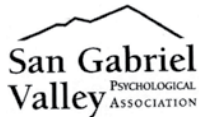


Analyze This!



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The Official Newsletter of the
San Gabriel Valley Psychological Association



AN OFFICIAL CHAPTER OF THE CALIFORNIA PSYCHOLOGICAL ASSOCIATION September/October 2015

CPA's Outstanding Newsletter for 2015!

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(818) 243-0839
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Early Career Professionals

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drdinscott@gmail.com

Website Management

Dustin Plattner, PsyD
(626) 344-2310
dr.plattner@gmail.com

Special Interest Groups

Laurie Nougier, PhD
(626) 755-5622
drnougier@yahoo.com

Local Advocacy Network

Brett Veltman, PsyD
(626) 263-7528
drbrettveltman@gmail.com

Representative to CPA

Dustin Plattner, PsyD
(626) 344-2310
dr.plattner@gmail.com

Diversity Liaison to CPA

Wayne Kao, PsyD
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dr.waynekao@gmail.com

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Brett Veltman, PsyD
(626) 263-7528
drbrettveltman@gmail.com

Student Representatives to CPA

Christin Fort
(248) 763-4517
Christinfort@fuller.edu

Jeremy Cernero, MA
(317) 507-9790
jeremycernero@fuller.edu

Upcoming Lunch Meetings



Date: Friday, September 11, 2015

Topic: Wisdom From the Couch: A User-Friendly Translation of the Psychoanalytic Model

Speaker: Jennifer Kunst, PhD

Date: Friday, October 9

Topic: Is the Lack of Sex in Relationships Inevitable?

Speaker: Susan Regas, PhD

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

Non-Member Costs

Luncheon, Service, and Parking Privileges...\$27

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PRESIDENT'S MESSAGE



Dear Colleagues,

The pace of summer is both fast—in that the months go by so quickly—and slow, because it is more relaxed and focused on extra-curricular adventures. For me it is a time to recuperate from the frenzy of winter and spring. A time to reflect in a different way, on what internal resources I will need to carry me through the rest of the year, and the work that I am involved in. Patients' absences interrupt the rhythm of psychotherapy, helping to relieve the ongoing tension that our difficult work can generate. That little extra time may (hopefully) nudge an internal space for renewal and contemplation. I hope that you are each getting the rest, renewal, and refreshment you need.

Meanwhile, the SGVPA Board is working hard as ever to provide opportunities for productive and fulfilling involvement! Staying involved with each other, and within our profession, is one of the most important functions of our association. Clinical work can be very isolating, and it is easy to be complacent about issues such as legislation, building our practices, connecting with each other, and investing in future generations. Far too many psychologists seem to fall out of our community right after getting licensed.

Did you know that only about one fourth of all psychologists in California belong to our parent association, the California Psychological Association? This hurts us all—as uninvolved psychologists do not add to or benefit from community conversations around ethics, law, and practice. A case in point is the revelation that the American Psychological Association did hide their involvement in torture practices during the Bush Administration. I wonder if, had more psychologists been active in their

(continued on p. 2)

professional organizations, this appalling situation would have either never happened, or would have come to light much quicker. If anything, this sad chapter in our narrative highlights the fact that complacency and apathy breed decline and degeneration.

Another example of this can be seen in the fact that every year, there are hundreds of bills introduced to California governing bodies that have bearing on mental health issues. CPA is the *only* organization which actively analyzes this legislation, and advocates on behalf of the policies and interests we, as mental health experts, support. This is great benefit to us, personally and professionally; but it really is a task that many more of us need to be involved in. CPA cannot anticipate every aspect of a bill, and sometimes you may have a different—and important—point of view.

Dr. Dustin Plattner, our Local Advocacy Network (LAN) Chair, organized two local meetings this summer with Senator Carol Liu, and Assemblymember Chris Holden's office, to keep alive SGVPA's relationship with these legislators, and to engage with them on legislative bills that affect our practices and our patients.

On a related topic, I want to thank our beloved, long-time involved member, Dr. Manny Burgess, for suggesting earlier this year that we institute a scholarship to help our early career psychologists get and stay involved with policy issues and advocacy. Manny's vision has birthed our "Future of Psychology" scholarship, which is aimed at assisting a psychology student or newly licensed psychologist to attend a conference or professional development event next year. If you want to apply, please contact me by phone or email. And if you want to help finance this wonderful scholarship, please contact Dr. Burgess (manny.burgess@yahoo.com). The deadline to apply is December 31, 2015, and the scholarship amount is \$750.00.

