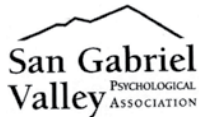


Analyze This!



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The Official Newsletter of the
San Gabriel Valley Psychological Association

AN OFFICIAL CHAPTER OF THE CALIFORNIA PSYCHOLOGICAL ASSOCIATION

March/April 2015

SPECIAL JANUARY JUBILEE EDITION

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Upcoming Lunch Meetings



Date: Friday, March 13, 2015

Topic: Clinical Applications of Current Research on Eating Disorders and Trauma: Connecting Sensation, Perception and Emotion

Speaker: Norman Kim, PhD

Date: Friday, April 10, 2015

Topic: Clinical Issues in Treating Gay and Lesbian Clients

Speaker: Ian Stuhberg, LCSW

PLEASE RSVP NO LATER THAN THE FIRST MONDAY OF THE MONTH TO YOUR INTERNET EVITE, OR TO THE SGVPA MAIL BAG INFO@SGVPA.ORG.

CE credits available for Psychologists, LCSWs and MFTs

Monthly luncheons are held on the second Friday of the month at the Women's City Club, 160 N. Oakland Avenue, Pasadena, from 12:00 to 1:45 p.m.

Members Costs:

Luncheon, Service, and Parking Privileges...\$22

CE credits...\$20

Audit...\$10

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CE credits...\$25

Audit...\$15

PRESIDENT'S MESSAGE



Dear Colleagues,

My thanks to the those many of you who made our 7th annual January Jubilee so outstanding again this year. It was a great time of celebrating, connecting, and generating energy for the new year.

I personally appreciated the many folks who offered encouraging words, and support to me—a relatively early career psychologist, and an admittedly nervous public speaker—in my new presidency. I also appreciated the reflections of our Distinguished Member of the Year, Dr. Enrico Gnaulati, on

how the isolation of our unique work can condition us against expecting public acknowledgement. Ironically we—who so often encourage and witness the struggles and triumphs of our clients—don't often get to experience this same type of support with each other. Some may rightly point out that the necessary independence and privacy of what we do can create a *false* sense of necessary isolation. Indeed, this is one of the reasons why joining a professional association such as SGVPA can be so rewarding and even vital to our continued balance. Because we do need each other to be at our best.

For example, those of you who are already more established in your careers need intellectual stimulation, platforms for your ongoing work, a way to stay informed about what is happening in the field, and an opportunity to stay connected to colleagues. You bring to us your knowledge,

(continued on p. 2)

experience, wisdom, calmness, and strength.

Those of you who are early career psychologists, on the other hand—students and newly licensed—need a forum to learn more about the field, to network, and to build a presence in the community. You need opportunities to explore possible areas of interest, and to receive encouragement and direction as you become more expert in whatever you do. We need you too! You are our link to the training grounds, and the newest developments in our field. You tend to have delicious energy and eagerness.

Then, obviously, there are others, such as those in mid-career, and professionals from other disciplines. We need you as well. You bring yet other elements such as outlook, perspective and balance. Similar to as it is in families, each generation benefits and proffers benefit to the others. We can appreciate this especially, the more we participate in the SGVPA “family.” Some ways to do that is by coming to our monthly luncheons, using our Listserv, contributing to our newsletter, and joining a Special Interest Group—or starting a new one in your special interest! Be on the lookout for new special events coming up from our various committees.

Finally, I want to remind everyone about CPA’s annual convention, set for the weekend of April 23 through 26, at the Paradise Point Resort and Spa in San Diego. (That name alone is inspiring.) Also, please don’t forget the annual Leadership and Advocacy Conference in Sacramento next month, where CPA helps psychologists and students do the work *they* do every single day: Actively advocating for the policies and laws that will help our profession, and our patients, to flourish.

Warmly,

Ellen Miller Kwon, PsyD
President

Disclaimer: The opinions and views expressed in this publication do not necessarily reflect those of the San Gabriel Valley Psychological Association.

