



Glendale Area

Mental Health Professionals Association

NEWSLETTER

YOUR GUIDE TO GAMHPA NEWS,
INFORMATION AND EVENTS
January February March 2014

A Note from the Editors



Elaine Ahmad,
LCSW

This will be my last issue of *GAMHPA Newsletter* as editor as I have decided to resign my position to focus on writing. Many of us emphasize the importance of writing to our clients, whether it be journal writing, keeping a log of their feelings and activities, or writing their family's story but we are often neglectful of making time for our own writing. Even though I mostly write fiction, I have found the exercise of writing (and re-writing and getting feedback and re-writing) reveals and articulates so much about my inner life. My writing time feels like a kind of meditation and inward exploration that I can't get anywhere else. Even so, it is only too often that I end up skipping writing for household chores and errands that are *really important* (I justify to myself). One of my writing mentors at a recent residency encouraged me to block off a certain amount of time every day for writing and not allow myself to answer the phone or pay bills (or whatever distraction I've chosen for that given day) during that block of time. This is something we're clearly used to doing in our therapy office: creating a peaceful, sacred space for our clients, but perhaps less accustomed to applying to our personal pursuits.

As I leave my post as editor, I encourage everyone to take the time to write and see what lands on that piece of paper (or more likely, computer screen). The truth of the words in front of you may surprise you. There is value in having something tangible to mark a moment of beauty, rage, or even weariness. And then, when you're feeling particularly brave, share your words with someone else, or perhaps send them in to GAMHPA so they can include them in the next newsletter. Thank you for your readership and support!

Elaine

Elaine Ahmad is a licensed clinical social worker provides clinical consulting and works in crisis response. In her dwindling free time, she writes fiction and shuttles her two sons between karate and choir practices. She can be reached at elaine.ahmad@gmail.com or (818) 398-2579.

I want to thank Elaine Ahmad for all of her hard work and expertise as co-editor of the GAMHPA newsletter and wish her all the best as she focuses more on her creative pursuits. I'd like to second Elaine's encouragement to submit articles to this newsletter! Please send them to me at suzette@villagecounselingandwellness.com. Looking forward to reading your work!

Suzette

Suzette Bray is a Licensed Marriage and Family Therapist and Executive Director of Village Counseling and Wellness in Burbank. She spends her limited time outside of the office frantically attempting to thwart the more dangerous adventures of her thrill-seeking four-year-old son. She can be reached at (818) 238-9895, villagecounselingandwellness.com or suzettebraymft@sbcglobal.net.



Suzette Bray,
MFT

Calendar of Events

BOARD MEETINGS 2014
Shakers Restaurant
801 Central Ave
Glendale, CA 91203

Friday, March 21
Friday, May 16
Friday, July 11
Friday, September 12
Friday, November 14
All meetings 9:15 - 11 am
All are welcome.

LUNCHEONS 2014
Fortune Inn
Mandarin Restaurant
117 East Broadway,
Glendale, CA 91205

Friday, April 18
Friday, July 18
Friday, October 3

All lunches 12 to 1:30 p.m.
All are welcome.
Each person pays their own.

CEU Event
Introduction to Energy
Psychology
Thursday, May 8
from 9:30 - Noon
(network/continental breakfast
at 9:30 and 10-Noon
workshop).

A Must-Read Book by Local Psychologist Dr. Enrico Gnaulati

"Back to Normal is outstanding. Careful, measured, wise, compassionate, and powerful. Finally, someone is suggesting that lots of awkward, angry, tuned-out, defiant kids are not suffering from mental illness but, rather, are coming to terms with the human condition. And they shouldn't be medicated for it."

—PEG TYRE, author of
The Trouble with Boys

"Provides a compelling, insightful, and timely explanation of the multiple forces that lead to overdiagnosis and misdiagnosis of our children. It offers parents a much-needed guide to help distinguish behaviors that truly warrant medical intervention from those that may stem from other issues and require different approaches. Well done, Dr. Gnaulati!"

