com](http://www.LAPracticeDevelopment.com)***

# Feature Article

## Can internists perform a genetic swab test to determine what psychiatric medications would be best?

**Aamir Khan, M.D.**

In general, the research looking at a lot of pharmacogenetic testing has shown insufficient evidence to support routine ordering of these tests. In general, they can provide better guidance on how an individual breaks down a medication and absorbs it (pharmacokinetics) rather than how the medication impacts the individual, and, thus, impacts their symptoms (pharmacodynamics).

These tests can be useful for individuals with unexpected or unusual medication side effects, thus indicating variations in how they metabolize drugs, thereby impacting dosaging. They can also be helpful for individuals who have had multiple failed medication trials. There are patients who may respond well to a medication labeled as "red" on these testing results and poorly to medications listed as "green" on the test results.

The FDA actually came out with a warning in 2018 citing insufficient evidence to support claims that these tests predict outcomes to medications ([www.fda.gov/news-events/press-announcements/jeffrey-shuren-md-jd-director-fdas-center-devices-and-radiological-health-and-janet-woodcock-md](http://www.fda.gov/news-events/press-announcements/jeffrey-shuren-md-jd-director-fdas-center-devices-and-radiological-health-and-janet-woodcock-md)). In their

analysis, they noted "changes to patients' medication based on genetic test results that claim to provide information on the personalized dosage or treatment regimens for some antidepressant medications ... could potentially lead to patient harm."

The American Psychiatric Association has an excerpt exploring literature/findings on this as well:

[www.psychiatry.org/Newsroom/APA-Blogs/genetic-testing-to-improve-psychiatric-medication](http://www.psychiatry.org/Newsroom/APA-Blogs/genetic-testing-to-improve-psychiatric-medication).



*Aamir Khan, M.D.*

**Aamir Khan, M.D.**  
**Board Certified in General Psychiatry, Board Certified in Child and Adolescent Psychiatry, American Board of Psychiatry and Neurology**  
**In-person appointments, Sawtelle Blvd., Los Angeles, virtual visits available using Zoom.**

**(424) 209-2045**

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



# Feature Article

## Perfectionism

Rosalie Finer, Ph.D., and  
Azine Graff, Psy.D.

Perfectionism can often be viewed as a positive trait in our culture. Getting things right and doing well are common values shared in our society. We see these tendencies in our clients, our friends, our family, and even ourselves.

At times, some degree of perfectionism can be helpful. It can motivate us to strive to do our best, be ambitious, and do great things. Conversely, perfectionism may result in moving towards unrealistic standards that are often idealized and likely not attainable, resulting in reduced self-worth, feelings of failure, anxiety, and sadness. This has been termed “clinical perfectionism,” and has been linked to adverse consequences across an array of life domains (Egan, et al., 2014).

Perfectionism is a dimensional construct, meaning it is experienced by individuals to varying degrees. While perfectionism has not been designated as a mental health disorder, it is transdiagnostic, meaning that it may be present across a number of issues. It may also be linked to a variety of conditions including anxiety, obsessive-compulsive disorder (OCD), and some eating disorders.

Perfectionism has been shown to have a negative impact on well-being and interferes with how well

an individual functions across a variety of areas in their lives (Egan, et al., 2014). It not only impacts our clients, but can also have a negative impact on us and on our relationships with them (Presley, et al., 2017).

As with many issues, there are several available approaches to address perfectionism. It is suggested that cognitive behavioral perspective may be applied to this issue, including reframing of thinking to alter associated challenging responses (Egan, et al., 2014).

A third wave Cognitive Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), has also shown promise in supporting individuals in altering their relationship with perfectionistic thoughts and feelings by shifting attention to inner experiences and developing increased flexibility in responding. This allows for alternatives to avoidant behaviors (e.g., procrastination, checking, seeking reassurance) often associated with perfectionism (Ong, et al., 2021).

Noticing signs or indicators of perfectionism both in ourselves and our clients can be helpful. This allows us to address issues early before they have significant impacts.

Some indicators of perfectionism include:

- High, unrealistic, or inflexible expectations

- Fear of making a mistake, being wrong, or failing
- Personalizing feedback or criticism
- Harsh self-criticism and judgment
- Avoidance
- Feeling inadequate or not good enough
- Minimizing accomplishments.

Recognizing indicators of perfectionism is the first step in addressing the issue. Some steps that can be taken to address the issue include:

- Paying attention to your inner experience (e.g., thoughts, feelings, sensations)
- Using positive self-talk as an alternative to criticism even when it does not feel true
- Limiting comparing yourself with others
- Creating space between negative or challenging thoughts/feelings by practicing mindfulness, grounding, and other coping tools
- Practicing self-compassion and kindness
- Making mistakes on purpose and sitting with the discomfort.

**(Article continues on page 11.)**

(Article continued from page 10.)

## References

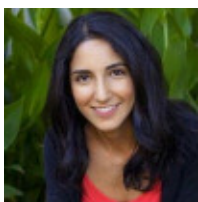
Egan, S. J., Wade, T. D., Shafran, R., & Antony, M. M. (2014). Cognitive-behavioral treatment of perfectionism. The Guilford Press.

Ong, C. W., Lee, E. B., Petersen, J. M., Levin, M. E., & Twohig, M. P. (2021). Is perfectionism always unhealthy? Examining the moderating effects of psychological flexibility and self-compassion. *J Clin Psychol*, 77, 2576- 2591.

<https://doi.org/10.1002/jclp.23187>

Presley, V. L., Jones, C. A., & Newton, E. K. (2017). Are Perfectionist Therapists Perfect? The Relationship between Therapist Perfectionism and Client Outcomes in Cognitive Behavioural Therapy. *Behavioural and cognitive psychotherapy*, 45(3), 225-237.

<https://doi.org/10.1017/S1352465817000054>



*Azine Graff, Psy.D. Rosalie Finer, Ph.D.*

***GAMHPA members, Azine Graff, Psy.D., and Rosalie Finer, Ph.D., are co-founders of Harmony in Parenting, specializing in evaluation and treatment of children and parents. They can be reached at (818) 824-9915 or [www.harmonyinparenting.com](http://www.harmonyinparenting.com).***

# Feature Article

## Is your site ADA compliant?

**Silva Depanian, L.M.F.T.**

When I first set out to create my own website, my main thoughts surrounded what information I would include, how I would present myself, and what color schemes would fit the emotions I'd like my brand to convey. I wanted any potential clients to receive the necessary information about my specialties and services as clearly and invitingly as possible. However, it was recently brought to my attention that this clarity would be impossible without appropriate accessibility measures in place.

As we know, not all individuals have the luxury of five fully-functioning senses. For those who have sensory impairments or disabilities involving neurological or cognitive functioning, navigating websites that do not have built-in accessibility measures can be particularly difficult if not impossible.

By making websites more accessible, we ensure that our potential clients, including those with disabilities, are easily able to access the information we're trying to provide. Incorporating features such as properly marked drop down menus, captioned videos, as well as well-labeled links and images can not only ease their ability to navigate our sites, but also make our websites more discoverable by search engines.

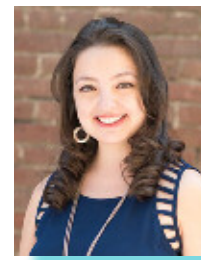
Beyond moral obligations and business benefits, it's also important to note that website accessibility is a legal requirement per federal regulations that prohibit discrimination against those with disabilities. Some of the more notable mandates and guidelines come from the Americans with Disabilities Act (ADA), Section 508 of the U.S. Rehabilitation Act, and the Web Content Accessibility Guidelines (WCAG). Failure to follow these mandates to make our websites accessible may result in an accessibility lawsuit.

Here are some quick checkpoints to consider for a more accessible website:

1. Assess your color contrast. If the foreground color (e.g., font color) is too similar to the background color, people who are color blind will not be able to distinguish between the two.
2. Make sure your non-decorative images have alternative text. If someone uses a screen reader to browse sites, the alternative text will describe the image for them.
3. Be supportive of keyboard-only navigation. To do so, be sure your headings, drop down menus, and overall content are structured and labeled logically, so that those who rely on their keyboard when interacting online can navigate your site easily without needing to use a mouse.