SGVPA Events Calendar



3/15 CE Luncheon

3/20/15 12:00 p.m.— Board Meeting
Women’s City Club

3/23 & 3/24/15 CPA Leadership and Advocacy Conference
Sacramento

4/1/15 Newsletter submission deadline

4/10/15 CE Luncheon

4/17/15 12:00 p.m.—Board Mtg
Women’s City Club

4/23-4/26/15 CPA Annual Convention
Paradise Point Resort & Spa, San Diego



The Scottish Accent is the Least of His Winning Ways: Praise for Dr. Enrico Gnaulati



By Sam Alibrando, PhD
Past President

This year's January Jubilee honoree is Dr. Enrico Gnaulati (which pleases me immensely, since I was the member who nominated him!). When I think of

Enrico, I think of three C's:

Commitment ... with a relentless focus on the things he is devoted to.

Compassion ... with the emphasis on *passion*. He is filled with much fervor.

Controversial ... He likes to challenge, and to shake things up...whether it be with his clients, managed care or Big Pharma.

Enrico was born in Scotland, a treasured son in a large immigrant Italian family. (Of note: when a young man, Enrico's father fought against the Nazi's, as a resistance fighter in the foothills of Tuscany—the *apple does not fall far from the tree*.) His earliest ambition was to become a priest, attending an all-male pre-seminary until hormones and Nietzsche got the better of him. His concurrent passion was scoring goals into the back of a net. From a young lad, Enrico was kicking a soccer ball. And as is also the case with Enrico, almost anything he sets his mind to, he excels at. So, by the time he made his way to Cal State Fullerton, he was playing collegiate soccer—with opportunities and offers to play semi-pro soccer as a high scoring forward. To our very good fortune, his next and ongoing ambition turned to endeavors in the field of psychology. He went first to Seattle University—where he studied the integration of philosophy and psychology—and later to Columbia, where he received his doctorate.

Enrico's current distinction comes, in part, from his being a psychologist of note locally. He is most widely known for his work with children and adolescents (and their parents), as well as his role as a supervisor, having trained many local psychologists. However, many might not know that the lion's share of his caseload these days involves in-depth work with individual adults, and couples. He also specializes in psycho-educational assessments with children.

But perhaps the thing that warrants his award this year as much as anything else is his contribution to the field of psychology *nationally*—both to the community of mental health professionals as well as to the general public—in his

challenging articles, books and lectures.

Dating from the release of his new book about a year ago—*Back to Normal: Why Ordinary Childhood Behavior is Mistaken for ADHD, Bipolar Disorder, and Autism Spectrum Disorder*—Enrico has developed a national reputation as a critic and reformer of mental health practice. He and his work have been featured on both television and radio.

He is currently writing a new book on the practice of psychotherapy, aiming at reviving the importance of traditional psychodynamic/humanistic talk therapy, while critiquing the impact of managed care, the medical model, and the evidence-based treatment movement. Each of these books take on the Goliaths of special interest groups and profit-driven corporations, who are more interested in their bottom-line than the welfare of those people who entrust us with their minds, hearts and relationships.

Enrico has also published a host of mental health articles, which have appeared in print and online magazines, and blogs. It should also be noted that he is the author of two other books: *Emotion-Regulating Play Therapy with ADHD Children: Staying with Playing* and *Peacemaking with Preschoolers*.

Enrico has two other interests of note, both of which, again, challenge our comfort zones. The first has to do with the issue of gender and psychotherapy where he considers legitimate differences between how we treat male and female children, and adults. His second interest has to do with the ongoing challenge that most of us face, the work-life balance. How do we preserve the necessary energy for clients, while at the same time having something left for our personal lives and loved ones?

And speaking of personal pursuits, Enrico is also a fierce competitor on the tennis court. All the focus and competitiveness once used to score goals with a soccer ball is now directed toward scoring wins which a much smaller ball. He is a loving husband and father; and a generous friend to the fortunate ones who get to be in his inner circle. And last, and perhaps least, you have to love that Scottish accent. We are so proud to have this psychologist, author, humanitarian, intellectual, husband, father and friend in our humble community.

Dr. Sam Alibrando can be reached at sam@apc3.com.