We also have several events coming up in conjunction with LACPA which will provide opportunities to network across our sister associations, and to support our Political Action Committee (PAC). Please look out for announcements of these events, and others, on our SGVPA Listserv.

Respectfully,
Ellen Miller Kwon
President

SGVPA Events Calendar

Friday, 9/11/15 — *Monthly CE Luncheon*

Wisdom From the Couch:
A User-Friendly Translation
of the Psychoanalytic Model
Dr. Jennifer Kunst

Friday, 9/18/15 — *Monthly Board Meeting* — 12:00 Noon
Women's City Club

Saturday, 9/26/15 — *Multi-Association PAC Fundraiser Breakfast*
Psychological Turf:
Protecting Our Scope of Practice in California

Thursday, 10/1/15 — *Deadline for Submissions to Analyze This!*

Friday, 10/2/15 — *ECP & Professional Networking SIG event*

Saturday, 10/10/15 — *Breakfast with the Boards - LACPA & SGVPA*

Saturday, 10/24/15 — *Annual SGVPA Chili Cook-Off*

Faces of Violent Crime

A Forensic Artist's Perspective



By Donna Cline, PhD, LMFT
Forensic Artist

Murder, mayhem, rape, sexual battery, assault, child molestation, robbery, burglary, home invasion, torture. This is only a short list of the kinds of crimes that occur daily in urban areas, and which must be addressed by law enforcement and forensic specialists. Many more crimes are actually committed than are reported to the public. And for the victims, their crime-based trauma is unique, and experienced as more personal than trauma stemming from terrorist activity, accidents, or natural disasters. Victims experience a fear that is not circumstantially generated, but rather is internalized as their having been a focal point of primal human cruelty.

This article is intended to provide a glimpse into the profession of the forensic artist, a person who is embedded in the investigatory process, and tasked with providing composite drawings as a means of identifying suspects. The forensic artist's potential for developing vicarious traumatization is also addressed.

The psychological aspects comprehended by the artist during the interview process with victims of violent crime are critically important. The preferred method of interviewing focuses heavily on the sensory impressions of the traumatic event that are left with the victim. Although it is not the intention of the artist to distress a victim further by requesting a description of every disturbing detail of the crime, certain elements are essential for providing an accurate facial image of the perpetrator. The interview often includes the nature of the lighting, the angle at which the suspect was viewed, the duration of exposure to this person, as well as the smells, textures, and the victim's subjective impressions.

Memories encoded during traumatic circumstances are unique. Referred to as *state memories*, they often have a highly emotional and subjectively referential underpinning. Thus, the artist must also be aware of the possible perceptual filtering mechanisms of the interviewee, such as age, culture, and gender.

A forensic artist and the victim return to the scene of the crime together via memories. They focus on details of facial anatomy within the context of the traumatic experience. Were there wrinkles on the forehead? Did the beard stubbles extend into the mustache area? Were the nostrils observable? With these few examples, the degree of detail about which

the artist must inquire is clear. A victim must relive the horrific experience, and the memory of the perpetrator's countenance, in order to provide this information. The very face that the victim tries to forget now must be examined with physical and psychological magnification.

Throughout the interview, the artist must remain open to the subtleties, nuances, translative and referential meanings offered by the victim. The artist essentially experiences aspects of the crime via the victim. As a result of this shared narrative, the artist may develop her own set of traumatic memories—enhanced at times by some historical precedent in her own lives. Suffice to say, the horrific material, to which the artist is exposed with frequency, chronicity and intensity, can leave some psychological residue.

Vicarious traumatization, to varying degrees, is not unusual within the ranks of first responders, law enforcement, and forensic specialists generally. Characterized by challenges to one's internal value system, beliefs, and to one's philosophical and psychological sense of balance, vicarious trauma is unique. In contrast to job burn out or compassion fatigue, vicarious trauma has at its root a shared experience with a victim. Thus, the victim's trauma can secondarily become the artist's trauma, by a seepage of the horrific material into their own psyches.

Frequent exposure to the intense, crime-based horror articulated by victims, when internalized by the artist, can indeed engender deeply existential questions. One can become hypervigilant, cynical, and more restricted in the scope of one's personal life. For the artist, there is the additional variable of co-creating a tangible object with the victim—a composite drawing of the perpetrator, which is itself saturated with traumatic associations.

While forensic artists must have resilient personality structures to begin with, openness and empathy for the victims and witnesses is also essential. The same is true of law enforcement personnel, who are exposed daily to intensely traumatic experience, and yet must be able to continue to provide public service. Unfortunately, these professionals are often scrutinized and judged harshly by the media. Perhaps a better understanding of first responders' experiences would be of great value in developing a deeper, more unbiased appreciation of those who willingly and for the public's protection confront the most primal, perverse elements of our society.

