

MENTAL HEALTH PROFESSIONALS

NEWSLETTER

Your guide to GAMHPA news,
Information and events
July August September 2018
www.GAMHPA.org

Hi GAMHPA members!

We hope everyone is enjoying their summer. Enjoy the beautiful beaches, stay hydrated, and wear your sunscreen. Check out our new ads in this quarter's newsletter!

Suzette and Laura



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 six-year-old son. She can be reached at (818) 238-9895, www.villagecounselingandwellness.com or e-mail suzette@villagecounselingandwellness.com.



Laura Dickson is the director of Glendale Arcadia Counseling in Glendale, California. Glendale Arcadia Counseling specializes in providing Couple's Therapy, EMDR, Anxiety Management and Recovery Support. Laura can be reached by visiting her web site at www.Glendale-Arcadia-Counseling.com by email ldicksonlcsw@sbcglobal.net and by phone 818-476-0111.

Call for Submissions

We want to hear from YOU! GAMHPA is looking for mental health articles, press releases, essays, or case studies (**under 1000 words**) for our upcoming issues.

Submit to Laura Dickson at
ldicksonlcsw@sbcglobal.net

CALENDAR OF EVENTS

BOARD MEETINGS

Central Grille
801 N. Central Ave
Glendale, CA 91203

GAMHPA 2018 Board Meetings
September 21
November 2

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

QUARTERLY NETWORKING EVENT

Acapulco
722 N. Pacific Ave.
Glendale, CA 91203

GAMHPA Networking 2018
Friday July 13th
Friday October 12th

Pre-registration and payment is required by the Wednesday prior to event date at www.gamhpa.org

\$10 members, \$20 non-members.
No walk-ins will be permitted. Arrive before noon is recommended as parking is limited.

Check-In is at 11:45 - Noon.
Buffet Lunch is included from 12 to 1:30 p.m. All are welcome.

For questions contact Kimberly Wong at 626-260-1356 or kimbelycwonglcsw@gmail.com. You can also contact Rachel Thomasian at rachelthomasian@gmail.com.

Interview Questions

Judith M. Sack

1. If you weren't an attorney, what would you be?

I have wanted to be a lawyer since I turned 17. My hobbies are limitless but ceramics and ceramic sculpture are amongst my favorite.

2. As an attorney, what is the one thing in your bag of tricks that you can't live without?

The capacity to listen and allow myself to walk in the shoes of another person.

3. What is your favorite book?

"Eighty years or more: Reminiscences 1815-1897 by Elizabeth Cady Stanton (1815-1902) New York: T. Fisher Unwin, 1898."

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

Esthetically, the Musée de l'Orangerie in Paris was the most enriching, beautiful place I have ever been.

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

The most universal advice I read and strive to practice is to "seek first to understand and then to be understood," (Stephen Covey, Seven Habits)

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

Enjoy life with family and friends, participate in yoga, take walks, visit museums, and when possible, swim.

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Creativity as a Source of Connection

Rachel Brousseau, LMFT, RDT

A few months ago, I read an article about creativity and motherhood that resonated with me to my core. In my work with mothers, I often hear similar problems such as “I had expectations about who I would be as a mother, and who I actually am doesn’t even come close” or “I want to be able to do something that is just for me”. These women are ambitious, creative, and caring but somewhere along their motherhood journey they stopped developing the creative parts of themselves that helped them feel connected to both themselves and others.

Women are natural creators. My grandmother was part of a quilting bee. These groups would get together to create quilts and connect about the world, talking freely about what was going on in their communities. The International Quilt Study Center and Museum states:

“Quiltmakers have long acted out of an understanding that most people share. That is, we don’t live isolated existences, but are connected to one another regardless of geographic, political, religious, cultural, or social boundaries.”

Isolation has a profound influence on our ability to feel joyful, creative, seen, understood, and connected. It is especially easy for mothers to sink into isolation due to napping schedules, lack of consistent interaction with other adults, sleep deprivation, anxiety, lack of partner support, lack of family support, and a general lack of social support.

Isolation has great power. Its cloak is alluring and comforting. But constant exposure to this super villain can lead to depression and anxiety, which can have some pretty serious consequences, leaving families vulnerable to increased risk of mental health issues.

How can creativity help? Creativity allows us to access the right side of the brain, processing and reflecting in a way that doesn’t always create meaning from words alone. It can help connect us to deep parts of ourselves that assist us in finding relief from the unconscious parts that may hold us back from feeling seen. It may help us express our pain, our joy and our ambivalence in a way that feels safe and personal. When used in the context of a group or with a therapist, we can further access growth and healing through a supportive witness who can validate our experiences and share in a way that lets us feel less alone.