January Jubilee Jazzes Us Up For the New Year

By Suzanne Lake, PsyD
Editor Past President

In January, the Seventh Annual JJ overjoyed giddy guests with music, food and drink, entertainment, professional connections, and a sumptuous new venue—The Altadena Country Club Ballroom. While over 200 members and other guests happily chatted, chewed, and imbibed, new SGVPA President Dr. Ellen Miller Kwon introduced the Board of Directors for 2015—including newbies Dr. Daniel Linscott, and Jeremy Cernero, MA. I had the pleasure of introducing Dr. Enrico Gnaulati, whom we honored as our Distinguished Member of the Year. Past President Dr. Stephanie Law received a special thanks for her outstanding leadership of SGVPA over the past three years. A streamlined program added to the general merriment—leading all, as usual, to eagerly look forward to the next JJ Party, 2016!



*Dr. Enrico Gnaulati
Distinguished Member of 2015*



2015 Board Members Ellen Miller Kwon, Jeremy Cenero, Wayne Kao, Christin Fort, Brett Veltman, Martin Hsia, Dustin Plattner, Daniel Linscott, Laurie Nouguier, Stephanie Law, Suzanne Lake, David Lorentzen, and Larry Brooks.

“Kodak Moments” at the January Jubilee!



Intellect and Inspiration

By Laurie Nougier, PhD
Membership Chair



I would like to add to the chorus of my heartfelt congratulations to Dr. Enrico Gnaulati. I had the privilege of working as his Psychological Assistant while earning my post-doctoral hours for licensure. I quickly learned that Enrico is a deep and creative thinker, brave enough to challenge convention when the situation warrants it, and smart enough to solve the most daunting clinical puzzles. Enrico has an amazing, unparalleled ability to reach children who seem unreachable. His work with children and adolescents is often inspired, as he brings creative and effective insights to his use of therapeutic play. I have the utmost admiration for his ability to connect with highly resistant teenage boys especially! He persistently yet gently finds his way through their defenses, in order to make a connection, and usually does—even when others thought connecting was likely impossible.

Enrico is also incredibly passionate about jumping into the fray of public discourse on important issues revolving around child development, and the mental health community's dealing with children. He taught me—by words and by example—the importance of being involved in a community of professionals, and encouraged my involvement in SGVPA—for which I am truly grateful. He was always generous with his time and attention, and I am so thankful for the opportunity to have worked with him.

Enrico has made numerous contributions to SGVPA, the community, his patients, and the students who have had the privilege of working with him. I congratulate Enrico—and SGVPA—for acknowledging this great member who deserves the honor so much.

Dr. Laurie Nougier can be reached at drnougier@yahoo.com

Generosity, Passion, & Participation

By David Lorentzen
Treasurer



Enrico Gnaulati, my mentor and supervisor at the beginning of my career, has recently been awarded the SGVPA Distinguished Member Award. It is an honor that suits him given his many accomplishments in the field. I'd

like to take this chance to articulate some of the ways that, as a supervisor, he has distinguished himself in my eyes. Along with the standard acts of a supervision, such as clinical and professional development, my experience with him was defined by his generosity, his passion, and his participation in the greater psychological and public spheres.

To prioritize generosity whilst running a business and supporting your family is challenging, but for Enrico it is a moral and ethical obligation. In his dealings with me, he consistently kept in mind my professional and personal well-being as he gave me his time and mentorship. I remember him openly fretting over his contracts with me, reworking them to ensure fairness. He also opened my eyes to generosity in the greater community as he gave time and resources to organizations and institutions.

Tied in with his generosity is his passion. Anyone who has heard him speak knows that Enrico has opinions and probably knows what they are - the importance of play therapy, the dangers of the medicalization of our field, overdiagnosis in children. Not everyone may agree, but I think most would respect his confidence and courage in speaking out about issues that are important to him. Whilst I grumble to myself or annoy my friends with diatribes, Enrico writes books, gives lectures, and ruffles feathers. He positions himself to actually make change in the world.

Along the way, Enrico encouraged me to step out into our community and participate. I joined SGVPA, I met many great colleagues who turned into friends. I felt inspired to find my passion and let it grow. As I'm still growing as a professional, I have yet to fully create my professional vision. But it helps to have role models like Enrico Gnaulati, showing how it can and should be done. Congratulations to Enrico!

