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drdebeters@gmail.com

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drbindatyrrell@mac.com

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(626) 354-5559
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(310) 948-2687
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Joe Dilley, PhD
(626) 539-2001
phdilley@gmail.com

Membership

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

CLASP

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

Disaster Response

Joe Dilley, PhD
(626) 539-2001
phdilley@gmail.com

Early Career Professionals

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

Website Management

David Lorentzen, PsyD
(818) 523-4628
davidlorentzen@gmail.com

Newsletter Editor

Suzanne Lake, PsyD
(323) 687-8148
DrSuzanneLake@aim.com

Governmental Affairs

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

Student Representative to CPA

John Nelson
(626) 687-0888
johnnelson@fuller.edu

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

Upcoming Luncheon Meetings



Date: March 4, 2011
Topic: Developmental Neurobiology of Attachment Dynamics: Clinical Applications

Speaker: Jim Graves, PhD

Date: April 1, 2011

Topic: Redemption or Descent: Psychological and Archetypal Themes in The Black Swan

Speaker: Deborah Peters, 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 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



Dear Members,

I feel the energy flowing! We got off to a great start this year, with an extremely well-attended and successful January Jubilee. Over 125 members gathered at the elegant Shakespeare Club in Pasadena for a night of festivities. The room was buzzing with conversation and warm collegiality, as it was a chance to strengthen bonds with old friends and make new acquaintances. Many of our over 20 new members are already getting involved and getting connected! The immense, well-coordinated volunteer effort that made this night so enjoyable was nothing less than awesome. Thank you to all of you -- you know who you are! And a special thanks goes to Dr. Elisse Blinder for thoughtfully coordinating this lovely event.

This evening reminded me of one of the main things SGVPA is all about-- relationships. Our community continues to thrive as we support one another with information, ideas, and teamwork. We feed each other's minds and inspire each other's creativity. I encourage you all to value these bonds, seek help from one another, and develop your own ideas about how to weave yourself more thoroughly into our community. I encourage all new members to take advantage of our new Early Career lunches, small groups gathered by our own Dr. Martin Hsia, new chair of the ECPC. All members are

(continued on next page)

encouraged to present their work at the monthly luncheons, attend, start or speak at one of our significant interest groups (SIGs), join a committee, or come to us with a new idea for an activity or interest group. More specifically, we are commencing a search for those who might feel enriched by sitting on the new Ethics Committee, and welcome any show of interest in that arena.

I am pleased to announce that Dr. Laurie Nougier will be eagerly joining our Board as the new Special Interest Group (SIG) Chair. Please contact Dr. Nougier with any ideas or questions you may have about current or future special interest groups. As the liason between the Board and the SIGS, Laurie will facilitate the answering of all such inquiries. She is a warm, welcome addition to our team. An enthusiastic welcome as well to Dr. Martin Hsia, the new chair of the Early Career Professionals Committee! Martin has been diligently assisting in all sorts of tasks over the past several years, and we are very pleased to have him take on even greater responsibility in a Board position.

As we head into spring, we look forward to Advocacy Day in Sacramento in March, where psychologists from around the state will meet to discuss relevant policy matters and legislation strategies. In addition, don't miss the CPA convention April 7-10, and learn about "increasing opportunities for psychologists and improving access for consumers."

Finally, we have had record attendance at the last two monthly lunch meetings, and I hope to see you all there in the coming months!

Warmly,

Deborah Peters, PhD
President



Snapshots

from the

Third Annual January Jubilee!



Paparazzi captured these images of the Pasadena area psychology luminaries who stopped in to the gala last month, for fellowship, entertainment, and great gourmet goodies. Psychotherapists mingled,



chatted, and posed for photographers as they enjoyed themselves.
See anyone you know?



Using an Integrative Framework to Transform Confusion into Conceptualization and Countertransference into Curiosity



by Joseph B. Dilley, Ph.D.
Program and Continuing Education Chair

Recently, a recurring sketch on Saturday Night Live has featured a talk show host who invites bizarre displays from random guests, then repeatedly exclaims, “*What’s up with that?!?*”, generating guffaws from the studio audience (and at least this viewer). As were most of us, I was trained to ask similar questions when conceptualizing a difficult case, or caught in the unforgiving countertransference moment... “Just what is going on for my patient? What’s happening for them that I am having this reaction? How can I use it to advance the work?”

