

**A Publication of the
Glendale Area Mental Health Professionals Association
(818) 771-7680 www.psychotherapy.org/gamhpa
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GAMHPA News

We would like to introduce our newest member of the GAMHPA Board of Directors, Michelle Barone, M.A., M.F.T. Michelle's practice is located in Sunland. She has a number of ideas to contribute in building our organization, including further development of our presence on the internet and planning continuing education events. Welcome, Michelle! ?

Winners of Free Advertising

In each issue of the newsletter, we randomly select six GAMHPA members who are awarded the opportunity to distribute their own practice brochure or flier as a newsletter insert at no charge. This benefit is worth \$273 in first-class postage to each winner.

This month, congratulations go to the following winners:

Holly Miller, M.F.T.
Linda Poverny, Ph.D., L.C.S.W.
Judy Schmidt, M.F.T.
FrontPoint
Barbara Waldman, Ph.D.,
L.C.S.W.
Kathleen Williams, Ph.D.

Calendar of Events

QUARTERLY NETWORKING LUNCHES

All lunches 12-1:30pm.
Separate tabs.
Call ahead to reserve.
(818) 551-1714.

July 11, Wednesday
Fortune Inn Restaurant
117 E. Broadway, Glendale

BOARD MEETINGS

Fridays, 9:30-11 a.m.
138 N. Brand Blvd., Ste. 300,
Glendale. All are welcome.

June 29
Sept 14
Nov 16

Call ahead to let us know you are coming at (818) 551-1714.

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A Conversation With . . .

by Gloria Ashby Dahlquist, L.M.F.T.



**Kay
Kates,
L.M.F.T.**

When did you first know you wanted to be a therapist?

Well I don't know that I first knew it. I think it was more of an evolutionary process. I always had it in the back of my mind somewhere but it was just not clearly defined. This is my third career. My first career was teaching. I gave up teaching to raise my first two children. Unfortunately, my first husband died suddenly and at a very young age. I eventually married again and had another child. I worked part time marketing a medical product for a small company my husband had developed and continued raising now three children. When my second marriage ended in divorce and I found myself with more questions than answers, I knew I needed a change. At that point it almost felt serendipitous. I was suddenly enrolled in a masters program and on my way to becoming a therapist. That undefined goal had finally become a reality.

What experiences in childhood do you suppose influenced your becoming a therapist?

I grew up in a small town in the middle of Iowa. I was also an avid

reader, and because there was not a lot to do in Iowa, especially in the winter, I read a lot. I loved biographies, autobiographies, and epic novels about families. My father was also a great storyteller. He had the ability to portray people and situations in such an interesting way. You could understand and appreciate the complexity, the humor, and sometimes the absurdity of the human condition. His stories were always based on real people and situations. I always loved that. I believe both of these experiences had a great deal of influence on me and created a great deal of curiosity about

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people and what motivates behavior.

Whom do you regard as your biggest supporter and/or inspiration?

My children are very supportive. I have three grown children that I am very proud of. My husband is always there for me, he's my anchor. I also have supportive long term friends who have been through thick and thin with me. I'm very lucky.

Where did you study?

I studied at Phillips Graduate Institute, which was then known as the California Family Study Center, and earned a Masters degree in Marriage

and Family Therapy. It was a perfect fit for me. The scheduling was very workable for a single mother raising children. I also enjoyed the experiential format. My undergraduate work was completed at Arizona State University.

What do I like most about being a therapist?

I love my work. I have a great deal of respect for the profession. I love the fact that I am always learning. It is interesting, rewarding, frustrating, complex, and wonderful all at the same time. It requires you to be thoughtful, caring, and respectful. That's a lot of adverbs and adjectives.

What discourages you, if anything, about your work?

I don't find anything about it discouraging. I'm really excited about some of the things that are happening in the field right now in terms of new information, especially

concerning brain chemistry and behavior. I think there are a lot of good therapists out there doing a lot of good work. I'm not discouraged by that. I was very pleased with the recent seminar that GAMHPA presented on Differential Diagnosis and Bipolar Illness. It's encouraging to be with people who are articulate, caring, and intelligent.

What is your general philosophy about your work?

It is a privilege to work with people and experience their courage. Theoretically I work from a family systems approach and it serves me well. What I have learned is that

when you are working with clients, helping them to understand their family of origin issues in a non-threatening way gives them a great deal of insight. They gain a deeper understanding of their problems. Once we do that it is so much easier to step into a cognitive-behavioral approach and make any changes that may be necessary.

Is self-care an important component of your work, and if so, what are your favorite restorative activities?

What I have done, and I started this early on, is I work four days a week very hard. Those four days my life is not my own, it belongs to my clients. The payoff is a three day weekend. For me that is self care. When I wake up on Friday morning I delight in my own time. I like to cook and entertain, garden, and be active. I actually love football and am addicted to Sudoku which activates the other side of my brain. I wish everyone had a three day weekend!

How would you describe your favorite client?