4. If you have videos on your website, ensure they can be viewed with captions. Whether an individual has a hearing impairment or is simply in a noisy environment, being able to read what is said in your video allows access to necessary information.

Of course, multiple other considerations can make a website accessible. I myself have chosen to utilize services from a company that assesses my website's accessibility compliance. To increase your own website's accessibility for your future clients and maintain your website's legal safety, it might be prudent to consider dedicating some time towards researching accessibility solutions.



*Silva Depanian, L.M.F.T.*

***Silva Depanian, L.M.F.T., GAMHPA Board Member, is in private practice within the Glendale, Pasadena, and Los Angeles areas, providing telehealth services to individuals with chronic pain, anxiety, codependent relationships, and anger management difficulties. She can be reached at [silvadepanian@gmail.com](mailto:silvadepanian@gmail.com), (818) 396-6376, or [www.sessions-with-silva.com](http://www.sessions-with-silva.com).***

## Brief 'EIN'

### Employer identification number

An employer identification number, or EIN, is used for identifying businesses--including sole proprietorships--instead of a social security number that can then be kept private and secure.

An NPI, or national provider identification number, is entirely different. This is the provider's identification for insurance companies. Both NPI and EIN should be listed on a claim or superbill.

Application for an EIN with the IRS is free and takes less than 15 minutes online.

<https://www.irs.gov/businesses/small-businesses-self-employed/apply-for-an-employer-identification-number-ein-online>

## Brief Survey

### Zoom Networking Events

In February, GAMHPA conducted a brief one-question survey to assess the value of the fourteen Zoom networking events convened over the last three years.

We polled 117 people and received 28 responses. We

asked, "Have our Zoom networking events been helpful?"

### Results

Met new colleagues	21
Reduced profess'l isolation	20
Received useful information	15
Generated client referrals	7
Rented office space	1

### Additional comments

Event was fun  
Likes the format  
Builds professional identity  
Enjoys sense of community  
Reconnects with colleagues  
Zoom fatigue, prefer in-person  
Prefer another day/time

## Brief Social Media

### Resources for therapists on using social media

Navigating Your Social Media Presence: Opportunities and Challenges  
<https://www.apa.org/pubs/journals/features/cpp-cpp0000228.pdf>

Social Media: 10 Tips for Professional Counselors  
[https://www.counseling.org/docs/default-source/ethics/ilt-10-social-media-do-s-and-don-ts-for-professional-counselors.pdf?sfvrsn=198e572c\\_2](https://www.counseling.org/docs/default-source/ethics/ilt-10-social-media-do-s-and-don-ts-for-professional-counselors.pdf?sfvrsn=198e572c_2)

Best practices for an online world  
<https://www.apa.org/monitor/2014/02/ce-corner>

A Therapist's Guide to Ethical Social Media Use  
<https://www.goodtherapy.org/blog/therapists-guide-to-ethical-social-media-use-0304197>

Psychologists, Social Media and Digital Ethics  
<https://www.apaservices.org/practice/business/podcasts/social-media>

## Brief Mobile App

### Insight timer

**Category:** Health & fitness  
**Ages:** 12+ **200Mb** **4.9 Stars**  
**App Store & Google Play Store**  
**Cost:** In-app purchases

While this app is a simple meditation timer, it features guided meditations in a number of styles---mindfulness, yoga, walking meditation, etc.---for

sleep, the workplace, commuting, and other applications.

One section features ambient sound, chanting, drumming, classical music, nature sounds, and instrumental music. Another section offers 7- to 40-day courses. A calendar of live events includes music, breathwork, tapping, singing bowl, and Qi Gong.

### What is a mobile app?

*A mobile app is a type of software program with limited function developed to run on small wireless devices, such as a smartphone, smartwatch, or tablet computer, and performs tasks more quickly than a full software program or website.*

## Brief Podcast

### Ten percent happier

**Dan Harris**  
**Category:** Mental Health  
**Rating:** 4.6 Stars  
**Apple iTunes, Google Play**

The host talks with meditation teachers, scientists, and celebrities on topics from enlightenment to psychedelics.

### Recent topics:

How to say “no”  
The science of persuasion  
Perfectionism  
Money  
Cravings  
The inner critic  
Forgiveness  
Dread  
Motivation

### What is a podcast?

*A podcast is a digital audio file that can be downloaded automatically by subscription from the internet to a computer or mobile device, typically as a series of installments on a particular topic.*

## Brief TED Talk

### The most important lesson from 83,000 brain scans

**Daniel Amen**  
**TEDxOrangeCoast 2013**  
**19M views**  
**Duration 14:37**

Psychiatrist Daniel Amen, MD, lays out the argument and provides illustrations of how SPECT medical imaging can improve diagnosis and treatment of mental disorders.

Amen notes, “Early on, our imaging work taught us many important lessons, such as illnesses, like ADHD, anxiety, depression, and addictions, are not single or simple disorders in the brain. They all have multiple types.”

He touches on brain injuries attributable to accidents, sports, combat, and recreational drugs; their expression in behavior; and developments in brain rehabilitation.

### What is a TED Talk?

*TED Conferences are described as “the ultimate brain spa.” A non-profit organization dedicated to disseminating important ideas on a variety of topics, TED records experts in many fields---such as technology, entertainment, design, business, science, and global affairs---and posts the 4,000+ free, short, powerful, searchable videos in more than 100 languages at [TED.com](http://TED.com).*

# Links On Mental Health

**Ethics consult: What to do when clients speak negatively about prior therapists**

<https://www.simplepractice.com/blog/ethics-consult-prior-therapists-behavior/>

**Data suggests mentorships can hugely benefit mental health practitioners**

<https://www.simplepractice.com/blog/mental-health-mentor-survey/>

**FDA panel gives unanimous thumbs up to OTC naloxone**

<https://www.medscape.com/viewarticle/988378>

**Psychedelics acceptance among policymakers reaches new high**

<https://pro.psycom.net/psychedelics-acceptance-among-policymakers-reaches-new-high>

**Even mild covid is hard on the brain**

[https://www.medscape.com/viewarticle/989268?ecd=WNL\\_trdalrt\\_pos1\\_230308&uac=216341ER&implD=5228352](https://www.medscape.com/viewarticle/989268?ecd=WNL_trdalrt_pos1_230308&uac=216341ER&implD=5228352)

**FTC bans online mental health company BetterHelp from sharing user data for targeted ads**

<https://www.businessinsider.com/ftc-bans-online-health-company-betterhelp-sharing-data-targeted-ads-2023-3>

**Mental health startup Cerebral exposes the personal data of more than 3 million people**

<https://www.cnn.com/2023/03/10/politics/cerebral-mental-health-privacy-data-exposure/index.html>

**Study says long COVID may cause face blindness**

[https://www.medscape.com/viewarticle/989682?ecd=WNL\\_trdalrt\\_pos1\\_230316&uac=216341ER&implD=5252836](https://www.medscape.com/viewarticle/989682?ecd=WNL_trdalrt_pos1_230316&uac=216341ER&implD=5252836)



*Brand Boulevard, north of Broadway, featuring Webb's department store (center), Alex Theater (right), and the Verdugo hills, Glendale, CA, circa 1955*

# 15 CEs for mental health professional

request a free taste of council  
training for your agency by  
emailing  
sydney@centerforcouncil.org



## COURSE CONTENT

Participants will spend 15 hours developing their understanding of, fluency with and capacity to engage in and facilitate council, **a dialogic practice of authentic expression and attentive, mindful listening,**

so as to integrate this methodology into professional settings and personal practice. This training workshop covers the history, fundamentals and nuances of the forms and modalities of council, as well as the pedagogy, intentions and language used to introduce the practice to others.

In addition to a grounding in the basic procedures and tools of council, broader applications to a variety of scenarios will be explored, along with the benefits of skillful embodiment of compassion in working with patients, interacting with colleagues and to benefit personal wellbeing and balance.

### Center for Council's Council Training 1

June 10-11

9AM-4PM

Los Angeles, CA USA

Cost: \$549

### Center for Council's Council Training 1

September 30-October 1

9AM-4PM

Los Angeles, CA USA

Cost: \$549

This workshop will be led by Center for Council Executive Director Jared Seide, author of *Where Compassion Begins* and certified council trainer with over two decades of experience leading award-winning council programs for schools, businesses, healthcare organizations, elder care facilities, prisons, law enforcement organizations and community based organizations, as well as trainings and retreats focusing on compassion, reconciliation and community-building throughout the U.S., Poland, Rwanda, France, Colombia and Bosnia-Herzegovina.

