

GLENDALE AREA
**MENTAL HEALTH
 PROFESSIONALS
 ASSOCIATION**

NEWSLETTER

Your guide to GAMHPA news,
 information, and events.

January February March 2020

A note from the editors:

Welcome to the GAMHPA newsletter. Our newsletter team keeps you posted about upcoming GAMHPA functions, meetings, and special member opportunities. You will find a calendar of GAMHPA meetings and events in the right column of the newsletter. Organizational activities are also posted at GAMHPA.org. GAMHPA offers wonderful opportunities for mental health professionals to come together in a friendly environment to network with each other, to support each other, and to learn from each other.

-Laura & Silva



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 100 N. Brand Blvd., Suite 200,
 Glendale, CA 91203. (626) 622 3863.
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 supervision of Anita Avedian, LMFT.
 (818) 396-6376.
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 www.sessionswithsilva.com.

On Saturday and Sunday, November 2nd and 3rd, 2019 **GAMHPA** participated in the mental health segment of the **10th Annual Glendale Health Festival**.

Seta Haig, LMFT coordinated this year's mental health segment of the Festival and **GAMHPA member Anita Avedian, LMFT, acted as the liaison** between GAMHPA and Ms. Haig. **GAMHPA member David Ibrahim, AMFT, volunteered to provide addiction education.**

The Glendale Health Festival offers a yearly opportunity to community members to access medical services and **mental health services**. This year the **Mental Health** segment offered an **information booth** with **mental health resources** and a **triage option** for Festival attendees. **Mental Health Consultations** were provided by volunteers. **Mental Health assessments and psycho-education** were provided to participants with the goal of raising mental health awareness. **The Health Festival was filled with resources for visiting guests.**

Thank you to everyone who made the Glendale Health Festival a success.

CALENDAR OF EVENTS

**QUARTERLY NETWORKING
 EVENTS**

- Winter - February 7th**
- Spring - April 17th**
- Summer - July 17**
- Fall - October 23**

Acapulco Mexican Restaurant Y Cantina
 722 N. Pacific Ave. Glendale, CA 91203
 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. Arrival
 before noon is recommended because
 parking is limited.

Check-In is at 11:45am - 12:00pm
 Buffet Lunch is included
 from 12:00pm to 1:30p.m.
 All are welcome

For questions contact Kimberly Wong at
 (626) 260-1356 or
kimberlycwonglcsw@gmail.com.

BOARD MEETINGS

**January 24, March 27, June 19,
 September 25**

All meetings 9:15am - 11:00am
 Central Grille
 801 N. Central Ave
 Glendale, CA 91203
 All are welcome

Spotlight Interview

Spotlight Interview

Shantel Daniels, LMFT
(323) 676-1633 or
info@shanteldaniels.com



I. If you weren't a therapist, what would you be?

A Singer. I use to hold a brush up in front of my face and sing my heart out earlier in life. Now I sing. Brush optional :) My name means to sing out loud. There's many ways to do that. I'm enjoying doing that with awe and wonder as a therapist and when I facilitate Hold Me Tight Couples Workshops. I believe when I'm with people in a way that helps them get more connected to themselves and other people that's me singing with my life. And when I'm moved or feeling anything really, I sing.

II. What is the one thing in your treatment bag of tricks that you could not live without? Empathy/ Sincere engagement. All the rest of the tools & training I've gotten or the map EFT gives me to help couples through their cycle of disconnection matters without empathy and sincere engagement leading the way.

III. What is your favorite book?

One of my favorite books is Beloved by Toni Morrison. Another is Just Kids by Patti Smith. Both move me in different ways. I just find that when I read something I really enjoy and it draws me in, I find myself really drawn in to the experience the author is creating, and that I'm creating with the story. These two are extraordinarily written and moving. I hope if you haven't already read them, you'll give them a try.