The standard answer would be the one who works hard and has a successful outcome, but I suppose my favorite client is the one that is more complicated. Probably my favorite client is the one that forces me to do a lot of research and reading and thinking. They may not be as rewarding but they are the ones I usually learn from.

What is the primary thing you would like people to know about you?

The wisdom of years. I have had a variety of life experiences, some by choice and some not. My first

husband died after twelve years of marriage. That was painful and difficult. I married again and that marriage ended in divorce. I was single for a number of years and am now married again very happily. I've also raised three children successfully. Life experience is a great teacher. I have learned a lot along the way and am still learning.

Is there anything I didn't ask you that you were hoping I would ask?

I suppose when one is interviewed you expect to be asked what was their greatest failure or weakness. I don't know that I would even want you to ask me that (laughter). I'll have to think about that question.

Kay Kates, is a Licensed Marital and Family Therapist. Her private practice is located in La Canada. Kay may be reached by calling (818) 790-7672 or by e-mail at kbk1940@msn.com.



Our columnist, Gloria Ashby Dahlquist, is a Licensed Marital and Family Therapist. Her successful fee-for-service private practice is in Toluca Lake, California. She

works primarily with Gifted Adults and Highly Sensitive Persons who are survivors of childhood abuse or neglect. She may be contacted at (818) 766-9348 or gloriadahlquist@aol.com. ?



Welcome, Megan Bearce, M.F.T.

I am a Licensed Marriage and Family Therapist with a private practice in Glendale.

The focus of my practice is working with gifted and talented women and girls who are exhausted from the pressures they experience trying to get everything perfect. Often these girls and women get overlooked because people assume they can handle the extraordinary amounts of stress they're under. These clients could be straight-A students, driven career women, "super-moms", or artists. Sometimes children are underachieving or are misdiagnosed with ADD, but actually are bored, fear failing, or are gifted in one area but struggle with a learning disorder in another.

As a former CPA from Minnesota, I have first-hand experience with the challenges involved in relocating to Los Angeles and changing careers. My prior work in the entertainment industry also brings an awareness of the unique aspects of that world. My training was at Teen Line, the Southern California Counseling Center where I participated in their AAMFT approved course in family and couples therapy, and a private practice internship. I am a trained facilitator for SENG-Model Parent Groups and have additional training in working with the gifted.

Megan Bearce, M.F.T., can be contacted at 1139 N. Brand Blvd., Suite A, in Glendale, (818) 665-9645, www.meganbearce.com, or therapist@meganbearce.com. ?



The Business of Practice

By Jim De Santis, Ph.D.

Incoming!

I want an appointment on Tuesday at 7:30.

*What kind of therapy do you do?
I'm not sure what questions to ask.*

For new as well as experienced therapists, it's worth reviewing how we conduct our practice. One aspect is our policies for handling incoming prospective patient inquiry phone calls.

I recommend allowing as much as 15-20 minutes or so for an initial call. It's better to allow this much time than to have to interrupt the call short because your "light is on." The time will be well-spent.

Earlier in my career, I sometimes scheduled a patient in too cursory a way, only to find out once they'd appeared for the appointment that they were looking, for example, for a medication refill or wanted treatment for a severe eating disorder (neither of which I am qualified to do).

If it is not clear whether or not they are speaking to you from a private phone or location, it may be advisable to say something like, "This is (your name). I'm returning a call from (caller's name). Is this he/she?" I avoid titles, such as "doctor" or "I'm a therapist" until I know I'm speaking

to the prospective patient and not a receptionist or co-worker.

Once confirmed, I will add, "I'm not sure if you can speak freely. Is this a good time to talk?" These gentle introductory remarks maintain not only the letter but also the spirit of confidentiality, as well as establishing comfort and rapport.

Develop rapport in the call as soon as possible. Reflect on the obvious feeling in the caller's tone and cadence. "I can imagine you must be

I see the initial call as a place to demonstrate value to a prospective patient immediately, whether I end up seeing them for services or not.

feeling under a lot of stress." "You sound quite upset now." I have had a number of prospective patients begin their call stammering about fees and credentials only to end the call saying, "You're the first person who I've talked to who really seems to understand my situation."

Some callers are unsure how to shop for a therapist. In these circumstances, I'll offer what may be the relevant factors in evaluating a therapist. I want the caller to make a good decision based on meaningful information. While they can ask about education, training, or licensure, I think this means far less to the average caller than the clinician's number of years of experience, the clinician's approach to a presenting problem, and the therapist's degree

of directness. ("Will you tell me what you really think?") Only then do I offer a delineation of my own qualifications.

Early in the intake call I often inquire how the patient heard about me. This is invaluable for tracking and following up with referral sources.

If I am asked about my theoretical orientation, I will offer my conceptualization in layman's terms. I usually will explain that, despite several approaches I have been trained in, they are just tools and how I use them depends in part on the problem under consideration and the learning style of the patient.

There are two main tasks to accomplish in an initial call: finding out what the caller is seeking and determining if you can provide good service.

