

SGVPA EXECUTIVE COMMITTEE

President

Linda Tyrrell, PsyD
(626)524-1724
drlindatyrrell@mac.com

Past President

Suzanne Lake, PsyD
(626)795-8148
DrSuzanneLake@aim.com

Secretary

Elisse Blinder, PhD
(626)795-9718
dreblinder@charter.net

Treasurer

Manny Burgess, PhD
(626)441-6111
manny00@aol.com

Financial Coordinator

Christina Emanuel, MFT
(626)396-9798
christinaemanuel@sbcglobal.net

COMMITTEE CHAIRS

Ethics

Open

Program & Continuing Education

Enrico Gnaulati, PhD
(626)584-9968
enrico@gnaulati.net

Membership

Stephanie Law, PsyD
(626)354-5559
stephanie@drstephaniclaw.com

CLASP

Linda Bortell, PsyD
(626)799-7941
lbortellpsyd@sbcglobal.net

Disaster Response

Suzanne Lake, PsyD
(626)795-8148
DrSuzanneLake@aim.com

Early Career Professionals

Colleen Warnesky, PsyD
(310)948-2687
drwarnesky@yahoo.com

Website Management

Amanda Han, PsyD
(626)589-6155
ayhan@pasadena.edu

Newsletter Editor

Suzanne Lake, PsyD
(626)795-8148
DrSuzanneLake@aim.com

ASSOCIATION REPRESENTATIVES

Governmental Affairs
Linda Tyrrell, PsyD
(626)524-1724
drlindatyrrell@mac.com

Student Representative to CPA

Lina Ponder
linasong@gmail.com

Diversity Liaison to CPA

Linda Bortell, PsyD
(626)799-7941
lbortellpsyd@sbcglobal.net

Representative to CPA and LACPA

Stephanie Law, PsyD
(626)354-5559
stephanie@drstephaniclaw.com

Upcoming Luncheon Meetings



Date: January 8, 2010

Topic: Mixing and Matching: When to Combine Individual, Family and Couples Therapy Modalities with Clients

Speakers: Enrico Gnaulati, PhD, and Linda Bortell, PsyD

Date: February 5, 2010

Topic: Tone as a Measure of the Relationship in Psychotherapy and Other Co-Narrative Experiences

Speaker: Dan Goldin, MFT

PLEASE RSVP NO LATER THAN THE FIRST MONDAY OF THE MONTH TO YOUR INTERNET EVITE, OR TO THE SGVPA VOICE MAIL (626)583-3215. CE credits available for psychologists, LCSWs and MFTs

Monthly luncheons are held on the first Friday of the month at the University Club,
175 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

CE credits...\$25

Audit...\$15

Please note: Unclaimed lunch reservations will be billed to the individual--So please claim them!

PRESIDENT'S MESSAGE

Happy New Year SGVPA !



I greet you as your new President. But I can't well start my new job without a tip of the hat to our departing President, Dr. Suzanne Lake, who will now serve on the Board of Directors as Past President. In stepping down, Suzanne caps off four years of a remarkable and successful tenure. Her legacy to our Chapter is rich.

When Suzanne took office in 2006, SGVPA was in decline, with only about 60 members. Yet as she leaves, we are thriving--With 200 members, a healthy budget surplus, and numerous, active committees and significant interest groups to illustrate the point, Suzanne's leadership has really been an inspiration. Indeed, Suzanne has a reputation of sophistication, integrity, and tireless dedication which has inspired us all. She has been personally responsible for recruiting most of the current Executive Committee, including myself, and has mentored us all in developing our own leadership abilities. In addition, she'd built up our great newsletter enormously, making it possible to bring in increasingly significant revenue via advertising. Indeed, her crucial role in developing the myriad activities and projects SGVPA now offers is just too varied to detail here.

Well, Suzanne's talent and accomplishments in SGVPA as President make her a really hard act to follow! I'm so glad that she has become a personal friend, and also grateful that, in her new role as Past President, she promises to "have my back" as I attempt to follow her exemplary precedent.

(continued on page 2)

President's Message
(continued from page 1)

I know I speak for all of us in extending thanks to Suzanne for her vision, dedication, and generous efforts in building up SGVPA, which I know will continue into the new year and beyond.