Donna Cline, MFT, can be reached at drdonnacline@gmail.com.

SAVE THE DATE!

BREAKFAST WITH THE BOARDS (LACPA & SGVPA)

Saturday, October 10, 2015
Granville Burbank
121 N. San Fernando Blvd.
Burbank, CA 91502
10am - Noon



Come meet Dr. Gitu Bhatia (President of the LA County Psychological Association) and Dr. Ellen Miller Kwon (President of the San Gabriel Valley Psychological Association), along with Board members from both associations. We are eager to get to know you, learn about your work, and forge strong bonds between the two groups! These breakfasts offer a wonderful opportunity to meet new colleagues and reconnect with those you already know. This is a great time to network - please bring business cards if you care to share them.

All members of either organization are welcome.
This is a no-host breakfast – please bring cash to pay for your meal.

RSVP by October 5 to Lynne Steinman, Ph.D. LASteinman@aol.com or Ellen Miller Kwon, Psy.D. at Ellen@drmillerkwon.com.

We look forward to seeing you there!!



Voices of Experience

An Interview with Dr. Larry Brooks

By Christin Fort, MA
Student Representative to CPA



The Early Career Professionals Committee seeks to assist psychology students as they transition from graduate student to licensed professional. Toward this end, AnalyzeThis! will be offering a series of interviews with seasoned psychologists, hoping to present wisdom from their rich experiences, as well as insights that may be applicable for those in the process of beginning their professional careers.

Dr. Larry Brooks is a licensed psychologist and successful clinician in private practice. A member of the SGVPA board, Dr. Brooks serves as Chair of the Program Committee. From my own participation on the Board, I can attest that he is known for his important insights, fresh perspective, and keen sense of humor. How did Dr. Brooks come to the point where he could meaningfully serve his clients as well as actively contributing to the professional psychological community? Below, he shares a portion of his journey.

Question: “What was the best advice you got when you started out as a professional?”

“Have a niche and develop an expertise within that niche.” Dr. Brooks noted that he did not get the practicum placements that he would have liked during his graduate training. But he did notice a pattern that emerged: consistent opportunities to work with children and adolescents. Following the completion of his doctoral studies, Dr. Brooks pursued a post-doctoral program at Reiss-Davis Child Study Center. During the course of those two years, Dr. Brooks continued to hone his skills working with minors. Following licensure in 1981, Dr. Brooks began to promote himself as a Child Psychologist. Over the course of the next several years, he worked as a Child Psychologist in Community Mental Health agencies as he developed his private practice.

Question: “What was the most significant challenge you faced professionally?”

There were two noteworthy challenges Dr. Brooks mentioned. First, the challenge of doing good clinical work (especially working with youth who have fallen through all of the systems). Second, the need to make a living for his growing family. In order to meet these challenges, Dr. Brooks eventually became interested in more advanced psychoanalytic training—grounding himself even further in the theories and models of intervention that would enable him to serve his clients well. During his time working in community mental health clinics, he also began to see himself as an “activist-therapist”—attending IEP meetings, maintaining dialogue with the foster care system, and intentionally seeking out ways to be involved in the holistic

treatment of his clients as far as professionally possible. For about 10 years after licensure, Dr. Brooks continued working in multiple settings, in order to both reach his goal of working full time in private practice as well as maintaining financial stability.

Question: “What was the most surprising professional pitfall you encountered?”

Eventually Dr. Brooks discovered that, although he had developed a great amount of experience working with children, he did not find this work as meaningful as his work with adults. After developing specialties in working with children in ADHD, and those processing parental divorce, he began to feel dissatisfied in the work. He stated “I became really aware that I wasn’t enjoying my work with kids - I wasn’t happy.” This realization caused a significant re-evaluation of his career trajectory, which eventually led him to quietly drop the title of “Child Psychologist,” and begin to seek out older adolescents and adults instead. Although this transition from children to adults took between 5 and 8 years, he found the career change to be gratifying and beneficial.

Question: “What advice would you give to an Early Career Professional?”

“Maintain connection with others. This is an important part of development.” Dr. Brooks has joined professional groups of colleagues who offer peer-consultation, dream analysis and general professional support. These professional networks have allowed him to not only continue to sharpen his own clinical skills, but have also allowed him act as a resource for peers and colleagues as they learn from one another.

Question: “What has been the most important professional (and personal) practice for you to maintain balance in your life?”