Sometimes inexperienced prospective patients will ask in a generic way what kinds of problems I treat. Rather than cite the list, I redirect by saying I have a number of areas of expertise, but can probably be more helpful if I know what the caller's problem is, then I can describe the approach I might employ for their specific issue.

"How can I help you?" is often not as trite a question as it might seem. In fact some callers can be misinformed. "Well, I want you to write a letter to a judge saying I'm a good parent and should be able to see my kid." "Well, I need a refill on my Lipitor and Dilantin." "Well, I want to bring in my son so you can tell him he has a drug problem." Find out before the first appointment.

A prospective patient may ask how I would go about treating their problem. I may offer some general principles in layman's terms. For example, "I look at three things. First, I might explore where in growing up my patient learned ineffective ways to cope and why. Then I help him talk with his partner about touchy subjects in ways that avoid starting a fight.

Finally, and often what's most important, we work out specific behavior changes." Keep it simple.

I see the initial call as a place to demonstrate value to a prospective patient immediately, whether I end up seeing them for services or not. In marketing terms, to capture business you must establish value before attempting to "close" a sale.

I attempt to offer value in the form of attentiveness, warmth, and understanding as well as in the form of information, resources, and referrals. In the course of talking about the caller's problem, my style is to readily offer ancillary resources such as books, websites, or organizations they can investigate. I am fairly interactive in my work and attempt to demonstrate that in the call.

If this discussion lasts more than a few minutes, I probably have the information I need, rapport is established, and the interview process is already beginning, so I will say, "Where we should go from here is to set up an in-person meeting so that we can explore this more fully," and transition to calendaring an appointment.

Once these tasks have been accomplished in the call, offer an appointment time and stop. "I'd be happy to schedule an initial

appointment with you. My first available is Tuesday at 10 a.m." If the patient cannot accommodate after a succession of appointment times, this may signal defensiveness, entitlement, or under-commitment. Offer to put the caller on your waiting list noting their constraints or offer them referrals.

With rare exceptions it is inadvisable to schedule an appointment for a third party who is not the caller. These types of calls have the highest rate for unkept first appointments. In such a call, I will ask the caller why the "patient" isn't calling himself. "Oh, he's too busy to do this during the day." "Oh, I'm doing the research and I'll tell him what I found." "Oh, I want to make the arrangements for him." I will explain my concerns about this and say I'd be happy to set the appointment if the patient himself will call me. The ones that do call, by definition, are likely to be sufficiently self-motivated.

I've heard a number of prospective psychotherapy patient's report that they have spoken to clinicians who simply offer one available time-slot, refuse to discuss fees at all until the patient appears at the first interview, and if the patient can't work out an appointment and asks for referrals, the therapist has said, "I don't know of any." This approach is apt to seem disingenuous and alienate prospective patients not only from the individual clinician, but also from our profession.

I believe it is fair that a psychotherapy patient may not be able to make an informed choice of a therapist without speaking to several first. If I am not the right clinician for the caller, whether because their problem or service is outside the scope of my license or expertise, outside the

scope of a solo outpatient practice, the caller cannot afford my fee, or the caller is just not the kind of patient I would enjoy working with, I am ready and willing to take the necessary time to generate a good list of names and numbers of colleagues in the local community who are qualified--mature, experienced, effective, ethical, respected in the professional community, that I know personally. My litmus test is, "Would I refer a member of my own family to this professional?"

At the end of the call I confirm the appointment day, date, and time. I check that the patient knows my office address and if they need directions. I discuss the importance of an early arrival to review and complete intake materials.

If I have the presence of mind to detect an ambivalent caller, I may add, "And this time is reserved for you, if you decide for any reason to not keep it, please let me know ahead of time." This has saved me from a few no-shows.

All these elements contribute to ushering in optimal patients to my practice. While the task is to build a clientele, it must be guided by core ethical standards to satisfy real human needs through delivering genuine value to the patient from the very first contact.

Jim De Santis, Ph.D., is a clinical psychologist in full time private practice in Glendale. He offers workshops and individualized consultation to professionals on business and entrepreneurship. He can be reached at (818) 551-1714 or JJDeSantis@aol.com. ?

Classified Advertising

GROUPS

AMAC GROUP. (Adults Molested as Children) Small, open-ended women's group, Burbank. Stability and previous or concurrent individual treatment needed. \$180 per month, negotiable. Kathy Downing, M.F.T., (818) 845-0151. Primary therapist's inquiries welcome.

CHILDRENS SOCIAL SKILLS GROUP. Ongoing small group designed for latency-age children, focusing on improving relationships with friends and family members. Through activities and discussion, the group allows youth age 7-11 to learn and practice newly-developing skills in a safe, supportive environment. Compliments concurrent individual or family psychotherapy for your clients. \$50 per session. Pasadena. For consultation about a case, contact Rosalie Finer, Ph.D., Lic. # 10877, (818) 786-3491.