Several of the goals I have for SGVPA in the year ahead relate to political issues impacting Psychology, such as health care reform, returning military troops, and the continuing fluctuations in the national economy. I hope to invite prominent local state and national politicians to speak with us on California, and national, health care reform. I would like to increase our public profile by developing a speakers bureau, and by bringing The Soldiers Project (offering pro bono psychotherapy to returning military and their families) to SGVPA. In addition, we need to revise our Chapter bylaws to make sure we stay a strong and productive psychological association that provides the professional support we need to serve our clients and our community. The very least of my goals for 2010 include maintaining the myriad benefits of SGVPA membership, and seeing how we can pass into 2011 even stronger and more prosperous than we stand today.

I am excited about the promise 2010 holds. I invite each of you to think of what you value most about SGVPA, and how you might like to participate in our growth. There are many opportunities! I hope you will contact me and let me know your vision for SGVPA's future and share your ideas about how we can make this year successful, fruitful, and fun.

Linda Tyrrell, PsyD
President

Early Career Professionals Prosper 2009 in Review



By Colleen Warnesky, PsyD
ECPC Chair

As the year comes to a close we would like to recap what the Early Career Professional Committee (ECPC) of SGVPA has done in 2009 and our hopes for 2010. I and my co-chair, Dr. Deborah Peters, took over the ECPC this year and have hosted several events. We have had two happy hour events that were huge successes, and offered an opportunity for members to network, and exchange laughs. This year we had a continuing education event about how to build your practice, which

was a full house, and all that attended agreed that it was very helpful. The ECPC also had our annual Newly Licensed event honoring several of our members for their huge accomplishment of licensure. Overall, we believe that the year was a big success and we hope for even more events in 2010.

In 2010 we hope to offer at least three continuing education events, the first of which will be on how to create a presence on the web as a professional. This should be beneficial to all of our members, but especially to those of you just beginning your private practices. Other ideas for continuing education events include: supervision, revisiting how to market your practice, and how to create a paperless private practice. Deborah and I would like to also invite all of you to email us with suggestions for continuing education events, and any other events you would like to see the ECPC host. To continue our networking process we will have 3-4 happy hour events, and possibly a lunch gathering. We wish all of you a Happy Holidays, and a safe New Year.

Colleen Warnesky, PsyD and Deborah Peters, PhD can be reached at drwarnesky@yahoo.com and drdebeters@gmail.com, respectively.



A Dutch Treat Networking Lunch ...

How many times have you wondered exactly what your colleagues do professionally?

Or - after long hours seeing patients - to get out and get to know some of your fellow professionals a little better?

THIS IS FOR YOU!

JOIN IN

Dutch Treat Networking Lunch at

El Portal Restaurant

695 E. Green Street

Pasadena 91101

on

Friday, February 12th

from 12:15 to 2:00 pm

Bring plenty of business cards!



The January Dutch Treat Luncheon is TBA, so please watch the SGVPA Listserv for details!

MEMBERSHIP CORNER

By Stephanie Law, PsyD
SGVPA Membership Chair,
Rep to CPA & LACPA



The end of the year often brings with it some reflection. The end of 2009 is here, and 2010 is upon us! As Membership Chair, I look back on my 3rd year in this position with awe, gratitude, and excitement for the future. You joined SGVPA for a reason, yes? Networking, community, political advocacy, and professional opportunities are likely at the top of your list. Having been intimately involved in many facets of this organization, I can assure you I continue to be amazed at the caliber of individuals in SGVPA who provide all the aforementioned services! Many have become like family, my collegial family, and are the folks I rub shoulders with, receive consultation from, and have grown to deeply, deeply appreciate. I was recently running with one such individual and we were discussing the merits of membership in SGVPA. In between gulps of air, I explained to her that yes, it IS about networking, potential referrals, and even learning from others more seasoned than I. But mostly, it's about community – a very generous community. You are the individuals I have grown to care about, feel care *FROM*, and are proud to represent at the California Psychological Association (CPA) and Los Angeles County Psychological Association (LACPA) board meetings I attend.

In a review of the past year and looking to the next, SGVPA has continued to maintain the growth spurt it experienced two years ago (nearly 200 members!), and also established an online membership directory. In looking toward 2010, we will be looking to establish a more finely tuned website with an even better membership online directory, and continuing the many opportunities for you to get to know new colleagues or deepen the relationships you've already established. And for the first time ever, renew by February 1st and receive a gift card of \$20 redeemable for any monthly luncheon of your choice! Now isn't that a wonderful deal!

It continues to be a privilege to serve you, and here's to 2010!

*Stephanie Law, PsyD can be reached at
Stephanie@drstephanielaw.com*

WELCOME NEW MEMBERS!



