

**A Publication of the
Glendale Area Mental Health Professionals Association
(818) 771-7680 www.psychotherapy.org/gamhpa
October/November 2007 ? Volume XVI Number 6
Circulation: Print 555, E-Mail 203**

GAMHPA News

In this expanded Fall issue of the newsletter, we include three **newsletter articles** of professional interest. Larry Brooks returns with the first in a series, on non-linear dynamic systems theory. Roger Nolan, incoming associate member, presents an article on innovative mindfulness-based programs. Jim De Santis offers thoughts on the office resume as an internal prospecting tool.

Bonnie Cesak, our Membership Chair, has put the final touches on our latest **membership directory**. Copies will be mailed to members shortly. If you are not a member, you can download a copy from the GAMHPA website or request a hard copy from any Board Member.

Michelle Barone, our newest Board Member, is developing a Yahoo Group, or **internet listserve**, for the GAMHPA membership. Members with e-mail addresses will soon be receiving an announcement about this new service for networking.

We are trying a new format for our next quarterly **networking luncheon** on January 23 at Notte Luna Italian Restaurant in Glendale, from 12-1:30pm. In addition to networking, we will have a special guest, Lukas Alexanian, M.D., who will give a 30

minute presentation on current trends in the assessment of Bipolar Affective Disorder. This particular lunch will be fully paid by AstraZeneca LP Pharmaceuticals.

Our annual **continuing education** seminar will be held April 5, Saturday, 9am-2pm. The topic will be "Breaking the Frame": Psychotherapy and the Arts. The event will be held at the McGroarty Arts Center in Sunland. In addition to a panel of speakers, we are planning an experiential component. Please contact Larry Brooks at (818) 243-0839 or DrLBrooks@earthlink.net for further information or to pre-register now.

If you have not yet joined GAMHPA, doing so today will give you membership until January 2009. A **membership application** form is included with this issue of the newsletter or can be downloaded from the GAMHPA website. Dues is just \$65 per year. ?

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From the Editor's Couch

Larry Brooks, Ph.D.

Changing the Frame: The implication of non-linear dynamic systems theory for psychoanalytic treatment

(The first in a series of essays)

Colburn (2002) states that we "can no longer speak in terms of individual change, but rather as systemic change within one system that then has profound repercussions throughout other systems of experiencing. People alone do not change, systems change" (p. 671). This quote sounds like something that Minuchin, Haley, or Bateson might have said, but Colburn is a psychoanalyst who is using non-linear dynamic systems theory, a framework that borrows from the fields of physics and mathematics as a platform to expand psychoanalytic thinking.

Non-linear dynamic systems theory views the conceptual unit of the person not as an isolated individual but as a network of systems. Individuals are seen as interdependent, highly context sensitive, and thus permeable to environmental influence. According to Stolorow (1997, p. 339), systems theory views "psychological phenomenon not as products of isolated intrapsychic mechanisms and intrapsychic structures, but as forming at the interface of reciprocally interacting worlds of experience." Individuals develop stable patterns of

feeling and behavior, "attractor states" not because of internal psychological structures, but as an effect of interactions within different relational systems over time. According to Trop et.al. (1999), these patterns arise from process not from structure." What sustains and stabilizes the individual is not internal structure, but the subtle holding provided by environmental supports, what Kohutians refer to as self-objects. This is difficult to see or understand because most individuals occupy a limited, homogenous environment that fosters the myth of individual autonomy. The wonderful,

This view of the individual as highly context sensitive leads to a different understanding of change and potentially a change in the role of the analyst/therapist.

beguiling, paradox of human nature is the acute sensitivity of the individual to context is belied by his/her apparent autonomous imperviousness to context. However, change your environment and you will initiate a change in the individual. Change your environment significantly and you will see more dramatic effects.

This view of the individual as highly context sensitive leads to a different understanding of change and potentially a change in the role of the analyst/therapist. Non-linear dynamic systems theory emphasizes the active involvement of the analyst/therapist in effecting change. This sensibility is

reflected in Bonn's statement (2005, p. 31), "Perturbing the patient and inspiring change is part of good analytic practice." Recognizing that systemic constraints on change are powerful, Stolorow (1997, p. 342) states, "stable attractors can be altered only by severe perturbations, shifts in the analyst's understanding and interpretive stance powerful enough to destabilize the invariant organizing process of the therapeutic system." While this injunction to perturb, could be interpreted as a call to therapeutic revolution, to discard the remnants of the classical analytic legacy, analysts have cautiously

accommodated this idea to the existing psychotherapeutic frame. Trop (1999, p. 218) recognizes that "this new framework raises a problem in psychoanalytic practice by bringing into question the usefulness of the "clinical environment." However, he cautions the reader, (1999, p. 219) "Perturbing the system is not, however, tantamount to producing a shock effect; as

Stolorow underscores, understanding the patient is often one of the factors that alters a patient's subjective world and disrupts the emergence of pathological patterns." One wonders whether the idea of an interpretation that has been so privileged by analysts and the personal comfort of the "clinical environment" function more to stabilize than to disrupt the patient-analyst system in ways that constrains change.