“I’m not an artist.” It’s easy to censor ourselves and block our creative spirit by saying, “No.” “I’m too shy. I never did well in art class. I can’t rhyme. I’ll look silly.” What if it doesn’t matter what the end product is? What if the most important part is engaging in the creative process? Exposure to things that scare us in a safe, protected environment can actually help decrease anxiety and increase feelings of capability and resiliency. There’s a bunch of science that backs this up. This is why improvisation is so beneficial for social anxiety and any group of people who need to feel more connected and capable in their abilities.

Rachel Brousseau, LMFT, RDT works in private practice where she specializes in helping clients transitioning into parenthood, postpartum depression and anxiety, motherhood identity and artistic anxiety. She works as a consultant for expressive arts groups and is an adjunct faculty at the Drama Therapy Institute of Los Angeles. <http://healingthroughaction.com>.

Engaging in a creative process is also a great way to practice mindfulness. Mindfulness is the act of being present in the moment without judgment. It sounds easy, but it takes a lot of practice. Whether you are creating an abstract picture of how you feel in the moment, writing a poem or monologue, singing your favorite song or dancing in a way that feels just right for what your body needs, you are allowing yourself to be present. Take away the judgment and you are finding an even greater source of connection to your mind, body and heart.

Now that you know the benefits of creativity, you may be wondering how to access this wondrous part of yourself that has such potential for healing and personal growth. Here are a few ideas.

1) Find a group to engage with creatively. This can be done in a variety of ways. You might look up your local parks and recreation schedule to see what classes are being offered. Maybe you go to Meetup.com and search for local groups that do improvisation, drum circles, or written narratives about personal experiences. You might decide to call on some friends and form your own group where you engage in a variety of creative processes.

2) Find a creative arts therapist to work with regularly. A creative arts therapist may be a drama therapist, music therapist, art therapist, poetry therapist, or dance/movement therapist who has advanced training in helping people who want to explore their lives more deeply through different creative forms.

3) Begin creating at home and journal about the process. It doesn’t have to take a lot of time out of your day. I am a firm believer that when we start to make small changes, these positive changes can grow into something greater. This can be the same with creative process. You may start with a Haiku one day and work your way up to an epic poem, both have the possibility for insight and healing. The reason I encourage journaling about the process is to allow yourself an intentional place to explore how you feel differently, examine any insights you might have and non-judgmentally notice if you were able to stay present in the moment. Again, it doesn’t have to be a long James Joyce stream of consciousness experience. A few sentences will do.

Stumped for an idea? Start with whatever you are feeling in the moment. Maybe it’s an image or a dialogue between completing feelings or a song that expresses exactly how you are feeling. Remember, it’s about the process not the product!

I’d love to hear ways in which you engage creatively or groups that you wish you could find but just don’t seem to be out there. Or maybe you are interested in working with a creative arts therapist. Feel free to contact me at rachel@healingthroughaction.com!





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Languages: Armenian, Farsi

- **Changes in mood, language or thinking skills** (e.g., forgetfulness of recent events, misplacing personal items, word-finding difficulties, difficulty completing everyday tasks, difficulty organizing and planning, getting lost in familiar places, repetitive questioning, needing reminders, senior moments, odd or inappropriate behaviors, difficulty speaking, changes in language abilities including comprehension, spelling mistakes, repeated falls or loss of balance, change in hygiene, increased apathy, change in personality)

- **Memory declines, progressive reduction in thinking skills, dementia examinations and differential diagnosis** (e.g., Alzheimer's disease, vascular dementia/strokes, frontotemporal dementia, Parkinson's disease, head injury, pseudo-dementia)

- **Unexplained cognitive decline** (e.g., memory problems, attention/concentration problems, ADD/ADHD)

- **School performance difficulties/accommodations** (e.g., reduced concentration, problems keeping up or difficulty completing work in a timely manner)

- **Competency evaluations** (e.g., medical & financial decision-making capacity)

Free Divorce Options Professional Training!

Do you know your clients' critical divorce choices?

Pasadena Collaborative Divorce (PCD) presents this FREE PUBLIC SERVICE to educate **professionals** working with couples, and to empower **couples** with options that preserve respect and money.

Few people are actually familiar with all the divorce options, for example:

**Self-Representation, **Mediation (Traditional, co-mediation or enhanced mediation),

**Collaborative Divorce and **Traditional Litigated Divorce.

Professional presenters are trained in all the options: Licensed Mental Health Professionals ("Divorce Coaches," "Child & Co-Parenting Specialists"), Financial Professionals specifically trained in divorce financial matters, and Family Law Attorneys.