Student:
Armen Sarkisian
Tyler Wasson

Associate:
Richard Lyon, PhD, MFT



REMINDER TO YOUR SGVPA MEMBERSHIP!

Yep, it's that time again! Membership in SGVPA runs from January to December each year so renew NOW to get the most bang for your buck.

INCENTIVE TO RENEW EARLY

For the first time ever, renew by February 1st and receive a gift card for \$20 to be redeemed at a monthly luncheon of your choice. How's that for great savings!?

LET'S BREAK DOWN THE NUMBERS

Did you know that membership in SGVPA is really only \$12 per month if you think about it (\$145 fully licensed folks)? It's even less for those of you who qualify for other categories. That's less than what it costs for a fitness center membership, monthly yoga sessions, a massage, a pedicure, or a lunch meeting with a colleague!

Membership applications are available at our website (www.sgvpa.org). Download the application, fill it out, print, and mail to me!

**REMEMBER, YOUR MEMBERSHIP BENEFITS (NEWSLETTER, DISCOUNTS, LISTSERV, ETC.) ALL END ON DEC. 31, 2009
--SO PLEASE RENEW TODAY!**

*Stephanie Law, PsyD
Membership Chair, Rep to CPA & LACPA
Stephanie@drstephanielaw.com
Phone: 626-354-5559*

An Ecumenical Approach to the Theory of Therapy

A Response to Dr. Lisa Krueger's Response to Dr. Alan Karbelnig



By Althea Horner, PhD
SGVPA Member Emeritus

In a recent issue of *Analyze This!* (Oct/Nov issue), Dr. Lisa Krueger took issue with Dr. Alan Karbelnig concerning what she called his “caricature” of cognitive-behavioral psychotherapy. Yet, in his more recent comments on psychotherapy (Oct/Nov issue) as a “transformational encounter,” he moves beyond a purely psychoanalytic view of the process, opening the door to a more ecumenical approach to a theory of therapy. Certainly, this approach is more consonant with my experience and beliefs.

As I am nearing my 84th birthday, I can make a claim to a modicum of wisdom as well as have permission to ramble a bit. Unfortunately I haven’t had any new ideas in some time, so I will resurrect some past ones, at least those that are relevant to the issue of whose theory of psychotherapy is the best.

In my book *Working with the Core Relationship Problem in Psychotherapy (1998)*, I state that, “I go outside the limits of object relations theory, consistent with my long-standing efforts to integrate new psychoanalytic ideas into the existing mass of psychoanalytic wisdom, to approach new ideas in an attitude of creative synthesis... Starting with the same observations of human behavior, each theory organizes these data according to different principles... One form of organization may be no more ‘true’ than another. Though theory is our guide, it must not be our God, and it is the concretization of theory that has led postmodern thinkers to question the value of theory itself.”

Although I described my work as psychoanalytic psychotherapy, I also attended to and wrote about *cognitive* aspects of the work. One had to do with the place of the signifier in our theory and practice. “If we are alert to the importance of understanding the patient’s personal and idiosyncratic meanings and associations linked to everyday words, especially words that define or describe, we will stop and wonder with the patient what a specific words signifies to him or her. We will often be surprised at how far off we were in our assumptions and at how productive the exploration of the patient’s meanings is for treatment.”

In another chapter in the book I write about the importance of belief systems. “Therapists other than those who identify themselves as behavioral-cognitive in their theoretical orientation, often tend to dismiss or devalue the cognitive aspects of the person’s minds. These aspects become suspect as manifestations of defensiveness. Instead, emotions are deemed the gold of treatment. But emotion divorced from thought, as well as thought divorced from emotion, is only half the picture...”

The child not only experiences and feels, he or she also *explains* each experience to himself or herself, and then comes to *believe* those explanations. This is the cognitive side of the core relationship problem—the individual’s belief system about what people and relationships are like.

Thus, belief systems arise within an interpersonal matrix, and will be directly or indirectly relational in their assumptions. For example, in our therapeutic work we will find beliefs about the self (What am I like?), beliefs about others (What are other people like? What are girls or women like? What are boys or men like? What are authority figures like?), beliefs about what I have to do (be like) to connect to the other, and so on.

So what theoretical school do I belong in – psychoanalytic or cognitive behavioral? I guess the answer is neither. In his recent paper, Dr. Karbelnig may be moving in this direction when he writes of psychotherapy as a “transformational encounter.” He says that “psychotherapists create perturbations in their patients’ experiences, facilitating a process that ultimately results in emotional, interpersonal or cognitive alterations.”