—DIANEM. KENNEDY and REBECCA S. BANKS, authors of *Bright Not Broken*

"An exceptionally original and useful book. Gnaulati challenges the widespread rush to see pathology and medicate; he suggests, instead, that various behaviors may actually be expressions of normal development. **With a rare combination of creative insight and common sense, Gnaulati helps us appreciate children as they grow and cope with the stresses of modern life.**"

—WILLIAM CRAIN, author of
Reclaiming Childhood

"A valuable guide for parents and educators that includes tips on choosing a therapist and parenting strategies."

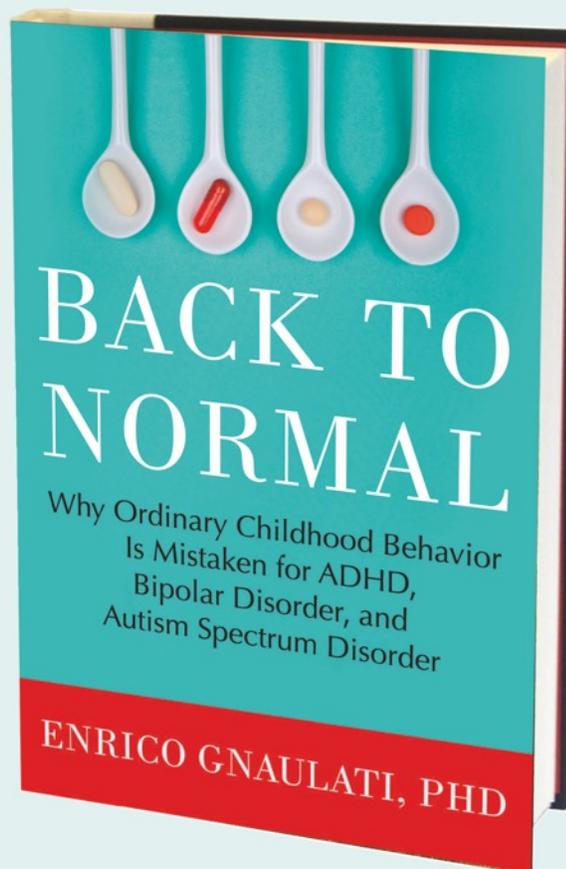
—Kirkus Reviews

"A welcome antidote to an alarming trend."

—Publishers Weekly

"Highly recommended for parents, caregivers, educators, physicians, and specialists working with children of all ages."

—Library Journal



Start reading
Back to Normal

Available wherever books
and e-books are sold.



www.beacon.org
www.beaconbroadside.com

Working With Same-Sex Couples Living In A Heterosexual Society

By Jessica Davis MFT

"To Be, Or Not To Be... That Is The Question." But alas, easier said than done when doing that which is contrary to ones genetic orientation. Take the following example:

Alex and Bob are a same-sex couple who entered my office with a story to share. Their goal was simple -- validation. This will be easy, I thought. As a therapist, validation is what we offer... right? As our session progressed and I learned more deeply about the challenges faced by young people entering their "coming out" stage, or the couple that has been together for 20 years, but is still unable to be transparent about their sexuality for fear of societal judgment and rejection, I found myself pondering the question: Where, as human beings, did we lose sight of an individuals right to happiness and equality?

Alex described his inability to be his "true self" in the workplace due to his fear that his colleagues would lose respect for him. In the time we spent processing the difference between (1) internalized homophobia; compared to (2) an actual threat to his professional image; Alex concluded that it doesn't particularly matter which is causing him to remain in the closet, only that he feels it necessary to do so. Sadly, that is the societal issue and potential stigma that many homosexuals, lesbians, and transgender's face today.

So as therapists, what do we do about this? I found myself becoming highly frustrated at the idea that I cannot change the way society views homosexuality, nor can I speed up the acceptance progress. All I can provide is an objective open forum to self-expression, and guidance as to how an individual can live a "life worth living" without the need for society to tell them that they are good enough.

I needed to find ways to manage these personal feelings without becoming resentful of others' lack of acceptance. I reminded myself at the beginning of sessions, that each person has the right to his or her own beliefs and opinions, even if drastically different than my own. I continue to spend time educating myself on races, religions, and life-styles different than my own, so I can have a more honest connection with my clients. And, I spend time being mindful and present in the moment, allowing myself to live in each persons experience as they experience it.