CO-ADDICTS/CODEPENDENTS GROUP. For partners of sexual addicts. This weekly group allows partners to work through their feelings and problems associated with being the partner of a sexual addict. Partners find out about their role in the "problem" and learn about the disease of sexual addiction. Individual therapy is available, also. Dale K. Rose, M.F.T., (818) 783-1283.

CO-ED ADULT PERSONAL DEVELOPMENT GROUP. Growth group for high achievers who want more out of life—to find lasting intimacy, achieve career satisfaction, and expand friendships. Uses here-

and-now interaction to increase self-awareness. Compliments concurrent individual or conjoint psychotherapy. Wednesday, 6-7:30pm. Glendale. Jim De Santis, Ph.D., C.G.P, Lic. #PSY10315, (818) 551-1714.

CREATIVE PROCESS GROUP. A group for practicing and aspiring writers, musicians, visual artists, actors, etc., utilizing the "art as practice" Zen approach of Natalie Goldberg. This ongoing workshop will support and energize your creative process. Saturday, 10am-1pm. \$30 per meeting. South Pasadena location. Call Deborah McColl, M.A., M.F.T., at (626) 665-7363.

DEL MAR GIRL POWER. Groups for girls second grade through high school. Promote self-discovery, hardiness, growth-fostering relationships, and empowerment. Social skills groups also available. Melissa Johnson, Ph.D. (PSY 13102), Institute for Girls' Development, (626) 585-8075, ext. 108.

FAMILY MEMBERS OF ALCOHOLICS/ADDICTS. Small open-ended, insight-oriented Process Group with 12-Step emphasis. Monday evenings, 6:30-8pm, Westside, Colleen Land, Psychotherapist, Addiction Specialist, Lic. #MFT70181, (310) 887-0553.

institute for girls' development
A Psychological Corporation

Empowering Girls For Life
*through programs and services for girls, their families
and their circles of community.*



- **Individual, Parenting and Family Therapy**
- **Del Mar Girl Power Groups**
(2nd grade-high school)
- **Eating Disorder Program**
(teens and young adults)
- **Young Women's Program**
(women 18-30)
- **Parents Finding Solutions**
(counseling, groups & workshops)
- **Assessment Services**
- **Summer Workshop Programs**
(Mind, Body, Spirit Adventures for 3rd grade through Middle School, Steppin' Up Adventures for girls entering 9th and 10th grades.)

Contact the Institute Team at: 626.585.8075
95 N. Marengo Avenue, Suite 205, Pasadena
www.InstituteForGirlsDevelopment.com

Melissa Johnson, Ph.D., PSY 13102

GAY MEN'S PERSONAL DEVELOPMENT GROUP. Growth and insight-oriented group addresses coming out, dating and relationships, HIV status, career issues, life enrichment. Uses here-and-now interaction to increase self-awareness. Compliments concurrent individual or conjoint psychotherapy. Thursday, 6-7:30pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. #PSY10315, (818) 551-1714.

INSTITUTE FOR GIRLS DEVELOPMENT SUMMER WORKSHOP SERIES. A fun, in-depth experience in self-discovery and hardiness! 2007 Dates: third-fifth grade – July 9-20th; sixth-eighth grade – July 30-Aug 3; ninth-tenth grade – June 25-29. Activities include indoor and outdoor activities, arts and crafts, journaling and creative writing, skits and role-plays, Yoga, fun activities with guest experts. To learn more please refer to our website: www.InstituteforGirlsDevelopment.com or contact Robin S. Harpster, M.A., L.M.F.T., at (626) 585-8075 x109.

LESBIAN PROCESS GROUP. Ongoing, meets on the second and fourth Tuesday each month from 7-8:30pm. \$50 per month. Openings for 2 people. Maximum 8 women. Interview required. In Sherman Oaks. Call Dr. Mathis, (818) 386-9028.

MEN'S GROWTH-SUPPORT PROCESS GROUP. Wednesday 7-8:30pm. New group starting. Safe environment. \$45/session with discounts available. Call for referral, brochure, or intake assessment appointment. Andy Sway, M.A., L.M.F.T., Lic. # MFC34846, (818) 563-1152.

MEN'S PERSONAL DEVELOPMENT GROUP. Growth and insight oriented group addresses male-female relationships, career, self-care, and personal fulfillment. Uses here-and-now interaction to increase self-awareness. Compliments concurrent individual or conjoint psychotherapy. Thursday, 7:45-9:15pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. #PSY10315, (818) 551-1714.

MIXED ADULT PSYCHOTHERAPY GROUP. Ongoing small group for high functioning adults interested in personal growth through the intersubjective experience. Development of interpersonal insight, effective self-expression, increased capacity for trust and intimacy. Compliments concurrent individual or conjoint psychotherapy for your clients. \$50 per session. Pasadena. For consultation about a case, contact Rosalie Finer, Ph.D., Lic. # 10877, (818) 786-3491.