During my first graduate year at Northwestern University, the long-time Chief of the Division of Psychology—a renowned analyst—retired, and a highly regarded Cognitive Behaviorist assumed his position. With some additional personnel changes, students were afforded the opportunity to become fluent in both CBT and psychodynamic psychotherapy. Simultaneously, Northwestern Memorial Hospital was establishing a premier Dialectical Behavior Therapy (DBT) program, in which students completed an intensive practicum. Following these training experiences, I interned at a California site whose director learned Family Systems from Minuchin himself. As a result of these diverse practica, I inadvertently became a theoretical Integrationist: despite wanting to neatly subscribe to one orientation, I found truth in each. Once I realized that a multi-theoretical approach did not have to fragment my conceptualizations, but rather could enrich my understanding of the patient’s experience, I became much more effective in the consulting room. From this holistic perspective, I humbly submit a case study intended to identify what is, in fact, up with that.

A patient of mine, “Ricky,” was nine, but the verbal tics he emitted would have (absent a visual) led one to believe he was a chirping baby bird, or an adult smoker perpetually clearing his throat. As is common, the boy also presented with co-morbid ADHD. His parents had “tried everything” to diminish the tics and improve his executive functioning, and they presented themselves at my office fairly desperate for decisive help. The resultant performance pressure that I experienced paralleled the internal “pressure” Ricky described as swelling up within him as each tic approached.

While I quickly observed a strong connection between Ricky and his mother, she just as quickly insulted him, referring to his smell as “Sweaty Kid,” and complaining about the “mess” of toys he would create nightly in the family room instead of taking his bath.

Before allowing our sessions to become their own mess, I implemented CBT-based health psychology interventions, employing biofeedback as a means of gaining control over Ricky’s automatic bodily processes. I oriented Ricky to the Galvanic Skin Response – using GSR-2, a gadget the size of a computer mouse whose tone fluctuates with the user’s pore size (and thus relaxation level). Seconds after Ricky placed his fingers on the GSR-2, he calmed down, and his tics subsided. His parents were incredulous. The pressure inside Ricky (and me) had subsided with the pressure in the room. I then began teaching him the mindfulness meditation regularly utilized in DBT.

Mindfulness would serve to both further regulate Ricky’s arousal, and to help him begin to pay attention to when he shifts attention, and then to non-judgmentally refocus. As the session progressed, we began mapping some of Ricky’s distracting thoughts onto a marker board when he became somewhat dysregulated, accidentally dropping his marker onto my suede couch. An inner (Bion-ian) voice reminded me that, were I to react with disappointment and frustration, I would be yet another adult incapable of containing and making sense of the “messes” he made. Instead, I flipped the couch cushion over, and we proceeded.

As the therapy advanced, we determined that whenever Mom asked Ricky to tidy the family room, Dad secretly commiserated with him--thereby undermining Mom. Revising the family system so that Dad modeled a respect for Mom’s requests—despite their being inconvenient—increased Ricky’s compliance, and thus decreased Mom’s shaming messages to Ricky. In turn, Ricky no longer needed to tic out a distress code. In addition, he had become more self-confident in his ability to initiate and carry out what he regarded as tedious tasks, which was a strength we would later apply to academic responsibilities. Our determining “what’s up?” from several perspectives had cleared up the “mess in this family room,” and initiated a new, self-perpetuating cycle of recovery.

Dr. Dilley can be reached at (626) 539-2001 or PhDilley@gmail.com

MEMBERSHIP CORNER

By Stephanie Law, PhD,



Membership Committee:

Stephanie Law, Chair

Lisa Blum, PsyD; Ellen Miller Kwon, PsyD; Nikki Chase, MA;

Diann Wingert, LCSW; Glenda Corstorphine, PsyD

Exciting things are happening in SGVPA!

THE JANUARY JUBILEE

With 120 individuals in attendance, this year's January Jubilee was a huge success! Over 20 brand-spanking new members signed up that night, 40 members renewed, and a surge of individuals volunteered to become more involved.

THE WEBSITE IS GETTING A MAJOR OVERHAUL!

Soon, members will be able to sign into the website, create an online profile, and have easy access to colleagues' information and practice specialties.

RECORD BREAKING ATTENDANCE FOR LUNCHEONS!

With over 35 folks in attendance so far this year, our monthly luncheon speakers are providing thoughtful, cutting edge information on relevant psychological topics.

A SPRING MEET-N-GREET!

The Membership Committee organized a local meet-n-greet for non-SGVPA members in April of last year and nearly 40 individuals showed up! We're planning on doing this again so watch for upcoming details and invite your colleagues who aren't members yet.