Working with all types of couples in a therapeutic setting can pose many challenges. Issues surrounding same sex couples are unique, complex, and are driven by both internal and external factors that often affect the interactions between these couples.

As a therapist, it remains crucial for me to practice with an open mind, a non-judgmental ear, and a desire to help my clients reach their goal of a "life worth living." And I have hope that in my lifetime, I will be fortunate enough to live in a society where people come to therapy because they are mentally ill, not because they are gay.



Jessica Davis is a MFT intern, who practices at Village Counseling and Wellness in Burbank. Jessica specializes in DBT with adolescents and parent coaching. She can be reached at 626-827-6786 or by email to jessica@villagecounselingandwellness.com

Introduction to Energy Psychology

CEU Workshop on Thursday, May 8

In this workshop you will learn basic energy hygiene, energy psychology methods, and how to use these methods in your practice and with yourself. You will have opportunities throughout the workshop to observe, practice and experience the use of basic energy psychology methods. This course meets the qualifications for 2.0 hours of continuing education credit for MFTs and LCSWs as required by the California Board of Behavioral Sciences (PCE 5187).

About Energy Psychology

Energy Psychology is a family of healing methods that blend contemporary and ancient healing traditions to provide relief from mind-body distress. The approaches used in Energy Psychology balance energy pathways to rapidly diminish disturbances in the thought and emotion. Energy Psychology provides tools that have been shown to quickly assess unconscious beliefs and resistances, release limiting beliefs and blocked emotions, promote readiness to change and strengthen positive attitudes. Energy Psychology healing methods have helped clients reduce stress; resolve trauma; let go of anger, guilt and other limiting emotions and beliefs; eliminate phobias, fears and panic attacks; reduce anxiety and depression; remove self-sabotaging behaviors; and resolve grief.

Presenters:

Diann Wingert, LCSW, BCD is a licensed psychotherapist specializing in integrative mental health, combining traditional and alternative techniques. In addition to energy psychology, Diann practices neurofeedback, biofeedback, mind-body methods and cognitive therapy. Diann Wingert, can be reached at (818) 679-4879 or diannwingertlcsw@gmail.com.



Michelle Barone, M.A. LMFT, DCEP has been practicing psychotherapy for 30 years. She holds Advanced 1 Certification in Neuro-emotional Technique and is a Diplomate in Comprehensive Energy Psychology. She has been practicing energy psychology since 1999. She weaves developmental and attachment theory with energy psychology in her work with individuals, couples, and families. She serves on the education subcommittee for the Association for Comprehensive Energy Psychology. Michelle can be reached at 818-951-7744 or michelle@michellebarone.com or www.michellebarone.com.

Thursday, May 8, 2014 from 9:30 a.m. to Noon

9:30 a.m. Continental Breakfast, Registration & Networking (bring business cards)

10:00 a.m. Workshop Presentation

The Gooden Center
54 N. Oakland Avenue (2nd Floor)
Pasadena, CA 91101
626-356-0078

Parking available for \$10 at nearby lot at 473 E. Union

Registration (Space is Limited, Register Now!)

Free for GAMHPA Members! \$25 for Non-Members

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

THE GOODEN CENTER

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

Planning For Your Future, Life After Retirement

By Steven Kessler

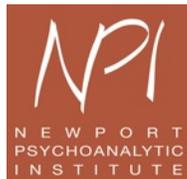
Just imagine having to choose between paying the mortgage, our daughter's college tuition, or paying for my mother's long term care. When it became clear my mother could no longer live in her home by herself, she had two falls plus 3 car accidents, I began the search for a more appropriate living situation. This began my long and challenging journey into the world of elder care. I have since learned the difference between Independent Living, Assisted Living and Memory Care facilities. I've also had to become a bit of an expert on mandatory IRA distribution requirements, Social Security, taxes and the realities of Medi-Care. As hard as this has been at times I was fortunate in that my mother had the foresight to purchase long term care insurance after my father passed away 15 years ago. While the purchase of long term care insurance wasn't an easy one for her, it's a decision that has allowed her to preserve her assets, live in a safe and comfortable setting, along with easing the minds of her sister, children and grandchildren.