PARENT SUPPORT GROUP. For parents of children and teens who are difficult, spirited, academically struggling or underachieving. In a safe and nurturing environment, the group provides both a psychoeducational and supportive format for parents to better understand and address their child's unique needs, learn about barriers to academic achievement and develop effective strategies for behavioral management. Dr. Finer has significant experience in working with challenging youth as well as their families both within schools and clinical settings. Compliments concurrent individual, conjoint, or family therapy for your clients. \$50 per session. Pasadena. For more information, contact Rosalie Finer, Ph.D., Lic. # PSY10877, at (818) 786-3491.

PARENTING GROUP FOR PARENTS OF TEEN AND PRE-TEEN GIRLS. This 12-week group format combines parent education with sharing and support. This group is designed to help parents enhance their relationships with their teens. For more information contact Lisa Blum, Psy.D., Lic # PSY19790, at (626) 585-8075 x104.

PERSONAL GROWTH AND SUPPORT GROUP. Leaderless, introspective, longstanding, seeks new members, male and female. No charge. Meets alternate Saturdays in members' homes. Contact Gil Speer at (323) 661-7769 or gilstchr@aol.com.

SECOND HALF OF LIFE GROUP for women 48+ who are interested in deepening their relationship with the Self through creative activities designed to tap inner resources and promote individuation in a nurturing and supportive environment. Activities include art, music, movement, sand play, meditation, guided imagery, dream work, role play, as well as cognitive exercises and group discussion. Tuesday and Wednesday evening groups in Encino. Limited to six people per group. Concurrent or prior individual therapy recommended. Call Christi at (818) 759-1898.

STRESS MANAGEMENT TRAINING. An education- and process-oriented training course to help participants understand the physiology and psychology of stress and learn skills to manage physical, emotional, and behavioral reactivity. For men and women with chronic health conditions as well as those overwhelmed by fear, anxiety, and anger due to a variety of life events. This is an ongoing 12-session course. Participants may join at any time.

Tuesdays from 7:30-8:45pm in Pasadena. For more information please contact Michael Obarski, Ph.D., or Peter Sepsis, M.S., M.P.H., at (626) 943-4084.

SUPPORT GROUP FOR MEN GOING THROUGH SEPARATION AND DIVORCE. Starting January 2007. Meets Wednesday eves. 7:30-9pm. \$45 per session. For more information call Larry Brooks Ph.D., Lic. # PSY8161, at (818) 243-0839.

THRIVING IN RETIREMENT GROUP. On-going group forming now for retired people who want to make the most of this next phase of life. Discussions will focus on identity, roles, relationships, leisure activities, and fulfillment outside of work. Tuesdays 1-2:30pm, Pasadena. Contact Pamela Toll, Psy.D., Lic. # PSY20373, (626) 224-4563.

WOMEN COMING OUT 40ish AND BEYOND. This is a group for women who are coming out as lesbians a bit later in life, and/or who find themselves in a relationship with a woman and are struggling to understand what this means for their lives from here forward. Group is in Pasadena, Tuesdays 7:30pm, and cost is \$35/session. Contact Emily Moore, M.F.T., for information at (626) 793-1078.

WOMEN'S 10-WEEK DIVORCE SUPPORT GROUP. Designed for women in all stages of divorce. Discover the meaning in this life transition. Through storytelling, dreams, artwork, writing, sandtray, and other activities, members explore the vastness of their own psyches and the resources it offers for healing and renewal. Based on the idea that divorce is an initiation/individuation experience and thus offers an opportunity for psychological and

spiritual growth. Call Christi at (818) 759-1898.

YOUNG WOMEN'S PROGRAM at the Institute for Girls' Development (for women 18-30). Groups offered: Developing the Creative Self, Healing Body-Food-Soul, Relationships, Transforming Anxiety, Depression, and Stress, Healing from Trauma. Melissa Johnson, Ph.D (PSY13102) (626) 585-8075, ext 108. Program co-coordinator: Psychological Assistant Amy Willcoxon, Psy.D. (PSB 31585).

OFFICE SPACE

BURBANK. Attractive, fully furnished office space available on hourly, daily or monthly basis. All amenities supplied. Waiting room, reception room, call system. Convenient to studios, medical offices and freeways. Call Mimi Davis, M.F.T., at (818) 848-3022 or email miriamdavis@verizon.net.

BURBANK/TOLUCA LAKE. Heart of the Media District, beautifully furnished office with window in two office suites. Available daytime Monday, day and evening Wednesday, Friday, and Sunday. \$150 per month for one day. Please contact Shelia Goss, M.F.T. at (818) 348-8568.

BURBANK/TOLUCA LAKE. Designer decorated extra large waiting room and extra large office with two windows. Professional building with patient parking. Available mornings Monday, Wednesday, Thursday, and Friday, as well as Thursday afternoons. \$350 per month. Contact Elizabeth Taylor, Ph.D., (626) 792-1103.