15 CE credits are available for instructional time and course activities and does not include breaks or mealtime. Course completion certificates will be awarded upon request via email and will be sent within five business days.

## ABOUT US

Center for Council (CAMFT approval number 1000178) delivers programs and trainings that promote communication, enhance well-being, build community and foster compassion. Utilizing science-based methodologies, we offer a wide range of programming that integrates compassion-based skills and practices that engender greater self-awareness and self-regulation and that cultivate skillful communication, leading to more authentic, positive relationships with self, others and the environments in which we live and work. This course meets the qualifications for 15 hours of continuing education credit for LMFTs, LCSWs, LPCCs, and/or LEPs as required by the California Board of Behavioral Sciences. Center for Council is approved by the California Association of Marriage and Family Therapists to sponsor continuing education for LMFTs, LCSWs, LPCCs and LEPs. Center for Council maintains responsibility for this program/course and its content. For more information or special needs, email us: [contact@centerforcouncil.org](mailto:contact@centerforcouncil.org).

Learning objectives for CT1 include: identifying and describing methodologies for regulating breath and stress and creating a container for reflection on personal motivation; explaining the five elements and four intentions of council practice; identifying the four planes of awareness and demonstrating the ability to assess one's own physical, mental, emotional, and energetic states; distinguishing the basic, fishbowl and spiral formats of council; identifying the physiological differences between sympathetic and parasympathetic nervous system activation; demonstrating two or more techniques for interrupting the stress response and augmenting the parasympathetic response; creating a council center and explaining the value of council talking pieces; forming council prompts and articulating the four factors that make for a successful prompt; distinguishing three or more critical elements of council practice and effective facilitation; identifying two or more factors that encourage appropriate disclosure and vulnerability; identifying 6-8 formats for council and explaining how these are utilized in varied settings; and identifying two or more valuable take-aways from the workshop.



**Refund Policy:** Fees are fully refundable within seven days from the purchase date and can be transferred and applied to another training offered by Center for Council up until 30 days before the original event date. Fees are non-refundable and non-transferable if canceled within 30 days of the training. To request a cancellation or transfer please contact us. Requests will be processed within ten business days. If Center for Council cancels, participants will have the option to transfer fees or receive a full refund for the cost of the training. **Grievance Policy:** Grievances shall be submitted by email to [contact@centerforcouncil.org](mailto:contact@centerforcouncil.org) and will receive a response from staff within five business days.

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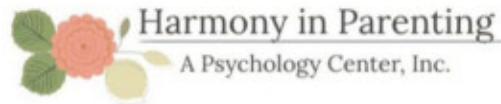


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## THE ASSESSMENT LIST

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### Free Online Directory of Psychological Testing

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The Assessment List is a free directory of 300 psychologists offering psychological testing throughout Los Angeles county. Includes psychoeducational, neuropsychological, vocational, custody, forensic, and general psychiatric assessment. The directory has been viewed on the internet thousands of times. There is no cost to professionals or prospective clients for access to this directory. Newly indexed for telehealth.

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## THE GROUP LIST

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### Free Online Directory of Group Therapy

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The Group List is a free directory of 1,400 psychotherapy groups offered by 600 licensed mental health professionals throughout Los Angeles county. Includes therapeutic, process, supportive, didactic, and consultative groups. The directory has been viewed on the internet 45,000 times. There is no cost to professionals or prospective clients for access to this directory. Newly indexed for telehealth.

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Available online at  
[TheGroupList.org](http://TheGroupList.org)

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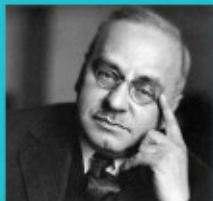
### Can You Correctly Name These Famous Figures in Mental Health?



**Murray Bowen**  
Family Systems Theory



**Joyce Brothers**  
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**Alfred Adler**  
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**Jacob Moreno**  
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Above are Answers to the Quiz on Page 1

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## EMPLOYMENT

**ASSOCIATE.** Position available for pre- or post-doc PhD/PsyD, AMFT, or APCC. In Pasadena private practice, limited hours, for fee split, virtual and in-person sessions with children and adults, one year minimum. Develop a caseload to take with you upon licensure. At least one afternoon/evening in-office availability is required. To apply, please send an e-mail with CV to Evelyn Novello, Ph.D., at [novello@pasadenapsychology.com](mailto:novello@pasadenapsychology.com). [11/22]

**BILINGUAL SPANISH PSYCHOLOGICAL ASSOCIATE.** To conduct intakes and write reports for a forensic practice. Two weekends a month with travel to Las Vegas and Reno required, Friday and Saturday twice a month. Hotel and airfare are paid. This position will earn both California and Nevada BOP hours for licensure. Hourly wage is paid whether or not an intake is gathered or report written each hour at the clinic site. For more information, please contact Kara Cross, Ph.D., at [drcross@mac.com](mailto:drcross@mac.com). [3/23.]

**CLINICAL DIRECTOR.** Casa Treatment Center, in Pasadena, is seeking a clinical director to oversee programs, including residential, outpatient, prevention, and community-based services. Requires

master's degree in a related field and mental health license. Contact Nelly Mesa-Andrade, Executive Director, at [nandrade@casatreatmentcenter.org](mailto:nandrade@casatreatmentcenter.org). [3/23.]

**LICENSED CLINICAL SUPERVISORS.** The Multicultural Learning Center (MLC), an independent charter school in Los Angeles has received a multi-year grant to increase the number of trained and qualified mental health practitioners on public school campuses. MLC is working with a consortium of eleven different sites TK-12 in the West, North, and East San Fernando Valley, as well as the Hollywood and Central Los Angeles neighborhoods. MLC will collaborate with USC and CSUN to place field service students in MSW (Masters in Social Work), MFT (Marriage and Family Therapy) or PCC (Professional Clinical Counseling) programs. If you are interested, please contact Gayle Nadler, MLC Executive Director, at [gayle@mlccharter.org](mailto:gayle@mlccharter.org). [3/23.]

**POST-DOCTORAL TRAINING PROGRAM.** Framework Associates, in North Hollywood, is a group practice currently accepting applications for our post-doctoral training program for the 2023-2024 academic year. Additional information about our program can be found at: <https://frameworkpsych.com/epostdoc>. To apply, e-mail the following to Elisa Leal, Psy.D., at [EL@FrameworkPsych.com](mailto:EL@FrameworkPsych.com): cover letter, CV, two letters of

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recommendation from past or current supervisors, de-identified progress note as an example of your clinical writing. [2/23.]

**POSTDOCTORAL FELLOWSHIP.** Dr. Kate Truitt & Associates, in Old Town Pasadena, is accepting applications for the 2023-2024 training year. DKTA specializes in the treatment of trauma and stress-based disorders using interventions that are neuroscience based, trauma informed, and resiliency focused. Contact Yolanda Céspedes, Ph.D., Director of Clinical Training, (626) 524-5525, [yolanda@drtruitt.com](mailto:yolanda@drtruitt.com). [3/23.]

**PRE-LICENSED AND LICENSED THERAPISTS.** The Institute for Girls' Development and Flourish Therapy & Wellness Center (serving all ages and genders) are hiring full-time positions for pre-licensed and licensed therapists to join our team of collaborative, compassionate clinicians. We promote excellence in psychotherapeutic and assessment services, as well as community programs for girls, young adults, gender expansive individuals, and families. Check out our current openings. Visit [www.instituteforgirlsdevelopment.com/employment/](http://www.instituteforgirlsdevelopment.com/employment/). [4/22]

**PSYCHOLOGICAL ASSOCIATE.** Larchmont private practice offers two options. The first is doing therapy, dealing with injuries: accidents, loss of loved ones, as well as related depression, brain injuries, anxiety and PTSD. The second option is forensics doing research, testing, and other issues related to developing knowledge related to forensic

evaluations, including immigration, personal injury, and others. The positions would start part-time but could become full-time quickly, and the work is compensated. Contact Bennett Williamson, Ph.D., (323) 660-0728, [bennett@drbwilliamson.com](mailto:bennett@drbwilliamson.com). [2/23.]