Dr. David Lorentzen can be reached at davidlorentzen@gmail.com

My Journey with Psychiatrists and Organized Psychiatry

Part I of a Series

By Keith Valone, PhD, PsyD, MSCP



I have been in practice 32 years as a licensed clinical psychologist. I have been on the medical staff of hospitals for my entire career. I completed psychoanalytic training in 1995 and completed training in clinical psychopharmacology in 2010. Over the duration of my career,

I have had extensive positive relationships with psychiatrists, and extensive negative experiences with the policies and actions of organized psychiatry toward my three interrelated professions.

My personal relationships with psychiatrists have, for the most part, been excellent. As a clinical psychologist with a specialty in hospital practice, I must select a psychiatrist whenever admitting a patient to the hospital. I have had the pleasure of working closely with psychiatrists who have respected my clinical skills while understanding my ever deepening interest in obtaining prescriptive authority. They have generously taught me myriad details of the complexities of prescribing in hospital settings. I continue to learn from them to this day.

During my psychoanalytic training, my advisor was a psychiatrist, I selected a training analyst who was a psychiatrist, and I chose two supervising analysts who were psychiatrists. These psychiatrists took me under their wings, creating trusting, nurturing relationships in which they closely guided me, supervised me and taught me their craft, as well as helping me understand myself more deeply in my own analysis.

In my clinical psychopharmacology training, I elected to complete a clinical preceptorship after receiving my MSCP (Master of Science in Clinical Psychopharmacology). A clinical preceptorship is one component of the APA Recommended Postdoctoral Education and Training Program in Psychopharmacology for Prescriptive Authority, which psychologists in California can complete. A clinical preceptorship involves “ghost” prescribing 100 patients, from initial assessment to stabilization, while receiving 2 hours of supervision per week from psychiatrists. Two psychiatrists, who fully knew and supported my desire to obtain prescriptive authority, generously donated their time to supervise me through this process. For each case, I would write out the prescriptions that I would give the patient, and then compare what they actually prescribed. We would discuss when we agreed, and when we differed, and why. We discussed how to order and interpret labs, order and interpret EEG and EKG reports, and interpret medical consults from other physicians such as internal medicine, cardiology, and nephrology. I also completed the physical assessment component of the APA Training which taught me fundamental skills such as taking

vitals, using a stethoscope, and conducting a cranial nerve examination.

In my current practice, along with four clinical psychologists and one MFT, two board certified psychiatrists are contracted to my psychological corporation, one also boarded in addiction medicine. They are an integral part of our integrated multidisciplinary team. My training in clinical psychopharmacology has been an asset in assisting them in providing outstanding psychiatric care to our patients, some of whom have complex psychiatric, chemical dependency, and medical co-morbidities. We work in a team atmosphere of mutual respect for one another’s training and professional skills. Issues of prescriptive authority for psychology are not a source of tension among us. In truth, when I obtain prescriptive authority, we will undoubtedly add more psychiatrists to our group as I anticipate an increased demand for integrated interdisciplinary psychiatric/psychological/psychotherapy/prescriptive services. Contrary to preconceived misconceptions that I encounter from both psychologists and psychiatrists, psychologists with prescriptive authority are neither “mini-psychiatrists” nor posing as physicians. They are what they are, prescribing psychologists.

My journey with *organized* psychiatry over the past 32 years has been a different story. Organized psychiatry is no friend of psychology. Organized psychiatry has been consistently antagonistic, obstructionist, and hostile toward our profession. In the early part of my career in the 1980s, as hospital-based psychologists we endured a full-on assault by psychiatry to take away our right to practice independently in hospital settings. A lawsuit ensued, CAPP v. Rank, which should be seared into the consciousness of every clinical psychologist who practices in California. CAPP v. Rank went all the way to the Supreme Court of California. In a landmark ruling, the court ruled that psychologists are qualified to provide primary patient care in hospital settings as independent professionals, and do not require the supervision of a psychiatrist.

The next battle, also in the 1980s, concerned psychologists’ right to obtain training as psychoanalysts in American Psychoanalytic Association and International Psycho-Analytical Association approved institutes. Four psychologists filed a class-action suit in federal court charging unreasonable restraint of trade and monopolization of training by physicians (most of whom were psychiatrists), excluding psychologists *as a class* from the financial benefits of training. The lawsuit was settled out of court, with fundamental policy changes allowing psychologists full access to psychoanalytic training instituted.