ANNUAL NEW MEMBER EVENT ON US!

To occur in June - watch for upcoming details!



Licensed:

Betty Borden, PhD
Craig Clark, PhD
Vallerie Coleman, PhD
Frederick Martone, PhD
Sonja Munson, PhD
Pamela Nicely, PhD
Chava Pollack, PhD

Student:

Chris Avitabile, MA
Robin Blair, MA
Lauren Brighton
Donna Cline, MA
Nikki Frederick
Rachel Langford
George Lazo
Takisha McNeill, MA
Adrienne Meier, MA
Grace Maeng
Kyle Nixon
Candace Pickett
Stephanie Salo, MA
Charlotte Sardy
Tiffany Schallert
Ryan Thomas
Jonathan Weber

New Members

Associate:

Nikki Cavalier, MSW
Helen Cooper, MSW
Colleen O'Hara, MS
Suzanne Shaw, MFT

Pre-Licensed:

Wayne Kao, PsyD
Inga Simonian, PhD



Affiliate:

Dirk DeBrito, M.D.

Dr. Law can be reached at (626) 354-5559 or Stephanie@DrStephanieLaw.com



Sleep

By Suzanne Lake, PsyD

Sleep is like another country--
An archipelago of undulating sea top islands,
which waft you along
in mists of blue and green.

Or a stark ansel adams landscape
of shifting charcoal geo-plates
Dissolving into a black iris,
Staring back at you.

Sleep may scoop you up and
fly you above the trees--
gleeful and gazing at the earth below.

She may pull you under the tide,
into deep waters,
where you are surprised to find
that you can breathe.

The country Sleep can only be visited
through the looking glass or
through the wardrobe, and
you can't always get a visa to visit Sleep,
which can be a guarded, jealous place.

Sleep is like a longed for visitor,
for whom you may put out
the flag of welcome,
but doesn't always come in,
and sometimes stays stubbornly away.

Everybody loves Sleep,
and woos her earnestly.
But some people find her
a moody, changeable lover. . .

Who embraces you with soft sweet arms,
as she murmurs in your ear.
Or teases you, and even as you
surrender to her, pulls away.

Then Sleep may fold her arms
and turn her back on you,
until you despair of
ever winning her love again.

Sleep refuses to be known, you see.
For to know her is to *own* her,
and no one
(except perhaps for little children)
can ever truly do that.

News You Need To Know: CPA's Always Fighting For You!

By Stephanie Law, PsyD
CPA Representative

Although you may not think much about it, legislation crafted in Sacramento holds sway over almost all the variables that allow you to take your practice, your income, and your license for granted. This applies whether you are in academia, private practice, do primarily assessment, work for a government funded position, or even if you are still a student. Laws and policies affecting mental health licensure, insurance reimbursement, scope of practice, job availability, salary, and a host of other significant variables are *constantly* being proposed in California's capitol. If you are a psychologist and not already a member of the California Psychological Association, please consider joining, to add your voice, and your financial support. No other organization fights for your California license, and its strength, the way CPA does.

Highlights of CPA Happenings:

- CPA members are now eligible for health insurance! or the first time ever, CPA can now offer its members the choice of opting in. There are up to 23 HMO, PPO and HSA plans to choose from. CPA's partner in this new member benefit is R.L Wells & Associates. Rick (CA Insurance Lic. #0617611) and his staff are available to assist you with the application form and to answer any questions.
- The 2011 Leadership & Advocacy Conference is March 20-22, in Sacramento. Psychologists will storm the capitol to lobby on your behalf!
- The annual CPA Conference is April 7-10 in sunny San Diego. Check out the CPA website for a listing of cutting edge speakers! See you there.

Please contact Dr. Law at Stephanie@DrStephanieLaw.com,
or visit CPA's website at www.cpapsych.org
for more information.