**PSYCHOLOGISTS AND ASSOCIATES.** Crossroads Institute for Psychotherapy and Assessment, a private practice in downtown Los Angeles, is seeking full-time licensed psychologists and post-doctoral psychological associates. We focus on providing integrative psychotherapy to children and adults, as well as a full range of psychological assessment for all ages, psychiatric care, and bio- and neurofeedback. Both telehealth, in-office, and blended arrangements can be made. If interested, please email Jillilan Pexa, Psy.D., at [j.pexa@crossroads-psych.com](mailto:j.pexa@crossroads-psych.com). [2/23.]

**THERAPIST.** Center for Healthy Sex in West Los Angeles has open therapist positions, both in-person & remote, full-time & part-time. If you are interested in learning and applying sex therapy and sex/love addiction treatment models with a dynamic team, this is a great opportunity. We provide coaching, individual, couple, and group therapies via telehealth and in-person. We appreciate the value of teamwork and are known for excellent clinical services for over 16 years. Our philosophical ideals about psychological, emotional, relational, and sexual health motivate us to operate with conscious and open

and cover letter to Gabe Littman at [gabe@centerforhealthysex.com](mailto:gabe@centerforhealthysex.com). [12/22]

**THERAPISTS.** Avedian Counseling Center is now hiring both licensed and pre-licensed therapists. The position is 20+ hours weekly and is ideal for someone who does not have their own private practice and is not working for another group practice. Call Anita Avedian for more information at (818) 426-2495 or go to [www.AvedianCounselingCenter.com](http://www.AvedianCounselingCenter.com). To apply, send your resume to [anita@anitaavedian.com](mailto:anita@anitaavedian.com). [12/22]

## GROUPS

**ADDICTION MANAGEMENT & RECOVERY GROUP.** Pasadena & Sherman Oaks. Daryn Plancher, Ph.D., Lic. # 18182. Call (800) 599-8820 or e-mail [frederik@insighttreatment.com](mailto:frederik@insighttreatment.com)

**ADOLESCENT DBT SKILLS MULTI-FAMILY TELEHEALTH GROUP.** Sierra Madre. Patricia Gieselman, L.M.F.T., Lic. # 25498. Call (626) 470-9834 or e-mail [info@choices.care](mailto:info@choices.care).

**ANGER MANAGEMENT CO-ED ADULT TELEHEALTH GROUP.** Glendale & Sherman Oaks. Anita Avedian, L.M.F.T., Lic. # 38403. Call (818) 990-0999 or e-mail [anita@anitaavedian.com](mailto:anita@anitaavedian.com).

ANGER MANAGEMENT TEENS TELEHEALTH GROUP. Glendale & Sherman Oaks. Anita Avedian, L.M.F.T., Lic. # 38403. Call (818) 990-0999 or e-mail [anita@anitaavedian.com](mailto:anita@anitaavedian.com).

ANGER MANAGEMENT TELEHEALTH GROUP. Pasadena. Silva Depanian, L.M.F.T., Lic. # 121864. Call (818) 396-6376 or e-mail [silvadepanian@gmail.com](mailto:silvadepanian@gmail.com).

ANGER MANAGEMENT WOMENS TELEHEALTH GROUP. Glendale & Sherman Oaks. Anita Avedian, L.M.F.T., Lic. # 38403. Call (818) 990-0999 or e-mail [anita@anitaavedian.com](mailto:anita@anitaavedian.com).

CAREGIVER SUPPORT TELEHEALTH GROUP. Glendale. James J. De Santis, Ph.D., Lic. # 10315. Call (818) 551-1714 or e-mail [jjdesantis@aol.com](mailto:jjdesantis@aol.com).

CO-ED GROUP. Pasadena & Sherman Oaks. Daryn Plancher, Ph.D., Lic. # 18182. Call (800) 599-8820 or e-mail [frederik@insighttreatment.com](mailto:frederik@insighttreatment.com).

CHILDREN'S SOCIAL-EMOTIONAL SKILLS TELEHEALTH GROUPS (ages 3-5, 7-11). Encino. Small virtual groups designed for children struggling with shyness, anxiety, or ADHD to improve relationships with friends and family members. Groups are both educational and experiential, allowing a child to practice newly developing skills in a safe, supportive environment. Compliments individual or family psychotherapy for your clients. Groups cost is \$200 for 4 weeks. Please contact

Azine Graff, Psy.D., Lic. # 24847, or Rosalie Finer, Ph.D., Lic. # 10877, at (818) 810-7079 or visit our website at [www.HarmonyinParenting.com](http://www.HarmonyinParenting.com).

CO-ED INTERPERSONAL PROCESS TELEHEALTH GROUP. Process-oriented growth group for intense, 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. James J. De Santis, Ph.D., Lic. # 10315. Call (818) 551-1714 or e-mail [jjdesantis@aol.com](mailto:jjdesantis@aol.com).

CO-PARENTING HIGH-CONFLICT COURT & VOL TELEHEALTH GROUP. South Pasadena. Mary Ann Aronsohn, L.M.F.T., Lic. # 24791. Call (626) 441-5131 or e-mail [m.aronsohn@protonmail.com](mailto:m.aronsohn@protonmail.com).

COMMUNICATION SKILLS & MEDITATION GROUP. Pasadena & Sherman Oaks. Daryn Plancher, Ph.D., Lic. # 18182. Call (800) 599-8820 or e-mail [frederik@insighttreatment.com](mailto:frederik@insighttreatment.com).

DBT SKILLS ADULTS TELEHEALTH GROUP. Sierra Madre. Patricia Gieselman, L.M.F.T., Lic. # 25498. Call (626) 470-9834 or e-mail [info@choices.care](mailto:info@choices.care).

DIVORCE AND SEPARATION SUPPORT TELEHEALTH GROUP. For men and women either contemplating, going through, or recovering from separation or divorce. Addresses communication with an estranged spouse, coping

with the legal process, optimizing your relationship with your children, co-parenting, developing a new home life, dating, building a new community of friends, maintaining productivity at work, and achieving personal well-being. Complements concurrent individual or conjoint psychotherapy. James J. De Santis, Ph.D., Lic. # 10315. Call (818) 551-1714 or e-mail [jjdesantis@aol.com](mailto:jjdesantis@aol.com).

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 contact Courtney at (818) 348-6700 or [courtney@thelawcollaborative.com](mailto:courtney@thelawcollaborative.com).

DIVORCE SUPPORT TELEHEALTH GROUP. Studio City. Ellen M. Butterfield, L.M.F.T., Lic. # 33531. Call (818) 458-3344 or e-mail [fiddlertoo@gmail.com](mailto:fiddlertoo@gmail.com), [ellen@studiocitytherapy.com](mailto:ellen@studiocitytherapy.com).

FAMILY & RELATIONAL DYNAMICS GROUP. Pasadena & Sherman Oaks. Daryn Plancher, Ph.D., Lic. # 18182. Call (800) 599-8820 or e-mail [frederik@insighttreatment.com](mailto:frederik@insighttreatment.com).

GAY MENS INTERPERSONAL PROCESS TELEHEALTH GROUP. Glendale. James J. De Santis, Ph.D., Lic. # 10315. e-mail [jjdesantis@aol.com](mailto:jjdesantis@aol.com).

**GROUP THERAPY.** The Institute for Girls' Development is pleased to offer a wide variety of therapy groups for children, teens, and young adults! Some of these groups include: Be Body Positive – a group that helps middle schoolers develop resources and a renewed energy to maintain positivity and take care of one's body; Beautiful Shades – a group that provides teens of color a safe space for exploring their experiences within the dominant white culture; Rainbow Grit – a group for LGBTQAI+ teens that is designed to provide connection, support, and positive coping skills; Explore Your Path – a group that offers a supportive environment to prepare for and process the exciting and challenging transitions that accompany young adulthood; and more! Check out our full list of Group Therapy options for youth, teens, and young adults! For a current list of therapy groups, visit

[www.instituteforgirlsdevelopment.com/our-services/group-therapy/](http://www.instituteforgirlsdevelopment.com/our-services/group-therapy/)

**INTERNAL CONFLICT GROUP.** Pasadena & Sherman Oaks. Daryn Plancher, Ph.D., Lic. # 18182. Call (800) 599-8820 or e-mail [frederik@insighttreatment.com](mailto:frederik@insighttreatment.com).