Non-linear dynamic systems theory emphasizes the emergent, systemic, discontinuous nature of change.

Where the whole is greater than and qualitatively different than the sum of its parts, and the parts are interrelated, aspects of the whole cannot be understood in isolation. Additionally effects don't occur in isolation. Non-linear dynamic systems theory suggests that change is more probable if one focuses on the possibility and pragmatics of change. It also suggests that change is more likely if systemic conditions are considered in one's change strategy.

Non-linear dynamic systems theory provides a platform from which to critically evaluate contemporary psychoanalytic conventions of treatment. What does it mean to therapeutically perturb the patient and or the patient-analyst system? How do the ideas that analysts/therapists have about what they do, what they should and shouldn't do constrain change? What is the value of the "clinical environment" as a matrix for change? How do the conventions that characterize the psychotherapeutic frame, i.e., the rules and procedures that define the structure of the therapeutic relationship, facilitate and constrain change? Can we broaden the therapeutic sphere of influence and or modify the clinical environment while maintaining a psychoanalytic spirit, a psychoanalytic frame? It is interesting and hopeful to think that a clinician's effectiveness might be limited in part by convention and enhanced by a change in convention.

Bonn, E. (2005). Turbulent contextualism: Bearing complexity Toward Change. Institute of Contemporary Psychoanalysis Graduation thesis, Los Angeles.

Coburn, W. (2002). A world of systems: The role of systemic patterns of experience in the therapeutic process. *Psychoanal. Inq.*, 22:655-677.

Stolorow, R.D. (1997). Dynamic, Dyadic, Intersubjective Systems: An Evolving Paradigm for Psychoanalysis, *Psychoanalytic Psychology*, 14(3), 337-346.

Trop, M.A., Burke-Trop, M.L. Trop, J.L., (1999). Contextualism and Dynamic Systems in Psychoanalysis: Rethinking Intersubjectivity Theory, *Constructivism in the Human Sciences*, Vol. 4, No. 2, 202-223. ?

Calendar of Events

QUARTERLY NETWORKING LUNCHES

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

January 23, Wednesday
Notte Luna Italian Restaurant
113 N. Maryland Ave., Glendale

Networking and Speaker:
Lukas Alexanian on "Bipolar Disorder Assessment"
Lunch paid by AstraZeneca

ANNUAL CONTINUING EDUCATION SEMINAR

April 5, Saturday, 9am-2pm
"Breaking the Frame":
Psychotherapy and the Arts
McGroarty Arts Center, Sunland

Registration: Larry Brooks at
(818) 243-0839 or
DrLBrooks@earthlink.net.

BOARD MEETINGS

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

Nov 16	Apr 11
Jan 18	Jun 27
Feb 29	Sept 12
	Nov 14

Call ahead at (818) 551-1714.

Mindfulness-Based Groups

Roger S. Nolan, M.A.

In the 1970's, Americans with backgrounds in psychology and medicine began to explore Buddhist meditation practices. Out of these explorations, innovative therapeutic programs were developed based on the importance of mindfulness as a means to understand and manage life's problems.

What Is Mindfulness?

Jon Kabat-Zinn (1994) defined mindfulness as "paying attention in a particular way; on purpose, in the present moment" (p. 4). Stated more basically, mindfulness means knowing what is happening while it is happening. Mindfulness is cultivated through the practice of meditation in which attention is focused on a present-moment object, such as the breath, for an extended period of time. This style of meditation is the foundation of all mindfulness-based programs. It should be noted that although all mindfulness-based programs have their origins in Buddhist philosophy and meditation practice, they are all presented with a totally non-sectarian approach.

Mindfulness-Based Stress Reduction (MBSR)

MBSR was conceived by Kabat-Zinn in the late '70's, and all subsequent mindfulness-based programs follow his basic design. The curriculum consists of eight weekly classes and

one all-day "retreat." Classes include meditation, yoga, and group discussion, with homework to promote mindfulness in daily life. MBSR participants report decreased physical and psychological symptoms, increased relaxation, decreased pain, improved self-esteem, and more effective coping with stress.