Dr. Althea Horner is the author of numerous books and journal articles on psychotherapy. She lives in Sierra Madre.

Obsessive Ruminations

And All for the Love of Attachment

By Alan Karbelnig, PhD



Bolstered by Soren Kirkegaard's lament that "ours is a paltry age because it lacks passion," Dr. Alan Karbelnig writes this regular column to provoke thoughtful reaction from his SGVPA colleagues. He has been a member of SGVPA since 1988, and served as its president in the early 1990s. He has chaired the SGVPA Ethics Committee for 14 years. Alan is a Training and Supervising Psychoanalyst at the New Center for Psychoanalysis and the Newport Psychoanalytic Institute. He practices psychoanalytic psychotherapy and forensic psychology in South Pasadena.

Problems of love should be deferred to the poets, or so the French Psychoanalyst Jacques Lacan believed. If you happen to be in the throes of feeling in-love, then you will agree that Lacan was oh-so-correct. Yet the psychoanalytic field of attachment theory – immensely popular during the past 50 years – delves precisely into that realm, and all from the perspective of the white-coated garb of the 20th century Man of Science. Attachment theory started with the work of John Bowlby during 1958. Later, led by Psychologist Mary Ainsworth and others during the 1960s and 1970s, it flourished. She proposed four basic patterns of "attachment:" secure, anxious, avoidant, or disorganized.

When approached from an observational perspective, attachment theory offers useful ideas. Simply by observing the body language, verbalization patterns, and similar phenomena at an airport bar, for example, the trained observer may well be able to discern whether a particular individual enjoys one or another attachment style. If you observe the pilfering of a wallet from an attractive woman's purse, perhaps you may well be witnessing a manifestation of a disorganized attachment.

These are extremely useful ideas, but only in certain limited contexts. When making a referral to another therapist – let's say because the psychotherapist's attachment capacity has so collapsed that she becomes obsessed about retirement or suicide – some information about the patient's attachment style may well be helpful. Subsequent psychotherapists would then have a response set to guide them in understanding how that person connects to others. Certainly this could be helpful in understanding patients' interpersonal experiences, and of course even in the way they might form a connection to the psychotherapist.

But from the point of view of the patient, what matters is "love," not attachment. This is one of the many problems resulting from the famous APA Scientist-Practitioner Model. Scientist-psychotherapists must beware of the immense gap between the external observation of human

experience and internal, subjective experience. This massive fissure – between observed psychology and experienced psychology, between the "It" and the "I" – has been haunting professional psychologists since their profession limped away from philosophy during the last century. Descriptions of attachment are all well and good; but from the perspective of the patient with the rejecting mother, for example, or the distant boyfriend, what is missing is *LOVE!* Real people feel fear, yearning, loneliness, and emptiness; real people do not experience "anxious attachment."

Further, the training of professional psychotherapists immersed in this and similar 20th century logical positivistic models risks missing the real experiences of real persons. And these can only be ascertained by listening – and listening extremely carefully – to those consulting you. Again, ideas from attachment theory certainly help us to characterize and categorize; they help us to communicate with one another. But they also may interfere with our ability to really hear those seeking our help.

I have long believed that, if you want to work as a psychotherapist, for God's sake don't study science or psychology! Study the fields that best capture the human subjective experience – poetry and prose, philosophy and political science, history and anthropology. This is the literature of human subjective experience.

Staring into this immense chasm between objective observation of human experience, and subjective experience itself, poet W. B. Yeats wrote of his despair in ever finding comfort from the categorizations of the natural sciences. His words offer a fitting example of where the rational lexicon of scientific psychology ends and the artistic language of poetry begins. In *The Circus' Animal's Desertion* (1939), Yeats writes in a fashion that speaks to the real human experience:

*Now that my ladder's gone
I must lie down where all ladders start,
In the foul rag-and-bone shop of the heart*

Getting to Know Your Colleagues in SGVPA

Dr Joe Dilley and Dr Carrie Dilley

By Sheree Bailey, MA



Joe Dilley had dreams of an NFL career, but at 5'10 and 150 pounds at age 18 this became unlikely. For him, the only other interesting career option was to go into his father's business—clinical psychology. Carrie Dilley, Joe's wife, also decided to take up her father's trade, which was also clinical psychology. Though Joe and Carrie grew up in different states—Joe in Iowa and Carrie Altadena—their fathers were old graduate school friends from Rosemead School of Psychology when the school was located in Rosemead, Calif.