**MEN & SHAME TELEHEALTH GROUP.** Pasadena. Christopher Tickner, Ph.D., L.M.F.T., Lic. # 42576. E-mail [cticksoma@gmail.com](mailto:cticksoma@gmail.com), [Info@BodyMindPsych.com](mailto:Info@BodyMindPsych.com).

**MENS PROCESS TELEHEALTH GROUP.** South Pasadena. Jason Wildman, L.C.S.W., SEP, Lic. # 77520. Call (917) 715-6664 or e-mail [wildman.lcsw@gmail.com](mailto:wildman.lcsw@gmail.com).

**MENS PROCESS TELEHEALTH GROUP.** Pasadena. Christopher Tickner, Ph.D., L.M.F.T., Lic. # 42576. Call (818) 995-1875 or e-mail [cticksoma@gmail.com](mailto:cticksoma@gmail.com), [Info@BodyMindPsych.com](mailto:Info@BodyMindPsych.com).

**MENS SUPPORT TELEHEALTH GROUP.** Growth and insight oriented group addresses male-female relationships, work and career, self-care, and personal fulfillment in life. Uses here-and-now interaction to increase self-awareness. Complements concurrent individual or conjoint psychotherapy. James J. De Santis, Ph.D., Lic. # 10315. Call (818) 551-1714 or e-mail [jjdesantis@aol.com](mailto:jjdesantis@aol.com).

**MINDFULNESS & STRESS MANAGEMENT TELEHEALTH GROUP.** Glendale. Martin Hsia, Psy.D., Lic. # 22978. Call (818) 547-2623 or e-mail [martinhsia@gmail.com](mailto:martinhsia@gmail.com), [mhsia@cbtsoal.com](mailto:mhsia@cbtsoal.com).

**MOTHERS STRESS & ANXIETY TELEHEALTH GROUP.** Encino. Rosalie Finer, Ph.D., Lic. # 10877. Call (818) 824-9915 or e-mail [rosalie@grefin.com](mailto:rosalie@grefin.com), [rosalie@hipsfv.com](mailto:rosalie@hipsfv.com).

**MOTHERS SUPPORT TELEHEALTH GROUP.** (Mothers of Children Ages Birth to 5). Supporting new mothers of children birth to 5 years of age in finding their inner wisdom and putting it into practice. This 4-week group will explore parenting values, support building compassion for self/child, help redefine parenting values with intention, and implement their learning. Groups cost is \$200 for 4

weeks. Please contact Azine Graff, Psy.D., Lic. # 24847, or Rosalie Finer, Ph.D., Lic. # 10877, at (818) 810-7079 or visit [www.HarmonyinParenting.com](http://www.HarmonyinParenting.com).

**MULTI-FAMILY GROUP.** Pasadena & Sherman Oaks. Daryn Plancher, Ph.D., Lic. # 18182. Call (800) 599-8820 or e-mail [frederik@insighttreatment.com](mailto:frederik@insighttreatment.com).

**NARCISSISTIC ABUSE SUPPORT TELEHEALTH GROUP.** Pasadena. Bren M. Chasse, L.M.F.T., Lic. # 94662. Call (626) 765-9944 or e-mail [bchassemft@gmail.com](mailto:bchassemft@gmail.com), [bchasse@anchorpsychotherapy.com](mailto:bchasse@anchorpsychotherapy.com).

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**PARENTING TEENS GROUP.** Pasadena. Gregory T. Arata, L.M.F.T., Lic. # 125055. Call (323) 419-1730 or e-mail [gregoryaratatherapy@gmail.com](mailto:gregoryaratatherapy@gmail.com), [gregoryarata@gmail.com](mailto:gregoryarata@gmail.com).

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PARENTING WITH GENTLENESS AGES 3-5 & 6-10 TELEHEALTH GROUP. Encino. Small groups designed for parents of children struggling to manage their emotions, feel confident, engage with others, and make friends. This 4-week virtual group gives parents knowledge and tools to help in supporting their child and building their skills. Groups cost is \$200 for 4 weeks. Please contact Azine Graff, Psy.D., Lic. # 24847, or Rosalie Finer, Ph.D., Lic. # 10877, at (818) 810-7079 or visit [www.HarmonyinParenting.com](http://www.HarmonyinParenting.com).

PARTNERS OF SEX ADDICTS BETRAYAL TELEHEALTH GROUP. West Los Angeles. Alexandra Katehakis, Ph.D., L.M.F.T., CSAT-S, CST-S, Lic. # 36902. Call (310) 843-9902 or e-mail [info@centerforhealthysex.com](mailto:info@centerforhealthysex.com).

PLANNING GROUP. Pasadena & Sherman Oaks. Daryn Plancher, Ph.D., Lic. # 18182. Call (800) 599-8820 or e-mail [frederik@insighttreatment.com](mailto:frederik@insighttreatment.com).

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POSTPARTUM DEPRESSION TELEHEALTH GROUP. Sherman Oaks. Kimberly Resnick Anderson, L.C.S.W., Lic. # 72906. Call (818) 334-5811 or e-mail [kimberly.sexualhealth@gmail.com](mailto:kimberly.sexualhealth@gmail.com).

SEX & LOVE ADDICTION MENS TELEHEALTH GROUP. West Los Angeles. Alexandra Katehakis, Ph.D., L.M.F.T., CSAT-S, CST-S, Lic. # 36902. Call (310) 843-9902 or e-mail [info@centerforhealthysex.com](mailto:info@centerforhealthysex.com).

SEX & LOVE ADDICTION WOMENS TELEHEALTH GROUP. West Los Angeles. Alexandra Katehakis, Ph.D., L.M.F.T., CSAT-S, CST-S, Lic. # 36902. Call (310) 843-9902 or e-mail [info@centerforhealthysex.com](mailto:info@centerforhealthysex.com).

SEXUAL ABUSE SURVIVORS SUPPORT WOMENS TELEHEALTH GROUP. Pasadena. Bren M. Chasse, L.M.F.T., Lic. # 94662. Call (626) 765-9944 or e-mail [bchassemft@gmail.com](mailto:bchassemft@gmail.com), [bchasse@anchorpsychotherapy.com](mailto:bchasse@anchorpsychotherapy.com).

SEXUAL ADDICTION MENS TELEHEALTH GROUP. West Los Angeles. Alexandra Katehakis, Ph.D., L.M.F.T., CSAT-S, CST-S, Lic. # 36902. Call (310) 843-9902 or e-mail [info@centerforhealthysex.com](mailto:info@centerforhealthysex.com).

SEXUAL ADDICTION TELEHEALTH GROUP. Sherman Oaks. Kimberly Resnick Anderson, L.C.S.W., Lic. # 72906. Call (818) 334-5811 or e-mail [kimberly.sexualhealth@gmail.com](mailto:kimberly.sexualhealth@gmail.com).

SKILL-BUILDING EXPERIENTIAL GROUP. Pasadena & Sherman Oaks. Daryn Plancher, Ph.D., Lic. # 18182. Call (800) 599-8820 or e-mail [frederik@insighttreatment.com](mailto:frederik@insighttreatment.com).

SOCIAL ANXIETY SUPPORT TELEHEALTH GROUP. Glendale & Sherman Oaks. Anita Avedian, L.M.F.T., Lic. # 38403. Call (818) 990-0999 or e-mail [anita@anitaavedian.com](mailto:anita@anitaavedian.com).

SOCIAL SKILLS AGE 7-12 GROUP. Pasadena. Bren M. Chasse, L.M.F.T., Lic. # 94662. Call (626) 765-9944 or e-mail [bchassemft@gmail.com](mailto:bchassemft@gmail.com), [bchasse@anchorpsychotherapy.com](mailto:bchasse@anchorpsychotherapy.com).

SOCIAL SKILLS GROUP. Glendale. Ira P. Heilveil, Ph.D., Lic. # 07726. Call (818) 275-2587 or e-mail [iraheilveil@yahoo.com](mailto:iraheilveil@yahoo.com), [ira@touchstone-education.com](mailto:ira@touchstone-education.com).