“I’ve realized that ‘balance’ is not always to be maintained.” Sometimes there will simply be seasons of greater intensity, he explained. In spite of (or perhaps because of) the seasons of “imbalance,” however, Dr. Brooks affirmed the importance of building a strong social network of support to build a support network for one’s self along the way.

*Dr. Larry Brooks can be reached at drbrooks@drlarrybrooks.com.
Christin Fort can be reached at Christinfort@fuller.edu.*

Psychology and Family Law

Everyone Should Be Required to See *Inside Out*



By Mark Baer, Esq.

As a lay person and an attorney, I'm grateful to everyone involved in the production and development of Disney Pixar's *Inside Out*. This wonderful film describes the inner workings of the mind, illustrating how emotions govern individuals'

behavior.

In the film, it's posed that every person has five main emotions living inside their head: Joy, Disgust, Fear, Anger, and Sadness. Joy is responsible for happiness. Disgust protects us from being poisoned or embarrassed. Fear keeps us out of harm's way. Anger safeguards us from unfairness and injustice. The purpose of Sadness, meanwhile, is not understood or fully appreciated until the very end of the film, when it's function to help people feel empathy for each other is revealed.

In the beginning, the various emotions don't recognize the importance that each of them hold for an individual to survive and thrive. However, as the film progresses, they eventually do come to appreciate one another, and to learn the appropriateness of one over another for any given situation. For example, Joy slowly recognizes the power of empathy, and Sadness' role in that regard.

Empathy is another attribute developed in the film. As psychologists, you understand that empathy involves understanding another person's situation from their perspective. As such, you must be able to place yourself in someone else's shoes, and feel what they are feeling and without judging them. According to emotions expert Brené Brown, "empathy moves us to a place of courage and compassion."

A capacity for empathy may well be essential for human beings to live in a civilized society. Yet along with other aspects of emotional intelligence, it is in such limited supply these days—when the primacy of the self is more often touted.

According to Daniel Goleman, one's emotional intelligence quotient (EQ) comprehends one's capacity for self-awareness, managing emotions, empathy and general social skills. The good news is that emotional intelligence skills can be learned. However, we have to master them by practice, such that they become integrated in our behavior and automatic.

Social and emotional skills such as empathy are absolutely essential to effectively resolve interpersonal conflicts. Therefore, those best suited to work in the field of conflict

resolution should clearly have high EQs.

It has long been known that while lawyers in general tend to be analytical—because the field requires it—they generally score poorly in terms of their EQ levels. This isn't a problem when their job is merely to assist in resolving disputes through legal means, inasmuch as legal disputes are generally resolved through litigation or litigated negotiation. Such processes are by nature adversarial, and thus tend to exacerbate conflict in order to settle the dispute. However, in situations in which interpersonal relationships are directly involved—including but not limited to stand-offs between family members, employers and employees, neighbors, and business partners—those processes which inherently exacerbate conflict become problematic.

It doesn't help that people frequently confuse "conflict resolution or management" with "dispute resolution." Technically, conflicts are emotional, and disputes are fact-based. People with low EQ levels may well be able to resolve disputes, but typically not the underlying (emotional) conflicts.

The film *Inside Out* also beautifully describes how our core memories impact our personalities and how our "islands of personalities" make up who we are as people. Our unique backgrounds and life experiences shape our personal values, beliefs, assumptions, and biases. Our personal backgrounds, of course, have very much to do with our parents and how they raised us. Our general life experiences have to do with *everything* we experience in our lifetime, including people we befriend, schools we attend, books we read, etc. This is true for each and every one of us. The over-arching question is how much our lack of self-awareness is skewing our perception, and hence our ability to empathize, and to resolve conflicts with respect for the other's perspective.

On a related note, the following quote from the film holds so true and leads to a great deal of conflict in the world: "Facts and opinion look so similar. They get mixed up all the time." It also mentions "critical thinking," which is how people are able to distinguish fact from opinion. Of course, critical thinking also requires self-awareness, which most people tend to lack.

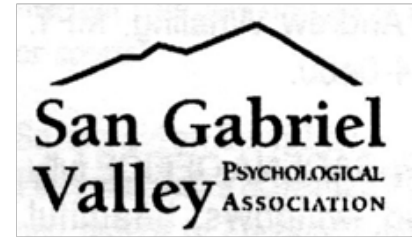
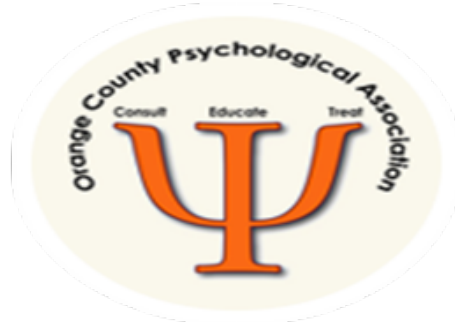
In my opinion, all those involved in the making of this film deserve the highest critical acclaim. As a conflict resolution specialist, I'm grateful for anything that can move people to appreciating their own subjectivity, the workings of their own minds and those of others, and the value of respect and empathy—even in the midst of disagreements.