My mother's monthly bill for room and board alone has ranged from \$5,000 per month for Independent Living to over \$8,000 per month for Assisted Living. Shockingly I discovered it's common for these facilities to also have quarterly rate increases. This experience made me wake up to the reality of what lies ahead for so many of us late 50 and early 60 year olds. You know, those of us sandwiched between our parents and our kids. My mother is about to turn 85 this summer, her mother lived to almost 100 leading me to think about my longevity and the possible impact this may have on our daughter's life. As a loving and dedicated father I felt compelled to explore long term care insurance for both my wife and myself.

Here is what I asked myself: Who will take care of us? Will we be able to stay in my home? How will we pay for care? The answer to these questions led me to take matters into my own hands, the last thing I wanted was to be a burden to our daughter in our later years. Planning for our future lets us put our heads on the pillow at night with the knowledge we've done what we can to be prepared.



Steven Kessler is a Long Term Care specialist for MassMutual in Pasadena. He can be reached at 818-298-6153 or by email skessler@financialguide.com.



**Newport Psychoanalytic Institute, PASADENA campus,
ANNOUNCING OUR**

2014 Open House Reception

Friday, April 25, 2014, 3:00pm – 5:30pm

Office of Gale Rapallo

1543 N. Garfield Avenue, Pasadena CA 91104 626-463-3170

Join us

Come any time, stay as long as you wish.

Meet your neighbor clinician and find out who we are, what we offer,

Psychoanalytic training, case consultations and CEU programs

Wine and cheese will be served!

Brief presentation at 4:00pm on:

Diving Into the Depths of the Psyche:

What might be found?

How to reach it?

Where does it lead?

For further information and to RSVP:

Call NPI (626) 796-2776 or e-mail Penny @ admin@npi.edu www.npi.edu

Classified Advertising

GROUPS

Dialectical Behavior Therapy Skills Training Groups for teens and adults who have difficulty with emotional regulation. We are comprehensive DBT program in Burbank. Please contact Suzette Bray, MFT, MFC37518, Executive Director of Village Counseling and Wellness, (818) 238-9895 or suzette@villagecounselingandwellness.com.

Co-ed Adult Personal Development Group. Growth group for high achievers who want more out of life – to find lasting intimacy, achieve career satisfaction, and expand friendships. Uses here-and-now interaction to increase self-awareness. Complements concurrent individual or conjoint psychotherapy. Wednesday, 6-7:30pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic # PSY10315, (818) 551-1714
jidesantis@aol.com.

Gay Men's Personal Development

Group. Growth and insight-oriented group addresses dating and relationships, career issues, life-enrichment. Uses here-and-now interaction to increase self-awareness. Complements concurrent individual or conjoint psychotherapy. Thursday, 7-9 pm. Glendale. Jim De Santis, Ph.D., C.G.P., Lic # PSY10315, (818) 551-1714
jidesantis@aol.com.

Moving Through Bereavement. On-going supportive and educational group uses here-and-now discussion, as well as cognitive, psychodynamic, and biopsychosocial perspectives to optimize self-care and coping. Complements concurrent individual or conjoint psychotherapy for your clients. Consultation about a case, call Bonnie Cesak, LCSW, RN, Lic # LCS18570. Glendale, (818) 240-1355.

Thriving with Diabetes. Ongoing supportive and educational group uses here-and-now discussion, as well as cognitive, psychodynamic, and biopsychosocial perspectives to optimize self-care and coping. Complements concurrent individual or conjoint psychotherapy for your clients. Consultation about a case, call Bonnie Cesak, LCSW, RN, Lic # LCS18570. Glendale, (818) 240-1355.

Post Traumatic Stress Disorder / Trauma / Sexual Abuse Survivors Process Group for Women. This group will allow survivors to share their abuse and recovery experiences, while providing a safe space for healing and to try out new, healthy coping skills. This group is targeted to sexual abuse, incest, assault, and rape issues. This is held every other Wednesday morning in Pasadena, CA. Please contact Cristina Mardirossian, LMFT at (818) 434-6051 for more information.