SPIRITUAL COUNSELING ACIM GROUP. Pasadena. Diane Eisenman, L.M.F.T., Lic. # 08792. Call (818) 618-1565 or e-mail [alanddi@sbcglobal.net](mailto:alanddi@sbcglobal.net), [dleisenman1@gmail.com](mailto:dleisenman1@gmail.com).

TEEN GIRLS SEXUAL ABUSE SURVIVORS GROUP. Pasadena. Bren M. Chasse, L.M.F.T., Lic. # 94662. Call (626) 765-9944 or e-mail [bchassemft@gmail.com](mailto:bchassemft@gmail.com), [bchasse@anchorpsychotherapy.com](mailto:bchasse@anchorpsychotherapy.com).

TEEN SUPPORT GROUP. Pasadena. Christopher Tickner, Ph.D., L.M.F.T., Lic. # 42576. Call (818) 995-1875 or e-mail [cticksoma@gmail.com](mailto:cticksoma@gmail.com), [Info@BodyMindPsych.com](mailto:Info@BodyMindPsych.com).

TEENS TELEHEATH GROUP. Pasadena. Bren M. Chasse, L.M.F.T., Lic. # 94662. Call (626) 765-9944 or e-mail [bchassemft@gmail.com](mailto:bchassemft@gmail.com), [bchasse@anchorpsychotherapy.com](mailto:bchasse@anchorpsychotherapy.com).

THERAPIST CONSULTATION AD/HD VIRTUAL GROUP. Montrose. Amoret Kaufman, L.M.F.T., Lic. # 105150. Call (818) 651-6161 or e-mail [amoret@amoretcounseling.com](mailto:amoret@amoretcounseling.com), [amoret@sbcglobal.net](mailto:amoret@sbcglobal.net).

THERAPIST CONSULTATION SOMATIC GROUP. Pasadena. Christopher Tickner, Ph.D., L.M.F.T., Lic. # 42576. Call (818) 995-1875 or e-mail [cticksoma@gmail.com](mailto:cticksoma@gmail.com), [Info@BodyMindPsych.com](mailto:Info@BodyMindPsych.com).

THERAPIST CONSULTATION VIRTUAL GROUP. Encino. Azine S. Graff, Psy.D., Lic. # 24847. Call (818) 810-7079 or e-mail [azine.psych@gmail.com](mailto:azine.psych@gmail.com), [azine@hipsfv.com](mailto:azine@hipsfv.com).

THERAPIST CONSULTATION TRAUMA VIRTUAL GROUP. Montrose. Amoret Kaufman, L.M.F.T., Lic. # 105150. Call (818) 651-6161 or e-mail [amoret@amoretcounseling.com](mailto:amoret@amoretcounseling.com), [amoret@sbcglobal.net](mailto:amoret@sbcglobal.net).

THERAPIST CONSULTATION VIRTUAL GROUP. Encino. Rosalie Finer, Ph.D., Lic. # 10877. Call (818) 824-9915 or e-mail [rosalie@grefin.com](mailto:rosalie@grefin.com), [rosalie@hipsfv.com](mailto:rosalie@hipsfv.com).

THERAPIST PRIVATE PRACTICE DEVELOPMENT VIRTUAL CONSULTATION GROUP. Biweekly support group for therapists who are either recently licensed or relocated, re-entering the private sector, wanting to increase net income.

not seeing the type of patients they work with best. Offers practical action-oriented guidance and peer support to help set customized goals, identify target markets, design coherent and ethical marketing strategies, and track results. James J. De Santis, Ph.D., Lic. # 10315. Call (818) 551-1714 or e-mail [jjdesantis@aol.com](mailto:jjdesantis@aol.com).

TWEENS TELEHEATH GROUP. Pasadena. Bren M. Chasse, L.M.F.T., Lic. # 94662. Call (626) 765-9944 or e-mail [bchassemft@gmail.com](mailto:bchassemft@gmail.com), [bchasse@anchorpsychotherapy.com](mailto:bchasse@anchorpsychotherapy.com).

WOMEN & INTIMACY TELEHEATH GROUP. West Los Angeles. Alexandra Katehakis, Ph.D., L.M.F.T., CSAT-S, CST-S, Lic. # 36902. Call (310) 843-9902 or e-mail [info@centerforhealthysex.com](mailto:info@centerforhealthysex.com).

WOMEN BETRAYED BY PARTNERS TELEHEATH GROUP. Glendale. Natalie Nazaryan, L.M.F.T., Lic. # 112226. Call (747) 221-4310 or e-mail [nazaryantherapy@gmail.com](mailto:nazaryantherapy@gmail.com).

WOMEN'S LOVE ADDICTION TELEHEATH GROUP. West Los Angeles. Alexandra Katehakis, Ph.D., L.M.F.T., CSAT-S, CST-S, Lic. # 36902. Call (310) 843-9902 or e-mail [info@centerforhealthysex.com](mailto:info@centerforhealthysex.com).

WOMEN'S SEXUAL TRAUMA PROCESS TELEHEATH GROUP. Pasadena. Christopher Tickner, Ph.D., L.M.F.T., Lic. # 42576. Call (818) 995-1875 or e-mail [cticksoma@gmail.com](mailto:cticksoma@gmail.com), [Info@BodyMindPsych.com](mailto:Info@BodyMindPsych.com).

WOMEN WITH LOW SEXUAL DESIRE TELEHEATH GROUP. Sherman Oaks. Kimberly Resnick Anderson, L.C.S.W., Lic. # 72906. Call (818) 334-5811 or e-mail [kimberly.sexualhealth@gmail.com](mailto:kimberly.sexualhealth@gmail.com).

## SERVICES

CONTINUING EDUCATION. Anger Management Essentials is a NAMA and CAAMP approved anger management certification training. The training offers 21 CE's and offers both in-person and streaming live. Receive both the adult and the teen's book along with the necessary business forms for your practice. Get on the CAAMP Provider's list for the courts and probation. Associates welcome! Group discounts are offered. Go to [AngerManagementEssentials.com](http://AngerManagementEssentials.com). Contact Anita Avedian for more information at [anita@anitaavedian.com](mailto:anita@anitaavedian.com). [12/22]

FLOURISH THERAPY + WELLNESS CENTER. We're excited to share about our new center for adults! Flourish is a division of the Institute for Girls' Development, a Psychological Corporation. It's located in our beautiful space in Old Pasadena, and services include therapy, learning and connection opportunities, and wellness programs for adults of all ages. For more information, visit [www.flourishtherapy.care/](http://www.flourishtherapy.care/). [6/21]

MARKETING CONSULTATION. Individualized coaching for mental health professionals and students/interns wanting to start or build 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 as needed. Jim De Santis, Ph.D., Glendale, at (818) 551-1714 or [JJDeSantis@aol.com](mailto:JJDeSantis@aol.com). [4/23]

**MENTAL HEALTH BILLING AND CREDENTIALING.** We're accepting new clients. No minimum and free verification of benefits. Need to be credentialed in telepsychiatry? We can help your enrollment in all insurance networks. Contact us at Doris Mollenkopf, MBA, CPC, CRC, CCDS-O, CNA, (818) 238-9280 x5 or [info@managementresourcesbillng.com](mailto:info@managementresourcesbillng.com). [3/23]

**NEUROPSYCHOLOGICAL EVALUATIONS** for all types of neurological disturbances, such as memory loss, attention/concentration difficulties, language deficits, and change in mood and behavior. Accepting most insurance plans, including Medicare. Assessments also available in Armenian and Farsi. Audrey Khatchikian, Ph.D., Lic # PSY18823, (818) 476-0066. [1/22]

**NEUROPSYCHOLOGICAL/ PSYCHOLOGICAL EVALUATIONS** for neurological conditions (e.g., dementia, strokes, head injuries), learning disabilities, and ADHD. Specialization in clinical and forensic evaluations for academic accommodations for standardized tests/licensing exams, immigration hearings,

mental health diversion and mitigation, violence risk, civil and criminal competency/capacity, fitness for duty, pre-employment, personal injury, and workers compensation. Contact Emin Gharibian, Psy.D. Lic. # PSY29643, at (818) 253-1161 or visit [www.verdugopsych.com](http://www.verdugopsych.com). [1/22]