Registration Required. Call or text Ria Severance, LMFT: 626-354-4334.

We also come to you to educate and train groups of 10+ FREE!

When?: Third Tuesday, Sept, Oct, Dec 2018, and Second Tuesday Nov 2018, noon-1:30pm.

Where?: Donald E. Wright Auditorium in Pasadena Central Library, 285 E. Walnut St., Pasadena, CA 91101 (across from courthouse).

Classified Advertising

EMPLOYMENT POSITIONS:

Pre-Licensed and Post-Doctoral (CAPIC)

Positions: The Institute for Girls' Development is accepting applications for full time pre-licensed and post-doctoral candidates. For details on these training positions working with children, teens, families, and young adults, visit our private practice website: <http://www.instituteforgirlsdevelopment.com/employment/>

Licensed Therapist: DBT: The Institute for Girls' Development's Comprehensive DBT program serves teens, families, and young adults as well as school-aged children. Applicants with DBT training and experience are invited to apply for this full time position in our practice. For details, visit our practice website: <http://www.instituteforgirlsdevelopment.com/employment/>

Licensed Therapist: Child and Adolescent Specialty Program (C.A.S.P.): The Institute for Girls' Development is accepting applications for full time licensed therapists (LMFT, LPCC, LCSW, and Psychologists) to join our practice. For details, visit our practice website: <http://www.instituteforgirlsdevelopment.com/employment/>

GROUPS

Rainbow Grit Group: Do you know an LGBTQ teen who is looking for a safe and supportive place to share, connect and grow? Rainbow Grit meets weekly at the Institute for Girls' Development. 626.585.8075, ext 108. www.IFGD.care

Wellness Grit Group: A place for teen girls and young women experiencing chronic pain and/or chronic health issues. Meet weekly with others for support, connection, self-advocacy and mindfulness. Institute for Girls' Development. 626.585.8075, ext 108. www.IFGD.care.

Girl Power Group (4th and 5th grades): In this creative space, girls engage in activities, art, movement, and conversation to build their skills for friendship and emotional awareness and management. Institute for Girls' Development. 626.585.8075, ext 108. www.IFGD.care.

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

MEN'S DATING SUPPORT GROUP 25-35. A place for men to talk about dating, relationships, sex, and women. Themes include examining limited beliefs, sharing dating skills and knowledge, brainstorming where and how to meet eligible women, screening women for compatibility, troubleshooting problem situations, and receiving candid positive feedback. Goals include clarifying what you really want, making the best of yourself, building confidence, and meeting more of the right women. Alternate Fridays, 6-7:30 pm, Glendale. Jim De Santis, Ph.D.,

C.G.P., Lic. # PSY10315, (818) 551-1714, JJDeSantis@aol.com or JJDeSantis.com.

GAY MEN'S PERSONAL DEVELOPMENT GROUP. Growth and insight-oriented group addresses dating and relationships, career issues, life enrichment. Uses here-and-now small group dynamics to increase self-awareness, understand one's impact on others, and practice better ways of self-expression. Second and fourth Thursdays, 7-9 pm, Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714, JJDeSantis@aol.com or JJDeSantis.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.

DIVORCE AND SEPARATION SUPPORT

GROUP FOR FATHERS. For men who have children or teens and are contemplating, going through, or recovering from separation or divorce. Topics include communicating with an estranged spouse, coping with the legal process, co-parenting effectively, optimizing your relationship with your children, developing a new home life, building a new community of friends, dating again, maintaining productivity at work, and achieving personal satisfaction in life. First and third Thursdays, 7-9 pm, Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714, JJDeSantis@aol.com or JJDeSantis.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 decisionmaking 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.

Divorce Class. The Law Collaborative hosts free family law classes on the second Saturday and fourth Wednesday of every month, as a free service to the community. An attorney answers questions and concerns of attendees regarding divorce, child support, child custody, and alimony. It is extremely beneficial to people currently affected by divorce in any way. If you would like more information on this topic, please call Courtney at (818)348-6700 or send an email to courtney@thelawcollaborative.com.

WOMEN'S DATING SUPPORT GROUP 40-

65. A place for women to talk about dating, relationships, sex, and men. Themes include examining limited beliefs, sharing dating skills and knowledge, brainstorming where and how to meet eligible men, screening men for compatibility, trouble-shooting problem situations, and receiving candid positive feedback. Goals include clarifying what you really want, making

the best of yourself, building confidence in situations, meeting more of the right men, and acquiring new insights into the male perspective. Alternate Wednesdays, 6-7:30 pm, Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714, JJDeSantis@aol.com or JJDeSantis.com.