Men's Separation and Divorce Support Group. For men either contemplating separation or divorce, going through it, or recovering from it. Communication with an estranged spouse, co-parenting, building a

new circle of friends, dating, maintaining productivity at work, and achieving personal satisfaction with life. Wednesdays, 7:45-9:15 p.m., Glendale. Jim De Santis, Ph.D., C.G.P., Lic # PSY10315, (818) 551-1714,
jidesantis@aol.com.

Teen Talk Support Group. This co-ed support group is a safe place for teens to talk about everyday challenges with school, parents, relationships, and to get support from other teens. Increase self-esteem, healthy decision-making and self-awareness. Weds, 6-7:30pm. Glendale. Susan Chakmakian, MA, MFT, MFC41817 contact by 818-839-0390 or susan@susanchakmakian.com.

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

Men and Women's Interpersonal

Therapy Group - A safe environment for adults to explore their issues and gain the support and feedback of other men and women. Members learn how to connect past experiences with present circumstances, to gain self-awareness and find new ways to cope and relate to others and find overall well-being. Thurs, 6:30-8pm. Glendale. Susan Chakmakian, MA, MFT. MFC41817. For more information: susan@susanchakmakian.com or 818-839-0390.

GROUPS FOR PROFESSIONALS

Consultation Group. For experienced licensed therapists who are interested in contemporary psychoanalytic theory. The goal of this small group (limited to 5) is to provide a place for open, creative discussion of case material with the objectives of deepening one's therapeutic work, enhancing one's clinical understanding, refining one's ability to apply theory to practice, and more effectively using one's self in the clinical encounter. Tuesdays 12:00 – 1:45. For more information contact Larry Brooks, Ph.D., Lic. # PSY8161 (818) 243-0839 or drlarrybrooks.com

Consultation Group for therapists starting out in private practice. Targeted to clinicians with less than 5 years of post licensure experience. This small group (limited to 5) will provide a setting to strengthen clinical skills as well as deal with the personal/professional challenges of being in private practice. It will utilize a contemporary psychoanalytic framework to discuss clinical material with objectives of deepening one's therapeutic work, enhancing one's clinical understanding, refining one's application of theory to practice, and more effectively use in one's self in the

clinical encounter. Fridays 3:15 – 5:00 For more information contact Larry Brooks, Ph.D., Lic. # PSY8161 (818) 243-0839 or drlarrybrooks.com.

SERVICES

INTERN/TRAINEE Process Group Being an intern/trainee can be emotionally stimulating at the least! And while it's important to work through your counter-transference with clients, and learn more about your own relationships, it may be an expensive prospect while you are interning. A group may be just what you need. Get support from your peers and guidance from someone whose been there. 300 hours in 100 hours! Led by Susan Chakmakian, MA, MFT. MFC41817. For info: 818-839-0390.
susan@susanchakmakian.com

Attention Deficit Disorder and Specific Learning Disorder. The Assessment Center offers psychoeducational testing to evaluate specific learning disorders, attention deficit/hyperactivity disorder, and emotional difficulties, in both children and adults. Reduce the stress and frustration of an undetected client problem. To discuss a case or receive a brochure, contact Jim De Santis, Ph.D., Lic # PSY10315, (818) 551-1714
jidesantis@aol.com.

Business Consultation. Private, individualized how-to for mental health professionals and students/interns wanting to start a private practice. Formulate goals, identify optimal niches and target markets, design ethical and effective marketing strategy, write effective advertising materials, and track results. Flexible format uses in-person meetings, telephone, and e-mail. Jim De Santis, Ph.D. At (818) 551-1714 or JJDeSantis@aol.com.

Private Practice Office Forms. Field tested, up-to-date fast-start kit of forms includes patient intake, financial agreements, HIPAA notice, consents and releases, and clinical screening forms. CD-ROM, paper copy, or via e-mail. For more information or to examine samples, visit JJDeSantis.com.

The Therapist's Journey formerly known as Professional Development Programs is certified by the MCEPAA and BBS to provide continuing education to Psychologists, Social Workers, and Marriage and Family Therapists. The Therapist's Journey works with small groups of clinicians and agencies to design programs to meet your specific training needs. Call Dr. Larry Brooks at (818) 243-0839 or check out the website at drlarrybrooks.com.