“My friends use to ask me, ‘Is your dad going to like psychoanalyze me or something?’ But then they realized he was just a nice, normal dad,” Joe recalled. It was the normalcy of Joe and Carrie's relationship with their fathers and their admiration for them that made the couples' career choice easy. “When we were growing up our fathers' clients use to come up to both Joe and I and say, ‘Your father is great. He has helped me so much,’” said Carrie.

Joe and Carrie did not meet, however, until Joe spent his first spring break of graduate school at Carrie's family home. Joe had recently completed his undergraduate degree at the University of Iowa, and Carrie had recently finished her undergraduate studies at the University of Mississippi.

The two began dating during this time and continued their relationship throughout graduate school— Joe attending the PhD program in clinical psychology at Northwestern University outside of Chicago and Carrie attending the PhD program in clinical psychology at Fuller Theological Seminary in Pasadena. The two were married during their final school year and both completed their internships in Southern California.

For the past two years, they have worked in the same group practice in Pasadena, having offices across the hall from each other. “Clients have wondered ‘is that your brother, father, or husband's office?,’” Carrie said. “Whatever the reaction, it is all grist for the mill.”

In mid-October, the couple opened their own private practice in Sierra Madre called Synergy Psychological Incorporated. According to Joe, they chose the name to reflect the collaborative nature in which they work with their clients, drawing on the client's strengths and resources, as well as Joe and Carrie's knowledge and therapeutic skills. Joe and Carrie explained that this creates synergy, which is an effect greater than could be made with any individual part. “We are facilitators of a process that is bigger than all of us,” Joe explained concerning Synergy.

Joe and Carrie provide psychotherapy and testing to individuals, families, groups, couples, children, and adolescents at their new practice, but they both have specialty focuses as well. Carrie specializes in working with people of all ages and severity levels on the autism spectrum, while Joe's focus is anxiety disorders.

Carrie consults with teachers, families, speech, and occupational therapists as part of her work with autistic clients. She also runs two, 8-month long social skills groups for 6-8 year olds and 9-12 year olds. In addition, Carrie has been contracted by local schools to educate teachers and other professionals on autism.

To treat anxiety disorders, Joe uses CBT, DBT, and psychodynamic theories and interventions. Joe likes to emphasize to clients that their problems can often be developed into creative strengths that will enrich their life. “I believe that clients can turn their greatest weaknesses into their greatest strengths,” he claims.

Carrie and Joe have been SGVPA members for two years. As young professionals who have been licensed for about a year, they have both enjoyed giving and receiving encouragement from the association's diverse membership. Carrie has also been working with SGVPA leaders to start a child development group within the association. She said she hopes this group could be a consulting resource for the San Gabriel Valley area regarding child development and developmental disorders.

The couple also enjoys speaking and writing. They have written articles in area newsletters. Joe recently spoke in a Podcast on the psychology of money. Joe and Carrie hope to gain more opportunities to write, speak, and teach.

Drs. Joe & Carrie Dilley can be reached at PhDilley@gmail.com and Dr Carrie Dilley@gmail.com, respectively

Psychology in Cyberspace

A Skype Story

By Suzanne Lake, PsyD



Even the most techno-phobic among psychologists is probably aware that videoconferencing--direct visual conversation in real time, mediated by a program like Skype--is now possible. I'm certainly not the only one to have been asked by patients to conduct long distance sessions with them this way. Whereas in olden times, a phone session might have sufficed, nowadays the techno-confident patient believes that a Skype session would be better!

Online therapy is actually widely accepted in the field, and an increasingly prevalent mode of delivering services. (See Marlene Maheu's The Mental Health Professional and the New Technologies, for example.) The door has been opened, and we are all beckoned through it--by our patients at least! So I'd like to tell you my own Skype story, with some notes on the significant impact videoconferencing may have on frame, transference, countertransference, and rapport.

This summer a woman patient of mine decided to move out of the country. She was extremely well-versed in digital technology herself, and hoped to continue her weekly therapy sessions by videoconferencing, as she accomplished her transition to a new life abroad. We had been working well together for nearly a year, and she was a generally stable and well-balanced individual. Although I was familiar with Skype, I hadn't used it personally or professionally before. However, "Jane" was quite experienced with, and enthusiastic about it and--after a test run session, which seemed to go well--I agreed.