GROUPS FOR PROFESSIONALS

Consultation Group.

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

Consultation Group for therapists starting out in private practice.

Targeted to clinicians with less than 5 years of post licensure experience. This small group (limited to 5) will provide a setting to strengthen clinical skills as well as deal with the personal/professional challenges of being in private practice. It will utilize a contemporary psychoanalytic framework to discuss clinical material with objectives of deepening one's therapeutic work, enhancing one's clinical understanding, refining one's application of theory to practice, and more effectively use in one's self in the clinical encounter. Fridays 3:15 – 5:00 For more information contact Larry Brooks, Ph.D., Lic. # PSY8161 (818) 243-0839 or dlarrybrooks.com.

SERVICES

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

MARKETING CONSULTATION. Individualized coaching for mental health professionals and students/interns wanting to start or build a private practice. Formulate goals, identify optimal niches and target markets, design ethical and effective marketing strategy, write effective advertising materials, and track results. Flexible format uses in-person meetings, telephone, and e-mail as-needed. Jim De Santis, Ph.D., Glendora and Glendale, at (818) 551-1714 or JJDeSantis@aol.com.

PRIVATE PRACTICE OFFICE FORMS. Field-tested, up-to-date quick-start kit of forms includes patient intake, financial agreements, HIPAA notice, consents and releases, and clinical screening forms. CD-ROM, paper copy, or digital files via e-mail. For more information or to examine samples, visit JJDeSantis.com.

The Therapist's Journey formerly known as Professional Development Programs is certified

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

THE BUSINESS OF PRACTICE: Building an Optimal Private Practice for Mental Health Professionals. Paperback challenges and inspires mental health professionals to expand and refine their opportunities for a private practice that is personally fulfilling. Content emphasizes pragmatic, real-world information and action-oriented steps to offering mental health services, while respecting both established business concepts and ethical principles of professional practice. \$18.95 online at Lulu Books or Lulu.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.

Holistic Health Coach Services. Individualized wellness coaching program for overall health and happiness. Together we'll create goals around nutrition, sleep, habits, non-toxic products, exercise, stress management, you name it! Contact Jill Lawrence, AADP Holistic Health Coach. www.JillLawrenceHealth.com Email: Jill@JillLawrenceHealth.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 dlarrybrooks.com.

DIAGNOSTIC TESTING DIRECTORY. The Assessment List is a free directory listing of 300 licensed psychologists throughout Los Angeles county who offer psychological assessment services, including educational, neuropsychological, forensic, vocational, custody, or general psychiatric differential diagnosis. View, print, or download from JJDeSantis.com.

East San Gabriel Valley Directory.

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

GAMHPA Members Directory.

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

GROUP THERAPY DIRECTORY. Free directory of 900 outpatient psychotherapy groups offered by 300 licensed mental health professionals throughout Los Angeles county. Online directory has been viewed on the internet 34,000 times. Download a copy from TheGroupList.org.

OFFICE SPACE FOR RENT

GLENDALE. We are looking for the right mid-career mental health professional with license, insurance, and established practice. Full-time 9x17 office available August 1st for licensed mental health professional. Can accommodate small therapy groups as well as couples and individuals. Attractive, highly secure, professional building with fashionable Brand Boulevard address, near The Americana. Acoustically sound-proofed, third-floor suite, with central air and separate exit. Warm, tastefully-furnished waiting room with call lights, aquarium, and Hockney prints. Kitchen with refrigerator, photocopier, bottled water, and coffee & tea. Covered, off-street parking structure. Handicap accessible. Nearby access to 2, 5, & 134 freeways. Great networking opportunities with multidisciplinary group of experienced clinicians. Reasonable rent at \$720. For more information, contact Jim De Santis, Ph.D., at (818) 551-1714 or JJDeSantis@aol.com.

Pasadena Playhouse District: 700 sq ft office space designed for psychotherapy with private waiting room, office garden, bathroom, separate entrance and exit. Secretarial area for files and storage, common room with refrigerator and copier. Four offices in the building. Assigned therapist parking, client parking, Wi-Fi, utilities, and custodial included. Monthly rent dependent on length of full service lease. Please contact Mary Rotzien if interested at mary@drmaryrotzien.com.