Redemption or Descent: Psychological and Archetypal Themes in The Black Swan

By Dr. Deborah Peters
SGVPA President



Like any great work of art, director Darren Aronofsky's film, *The Black Swan*, could be open to multiple interpretations and any single interpretation could be full of paradox and ambiguity. This story is one of a young ballet dancer, driven to perfection, and trapped in a pathologically restrictive, childlike mother-daughter matrix that has not allowed her to develop a full relationship with the feminine. Natalie Portman's character, Nina, is controlled, used and dominated by her narcissistic, envying mother, who is most identified with the masculine principle. Nina's life is comprised solely of trying to actualize a dream that once belonged to her mother, and thereby obscure her mother's consciousness of her own un-lived life. Nina is portrayed early on as living in an infantilized, illusionary world. The overly childlike décor of her bedroom, the stuffed animals, pink and white bedding, clothing, wallpaper, and especially the little girl music box all show her to be her mother's object—the fantasied little girl, who never becomes anything other. However, when Nina gets cast as the featured dancer, the Swan Queen, for her company's performance of *Swan Lake*, there begins her initiation into the dark energies of the feminine that were previously inaccessible to her. She literally claws her way out of the mother complex, in an effort to become real.

For me, this tale portrays a heroic, impassioned, and tortured attempt to break out of the mother's symbolic chamber (much as Rapunzel must), to tolerate terrifying affects breaking into consciousness, in order to symbolize her inner problems and claim her own relationship to sexuality, aggression, and both sides of the feminine. We see Nina start out locked away in a schizoid character problem, full of illusion, fantasy, and inner preoccupation, and unable to see and relate to others in any deeply meaningful, or intersubjective way. We also see in the opening dream sequence the archaic, bestly, non-human, theo-morphic being which Nina is entranced with, which drives her to perfection, and separates her from true relationships. Theorists Kalsched and Woodman talk about this type of being as the traumatized individual's inner "self-care system" or daemon-lover, for it simultaneously separates the person from others and from affects, as well as protects the self from feeling annihilated. Nina's dance teacher and friends tell her repeatedly that she is "too tightly wound up" and that she needs to "loose herself," i.e., loosen herself. As she starts to do just this, she encounters the darker side of the feminine principle, the side that is ruthless, unrelated, jealous, sexual--the whore.

Nina's task, sequenced very carefully as a fairy tale, is to become conscious and connected to all these energies, without becoming completely possessed by them. As she comes to embody and experience being the black swan, Nina begins to "see" her wounds more consciously, and with fuller feeling. She then can choose, consciously, to let the mother complex--with its allegiance to the daemon-lover of perfection--die. Metaphorically, the daemon-lover must die in order for her to be freed, and reborn to the possibility of being real and able to love.

Since I have become fascinated by this story and its absorbing and beautiful depiction on the screen, I have come to hear many varied emotional, visceral reactions, in coffee shops, theatres, social gatherings, and even my consulting room, towards Nina's character's struggle, and how it is told. My adolescent girl clients who are in touch with their own intensity, darkness and inner world love this movie, and its ability to reflect something of themselves in the popular culture. Those who don't want to see the movie, or do so, and are then very verbal about it being "too much," seem to be reacting to the nature of the schizoid problem, and the "indulgent" and sympathetic focus on it in the film. They argue that it is "all about her", and that the dramatic, sometimes terrifying scenes of blood, and what I would call violent dissociation, are too disturbing and relentless. Such people seem to be afraid that she is "falling apart" into psychosis, and cannot tolerate watching the pain and tragedy of this. I am of the mind that Nina is in a meaningful psychological fight for her life that has both hopeful and tragic qualities.

...Please join me for a more in depth presentation of these ideas at the SGVPA monthly luncheon in April!

Dr. Peters can be reached at DrDebPeters@gmail.com

Loving By Inches

By Lisa Krueger, PhD



I am in my haven. My sanctuary, the place I know restores me from all manner of life challenges: everyday stress, family issues, professional responsibilities, chronic worries. My sanctuary of poetry is ubiquitous in that I

keep poems and poetry books everywhere. Broad­sides and books fill my therapy office and waiting room, the kitchen, the garage, the car. I even have framed poems outside. I imagine my love of poetry seems eccentric to some. Yet this art form offers itself to each of us for our own unique purpose. Mary Oliver calls poetry “a river, many voices travel in it.” That feels exactly right to me, as though anyone can jump in to be transported.

I worship poetry, but not as something divine. It seems as imperfect as every art, every science. William Flesch says “Poetry is lost in translation because thought is lost in translation.” The need to give words to this life and its mysteries remains an insatiable thirst. We never will adequately understand and express all that we experience. But desire to speak the language of life will prevail.