PUBLICATIONS

Child Psychiatrist Directory. Concise list of 440 physicians who provide psychiatric services to children and adolescents throughout Los Angeles County available on the internet at JJDeSantis.com.

Subscribe to The Therapist's Journey, an E-newsletter that focuses on the subjective experience of doing psychotherapy in these changing times. Go to drlarrybrooks.com.

Diagnostic Testing Directory. Free directory of 350 licensed psychologists throughout Los Angeles County who offer psychological assessment services: educational, neuropsychological, forensic vocational, custody, and general psychiatric differential diagnosis. View or download from www.JJDeSantis.com.

East San Gabriel Valley Directory.

Free directory of 156 mental health professionals east of the 605 freeway from Azusa to Pomona, cross-indexed by specialties, services, second languages, and insurance accepted. View or download at www.JJDeSantis.com.

GAMHPA Members Directory.

117 licensed mental health professionals in the Glendale area, cross-indexed by specialties, services, second languages, and insurance accepted. This 65-page is available free at the GAMHPA website: gamhpa.org.

Group Therapy Directory. Free, up-to-date directory of outpatient psychotherapy groups in Los Angeles County. 500 facilitators and 1,250 groups. Directory has received over 25,000 visits on the internet. View or download from www.TheGroupList.org.

Home Schooling. "Finding Your Way: Exploring Your Family's Educational Journey," a workbook of discussion topics and thought provoking exercises by GAMHPA member Michelle Barone, MFT. Learn more at michellebarone.com.

OFFICE SPACE FOR RENT

EAGLE ROCK OFFICE: Lovely window office in a professional suite. Sunny and light. Nice two-story garden building. Attractive warm suite has two professional offices, secretarial office, comfortable reception room, and private restroom. Free parking. On Colorado Blvd. (between Orange Grove and Figueroa). Easy access to 134/210 freeways. Available 3-5 days per week; month-to-month or annual sub-lease. Call (323) 340-1596 or (626) 796-1093.

GLENDALE. Floor to ceiling windows office for rent. Three person suite, soundproofing, call lights, newly furnished, easy freeway access, parking garage on premises prime location and view of Brand Blvd. (818) 913-7301.

GLENDALE. Office available part-time in friendly 3 office suite on Brand Blvd. Great for psychotherapy or hypnotherapy practice (recliner in suite). Large interior office is furnished and ready for you to start. Comfortable waiting room, call lights, microwave, fridge, printer/copier, internet. Secured Parking included. Client parking. A great place to start or grow your practice! Contact Susan 818-839-0390

LA CANADA. Just completed office space in La Canada with private waiting area, therapist signal system, sound proofing, plus separate entrance and exit. There are a total of 4 offices within the suite, the building is very well

maintained with security for both the building and suite. Similar to 595 Colorado in Pasadena but it's in La Canada! Learn more about from Debra Kessler, Psy.D at www.drdebrakessler.com

PASADENA. Office space available in prestigious Rose Court on the grounds of Las Encinas Hospital. The office is 11.5 x 12.5 ft. fully furnished in mid century modern decor, dark walnut laminate floors, restroom inside suite, kitchenette with mini fridge & microwave, fax/copier and free wifi. Free parking for therapists & clients. Receptionist in suite M-F from 9:30-5. \$ 500 flat rate per month, utilities included. Available every day, including weekends except Thurs 12-7 PM. Please email your interest to: apkurk@gmail.com

GLENDALE. Office space available five mornings a week plus Monday and Friday all day. Beautifully decorated with view toward mountains month, utilities included. Available every day, including weekends except Thurs 12-7 PM. Please email your interest to: apkurk@gmail.com

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

GLENDALE. PT space available for mental health professional. Attractive, upscale and professional building. Highly secured. Beautiful waiting area with refreshments available. Separate exit. Handicap accessible. Great networking opportunities. Newly painted and furnished tastefully. Floor to ceiling window with a view. Nearby freeway. Reasonable rates. Café within the building. Call Anita Avedian at (818) 426-2495 for more information or email her at avediana@aol.com.