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

Thus far the most beautiful place I've ever been is Alaska. Ran a marathon there with the leukemia and Lymphoma Society in 2012. It was for me to honor family members who died of cancer and those who survived. And it was my way of being the legs of those who are struggling today and raise money for the cause. The week before we left for Alaska, Ale, a 19 year old had just lost her battle with Leukemia. Some of the team members who were running the marathon went to show our respects at her funeral. It meant a lot to the family that we showed up to honor her. It meant a lot to us that we got a chance to pause with a family in their time of loss and later lace up our shoes and finish what we started together. For us, that was running for those who were relentless in their fight to live. Now Greece is clearly on my radar.

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

Stay true to who you are. What you have to offer has so much value. You are pure love Shantel, beautiful beautiful love. Keep loving just as you do

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MHPCV

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is pleased to present:

Mandatory Suicide Prevention Training

6 Hour Workshop and Certification

with

Norine Vander Hooven, LCSW

Course Objectives:

The Board of Behavioral Sciences will be requiring suicide prevention training for licensed professionals, including Licensed Marriage and Family Therapists, Clinical Social Workers, Educational Psychologists, and Professional Clinical Counselors by January 1st 2021. The Board of Psychology also requires this training for Psychologists renewing their license after January 1st, 2020. This workshop will fulfill the mandatory requirement for licensed professionals to complete 6 hours of coursework in suicide risk assessment and intervention.

Friday January 24th, 2020

Registration 8:30-9:00am

Presentation: 9:00am-4:00pm

Continental Breakfast and Buffet Lunch Included

Los Robles Greens
299 S Moorpark Rd.
Thousand Oaks, CA 91361

To ensure your spot, please register online by **January 17th**: <https://mentalhealthconejo.org/events>
Fees: \$125 Members; \$150 Non-Member; \$75 Pre-Licensed; Late Registration/Walk-ins (after January 17th) \$195
\$15 Discount Early Bird Special for Licensed Professionals registering by December 13th

For late registration, questions, or need for special accommodations, please contact
Jamie Merrill, LMFT at 818-648-1394, or e-mail jmerrilltherapy@hipaamail.us

*CEUs offered by Give An Hour, a CAMFT approved CEU provider (136809). Course meets requirement for six (6) hours of continuing education credit for LMFT's, LCSW's, LPCC's, and/or LEP's as required by the California Board of Behavioral Sciences. Give an Hour is also an approved by the American Psychological Association to sponsor continuing education for psychologists. This course meets the requirements for six (6) continuing education credits for Psychologists. Give an Hour maintains responsibility for this program and its content. CEU certificates awarded at the completion of the training. Partial credits will not be provided to those who arrive late or leave early. This course is designed for mental health professionals and other mental health intern level clinicians.

We are delighted to announce that Give an Hour California is partnering with us for this event

The Map and the Territory

Ira Heivel, Ph.D.