I have gathered some of Naomi Nye’s books in my office. Her poems always manage to comfort me. Some describe her as a “domestic poet” because she addresses “small” things like

buttonholes or cakes or grass in the wind - what she calls in one poem “little ruinations, explosions of minor joy.” I see her work as universal in its rendering of complex truths through simple imagery. From her poem Lunch in Nablus Park: “Plump birds landing on park benches/Surely had their eyes closed recently,/ Must have seen nothing of weapons or blockades.” I find safety in these words about the birds’ blindness to war raging around them in Lebanon. I want to close my eyes and swim in her words sometimes, as though one can dip in and out of imagery and its message. I read from her poem “The Whole Self:” Take me off this mountain where six countries are visible at once./ I want to remember what it felt like, loving by inches.”

I am stunned by this last line. I can’t remember the feeling. Everything these days is a blur, a rush, a full-screen picture head-on. I want to slow down, feel love again in its small steps. I vow to work on mindfulness, to embrace the slowness of Nye’s poems. Why should it be so hard? I write my own poem about slow loving:

Useful

I stand at the kitchen table
folding dark socks I threw

on the chair of the moved-out
child
many days ago, socks with no
mate

bunching like navy tangled
snakes coiling

at someone’s seat.
No reason

for tangled socks. On TV
a young man in pixel camouflage

says his twenties were all combat,
he only remembers home

in dreams.

Tonight I dream
that black socks

or navy snakes
on an absent son’s chair

disentangle themselves for good,
that pixelated youth

finds a place at my table,
that these mother’s hands

claim their use.

Dr. Krueger can be reached at LisaCKrueger@gmail.com

Psychology and Family Law

Legal Philosophy

By Mark Baer, Esq.



Almost a quarter of a century ago, as a first year law student I was required to take a course on Philosophy and the Law. I absolutely hated that class, did not understand its importance, and found the subject matter very frustrating and difficult to comprehend. I recall the professor calling upon me to answer questions relating to the material, and my being incapable of responding intelligently. To my surprise, I now regularly find myself involved in discussions relating to philosophy and the law as a result of my writings, and of people's frustrations with the legal system, and with family law attorneys. I am proud to say that I have evolved since taking that course, and have come to develop a rather fond appreciation for philosophy as it shapes the practice of law.

The most recent philosophical discussion occurred on Facebook. I had posted the following statement, "The brother of a friend of mine took his life on Wednesday, after losing his business, home, family and dignity as a result of false allegations of domestic violence by his wife in a divorce proceeding.... I wish people would realize the consequences of their actions."

In response, someone commented that "equal parenting is needed to solve this perverse problem." Others opined that the system itself is somehow corrupt, or that it was the result of the system's "purposefully fueling the flames of hatred between a father and a mother to keep them perpetually tied up in court until there's nothing left...." A great deal of disdain toward lawyers was conveyed to me during the discussion. In fact, people made reference to "attorney assisted false allegation instruction... and perjury--" both topics about which I have written.

I responded as follows. "A courtroom/lawsuit is the wrong forum/manner for handling marital discord. The fact that attorneys (and remember, judges were attorneys first) have been found in general not to care about interpersonal relations only makes it worse. Let's not ignore the fact that emotions are so high that people going through a divorce are suffering from 'temporary insanity.'"

Someone then commented that when people are suffering from such "temporary insanity," it is the perfect opportunity for family law attorneys to "milk them" by "fanning the flames" in order to "line their pockets." In response, I stated, "I am merely acknowledging that the system is flawed, but that nothing is perfect. It is easy to find fault. The challenge is to find a real solution." Someone then remarked, "The legal system's performance speaks loudly about its lack of compassion, just as loudly as it does about its lack of justice." Another person was adamant that equal parenting was the answer.

My newfound appreciation for philosophy came out in my final remark that, "the reality is that procreation proves nothing about one's ability to parent. You are imagining a world in which everyone is a good parent. I guess that the legal system and society should turn a blind eye to the fact that parents commit child abuse and child neglect, and that children are permanently scarred, or worse, as a result of the actions of their parents. While I admit that the system is not perfect, and while I believe that the adversarial system destroys families, I am not ignoring the fact that children are innocent victims of the actions of their parents.... As much as you want to blame the legal system and the lawyers, if people did not seek out "pit bull" attorneys to go for the jugular of their spouse/the other parent, those types of attorneys would fail to earn a living and things would change. People deliberately seek out destructive attorneys to accomplish their dirty work and then play the blame game.... If there was no demand for such... attorneys, the supply would diminish. On the other hand, when the demand is great, so is the supply.... I believe that society's demand for such lawyers created the problem and that the only way to improve things is for society in general to take responsibility for its role in creating the problem, and to change the reality. I may detest anti-social lawyers (the majority, who do not consider the consequences of their actions, and do not care about interpersonal relations), but I do not ignore the reality that they are also the most successful lawyers because they are in great demand by our society."