*Mark Baer, Esq. was named Most Compassionate Family Mediator of 2015 by Corporate America Magazine.
He can be reached at Mark@MarkBaerEsq.com*

Analyze This!

Editorial Policies

1. *Analyze This!* seeks high quality submissions on topics of interest to SGVPA members. This includes but is not limited to topics directly related to clinical practice, policy and legal developments, psychological theory, and psychological research. Articles need to be culturally sensitive, professional, and free of overt self-promotion. Contributors do not necessarily need to be SGVPA members to be granted publication. In general, submissions must not exceed 750 words.
2. The Editorial Staff coordinates decisions on content with the SGVPA Board, although it does not function solely as a direct vehicle of the Board.
3. The Editorial Staff reserves the right to accept or reject articles or advertising, based on its judgment of suitability for the Newsletter. The Editorial Staff also reserves the right to delay, defer, or cancel publication of any given article, based on space, theme, content, or other editorial considerations.
4. The Editorial Staff reserves the right to edit, revise, or shorten all articles and advertising submitted, as a condition of publication. Editing may address issues such as readability, interest to readership, and scholarly concerns. Contributors retain the right to approve edits and revisions, or to withdraw such articles or advertisements from submission.
5. The Editorial Staff reserves the right to grant contributors the privilege of “regular columns” to certain members. However, not all regular columns will necessarily be published in every issue, and these columns may be rotated, to allow other valuable columns and other content to be included.
6. Contributors whose submissions are to be published are asked to submit a high resolution (300 dpi or higher) digital photo file (e.g., jpeg, bmp or gif). Photos embedded in Word files cannot be used.
7. Current and Past issues of *Analyze This!* will be made available on the SGVPA website. However, any instances of publishing personal info, especially home addresses of members, will NOT be published as part of the issue (i.e., such info will only be included as insert pages, which will not be reproduced on the website).
8. From time to time, the Editorial Staff may introduce a specific theme for an issue of *Analyze This!* We will inform the community of upcoming themes in the newsletter, i.e., to generate interest, and to invite contributions.
9. The deadline for submissions to be considered for publication will normally be on the first day of each month preceding publication. Six issues of *Analyze This!* are published each year, in January, March, May, July, September, and November.
10. Submissions for possible publication should be sent to Dr. Suzanne Lake, Editor, as email text, **not attachments**, in **Times New Roman font** only. Correspondence, and Letters to the Editor for *Analyze This!* should also be sent to Dr. Lake at DrSuzanneLake@aim.com.



JOIN US FOR A BREAKFAST PANEL DISCUSSION

Saturday, September 26, 2015

9:00 AM - 12:00 PM

“Psychological Turf: Advancing and Protecting Our Scope of Practice in California”

**Hotel Figueroa-Downtown Los Angeles
939 South Figueroa Street, Los Angeles, CA 90015**

Panelists Include

Doug Haldeman, Ph.D., Psychologist and Activist
Caron Post, Ph.D., Executive Director, LA County Perinatal Mental Health Task Force
Amanda Levy, Director of Government Affairs, California Psychological Association

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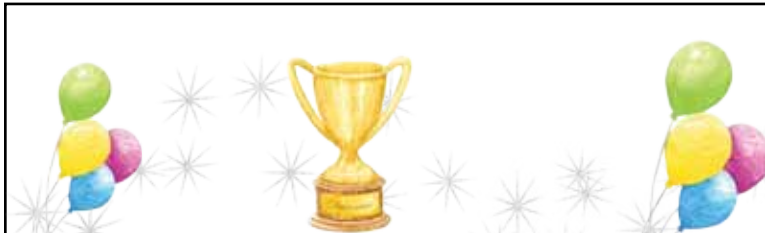
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Please join the SGVPA Board in Celebrating our Chapter Newsletter


Analyze This!

Which was voted by the California Psychological Association as

Outstanding Newsletter for 2015



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 Saturday, April 25, 2015
 Celebrate!
 Keep Reading! Keep Contributing!
 And Be Proud!



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



**c/o Suzanne Lake, PsyD, Editor
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