Mindfulness-Based Cognitive Therapy (MBCT) for Depression

This adaptation of MBSR was developed by Zindel Segal, Mark Williams, and John Teasdale (2002) to help prevent depressive relapse. MBCT combines the basics of cognitive therapy, such as identifying distorted thinking, with mindfulness

. . . Innovative therapeutic programs were developed based on the importance of mindfulness as a means to understand and manage life's problems.

principles of becoming aware of these thoughts, and any associated feelings, as simply moment-to-moment events. Rather than trying to change or eliminate them, MBCT emphasizes "changing *awareness of and relationship to* thoughts, feelings, and bodily sensations" (p. 54). Results from studies indicated that MBCT was particularly effective for patients with a history of three or more depressive episodes.

Mindfulness-Based Relapse Prevention (MBRP) for Addiction

MBRP is currently undergoing a series of clinical trials at the University of Washington under the direction of G.

Alan Marlatt. In this adaptation, mindfulness training allows an addicted patient to become more aware of cravings and triggers without acting out on them. The patient learns that these events will eventually diminish and pass away on their own, and can then apply this insight to everyday situations. A study with incarcerated individuals in 2004 suggested that mindfulness practice was associated with decreased use of marijuana, crack cocaine, and alcohol (Bowen, et al., in press).

References

Bowen, S., Witkiewitz, K., Dillworth, T. M., Chawla, N., Simpson, T. L., Ostafin, B. D., et al., (in press).

Mindfulness meditation and substance use in an incarcerated population. *Psychology of addictive behaviors*.

Kabat-Zinn, J. (1994). *Wherever you go, there you are: Mindfulness meditation in everyday life*. New York: Hyperion.

Segal, Z. V., Williams, J. M. G., & Teasdale, J. D. (2004). *Mindfulness-based cognitive therapy for depression: A new approach to preventing relapse*. New York: Guilford.

Roger Nolan is an MFT Registered Intern, supervised by Deborah McColl, M.F.T., in private practice in South Pasadena. A specialist in mindfulness-based programs, he is currently serving as a consultant for the MBRP study and will be a contributing author for the forthcoming MBRP manual. For more information, visit www.rogernolan.com, or e-mail rogermolnotherapy@hotmail.com. ?



The Business of Practice

Jim De Santis, Ph.D.

The Office Resume:
An Internal Prospecting Tool

Internal prospecting is a marketing term that means selling a new product or service to an existing business customer. It can also mean recruiting a new customer through the recommendation of an existing customer.

In either case, internal prospecting is different from external promotion strategies like advertising or networking. For one thing, internal prospecting is more expedient because it is far cheaper and easier to retain an existing customer than to locate and recruit a new one from the marketplace.

Furthermore, internal prospecting is liable to yield a markedly better quality of business. Long-term customers are more likely to try a new service you are introducing because they already have confidence in you. They are less likely to be a collections problem, if you have been consistent with your billing policies. And they are more likely to talk about you to others because they know how you have been helpful to them already.

Most clinicians who have been in full-time private practice for awhile will have abandoned the task of keeping their resume current. We are no

longer competing in internship interviews, job interviews, or managed care contracting. Yet there is a place for a variation on the traditional resume in a private practice setting. An modified resume can be a useful business tool for internal prospecting.

As part of my initial informed consent forms that a new patient reviews, completes, and signs before their first appointment in my office, I include an office resume. This isn't an

. . . While they were referred for one issue or service, they are interested in exploring whether I can help them in another area

exhaustive academic vitae that might otherwise enumerate all the details of education, training, and professional experience. Instead, it is a one-page synopsis of elements of my professional background that are likely to be of interest to the consumer in gauging my suitability for them not only if they are comparison shopping, but also for them to consider other services or to refer others to my practice.

I open the office resume with a statement: "Making an informed choice when seeking psychological services requires knowing the doctor's professional education, training, and experience. To facilitate your important health care decision, the following synopsis is being provided to you. Please do not hesitate to ask your doctor any

questions you may have about his qualifications." This sheet then lists several aspects of my background that I think will help educate my patients about me.

Firstly, I list my areas of specialization. I have had a number of new patients, upon reading my resume, say that while they were referred for one issue or service, they are interested in exploring whether I can help them in another area or provide another service they didn't know I offered.

Some patients seeking one type of service from me have, upon reading my office resume, have made a referral to my practice of someone else who needs another type of service or has a different presenting problem that I specialize in as well.