For the uninitiated, Skype-type applications require a webcam and microphone. There is a large video image of your interlocutor's face, head and shoulders, on the screen, as well as a smaller box displaying you, just as she sees you. The face evident (pun intended) value hinges on the fact that you get the visual communications from the patient, as they do from you. Although the quality of the image is sometimes impaired, for the most part you can see expressions and some body language, which all adds to the experience, or illusion, of being present together.

However, there is a dark side. Technology intrudes itself continually, like an intrusive third person in a two-way conversation. Sound transmission may be delayed or distorted. Not infrequently, the other's image freezes up for long seconds at a time, sometimes accompanied by a loss of sound. The distraction this sort of thing causes may be significant, interfering with concentration and session continuity. For example, whereas in a normal session I may hold several lines of thought in mind for potential comment, I can barely do so in video sessions. There is also the loss of direct eye contact, and a general interference with the catching of nuance, inflection, and all the minute non-verbal communications that foster a therapist's critical attunement to the patient.

Transference and countertransference may be impacted in some surprising ways. For example, on one occasion our connection kept dropping out for some reason. As the technical expert, Jane felt responsible for resolving the problem. Nevertheless, we ultimately had to abort the session, and since I suspected that the technical problem was on my side, I felt irrationally anxious and remorseful. The next time we "met," Jane began expressing the inclination to stop treatment. She eventually confessed that, in the earlier hour she'd felt painfully deficient in her efforts to rescue our session, or to *help me* solve the technical problems. After that session ended prematurely, she felt let down and abandoned. Fortunately with further discussion, the treatment relationship was successfully repaired.

Now three months into our e-therapy, Jane remains enthusiastic, insisting on the value of having me continue helping her adjust to her new life. I'm convinced that she's benefitting, and that the treatment is worth the effort. Yet I confess to an on-going struggle, as I learn to manage the technology, and to adapt my timing, thinking, and self-expression to its vagaries.

Nevertheless, I look forward to continuing to explore, conceptualize, and use e-therapy. I'm eager to see improvements in the technology. Meanwhile, it's crucial to stay on top of the many ways that it may impact the conscious and unconscious aspects of the therapeutic frame.

Psychology and Family Law

By Mark Baer, Esq.



The three basic styles of mediation are transformative, facilitative, and evaluative. For mediation to be most effective, the needs of the particular case must first be determined in order to select a mediator whose style(s) best suits those needs. Many mediators are able to utilize all three styles of mediation,

depending upon the needs of the particular situation, and can actually shift from one style to another with ease. Sometimes, the parties retain two mediators who work jointly in mediating the case and whose style(s) and backgrounds differ such that they are able to complement each other.

Facilitative mediation is the original form of mediation. It was once the only style of mediation used. In a previous article of mine, I mentioned that mediation “enables the parties to delve into the underlying reasons they desire certain results and thereby allows for more creative resolutions that might accomplish those needs through means that are more palatable to the other party.” I was referring to the use of facilitative mediation when I made that statement. This style of mediation is most appropriate in situations in which the parties are unable to effectively communicate with each other and/or a concern exists that one or both parties have hidden agendas. This form of mediation requires that the mediator asks questions in order to uncover the underlying reasons behind each party’s position on a particular issue, and assists the parties in reaching creative resolutions to those concerns. Although a facilitative mediator does not recommend solutions, such a mediator may offer advice and opinions regarding the potential outcome. It is also the job of a facilitative mediator to help the parties to communicate with each other in a productive manner.

Transformative mediation is most appropriate in situations where it is important to improve the parties’ relationship with each other because they have minor children together and need to learn to co-parent or for some other reason the relationship is important in the future. This type of mediation focuses on helping the parties learn to communicate and work together for a common goal. It requires the parties to explore their differences as if they were in therapy.

In evaluative mediation, the mediator assists the parties in resolving their disputes by pointing out the strengths and weaknesses of each party’s positions. As a result, the mediator’s focus is on each of the parties’ rights under the law, and not on the particular needs and interests of the parties. The mediator helps the parties in evaluating the case and analyzing the costs and benefits of a mediated versus a legal resolution of the matter. This style of mediation clearly requires the mediator to be much more involved in the outcome. It is most appropriate when the parties need or want the mediator to break deadlocks. In order for the mediator to be effective in this type of mediation, both parties (and their respective counsel, if represented) must perceive the mediator as having a great deal of knowledge and understanding of the law involved in their particular case. Thus, most evaluative mediators are attorneys or retired judges or commissioners.