EAGLE ROCK. Newly designed psychotherapy suite with waiting

room in a professional building off of the 134 fwy. Convenient parking. Spacious offices. One unfurnished and available full time. Furnished office space available part time. \$745 for full time, \$175 per month for one day a week, \$300 per month for 2 days. Please call Ann Montgomery, Ph.D., M.F.T., at (818) 952-9595 or (323) 982-9595.

GLENDALE. Office space available 5 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. Office space available Tuesdays and Saturday mornings in busy northeast Glendale/Montrose psychotherapy office. Second floor, windowed office in the 1809 medical building, across the street from Verdugo Hills Hospital. Warmly decorated waiting room, reception area, call system, bathroom in the suite, accessible parking, possible referrals and growth potential. Tuesdays and Saturdays. Call Marie, (818) 957-8385.

PASADENA. Beautiful, historic Pasadena office near freeways and Old Town. Spacious psychotherapy offices available part time, day, and evening hours. Call light system, waiting room, separate restroom, kitchen, fax, copy machine, DSL with firewall. Contact Harriet Callier, Institute for Girls' Development, (626) 585-8075, ext 106.

PASADENA. Psychotherapy office in charming Victorian house. Large bay window overlooking rose garden. Xerox machine, refrigerator, microwave, and coffee maker.

Ample free parking. Available one day + evening/week. Jacqueline, (626) 577-4733.

PASADENA. Office space available in newly renovated building in Pasadena's Playhouse District. Excellent location. Free parking, handicapped accessibility. Office space leased by the hour, day or 6 hour blocks of time. Spacious, pleasant offices. Opportunities for referrals. Contact Debbie Hedgecock, L.C.S.W., (626) 821-4028.

PASADENA. Part-time and full-time psychotherapy office available in a beautiful historic building near old town Pasadena. Waiting room with separate entrance/exit, reception area, soundproofing, and a light signal system. Please contact Linda Sancerino, M.F.T., (818) 246-5457 or Susanna Friedlander, Ph.D., (818) 548-4770 for further information.

SHERMAN OAKS. Full time or split 50:50. Window office. Free parking. Secure building. Unfurnished. Signal light. Attractive waiting area, kitchen, fax/copier. Congenial environment. Close to freeway. Call (818) 783-0781.

GROUPS FOR PROFESSIONALS

COACH available for psychiatrists and M.S.W.s preparing for board exams. Francie Issenman, L.C.S.W., developed and wrote extensive material for the Association for Advanced Training in the Behavioral Sciences (AATBS) preparatory manuals for M.S.W.s preparing for the L.C.S.W. board examination. She also conducted the AATBS training seminars for M.S.W.s in both northern and southern California. Most recently she has been assisting psychiatrists in developing treatment

planning and psychotherapeutic intervention skills in preparation for general as well as child psychiatric board exams. For individual or group coaching sessions, please call Francie Issenman, L.C.S.W., at (818) 759-3433.

CONSULTATION PROCESS GROUP. Ongoing small group focuses on professional development for licensed psychotherapists through emotionally safe intersubjective process approach to understand your impact on clients, including increased awareness of countertransference, tolerance for affect, ability for empathic confrontation, and capacity for interpretive depth. Group will be facilitated by licensed clinical psychologist with significant experience in training and consultation. \$50 per session. Pasadena. Rosalie Finer, Ph.D., Lic. # 10877, (818) 786-3491.

MARKETING WORKSHOP. How-to workshop designed for mental health professionals and students/interns wanting to build a private practice. 12 facilitated meetings biweekly with 18 CEUs available for M.F.T.s and L.C.S.W.s. Small group format uses practical lecture and discussion, action-oriented assignments, and peer support. Glendale location. Call Jim De Santis, Ph.D., at (818) 551-1714 for information or to register.

SUPERVISION CONSULTATION GROUP. This group is for licensed mental health professionals who are interested in contemporary psychoanalytic theory. The goal of this group is to provide a place for open, creative discussion of case material with the objective of deepening one's therapeutic work, enhancing one's clinical understanding, and refining one's

utilization of theory in practice. Therapists will have the chance to explore the personal dimension of doing therapy, looking at what they bring into the therapy room, their strengths, weaknesses, conflicts, and passions. Contact Larry Brooks, Ph.D., Lic # PSY 8161 at (818) 243-0839.

SERVICES

ATTENTION DEFICIT DISORDER AND SPECIFIC LEARNING DISORDER. The Assessment Center offers psychoeducational testing to evaluate specific learning disorders, attention deficit hyperactivity disorder, and emotional difficulties, both in children and adults. Reduce the stress and frustration of an undetected client problem. To discuss a case or receive a brochure, contact Jim De Santis, Ph.D., Lic. #PSY10315, at (818) 551-1714.

BUSINESS CONSULTATION. Private, individualized how-to 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. Jim De Santis, Ph.D., at (818) 551-1714 or JJDeSantis@aol.com.