Secondly, I list my academic degrees, licenses and certifications, and training experiences. Sometimes inexperienced patients do not understand the depth of our professional education, instead seeing us as little more than technician or advice-giver. Informing the patient in this way will sometimes facilitate our being more correctly viewed as highly skilled consultants that we are and inspire their confidence to refer to others.

Lastly, I list those professional activities I'm engaged in and professional memberships I hold to reinforce my patient's understanding of me as an active, visible member of the professional community. We as professionals are held in a position of trust in the community. It is necessary for the lay public to understand this not only to seek us

out but also to refer others to us with confidence.

There are other forms of internal prospecting. In a sense, any time we sit down with our calendar at the end of a session to schedule a next session with a patient, we are at a "point of sale"; in sales terminology we are "closing" on a future "order." Similarly, from a business perspective, whenever we are discussing with a current patient a new issue or a new diagnostic hypothesis to explore, we are internally prospecting. Or whenever a patient completes a piece of work, and we start to discuss their prospects for a new piece of work now or in the future, we are internally prospecting.

Certainly, letting our patients know about our professional qualifications is an essential aspect of fully informed consent. It also serves to facilitate patient access to quality care. And, as always, despite the obvious business incentives and motivations inherent in marketing, this technique is only consistent with our highest ethical principles if we are delivering genuine value to satisfy the real needs of our patients.

An office resume is just one tool to help generate additional sales to existing customers and new sales through word-of-mouth to new customers.

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

Top Reasons to Visit GAMHPA Online

1. Online Directory
2. Online Newsletter
3. Online Application Form
4. Links to Member Websites

psychotherapy.org/gamhpa

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 \$225 in first-class postage to each winner.

Congratulations go to the following winners:

Daniel Alonzo, M.F.T.
Audrey Khatchikian, Ph.D.
Bryce Malek, M.F.T.
Lisa Nemoth-Simon, L.C.S.W.
Arghavan Sadeghi, M.F.T.
Sharon Tobin, L.C.S.W.

Why Join GAMHPA?

Many of our Newsletter readers and Membership Directory recipients believe they are members of GAMHPA when they are not. In fact, 80% of our Newsletter circulation are not members. If you have not completed an application or renewal and paid dues annually, then you are not a member. Only members receive the following additional benefits.

Publications

Directories with member names and practice information are published annually, placed on the desks of potential referrers in the community. Newsletters with member advertising and articles are circulated bimonthly to over 750 readers in the local professional community.

Advertising

Running classified ads for groups, services, and office space are free to members. Members are randomly awarded the opportunity to bundle their practice flier or promotional brochure with the newsletter at no charge—a \$150 value. Members receive discounts for display advertising, newsletter insert advertising, and mailing list address labels. Your website will be published in the newsletter.

Visibility

Members can publish articles in the newsletter on professional topics to gain collegial exposure and respect. Members may present a talk to colleagues on a professional topic, advertised as an association program event.

CEU/MCEP

Reduced rates to members for local continuing education units applicable toward professional licensure renewal.

Multidisciplinary

Equal membership is offered to all licensed mental health professionals regardless of discipline, reflecting real patterns of professional referral in the community.

Local

A geographically local membership base reflects how most client referrals are local.

Inexpensive

Membership dues are lower than most professional associations. Just \$65 per year for licensed mental health professionals, \$45 for students, interns, allied professionals, and organizations.

For a membership application form or to renew your expired membership, call GAMHPA at (818) 771-7680 or visit <http://www.psychotherapy.org/gamhpa> to download an application.

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GROUPS

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. Complements 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.

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. Complements 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 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. Complements concurrent individual or conjoint psychotherapy. Thursday, 7:45-9:15pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714.

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.

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.

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.

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. 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 suite of three offices with spacious waiting room in professional building off the 134 freeway. One 208 square foot office with built-in wall-sized shelving, available full time, is appropriate for groups. \$800 per month, including wireless internet connection. Contact Ann Montgomery, Ph.D., M.F.T., at (323) 982-9595.

GLENDALE. Office space available five mornings a week plus Monday and Friday all day. Beautifully decorated with view toward mountains and Pasadena. Receptionist, copier, and full kitchen. Landmark building, corner of Brand and Broadway. Call Tina Clarfield, Ph.D., (818) 507-1550.

GLENDALE. Attractive office space in beautifully restored building at 100 North Brand, corner of Broadway. Available immediately on a shared time basis. Space is open for Wednesday PM, Thursday AM & PM, Friday AM & PM, & Saturdays. Cost approximately \$370 per month. May be seen by arrangement through call to William Clarke, M.S.W., at (818) 244-1935 or (805) 733-0533. Also may be seen through management office at Suite 200 through call to (818) 244-1935.