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

Glendale PT office space available for mental health professional. Comfortable, welcoming space located in Beautiful Landmark Bldg., corner of Brand and Broadway. Receptionist, waiting area, full kitchen. Great work environment. Call Laurie McDonough, LMFT 818/661-7147.

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. PASADENA: Window office in attractive, cozy building. Shared waiting room in friendly suite. Office set up for kids or adults. Available all day Mondays, Fridays, & weekends.

\$215/day/month or by the hour. Contact Bruce Hirsch (626) 395-7833 or drbruce@brucehirschphd.com.

SILVERLAKE. Spacious and sunny 2nd floor office available Fridays after 12 PM and Saturdays after 11 AM. The Silverlake Avenue location is ideal for therapists wishing to serve the East side communities of Echo Park, Silverlake, and Los Feliz. We are "freeway close" -- just a few minutes from the 2, the 5, and the 101. Please call Anita Frankel MA MFT at 323-661-0297.

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

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

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

GLENDALE Private room in charming house-turned-office available for rent. Property located in Glendale, easy access to the 134 & 5 freeways. Shared space includes access to WIFI, full bathroom and kitchen, idyllic garden in the backyard for relaxation. Ideal for therapists, acupuncturists, or other similar practitioners looking for a comforting space to work and service clients. Rental options include part-time or full-time, starting at \$300 per office. Call 818-247-2062.

GLENDALE Three lovely windowed full time unfurnished offices and one furnished interior office available. Offices are 9.5 x 11 ft, 9.5 x 12 ft, and 8 x 10ft. The area is walkable, safe, with plenty of parking. Lovely 3 story office building with center atrium. Group room, meditation room, kitchen. Call Lights, parking, wifi, utilities included. Wanda Jewell, LCSW wj@wandajewell.com 323- 683-3624

GLENDALE/MONTROSE Office Space available in a professional medical building in the Glendale/Montrose area, across the street from USC Verdugo Hills Hospital. Large office available all day Mondays & Friday's as well as 1/2 or full day on Saturdays. Separate office available all day on Tuesdays. Established practice, fully furnished, call system, bathroom in the suite, ample parking, referrals possible. Call Marie (818) 957-8385

BURBANK. Inviting office space available for sublease at 4444 Riverside Drive. Located between Bob's Big Boy and Paty's Restaurant. Convenient parking. Reasonable rent. Available weekday mornings, all day Saturdays, and all day Sundays. Free group consultation with experienced and supportive officemates on Thursdays at noon. Contact Wendi Svoboda, LCSW at (818)288-6711 or wsvobodalcsw@yahoo.com.

BURBANK. Fully furnished office with a cozy, yet professional style. It is centrally located in a quiet area in Burbank close to the studios and near the Golden State Freeway. Parking is ample and free. If interested, please call (818) 848-5653.

EAGLE ROCK Office available in a mind-body psychotherapy suite with other like-minded therapists in the beautiful Eagle Rock area. All utilities included as well as wifi, fax, microwave and fridge. Available 10/1 at \$900. Unlimited free street parking in front of or behind the building. Beautifully landscaped, quiet building near the 2/134 freeways. scnameth@yahoo.com for more information!

Office space available in Montrose. Room for rent 9 3/4 * 14 5/6 furnished or unfurnished by the month. If you are in need of just a few days we have a lovely room furnished 12 1/2 * 14 1/4 available Monday, Wednesday, Thursday, Friday, Saturday and Sunday. For information please call/text Maggie Murphy 818-800-0279 or email MaggieMurphyLCSW@GMAIL.COM.

Office Space Available Furnished, part time office space available in sought after medical building. Located across the street from USC Verdugo Hills Hospital in the Glendale/Montrose/La Canada area. Free parking, WiFi, call system, handicapped accessible, windows, waiting room, desk/reception area, bathroom in the suite. Five seasoned therapists currently work in the suite. Several are retiring, moving, or limiting their practices. Referrals are guaranteed! Come join a group of supportive, caring, encouraging therapists! Let us help you build your practice. Call Marie (818) 957-8385 or email at: mariep2@mac.com

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@lifeworthliving.solutions

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.

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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 Laura Dickson at ldicksonlcsw@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 2018 Issue Sept 1
Jan/Feb/March 2019 Issue Dec 1
April/May/June 2019 Issue Mar 1
July/Aug/Sept 2019 Issue June 1

ADVERTISING

All advertising questions should be directed to Suzette Bray at Suzette@villagecounselingandwellness.com. 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 | \$35 |
| Mailing list on labels | \$30 | \$40 |
| Mailing list on disk | \$70 | \$80 |
| Member e-mail list | \$20 | \$30 |