COMPREHENSIVE NEUROPSYCHOLOGICAL EVALUATIONS AVAILABLE IN ARMENIAN, FARSI, AND ENGLISH. Dementia examinations and differential diagnosis (e.g., Alzheimer's disease, multi-infarct dementia, depression, other cognitive disorders of the elderly). Unexplained cognitive decline (e.g., memory problems, attention/concentration problems). Other neurological

disorders (e.g., seizure disorder, tumors, stroke, Parkinson's disease). Head injuries (e.g., motor vehicle accidents, falls). Psychodiagnostic assessments (e.g., determining degree of thought disorder, delusions). School performance difficulties (e.g., ADD/ADHD, learning disabilities). Competency evaluations (e.g., medical and financial decision-making capacity). Disability assessment (e.g., Worker's Compensation cases). Contact Audrey Khatchikian, Ph.D., at (818) 476-0066.

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 assessment forms now available via CD-ROM, hard copy, or download from the internet. For more information or to examine samples, visit <http://hometown.aol.com/jjdesantis/office.html> or call Jim De Santis, Ph.D., at (818) 551-1714.

PROFESSIONAL DEVELOPMENT PROGRAMS. PDP is certified by the CPAAA and the BBS to provide continuing education to Psychologists, Licensed Clinical Social Workers, and Marriage and Family Therapists. We work with small groups and agencies to design programs to meet your specific needs. Call (818) 243-0839, or e-mail ProDevProg@aol.com for information about our programs.

PSYCHOLOGICAL ASSESSMENT. Psychological assessments provided are designed to help with diagnosis and treatment planning for clients age 18 and over. This can be especially helpful with new clients or clients with a complex presentation. Fees are reasonable, and reports are comprehensive, integrating material

from interview and a battery of tests selected to answer your diagnostic and treatment questions. Contact Chris D. Cooper, Ph.D., Lic. #PSY17395, at (626) 293-5252.

SPECIAL EDUCATION ADVOCACY. Services provided to parents needing help in obtaining special education services from public schools. This includes the initial assessment as well as supporting parents in the IEP process to make sure their children receive all of the services the child needs. Call Ed Brostoff at (323) 664-9312.

TREATMENT IN ARMENIAN, FARSI, AND ENGLISH: Individual and couple's psychotherapy. Contact Audrey Khatchikian, Ph.D., at (818) 476-0066.

PUBLICATIONS

"BEST THING I EVER DID FOR MY PRACTICE." Field-tested marketing system. How to start your own interdisciplinary professional association like GAMHPA as a successful method to build your own private practice. 226-page text available on CD-ROM, includes 35 sample forms and cover letters. For further information or to place an order, visit the web at <http://hometown.aol.com/jjdesantis/start.html> or call Jim De Santis, Ph.D., at (818) 551-1714.

DIAGNOSTIC TESTING DIRECTORY. No cost to obtain a copy or submit a listing. New directory for purposes of professional cross-referral, listing 200 psychologists throughout Los Angeles county who offer psychological assessment services, whether educational, neuropsychological, forensic, vocational, custody, or general psychiatric differential diagnosis. View

or download from <http://hometown.aol.com/jjdesantis/psychtest.html> or call Jim De Santis, Ph.D., at (818) 551-1714 or e-mail to JJDeSantis@aol.com.

GAMHPA MEMBERS DIRECTORY. Updated directory for 2006 of 125 mental health professionals in the Glendale area, cross-indexed by specialty and insurance accepted. This 72-page directory is now available free to review or print from the following internet address: www.psychotherapy.org/gamhpa.

GROUP THERAPIST DIRECTORY. Request a copy or submit your free listing. Concise, up-to-date directory of outpatient psychotherapy groups in Los Angeles county. 300 facilitators and 800 groups. Edited by a licensed psychologist and certified group psychotherapist. Web page has received over 10,000 hits from visitors. View or download from <http://hometown.aol.com/jjdesantis/grplist.html> or call Jim De Santis, Ph.D., at (818) 551-1714 or e-mail to JJDeSantis@aol.com.

PEDIATRIC PSYCHIATRIST DIRECTORY. Metropolitan Los Angeles Pediatric Psychiatrist Resource Directory is a concise directory of physicians in Los Angeles county who have been identified as providing mental health services to children and adolescents. Available on the internet at hometown.aol.com/jjdesantis/pedpsychmd.html.

AFFILIATE AGENCIES

COLDWATER COUNSELING CENTER is a non-profit organization based in Studio City providing depth psychotherapy to adults and children on a sliding-scale basis. All therapists

and interns have had, and continue to engage in, extensive personal analysis. The staff--mostly licensed M.F.T.s-- includes three Jungian analysts and a number of analysts-in-training. For information or a brochure, call (818) 508-0703, or visit us online at www.coldwatercounselingcenter.org.

FRONTPOINT CHILD and FAMILY THERAPY. FrontPoint is an organization of highly skilled licensed clinicians who specialize in helping children, adolescents, and their families reach their goals. Services include individual, family, and group therapy, parent consultation, play

therapy, psychological testing/assessment, and psychiatric services. We also provide individual and couples therapy for adults, and group presentations and trainings for schools, churches, and parent organizations. Fee for service, sliding scale, and most PPO insurance programs accepted. Reduced rates available for psychology graduate students fulfilling their therapy requirement. For more information, visit our website at www.FrontPoint.org, or call (626) 396-9502.