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

Obsessive Ruminations

My Acrimonious Dispute (MAD) with the Three Letter Acronym (TLA)

By Alan Karbelnig, PhD, ABPP



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 practices psychoanalytic psychotherapy and forensic psychology in South Pasadena.

It was with some combination of horror and humor that I reacted to reading the National Institute of Mental Health (NIMH) website regarding the treatment of depression. The section describing non-medication related treatment interventions begins with a list of FIVE approaches, all neatly packaged into Three Letter Acronyms (TLAs), which as we all know is a category ingeniously represented by its own three letter acronym, TLA. The five TLAs consist of Cognitive Behavioral Therapy (CBT), Dialectical Behavior Therapy (DBT), Interpersonal Therapy (IPT), Family Focused Therapy (FFT), and Emotionally Focused Therapy (EFT). This is the order in which they are listed, and they are then described, adequately enough, but in the tone one might use to describe a list of the five antibiotics best used to kill the spirochete organism known as Syphilis.

After these five TLAs have been listed and described, a section of prose is rationed out to those therapies that sadly lack reduction into TLA categories. These include, also in order, psychodynamic psychotherapy, art or expressive psychotherapy, therapy involving animals, and light therapy. There was a footnote after psychodynamic psychotherapy that I turned to with trepidation. To my surprise, the authors note that the psychodynamic psychotherapies – those that most overtly emphasize the centrality of human relationship to the treatment process – have been shown to be as effective as any of the TLA therapies. I thought I detected a regretful tone in the footnote, however, almost as if the writer were ashamed that a TLA-less treatment modality could be effective at all.

If you read the way psychotherapy is described, particularly in any medical or health-related setting, you will envision armies of diseased faceless humans being subjected to rote interventions in an impersonal fashion. This parallels changes in the medical profession that emphasize diseases over patients, the so-called industrialization of medicine. In a similar fashion, clinical psychology is increasingly being reduced to a set of "procedures" intended to be applied to "patients" to cure or alleviate the effects of certain definable "diseases." Such depersonalization is disastrous, even

tragic, given the crucial importance of the establishment of a basic interpersonal relationship to the success of any healing process.

The establishment of a working interpersonal relationship is critical in any psychotherapy, even the most TLAish of them. The reductionist trend to cram the complexity of any of the psychotherapies into TLAs marginalizes the importance of the intricate interpersonal relationship that forms the core of any psychological treatment process. The same is true in medicine, of course, but whereas in medicine interventions are procedural and standardized, the interpersonal relationship is actually the fundamental component of any psychotherapeutic process.

Establishing the core competencies required of practicing psychotherapy proves rather difficult. Because of the ambiguous nature of human personality, they could never be completely operationalized, as could, for example, the competencies required to be an automobile mechanic. In psychotherapy, practitioners should be able to have insight, to be interested in human subjectivity, to be intelligent, to have tolerance and flexibility in their thinking, to be empathic, and to have a caring desire to be helpful. Notice how every one of these competencies relates to an interpersonal process.

And what is most sadly ironic about this trend is this: Individuals experiencing depression almost inevitably feel lonely, despair, a lack of interest in activities, and a loss of motivation or direction. They feel unworthy and unloved. The last thing such persons need is to view themselves as just another cog in a machine, soon to be exposed to CBT, DBT, IPT, FFT, or EFT to help them. (And yet – isn't it interesting that some patients DO seem to find comfort in TLAs, and in the general idea that they are, to use an analogy, a machine in need of a tune-up rather than a human being with complex and ambiguous pains.) These TLAs all sound so similar; one wonders if the suffering patient might fear exposure to DDT, or evaluation by the FBI, CIA, or NSA.

In the final analysis, regardless of the "mode" of intervention, we psychotherapists must never lose sight that our interventions are offered in a context of interpersonal connection, and that this relationship in fact forms the absolute foundation of our work.

Dr. Alan Karbelnig can be reached at AMKarbelnig@gmail.com

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IN THE AMAZON RAINFOREST**

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- Apply dream interpretation to clinical work from an expanded cultural perspective
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Beth Kalish, Ph.D., Psy.D. (LAISPS)
Charles Fisher, M.D. (SFCP)
Leo Rangell, M.D. Discussant

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3 CEUS

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