The other day, a colleague of mine called me to consult on a case. Her client was a young adult who had been diagnosed with autism. At one point my colleague said, "His black and white thinking is caused by his autism..." I interrupted her and curtly said, "No. His black and white thinking isn't caused by his autism; his black and white thinking causes his autism." She seemed confused, so I did my best to explain the damage that can be done by reifying labels. I probably did a lousy job, because her mystification lingered. I told her that the more she relied on a label (a diagnosis) the less likely she would be to know her client. Although it's helpful, indeed necessary, when starting out in any field to learn the jargon, and thus have a shorthand for reducing the morass of information into manageable bits, it can also lead us down wrong paths. It is no accident that the more experienced a clinician the less jargon you will hear. Diagnostic labels obfuscate more than they clarify. Reducing someone's personality to a group of symptoms may serve to focus on what some have concluded are the most meaningful bits, but by doing so we too easily fail to see the richness and contradictions of those behaviors that lie outside our expectations. If the label we give to the jar with the white powder in it is "flour" then that is what we expect will be in the jar, not the sugar that you put in that jar when you were preoccupied with getting the internet upgraded. It is not necessarily that it becomes a self-fulfilling prophecy but rather that the therapist actually misses the deeper truths of who is sitting opposite. Diagnoses are, essentially, metaphors, in the same way Susan Sontag brilliantly described cancer in her seminal essay "Illness as Metaphor." Metaphors can be compelling ways to describe things, but they are not the same as the things we are describing. You can't meaningfully say that John is schizophrenic any more than you can put a blanket of air on your bed, shoot an idea, buy a moral compass from the nautical supply shop, or really give me a piece of your mind. As the semanticist Alfred Korzybski famously said, "The map is not the territory." Another Hungarian hero-- Thomas Szasz, made a career out of professing that psychiatric diagnoses were essentially a form of social manipulation. A psychiatrist himself, Szasz insisted that he was not anti-psychiatry, but anti-coercive psychiatry. He saw psychiatric diagnoses as socially constructed with little to no medical evidence to support them, to be used, perhaps, to remove someone's freedom (as in the case of hospitalizing a schizophrenic), cast someone aside from society (such as calling homosexuality a disease), or sell drugs that don't work or cause more harm than good. Too many wrong roads are driven when we begin to think that the metaphor is the real thing. The depth of personhood, the miraculous complexity and uniqueness of each individual becomes transmogrified into the label we put on the package. Korsybski once dramatically demonstrated this when he took a break from a lecture to eat some biscuits that had been wrapped in white paper. After commenting how much he enjoyed them, he offered some to students in the front row, who enjoyed their taste until Korsybski removed the white paper to reveal that they were dog biscuits. The students became nauseated, and Korsybski said something to the effect that we not only eat food, but we also eat words. The problem with my colleague stating that her client's "black and white thinking was caused by his autism" is that "autism" is merely the label on the dog biscuit package. It may or may not have anything to do with what is inside, but instead may have everything to do with what we think is in the package. When we reify something, we also give it a static quality. We take something that should be a verb and turn it into a noun that just sits around on a shelf waiting for someone to pull it off. And in doing so, we begin to think that there is little we can do with it. If we only referred to John as a noun we would imagine him standing somewhere. But if we said he was "Johnning," we would imagine all that he does that makes him tick. Saying someone has autism, or depression, or even a virus, leaves us little to do with it, freeze-drying it as it were, and even creates a bit more distance between us and them. If autism, or any diagnosis, was a verb rather than a noun we would be more interested in what it does and how it works, thereby bringing it to life and moving us to engage with it. Another problem with my well-intended colleague's comment is the direction of causality. We need to know the territory before we can draw a map, but drawing the map will not create the territory. Does giving someone the label of autism make that person lose the ability to perceive life's grays, or does the inability to perceive gray cause us to give someone the label of autism? And if it is the latter, then what useful information does that give us? My colleague fell into a dangerous trap, but although the landscape of our language is littered with those traps, no experienced clinician should fall into them. Confusing the map with the territory is something that ultimately can hurt our clients when the label is a psychiatric diagnosis, and when the labels we serve up are liberals, conservatives, Palestinians, Moslems, Jews, Christians, or even Hungarians, we may succeed only in creating obstacles to understanding each other.



Ira Heivel, Ph.D. is a licensed clinical psychologist in three states and a board certified behavior analyst. He is asst. clinical professor of psychiatry at Geffen-UCLA School of Medicine, and a private pilot. He specializes in autism, and has a practice in Glendale. Dr. Heivel is also the creator of the award-winning documentary "Autism in Love," and blogs at www.cftblog.com.



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805.495.0375 howardlevitt12@me.com

CUBA 2020!

Come be part of the adventure and improve a child's life. Since my first visit to Cuba in 2001 the welfare of children in this beautiful country less than 90 miles from the United States has steadily deteriorated.

The purpose of this letter is to inform you of a once in a lifetime trip to Cuba where I would like to personally invite you to deliver much needed supplies to these children, attend educational experiences as well as have the opportunity to explore the unique and colorful culture of this country. This fully licensed humanitarian delegation is approved through the United States Department of the Treasury. Three specific programs will be the beneficiary of these supplies: a preschool, a temple and a children's neighborhood program.*

My goal is to create a delegation of individuals who will bring much-needed supplies and deliver them directly to the caregivers. The uniqueness of this program is that we will be providing help directly without any government or political intervention.