**PEDIATRIC NEUROPSYCHOLOGIST.** UCLA-trained clinical neuropsychologist, specializing in evaluation of children and young adults. I have expertise with neurodevelopmental disorders (e.g., learning disorders, AD/HD), traumatic brain injury, epilepsy, emotional and behavioral difficulties, and other complex medical conditions. Available for consultation and education in these and other mental health-related topics, across healthcare/community settings. West-LA-Pasadena. Jesse Fischer, Ph.D., (Lic. # PSY32710), (424) 272-1374, [www.JFischerPhD.com](http://www.JFischerPhD.com). [1/22]

## **PUBLICATIONS**

**THE BUSINESS OF PRACTICE:** Building an optimal private practice for mental health professionals. Paperback challenges and inspires mental health professionals to expand and refine their opportunities for a private practice that is personally fulfilling. Content emphasizes pragmatic, real-world information and action-oriented steps to offering mental health services, while respecting both established business concepts and ethical principles of professional practice. [www.Lulu.com](http://www.Lulu.com). [4/23]

**CHILD PSYCHIATRIST DIRECTORY.** Concise PDF list of 550 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). [4/23]

**DIAGNOSTIC TESTING DIRECTORY.** The Assessment List is a free directory listing of 300 licensed psychologists throughout Los Angeles County who offer psychological assessment services, including educational, neuropsychological, forensic, vocational, custody, or general psychiatric differential diagnosis. View, print, or download PDF from [www.JJDeSantis.com](http://www.JJDeSantis.com). [4/23]

**EAST SAN GABRIEL VALLEY DIRECTORY.** Free directory of 135 mental health professionals from Pasadena to Claremont, cross-indexed by specialties, services, second languages, and insurance accepted. View or download PDF at [www.JJDeSantis.com](http://www.JJDeSantis.com). [4/23]

**GLENDALE AREA THERAPIST DIRECTORY.** 160 licensed mental health professionals in the Glendale area, cross-indexed by specialties, services, second languages, and insurance accepted. This online searchable directory is available free at [www.gamhpa.org](http://www.gamhpa.org). [4/23]

**GROUP THERAPY DIRECTORY.** Free directory of 1,200 outpatient psychotherapy groups offered by 600 licensed mental health professionals throughout Los Angeles County. Online directory has been viewed on the internet over 50,000 times. Download a PDF copy from [www.TheGroupList.org](http://www.TheGroupList.org). [4/23]



**PARENTING RESOURCES.** Free online resources including tip sheets and activities for parents, children, and professionals in supporting management of stress, anxiety, AD/HD, emotional regulation, and social-emotional learning to promote overall well-being are available to download from [www.harmonyinparenting.com](http://www.harmonyinparenting.com). [1/22]

**PRIVATE PRACTICE OFFICE FORMS.** Field tested, up-to-date quick-start kit of forms includes patient intake, financial agreements, HIPAA notice, consents and releases, telehealth, and clinical screening forms. Paper forms or PDF files via e-mail. For more information or to examine samples, visit [www.JJDeSantis.com](http://www.JJDeSantis.com). [4/23]

## **OFFICE SPACE**

**BEVERLY HILLS.** Part-time space on Beverly Dr., south of Olympic Blvd., in a quiet first floor suite, with easy metered street parking. Within walking distance of Pavilions Market, restaurants, shopping. Printer/copier, Wi-Fi, and basic supplies available for renters. Potential for case consultation. For more information, please contact Karen Wulfson, L.M.F.T., at (310) 475-1759 or [karen@karenwulfson.com](mailto:karen@karenwulfson.com). [12/22]

**BRENTWOOD.** We are looking to renew an office lease in Brentwood and are looking for a third partner for a three-year lease beginning August 2023. This is for a 4-office suite in a medical building on San Vicente

on the seventh floor with window office with an ocean view, waiting room, separate exit, and kitchen area. If you are interested, please contact Scott Harris, Ph.D., at (310) 422-7468 or [drharris@scottharrisphd.com](mailto:drharris@scottharrisphd.com). [4/23]

**BURBANK/TOLUCA LAKE.** Subletting opportunity for those looking to get back to in-person sessions. Conveniently located near other businesses, the studios, and the 134 freeway. Professional and inviting office space. Perfect environment for newly licensed clinicians looking to build their practice or for established clinicians needing a second office location 1-2 days a week. A choice of two offices with windows, waiting room, Wi-Fi, and storage area. Convenient parking. Rate of \$20/hour. For more information, please reach out to Wendi Svoboda, LCSW, at 818-288-6711. [3/23]

**GLENDALE.** Full or part-time office available in two-story professional building surrounding a tree-lined central courtyard on Arden Avenue, in a suite of offices with furnished waiting room, amenities. Quiet neighborhood just minutes from heart of downtown Glendale. Close freeway access. Contact Margaret Stoll, Ph.D., at (310) 375-3607 or [margaret.stoll@gmail.com](mailto:margaret.stoll@gmail.com) or call Nora Chitilian, L.M.F.T., at (818) 634-1063. [12/22]

**GLENDALE.** Part-time office space available for psychotherapists. Conveniently located on Arden Ave. in Glendale. If interested, please e-mail Ira Heilveil, Ph.D., at [IraHeilveil@yahoo.com](mailto:IraHeilveil@yahoo.com). [12/22]

**LA CANADA.** We are subleasing one of our warm and quiet, fully furnished offices beginning in February for therapists to see clients in-person. The largest of three offices (approx. 13' x 11.5'), new carpet and paint, windows that open onto a private area, shared waiting area, Wi-Fi, call light, free parking for both clients and therapist, easy walking distance to Town Center restaurants and shopping, close to the 210 freeway. Rates are \$1300/month for full-time, \$270/month for 1 day of the week per month. For information, please contact Kay Simmeth, L.M.F.T., at [ksimmeth@gmail.com](mailto:ksimmeth@gmail.com). [1/23]

**LA CRESCENTA.** Office space available for sublease conveniently located near schools, has ample parking, large windows offer lots of natural light. Individual offices and a group room available to rent. Tea and water bar, Wi-Fi. Please contact Lauren Worley, L.C.S.W., at (626) 676-3841 or [laurenworleylcsww@gmail.com](mailto:laurenworleylcsww@gmail.com), or Amoret Kaufman, L.M.F.T., at (818) 651-6161 or [amoret@amoretcounseling.com](mailto:amoret@amoretcounseling.com) for further information. [3/23]

**PASADENA.** Part-time and full-time office spaces available for rent at 95 N. Marengo Avenue in Pasadena, located in a beautiful two-story historic building across from City Hall. We have a great community of therapist professionals throughout the building, including the Institute for Girls' Development. Contact Angela Lopez at [ALopez@IFGD.care](mailto:ALopez@IFGD.care) for more information. [12/22]

PASADENA. Part-time and full-time space available in our office suite located in the Thatcher building (960 E. Green Street) near Lake Avenue in a seven-office suite of supportive professionals. Waiting room, group room, Wi-Fi, kitchen, private bathroom, elevator access, paid lot or free street parking. \$250 one day a week on a monthly basis. \$1250 for a full-time two-year lease. For more information, please contact Jennifer Levin, Ph.D., L.M.F.T., at (626) 695-4211 or [jennifer@therapyheals.com](mailto:jennifer@therapyheals.com). [12/22]

PASADENA. Sublet on Green Street. Kitchenette, bathroom, snacks, internet, office supplies, call light system. Big HEPA filters in each room; building changes out HVAC filters monthly. Renting in 4 to 5 hour blocks. Contact Hillary Wright, Ph.D., at [hwrightpsych@gmail.com](mailto:hwrightpsych@gmail.com). [12/22]

PASADENA. Charming Marengo Avenue private bungalow office sublet between Del Mar and California near 110 Freeway. Fully-furnished with separate exit, kitchen, waiting area, Wi-Fi, free street parking. Great for therapists, writers, and other healing modalities. In walking distance to Whole Foods, Trader Joe's, Old Town, and the Gold Line. \$250/month for 1 day/week (weekdays and weekends available). Single day and half day possible. For more information, contact Lisa Lewis, L.M.F.T., L.P.C.C., by text at (626) 319-5076 or by e-mail at [lisa@lisalewis counseling.com](mailto:lisa@lisalewis counseling.com). [4/23]