I must admit that one of the most difficult things for me to do as a mediator is to hold my tongue and not evaluate the issues involved because of my legal training. While I have been trained to act as a mediator in all three styles of mediation, I would consider my style to be a blend of evaluative and facilitative mediation. Some facilitative mediators prefer not to be evaluative. However, if the parties reach an agreement and I perceive that problems will arise because they have not addressed certain intricacies, I will ask them if they want my input. When I am volunteering as a mediator at the Court, I tend to be more evaluative because I have at least three cases to resolve in three hours and therefore do not have the time to be more facilitative.

Mark Baer, Esq. can be reached at (626) 389-8929 or by email at Mark@markbaeresq.com

ADVERTISEMENTS

PROFESSIONAL SERVICES

PEACEFULDISSOLUTIONS

In addition to my general psychoanalytic practice, I mediate divorce. Divorce does not have to be adversarial. Couples do not have to go to court. The needs of children can be creatively considered. Elisse A. Blinder, PhD PSY 11598 (626) 795-9718. www.peacefuldissolutions.com.

OFFICE SPACE

CLINICAL OFFICE SPACE AVAILABLE: Beautiful Pasadena office available for part-time sub-lease. Terms and hours are negotiable. Afternoons, evenings, weekends, and some morning hours are open. This solo-practice suite contains a private waiting room with call light, a separate exit, large windows with a lovely view, and ample, locked storage space. The atmosphere is uncluttered, serene, and aesthetic. Please contact: Julie Belnick, MFT 29410, (626) 793-7725

PSYCHOANALYTIC TRAINING AT PCC

The training at PCC focuses on the unconscious core of the personality and explores the infantile anxieties and defenses that shape behavior and relations with the self and others. The elemental contributions of Freud, Klein and Bion structure the foundation of PCC's British Object Relations approach. Emphasis on analysis of primitive mental states is supported by year-long intensive courses in the Tavistock method of Infant Observation, in the original work of Freud, Klein's major papers and in the contemporary Kleinian and Object Relations developments. Bion's theories of thinking form a focal center of study.

CORE PROGRAM IN ADULT PSYCHOANALYSIS

- Certification with Psy.D. Degree
- Optional Ph.D. with Dissertation
- Accents Work in the Transference

INFANT, CHILD, ADOLESCENT PSYCHOANALYSIS

- Additional Certification Program
- Second Year of Infant Observation
- Origins of Primitive Mental States

PSYCHOANALYTIC PSYCHOTHERAPY PROGRAMS

- One year Adult or Child Focus
- Didactic Courses and Case Conferences
- Certificate of Completion Provided

NEXT EVENTS:

THE 21ST ANNUAL MELANIE KLEIN LECTURESHIP

SATURDAY, JANUARY 9, 2010
8:30 AM – 4:30 PM

SPEAKERS: Rachel Blass, Ph.D., the "Controversies Editor" of the IJP, Albert Mason, M.B., B.S., Psy.D. and Frederick Vaquer, M.D.

PCC PRESENTS:

LITERATURE AND PSYCHOANALYSIS

SATURDAY, MARCH 13, 2010
8:30 AM—4:30 PM

SPEAKERS: Warren Poland, M.D., the 2009 Sigourney Prize Recipient and Annie Reiner, Ph.D.

CONTACT PCC OFFICE FOR INFORMATION

Continuing Education Courses, Extension Programs, Annual Melanie Klein and Frances Tustin Memorial Lectureships, James Grotstein, Primitive Mental States, and Infant Observation Conferences. For upcoming events visit our Website at www.psycc.org

Low Fee psychoanalysis and psychotherapy
Referrals available at 310.208.1053



PSYCHOANALYTIC CENTER OF CALIFORNIA

11110 Ohio Avenue, Suite 106
Los Angeles, CA 90025

PHONE: 310.478.4347

www.psycc.org

A Component Society of the International Psychoanalytical Association

DIVORCE MEDIATION

Avoid Costly Fees and Court Appearances

Mediation can:

- *save money - up to 80% of an attorney battle
- *save time- average case settles within 6 sessions
- *benefit children - by reducing conflict

Mediation works for:

- *separation and divorce
- *custody and visitation
- *child and spousal support
- *domestic partnerships

Lydia S. Glass, Ph.D.