MIRACLE MILE/FAIRFAX DISTRICT. Great location at Wilshire/Fairfax. Attractive two-suite office, fully furnished with all amenities, including

parking. Available days, evening, and weekends. Please call Michelle at (323) 931-6025 x0 or e-mail at mcauleyl@sbcglobal.net.

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. 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.

PASADENA. Generous office space available in attractive suite in highly desirable building with quality professionals of varying expertise including psychiatrist, psychologist, and therapists. Hospitable environment. Fully furnished waiting room. Small kitchenette. Secure parking for you and your clients. Call Alejandra Suzuki, M.D., at (626) 396-9598.

PASADENA. Excellent location, historic professional building with handicap accessibility on Colorado at Madison. Comfortably furnished waiting room, large, bright, corner consultation room, reception area, internet connection, office equipment, and chart storage/billing area. Convenient parking. Office is available daily or by half day as of January 1, 2008. Please contact Richard Atkins, M.D. Leave a message with answering service at (818) 249-3770.

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.

MARKETING WORKSHOP. Not a one-size-fits-all, this how-to workshop is designed for mental health professionals and students/interns wanting to build a private practice. Twelve facilitated biweekly meetings, small group format uses practical lecture and discussion, action-oriented assignments, and peer support. 18 CEUs available for M.F.T.s and L.C.S.W.s. Glendale. Call Jim De

Santis, Ph.D., at (818) 551-1714 for information or to register.

THERAPIST'S "GUIDE TO SELF CARE" GROUP. Helping others is our calling, but attending to our own needs is essential to achieving that professional objective. For the mental health professional who wants to create the life they truly want, this support group focuses on listening to your own biopsychosocial "signals" to maximize the things you enjoy, create an environment you are happiest in, reserve ample time for re-creation, cultivate rewarding collegial relationships, and get more of your important tasks accomplished—in order to achieve personal satisfaction and well-being. On-going bi-weekly small group format, Wednesday, 10-11:30 a.m. Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714.

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. Flexible format uses in-person meetings, telephone, and e-mail. 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 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.

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 in ring-binder or on CD-ROM, includes 35 sample forms and cover letters. For further information or to place an order, visit the web at 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 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. 125 mental health professionals in the Glendale area, cross-indexed by specialties and insurance accepted. This 72-page directory is available free to review or print from the following internet address: psychotherapy.org/gamhpa. Hard copy available by mail by calling GAMHPA at (818) 771-7680.

GROUP THERAPIST DIRECTORY. Request a copy or submit your free listing. Concise, up-to-date directory of outpatient psychotherapy groups in Los Angeles county. 330 facilitators and 880 groups. Edited by a licensed psychologist and certified group psychotherapist. Web page has received over 13,000 hits from visitors. View or download from 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. Concise list of 200 child psychiatrists in Los Angeles county, available on the internet at hometown.aol.com/jjdesantis/pedpsychmd.html.

AFFILIATE AGENCIES

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

Michael Barnes, Ph.D.	www.michaelnbarnesphd.com	Private practice
Michelle Barone, M.F.T.	www.michellebarone.net	Private practice
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
Kristin Cantella, M.F.T.	www.kristincantella.com	Private practice
Martha Carr, M.F.T.	www.mcarrmft.com	Private practice
Michelle Cauley, L.C.S.W.	www.cauleyassociates.com	Private practice
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
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	Group practice & resources about girls
Karin Meiselman, Ph.D.	www.meiselman.net	Private practice
Thomas Oldenburger, L.C.S.W.	therapist.psychologytoday.com/42652	Private practice
Craig Peterson, PsyD, MBA	www.apapo.org/drcraigpeterson	Private practice
Arghavan Sadeghi, M.F.T.	therapist.psychologytoday.com/38050	Private practice
Pamela Toll, Psy.D.	www.dr.pamelatoll.com	Private practice
Charles Weinstein, Ph.D.	www.charlesweinsteinphd.com	Private practice
Andrew Whaling, M.F.T.	www.great-marriages-now.com	Marriage/relationship counseling
Kathleen Williams, Ph.D.	www.psychologist-losangeles.com	Private practice
Cathy Wright, L.C.S.W.	www.petgriefsupport.com	Pet loss bereavement services

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) 243-0839

Michelle Barone, M.A., M.F.T.,
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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, \$65 per year. Associate Member dues for students, interns, organizations, and others,

\$45 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

Dec/Jan Issue	Nov 16
Feb/Mar Issue	Jan 19
Apr/May Issue	Mar 21

ADVERTISING

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

Advertising Rates

Item	Member	Non-Mem
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
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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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