SHERMAN OAKS. Part-time space available. Anita Avedian, L.M.F.T. Call (818) 426-2495 or e-mail [anita@anitaavedian.com](mailto:anita@anitaavedian.com). [12/22]

SIERRA MADRE. Furnished office within a three-office suite to sublease. Contact Elizabeth Ortiz, L.M.F.T., at [eortizmft@gmail.com](mailto:eortizmft@gmail.com). [1/23]

STUDIO CITY. Beautiful office for rent in a spacious psychotherapy suite on Ventura Blvd. Full or part-time. Large office with space to run groups. Furnished or unfurnished. Windows that open with views, free parking, opportunity for cross referrals from four experienced psychologists. Microwave and small refrigerator available. Please note: this office is located on the second floor and there is no elevator. Photos available upon request. For further information, contact Dale Rose, L.M.F.T. at (818) 783-1283. [1/23]

WOODLAND HILLS. Full-time and part-time space available. Anita Avedian, L.M.F.T. Call (818) 426-2495 or e-mail [anita@anitaavedian.com](mailto:anita@anitaavedian.com). [12/22]

# Newsletter Policies

The GAMHPA Newsletter is published and circulated at no charge to the local mental health community, including San Fernando Valley, San Gabriel Valley, and downtown Los Angeles.

GAMHPA encourages members to contribute articles of clinical or scholarly interest for publication. Submissions should be forwarded to [marvanounts@hotmail.com](mailto:marvanounts@hotmail.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. Readers are advised to open links in this publication at their own risk.

## EDITORIAL COMMITTEE

Articles, Mariam Vanounts  
Proofreading, Silva Depanian  
Content/Ads, Jim De Santis

## PUBLICATION DEADLINES

Summer Issue Jun 1  
Autumn Issue Sep 1  
Winter Issue Dec 1  
Spring Issue Mar 1

## ADVERTISING POLICIES

Submit display ads in PDF or JPG format. Classified and display ads run for one issue.

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## ADVERTISING RATES

	Member	Non-Mem
Classified	Free	\$20
Business card	\$20	\$25
1/4-page	\$30	\$45
1/2-page	\$55	\$80
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Member e-mails	\$20	\$30
Mailing list labels	\$30	\$50
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Payment for advertising services can be submitted through our online store at [www.gamhpa.org](http://www.gamhpa.org) or mailed to GAMHPA, P.O. Box 894, Glendora, CA 91740-0894.

## GAMHPA

**Glendale Area Mental Health Professionals Association**  
Post Office Box 894, Glendora, California 91740-0894  
[www.GAMHPA.org](http://www.GAMHPA.org)  
(818) 771-7680

## On the Web

[www.GAMHPA.org](http://www.GAMHPA.org)



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# Member Application and Renewal Form

Glendale Area Mental Health Professionals Association

P.O. Box 894, Glendora, CA 91740-0894  
(818) 771-7680 www.GAMHPA.org



     **New Applicants Only**

Print your full name and all information below.  
Check box next to appropriate membership category.  
If student/intern, obtain a full member's signature.  
Sign and date at the bottom.  
Complete all directory information on reverse side.  
For individuals, enclose a copy of license.  
Enclose check with this application and license.

\_\_\_\_\_  
Full Individual Name (Please Print)

\_\_\_\_\_  
Full Organization Name (If Applicable)

     **Renewing Members Only**

Print your full name below.  
Enter changes in your information below and check box.  
Check box next to appropriate membership category.  
Sign and date at the bottom.  
If you need to make changes to your directory information,  
check box on reverse side and complete all sections fully.  
Enclose check with this application.

For Office Use Only	
Application _____	Phoned _____
License _____	Packet _____
Dues _____	cc Newsletter _____
	cc Webmaster _____
	cc Listserve _____

**Contact Information ONLY For New Members and Renewal Changes Below**

**RENEWING member:** There are      **NO** changes      changes to my contact information below from last year. In the event I have made changes, **ALL** sections below are **FULLY** completed.

Office Address		
Second Office Address		
Office Phone Number	Second Office Phone Number	Office Fax Number
E-Mail Address	Website URL	

Accredited Institution Which Granted Your Degree	City & State	Program/Area of Study	
Degree	Year Granted/Anticipated	License Number	Year Issued

Would you like to be added to our listserv (internet discussion group)? (e-mail is required, above)      Yes      No

Dues schedule below applies for the calendar year, January 1 through December 31. For new members joining after October 1, your dues will apply through the following year.

- |                         |              |  |
|-------------------------|--------------|--|
| <b>Full Member</b>      | \$60 Annual  | <u>    </u> Board Certified or Eligible Psychiatrist                         |
|                         |              | <u>    </u> Licensed Psychologist  |
|                         |              | <u>    </u> Licensed Clinical Social Worker                                  |
|                         |              | <u>    </u> Licensed Marriage and Family Therapist                           |
|                         |              | <u>    </u> Licensed Professional Clinical Counselor                         |
| <b>Organization</b>     | \$125 Annual | <u>    </u> (Please attach separate application for up to 4 clinical staff.) |
| <b>Associate Member</b> | \$35 Annual  | <u>    </u> Student, Intern, Pre-Licensed                                    |
|                         |              | <u>    </u> Other Allied Professional  |

*I, the below signed applicant, hereby apply to the Glendale Area Mental Health Professionals Association (GAMHPA) for membership. I certify that the above information is true and correct to the best of my knowledge. I will notify GAMHPA of any changes in this information. I understand that GAMHPA is an interest group only, will not provide referrals, and does not credential in any way. I understand that to be a full member, I must be in good standing with my state licensing board. I understand that if I am a student or intern, I must have a GAMHPA full member sponsor me.*

\_\_\_\_\_  
Applicant Signature Date Sponsor Name & Signature (For Student or Intern)

**Directory Information ONLY for New Members and Renewing Member Changes**

**RENEWING member:** There are \_\_\_ NO changes \_\_\_ changes to my directory information below from last year. In the event I have made changes, ALL sections below are FULLY completed.

**Groups Offered**

Topic, Target Problem, or Focus	Members	Time/Day	Fee
Topic, Target Problem, or Focus	Members	Time/Day	Fee
Topic, Target Problem, or Focus	Members	Time/Day	Fee

**Clients Treated**

- Children
- Adolescents
- Young Adults
- Adults
- Seniors

**Non-English Languages**

- Spanish
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

**Problem Areas Treated**

- Addictions
- AIDS/HIV
- Anxiety Disorders
- Attention Deficit
- Behavioral Problems
- Brain Damage
- Chronic Illness/Pain
- Divorce
- Eating Disorders
- Learning Disabilities
- LGBT Issues
- Marital Problems
- Medical Management/Non-Compliance
- Mood Disorders
- Multicultural/Ethnic Diversity
- Multiple Personality
- Occupational Problems
- Panic/Phobias
- Personality Disorders
- Physical Abuse
- Rape/Molestation/Incest
- Reproductive Issues
- Sexual Dysfunction
- Trauma/PTSD
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

**How did you hear about GAMHPA?**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Services Offered**

- Anger Management
- Behavior Therapy
- Biofeedback
- Child Custody Evaluation
- Couples Therapy
- Cognitive Therapy
- Critical Incident Debriefing
- Divorce Mediation
- Educational Testing
- Family Therapy
- Forensics/Expert Witness
- Hypnosis
- Individual Therapy
- Inpatient
- Medication
- Neuropsychological Testing
- Organizational Consultation
- Play Therapy
- Psychoanalysis/Psychodynamic Therapy
- Psychological Testing
- Religious Issues
- Sex Therapy
- Stress Management
- Telehealth
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_

**Funding Accepted**

- Will provide superbill for out-of-network PPO
- Aetna
- Anthem Blue Cross
- Beacon Health
- Blue Shield
- Cigna (Evernorth)
- Healthnet/Managed Health Network
- Medi-Cal
- Medicare
- Magellan
- Motion Picture
- Optum (UH, UBH, UBHPC)
- TriCare/TriWest
- Victim Witness
- Worker's Compensation
- Sliding Scale
- Cash
- Other: \_\_\_\_\_
- Other: \_\_\_\_\_