In the second part of this article, I’ll discuss psychologists’ most recent state by state battle with organized psychiatry over the right to independently prescribe medications within our scope of license as psychologists.

Dr. Keith Valone can be reached at KValone@thearroyos.org.

Dreaming in the 21st Century: Setting the Stage

Part I of a Series

By Larry Brooks, PhD
Program & Continuing Education Chair



Imagine the following... We are standing on the shore of consciousness. There is a bridge that extends from morning to the end of cosmic night, and from consciousness to the bottomless depths of unconsciousness. We begin the trek on this bridge, this royal road. We notice Freud and Jung, as well as others. There are few road signs. Those that can be detected are misleading. One inevitably reaches a mysterious gap, as if the bridge suddenly ended and one was left only to imagine....

Dreams shroud the waking world, dazzling and disturbing it with mystery, perplexity, novelty, anxiety, terror, hope, and possibility. Anthony Blake, an English intellectual, has described dreams “as something unbidden that come out of darkness with an intelligence beyond our waking intelligence to grasp.” The mystery of the dream is suggestive of an otherworldly interface between the sleeping and waking self, and the world—an indeterminate interface that holds unrealized potential.

Dreams have been part of our history as a species. Before the word was the dream. Within certain early cultures, dreams occupied a central role in the society. In indigenous cultures, dreams were told to shamans and were used to guide important decisions as well as being critical to healing. In Greece and Egypt, dream temples were constructed as centers of religion and healing. In the 1930s Kilton Stewart, anthropologist and psychotherapist, studied a Malayan aborigine tribe, the Senoi, whose happiness and well-being were linked to their morning custom of family dream-telling where members of the family would discuss their dreams.

Western industrial culture had its brief but significant encounter with the dream. One can say that psychoanalysis was born from the dream. Freud’s seminal work that launched psychoanalysis in 1900, *The Interpretation of Dreams*, was based on his interpretation of his own dreams. It not only articulated a framework for understanding dreams, but also contained his earliest theories of mental functioning. Psychological culture as we know it emerged from this unconscious portal.

Dreams have also been the source of scientific discovery, creative work, and healing in our culture. Deirdre Barrett, PhD, in her book, *The Committee of Sleep: How Artists, Scientists, and Athletes Use Dreams for Creative Problem-Solving-- and How You Can Too*, documents this history with

many examples. Kekule, a German chemist, discovered the ring structure of benzene in a dream. He dreamt of atoms dancing around that linked together to form snakes. One of the snakes reached around and took its tale in its mouth. When Kekule awakened he realized that benzene was a ring formation. Mary Shelley’s idea for her novel *Frankenstein* came from a dream.

This enduring mental phenomenon that has been integral to many indigenous cultures as well as to the growth of our contemporary psychological consciousness, now exists on the margins of our technologically-dominated culture. Even psychoanalysis has abandoned the dream. According to Paul Lippman, a contemporary psychoanalyst, “Psychoanalysis was not up to the dream’s openness, puzzling variety, creativity, and zaniness... That is, psychoanalysis shied away from a genuine encounter with dreams, instead shaping dreams to fit its version of the unconscious.”

He attributes this phenomenon to theoretical, economic and cultural factors. Theoretical changes, ego psychology’s interest in mental structure, and attachment theory’s interest in developmental patterns of attachment, have shifted attention away from the unconscious. Economic factors have led to a decrease in the frequency of weekly visits, and an increasing focus on “coping.” Beyond this, Lippman feels that the technological world lures us away from inner experience, as we outsource all too willingly many of our psychological functions to gadgets and their apps.

The presence of dreaming creates an intrinsic epistemological puzzle and personal challenge. “The dream is always enlarging the space of the possible. Through the dream we are brought into tension between the finite (that which we know) and the infinite (that which is beyond our ken.)” according to G.W. Lawrence, in *Experiences in Social Dreaming*. On a nightly basis sleep introduces us to an otherworldliness that we are intimately connected to (that we have mysteriously created) and yet seem estranged from.

What is lost by our growing indifference to dreams? What is their place in our contemporary culture? If historical approaches to dream-work such as psychoanalysis have failed to understand the dream in its complexities, then how do we optimally approach dreams? In essays that follow I will examine the value that dreams hold for our culture and present two ways of understanding and working with dreams: Dream Tending and Social Dreaming.