In addition to delivering the supplies there will be a multitude of cultural activities including visits to museums, presentations by notable speakers, and other enjoyable and enlightening experiences.

The delegation will depart Los Angeles (LAX) on April 22, 2020 and return on April 29, 2020. While in Cuba, we will be traveling on modern air-conditioned buses, staying in secure hotels while being chaperoned with a professional interpreter/guide.

This trip is also approved for 14 continuing education credits for Marriage and Family Therapists, Social Workers, and Licensed Professional Counselor's.



Sister Teresa Vaz preschool

The cost of this delegation is \$3,900 and includes hotels, your Visa, air-conditioned transportation, permits, speakers, health insurance and a bilingual guide to all events. *(Does not include airfare, gratuities and some meals)*

Here are three testimonials from people who have traveled with me to Cuba:

"Can't say enough nice things about how well it was organized and the great experiences I had with the people in Cuba"

Annie Liu, LMFT – annie.liu@aaci.org

"the people, culture, music and the architecture combined for a once-in-a-lifetime experience"

Steven Wilson, MD –
wilswlv@sbcglobal.net

"this was one of the best experiences of my life... it met and exceeded all of my expectations"

Leslie Spiro LMFT – lesliesperoschneiderlcs@gmail.com



Community children's program

I am asking you to join me in changing not only the lives of the children of Cuba, but in yours as well.

You can do this by adding your name (& guest if desired) to the roster by simply emailing me at: howardlevitt12@me.com.

Please feel free to contact me anytime with questions.
805-495-0375

Howard Levitt LMFT

* Sister Teresa Vaz's preschool in Havana, a Sephardic Jewish temple serving the community at large also in Havana and a children's neighborhood program in the city of Cienfuegos.



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GAMHPA Listserv

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

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To join the GAMHPA listserv, e-mail your request to JJDeSantis@aol.com.

It just takes a minute!

CLASSIFIED ADVERTISING

Employment Positions:

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:
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:
www.instituteforgirlsdevelopment.com/employment/

Pre-Licensed and Post-Doctoral (CAPIC)

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

Groups:

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.

Divorce And Separation Support Group For

Father's: 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. Two groups: either first and third Thursdays, 7-9 pm, or first and third Tuesdays, 6:30-8:30 pm, Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714, JJDeSantis@aol.com or [JJDeSantis.com](http://www.instituteforgirlsdevelopment.com/employment/).

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](http://www.instituteforgirlsdevelopment.com/employment/).

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, trouble-shooting 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. Once a month, 6-7:30 pm, Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714, JJDeSantis@aol.com or [JJDeSantis.com](http://www.instituteforgirlsdevelopment.com/employment/).

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 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 info: susan@susanchakmakian.com or (818) 839-0390.

Existential Experience: A Group for Women:

This weekly psychodynamic process group is designed to provide a safe and supportive space for adult women (18 y/o+) to examine and process anxieties inherent in human existence and interactions. Together, we will cultivate self-awareness and authentic identity, embrace freedom and responsibility, and make meaningful relationships. The group is 3-months long and requires 1-month commitment to join. Meets Tuesdays 6-7:30pm in Old Town Pasadena. Dr. Samantha Miller, PSY30998, (626) 600-6346, www.DrSamanthaMiller.com, or DrSamanthaMiller@gmail.com

CAREGIVER SUPPORT GROUP:

Caregivers need care, too. Caregivers are at higher risk for emotional fatigue, social isolation, financial pressure, physical injury, and job stress. This support group is for caregivers dealing with a loved one, such as an aging parent, disabled adult child, or ill spouse coping with cancer, dementia, mental illness, or chronic pain in a home health situation, residential placement, or hospice. This group provides a supportive space for caregivers to build community that mutually provides validation, shares information, and offers guidance. Combines well as an adjunct to -

individual or conjoint therapy. Call today for a private initial consultation. James De Santis, Ph.D., C.G.P., (Lic. # PSY10315), Glendale, (818) 551-1714 or JJDeSantis@aol.com.