PASADENA. Office space available at 309 office at 711 East Walnut Street in Pasadena for reasonable rates. Includes free mentoring in helping you get started in your practice. Lovely office and free parking. Great location in the Playhouse district. Contact Debbie Hedgecock at 626-821-4028 for info.

PASADENA. Window office in attractive, cozy building. Shared waiting room in friendly suite. Office set up for kids or adults. Available all day Friday and on weekends, Monday mornings and until 4:30 on Thursday. \$200/day/month or by the hour. Contact Bruce Hirsch (626) 395-7833 or drbruce@brucehirschphd.com

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

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

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

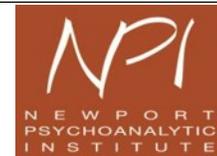
Call for Submissions

We want to hear from YOU!

GAMHPA is looking for mental health articles, essays, or case studies (under 1000 words) for our upcoming issues.

Submit to Suzette Bray at

suzette@villagecounselingandwellness.com



Obstructing and Welcoming Connections

Presenter:

Jeffrey Eaton, M.A., FIPA

Saturday, March 22, 2014

9:00 AM - 4:00 PM , 6 Continuing Education Hours

Hilton Pasadena

168 South Los Robles Avenue, Pasadena, CA 91101

Childhood traumas can lay the groundwork for powerful defenses against emotional contact with others and often block people's capacity to engage fully and freely in subsequent relationships. The contemporary dynamic therapist must be able to discern and work with these early structures as they transfer into the therapeutic setting.

Mr. Eaton will present his very moving work demonstrating how the therapist can become a "projective identification welcoming object."

For more information and to register: www.npi.edu (626) 796-2776 Admin@npi.edu

GAMHPA

Glendale Area Mental Health
Professionals Association
138 North Brand Boulevard
Suite 300
Glendale, CA 91203-4618
(818) 771-7680
www.gamhpa.org

MISSION

GAMHPA was founded in 1992 by a few local area mental health professionals in private practice. Within several years, it grew to over 100 members. Our mission is to advance professional development through networking, continuing education, and public awareness. We offer equal membership to all licensed mental health professionals regardless of discipline, reflecting real patterns of professional referral. We are an interest group only and do not provide referrals to the community. We are not a profit making organization.

MEMBERSHIP

Download an application form from our website. Full member dues for licensed mental health professionals, \$60 per year. Associate Member dues for students, interns and others, \$35 per year. Organizations, \$125 per year. Dues may be deducted as an ordinary and necessary business expense but not as a charitable contribution.

BENEFITS

Members receive a number of exclusive benefits. Members can present a talk or publish an article on a professional topic. They are listed in the annual membership directory, distributed to the local professional mental health community and posted on our website. They have access to our internet discussion group.

Members can place free classified ads and receive discounted rates for display ads and inserts, and mailing list labels. Members are automatically entered for free newsletter advertising. They receive reduced rates for continuing education. New members can submit a brief professional biography for publication in the newsletter.

Glendale Area Mental Health Professionals Association

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NEWSLETTER

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

EDITORIAL POLICIES

GAMHPA encourages members to contribute articles of scholarly or clinical interest for publication. Submissions should be forwarded to Editor Suzette Bray at suzettebraymft@sbcglobal.net

Opinions expressed in this newsletter are not necessarily those of the Association or its members. GAMHPA does not endorse any of the products or services advertised.

Newsletter Deadlines:

Oct/Nov/Dec 2013 Issue Sep 1
Apr/May/June 2013 Issue Mar 1
July/Aug/Sept 2013 Issue June 1

ADVERTISING

All advertising questions should be directed to Suzette Bray at suzettebraymft@sbcglobal.net. Classified and display ads run for one issue. Advertising for services by psychologists or psychological assistants must include the license number of the psychologist. Advertising is accepted up to one week before publication.

Advertising Rates:

Item	Member	Non-Member
Classified Ad	Free	\$25
1/8-page display ad	\$25	\$50
1/4-page display ad	\$50	\$75
1/2-page display ad	\$65	\$90
Full-page display ad	\$100	\$150

Mailing lists are available. Contact Jim De Santis at:
jjdesantis@aol.com.

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