Over 25 years experience mediating divorces

200 E. Del Mar Blvd., Suite 210 Pasadena, CA 91105
(626) 792-4153 www.lydiaglass.com lydia_glass@msn.com



institute for girls' development

A Psychological Corporation



Empowering girls for life through

- Self-discovery • Hardiness skills
- Growth fostering relationships

Services & Programs

- Individual Therapy • Family Therapy
- Del Mar Girl Power Group Therapy (2nd grade–High School)
- Parents Finding Solutions Program (coaching, groups, workshops)
- Young Women's Program (for adults in their 20's & 30's)
- Summer Workshop Programs (3rd grade–High School)



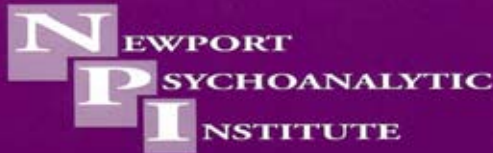
Presentations, Workshops & Trainings

- Available through our Center for Education on Girls' Development

For more information, visit us on the web:
www.InstituteForGirlsDevelopment.com

626.585.8075 ext.108

Melissa Johnson, Ph.D. PSY13102



NEWPORT PSYCHOANALYTIC INSTITUTE
250 W. Main Street, Suite 202, Tustin CA 92780
911 E. Colorado Blvd, Suite 200, Pasadena, CA 91106
Phone: 714.505.9080 • 626.796.2776
FAX: 714.505.9465
admin@npi.edu www.npi.edu

"To awaken a profound understanding of human experience, promoting the art and discipline of psychodynamic psychotherapy and psychoanalysis"

NPI offers

- Doctor of Philosophy in Psychoanalysis
- Doctor of Psychology in Psychoanalysis
- Certificate in Psychoanalysis
- Two Year Certificate in Dynamic Psychotherapy

Warm ambiance
Small colloquiums of talented clinicians
Distinguished faculty from throughout
Southern California
Full programs at our Tustin and Pasadena campuses



You are cordially invited to a Continuing Education Seminar

Keeping the Encounter Alive

Insights from Philosophy & Literature

Instructor: Alan Karbeling, Ph.D.
Training and Supervising Analyst
Newport Psychoanalytic Institute & New Center for Psychoanalysis

Dates: 10 Biweekly Fridays
{Jan. 22- June 18}

C.E. Units: 15.0 available

Overview: As helpful as the psychoanalytic literature has been, the study of the humanities, particularly philosophy and literature, offers more relevancy to the understanding of the human experience. This seminar seeks to integrate a few key psychoanalytic papers with readings pertinent to understanding human subjectivity. Participants will have extensive reading to complete every two weeks, and will then be expected to participate in an active and engaging discussion. The initial readings mailed to participants once they enroll; books will be provided the first day of class.

Fees: Licensed mental health professions: \$790; Students and interns: \$590 (fees include all readings and books)

To Enroll: Email April Caires at april.caires@gmail.com to indicate interest. Seminar is strictly limited to 10 participants; space reserved by deposit (\$400 for licensed professionals, \$300 for students). Balance due at first class meeting.

Selected readings: Madness and Civilization (M. Foucault); King Lear (Shakespeare); Light in August (W. Faulkner); The Dead (J. Joyce); Philosophy in the Flesh (G. Lakoff & M. Johnson); Mourning and Melancholia (S. Freud); Envy and Gratitude (M. Klein)

COME ADVERTISE WITH US!

Members and others are encouraged to take advantage of the opportunity to advertise to nearly 200 SGVPA folks!

Members receive 1 complimentary classified ad in the newsletter per calendar year!

Here are the rates:

Newsletter

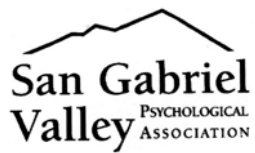
Classified ads - \$.50 per word
Quarter page - \$ 30.00
Half page - \$ 60.00
Whole page - \$100.00
Insert - \$120.00

Be sure to include your license number. Ads should be emailed to Mary Hannon at maryhannon@ymail.com. Payment must be made before publication and mailed to: Mary Hannon, 1122 Avon Pl., South Pasadena, CA 91030, phone (626) 354-0786.

Website

Homepage link: \$25 per month (\$15.00 when newsletter advertising is purchased concurrently).

Other link: \$20 per month (\$10.00 when newsletter advertising is purchased concurrently).



c/o Suzanne Lake, Psy.D., President
2810 E. Del Mar Blvd., Suite 10A
Pasadena CA 91107