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.

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.

Services:

Free Divorce Options Professional Training!

Open to both professionals and clients: 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 can preserve respect, money and relationships. Few people are actually familiar with all the divorce options! For example: Self-Representation, Mediation (different versions), Collaborative Divorce, and Traditional Litigation. Our Professional multidisciplinary presenters are: Licensed Therapists, Financial Professionals specifically trained in divorce financial matters, and Family Law Attorneys. Registration Required. Call or text Ria Severance, LMFT: (626) 354-4334. When? January 14, February 11, and March 17, 2020, noon-1:30pm. Where?: Donald E. Wright Auditorium in Pasadena Central Library, 285 E. Walnut St., Pasadena, CA 91101 (across from courthouse). Come join us! We also come to you to educate and train groups of 10+ FREE!

Marketing Consultation:

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

Mental Health Billing and Credentialing:

We're accepting new clients. No Minimum and Free Verification of Benefits. Needs to be Credentialed Telepsychiatry? We can help your enrollment in all insurance networks. Contact us at Doris Mollenkopf, MA, CPC, -

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G.COM or contact us at (818) 238-9280
Ext.5

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 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

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 1,900 outpatient psychotherapy groups offered by 900 licensed mental health professionals throughout Los Angeles county. Online directory has been viewed on the internet 44,000 times. Download a copy from TheGroupList.org.

Office Space For Rent:

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.

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!

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 hometurned-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:

Beautiful small office available for sublet in Glendale beginning September 1st. Saturday,-

Sunday, Mondays available. The area is very accessible by the 5 and 134. Please contact to view in person. Rent is affordable and the therapists in the suite are wonderful. Contact Daria Portillo at dariaportillo.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.

Pasadena:

Window office in attractive, cozy building. Shared waiting room in friendly suite. Office set up for kids or adults. Available all day Fridays & weekends. \$215/day/month or by the hour. Contact Bruce Hirsch (626) 395-7833 or drbruce@brucehirschphd.com.

South Pasadena:

Office space available for sublease in South Pasadena on Fridays all day for \$200/month and Sundays all day at a reduced rate of \$125/month. The cozy & quaint office is located on Huntington Dr. near Marengo in a single-story building built around an oak tree. This peaceful space has large picture windows on one side with views of a fountain waterfall and foliage, and it is perfect for individuals and couples. There is plenty of free parking on Huntington or in the front parking lot. The main lobby has call buttons for visitors, and there is a kitchenette area for building tenants. The rooms are soundproofed. There are several therapists in the building and opportunities for cross-referring. For more information, contact Kimberly C. Wong, LCSW directly via email, phone call, or text at KimberlyCWongLCSW@gmail.com or (626) 260-1356.

San Marino:

Two windowed, light filled offices, one with its own private exit, for lease. Available full-time beginning Jan. 1, 2020, currently available half-time by retiring therapists. Four office suite is in a former private residence just off Huntington Drive, one block from Oak Knoll, with furnished waiting area, kitchenette, and in-suite restroom. Free parking in rear lot and on street. Charming, quiet, private. Current monthly rent with utilities is approximately \$600. Part-time rent available only through 2019, conditional upon becoming a full-time lessee on Jan. 1, 2020. Call Kathleen (626) 799-8581 or Lisa (310) 285-9656.

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.

Silverlake:

Silverlake Psychotherapy office available for sublet. Nicely appointed therapy room with attached waiting room and bathroom. Centrally located-both day and evening times available. Contact Marney Stofflet, LCSW (323) 662-9797.

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.

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 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:

July/Aug/Sept 2019 Issue June 1
Oct/Nov/Dec 2019 Issue Sept 1

ADVERTISING

All advertising questions should be directed to Laura Dickson at ldicksonlcsw@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-Member
Mailing list, printed	\$25	\$35
Mailing list on labels	\$30	\$40
Mailing list on disk	\$70	\$80
Member e-mail list	\$20	\$30



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