POSITIVE DIRECTIONS COMMUNITY COUNSELING CENTER, serving the Glendale area community since 1986, offers high-standard, low-fee, short- and long-term psychotherapy. Positive Directions is dedicated to providing excellent psychotherapy to clients who can't afford private practice fees. Substance abuse counseling is also available as well as information and referrals, sober social events, and a variety of self-help meetings. (818) 247-8180, dmccoll@vmhc.org. ?

Websites by GAMHPA Members

Megan Bearce, M.F.T.	www.meganbearce.com	Private practice for gifted teens/adults
Rodney Boone, Ph.D.	www.cbtsocal.com	Cognitive behavioral therapy
Larry Brooks, Ph.D.	www.pdpce.com	Continuing education
Ed Brostoff	www.specialedhelp.com	Educational advocacy
Martha Carr, M.F.T.	www.mcarmmft.com	Private practice
Coldwater Counseling Center	www.coldwatercounselingcenter.org	Clinic
Lorraine Cummings, L.C.S.W.	www.caringwithpassion.com	Geriatric care management
Jim De Santis, Ph.D.	hometown.aol.com/jjdesantis	Testing, groups, business consultation
Rosalie Finer, Ph.D.	www.rosaliefiner.com	Private practice
David D. Fox, Ph.D.	www.psychotherapy.org	Resource center & web hosting
Anita Frankel, M.F.T.	www.therapyinla.com/area3.html#anitaf	Private practice
FrontPoint	www.frontpoint.org	Group practice
Enrico Gnaulati, Ph.D.	www.dr.gnaulati.net	Private practice
Ira Heilveil, Ph.D.	www.pacificchild.com	Nonpublic agency for children
Lorah Joe, L.C.S.W.	www.lorahjoe.com	Private practice
Melissa Johnson, Ph.D.	www.instituteforgirlsdevelopment.com	Private practice & resources about girls
Deborah McColl, M.F.T.	www.deborahmccollmfc.com	Private practice, arts group, chem-dep
Karin Meiselman, Ph.D.	www.meiselman.net	Private practice
Thomas Oldenburger, L.C.S.W.	therapist.psychologytoday.com/42652	Private practice
Charles Weinstein, Ph.D.	www.charlesweinsteinphd.com	Private practice
Andrew Whaling, M.F.T.	www.great-marriages-now.com	Marriage/relationship counseling
Andrew Whaling, M.F.T.	www.singledirections.com	Singles seminars
Kathleen Williams, Ph.D.	www.psychologist-losangeles.com	Private practice

If you are a GAMHPA member and have a website you would like to submit for publication in this newsletter and placement as a link on the GAMHPA website, please contact David D. Fox, Ph.D., at (818) 246-3937.

GAMHPA

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(818) 951-7744

MISSION

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

MEMBERSHIP

Contact any Board member for an application form to join or download a copy from our website. Full Member dues for licensed mental health professionals, \$60 per year.

Associate Member dues for students, interns, organizations, and others, \$40 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 business and professional community, including hundreds of colleagues in the mental health community and posted on our website.

Members can place free classified ads and receive discounted rates for display ads, newsletter flier inserts, and mailing list labels. Members are automatically entered in random drawings for free newsletter insert advertising and for publication of a professional bio in the newsletter. They receive reduced rates for continuing education.

NEWSLETTER

The GAMHPA Newsletter is customarily published bimonthly, 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 moved, are planning to move, if we are sending your newsletter to a wrong address, or if you wish to discontinue delivery, please notify us.

EDITORIAL POLICIES

GAMHPA encourages members to contribute articles of scholarly or

clinical interest for publication. We encourage submissions in computer-readable format. Submissions must be forwarded to the editor by the deadline. 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

June/July Issue	May 18
Aug/Sept Issue	July 20
Oct/Nov Issue	Sept 21

ADVERTISING

Advertising for services by psychologists or psychological assistants must include the license number of the psychologist.

Advertising Rates

<u>Item</u>	<u>Member</u>	<u>Non-Mem</u>
Classified ad	Free	\$20
1/8-page display ad	\$25	\$50
1/4-page display ad	\$45	\$70
1/2-page display ad	\$65	\$90
Mailing list, printed	\$15	\$25
Mailing list on labels	\$25	\$35
Mailing list on disk	\$80	\$80
e-Mail list	\$15	\$25
Newsletter inserts	17¢	29¢

Display ads must be camera-ready; submit one copy for each issue. To submit an insert—such as a flier or brochure—provide the number of copies to cover the mailing list. Make checks payable to “GAMHPA.” Due to publication processes, each newsletter is delivered approximately three to four weeks after a deadline.

GAMHPA Newsletter.
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