Dr. Larry Brooks can be reached at drbrooks@drlarrybrooks.com.

SGVPA's First Annual CARE Picnic and Chili Cook-Off

By Brett Veltman, PsyD
CARE Chair



We are proud to announce that Dr. Ellen Miller Kwon was named the 2014 SGVPA CARE Chili Cook-Off Champion at the first annual event of its kind in October. As Chair of the SGVPA CARE Committee, I would like to repeat my personal congratulations to her for an Award Winning Chili

Recipe!

All who were at the CARE Picnic and Chili Cook-Off discovered that there are many excellent chili chefs among our members! While there were some random attempts by contestants to influence the judges in their favor, Dr. Dustin Plattner, Dr. Dave Lorentzen, and Christin Fort were able to stand firm and objectively judge that one person clearly rose above the rest with her chili cooking skills. Our very own new president, Dr. Ellen Miller Kwon, slammed the competition with an outstanding vegetarian chili recipe, for which she was named undisputed champion.

In addition to the chili cook-off, there were a myriad of other ways that folks had fun at the event. Some took the opportunity to get to know their fellow SGVPA members and their families better, over a shared meal. The relay games planned for the kids (but also enjoyed by the parents) were a big hit. Many of the kids and adults also tried their hands at badminton.

As your CARE team gears up for the new year, be on the lookout for more CARE events—and come join your colleagues as we spend pleasurable time focusing on self-care within our professional community.

For example, you can start now to hone your own favorite chili recipe for the Second Annual CARE Picnic and Chili Cook-Off—and your chance to dethrone Ellen to



Dr. Brett Veltman can be reached at drbrettveltman@gmail.com.

Getting Down and Dirty: Growing a Successful Psychology Practice

By Daniel Linscott, PsyD, MAT
Early Career Professionals Chair



When I was growing up, I never minded rolling up my sleeves and getting my hands dirty. (Well, as long as it wasn't sticky—I hated that!) When I got licensed, and decided I wanted to try private practice, people warned me it would be hard. I thought, "Well, I'll just have to work hard at it then." I had

confidence that I could meet the challenge if all it took was hard work.

This confidence turns out to have been based on a gross underestimation of exactly what would be involved! Entering the mental health private practice market place, without easing into it by Psych-Assisting an established clinician, has seemed like an interminably uphill battle. It was only through connecting with more established folks that I began to learn how to manage the various aspects of *business* that are not covered in graduate school. All those years wasted on becoming a brilliant clinician, when what I needed to do was to gain an iota of business sense!

Obviously starting off has been difficult for me. Getting involved in SGVPA has made it possible for me to make connections which helped me enormously to build my practice. I can honestly say I owe my financial solvency to those established clinicians who believed enough in the kind of work I do with burned out parents and unruly children to send me a few of their overflow of clients.

For these reasons, I am excited to be starting out as the new chair of our Early Career Professionals Committee! I want to help early career psychologists learn the ropes, to develop a business, and a sound professional reputation. I want to help them create relationships that will provide enough referrals and connections to develop a practice that can stand on its own two legs. Lastly, I want to take an active role in climbing out of the sticky mud of business and into to the dirt of clinical work—am I stretching the metaphor too much now?

If you are a "seasoned" clinician, not judged by the grayness of your hair but the *wisdom* you've earned, then please get in contact with me. If you are the gray-haired kind of seasoned clinician, you probably have a great deal to offer us by definition. I would love to connect with you, have coffee, and do an interview. My vision is to create a joining of seasoned and start-up clinicians, to help enrich the quality of our practices, and and the profile of our profession to the public. Show you care for our profession through extending the legacy of your insights. Please contact me to help fulfill this dream.

Dr. Daniel Linscott can be reached at dr.dlinscott@gmail.com.

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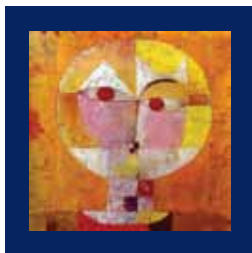
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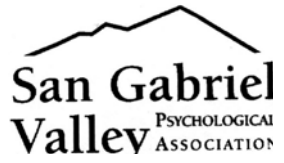
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