

# Analyze This!

The Official Newsletter of the  
**San Gabriel Valley Psychological Association**

www.SGVPA.org

AN OFFICIAL CHAPTER OF CALIFORNIA PSYCHOLOGICAL ASSOCIATION

November/December 2009

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## Upcoming Luncheon Meetings



**Date:** November 6<sup>th</sup>  
**Topic:** Sexual Addiction, Substance Abuse and Eating Disorders  
A Contemporary Psychoanalytic Approach to Treatment  
**Speaker:** Peter Radestock, PhD

**Date:** December 4<sup>th</sup>  
**CANCELLED**  
Happy Holidays! Happy New Year!

**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



This will be my last message to you as SGVPA President. It has been fully 4 years that I have served you in this role, and it has been a remarkable journey for me. I feel like it has been one of the most rewarding things I've done in my career.

In these 4 years, SGVPA membership has tripled, reaching nearly 200 members today.

Along the way, I've been blessed to find some truly top-notch colleagues, who have taken on responsibilities and leadership, and contributed mightily to the growing and thriving state SGVPA enjoys today. I love all the many people I've gotten to know in my role as President, and knowing them is part of what has made serving such a pleasure.

As our membership has grown, we have developed a Book Club, Movie Nights, Mindfulness and Meditation Group, and a Child Development interest group, which is still in the planning stages. Our website has been elaborated and improved, under Dr. Amanda Han's generous management. An on-line directory has been constructed-- thanks to Membership Chair Dr. Stephanie Law's tireless efforts--as well as a Listserv, thanks to Dr. Kalea Chapman. Government Affairs Chair, Dr. Linda Tyrrell, has raised SGVPA's role and profile at the state level, with CPA. And our outreach to Early Career Professionals--especially students--has geared up exponentially, with much success, thanks initially to Dr. Monica Sandowicz, and most recently, to Dr.'s Colleen Warnesky and Deborah Peters.

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**President's Message**  
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Last but not least, in 2008 we started what I hope and believe will be an SGVPA tradition, the wonderful January Jubilee!

And in arguably my favorite task of all, I have developed this newsletter into what I hope is more intelligent, engaging, and informative forum for our members and others to communicate thoughts and interests. I look forward to continuing as newsletter editor.

In sum, I am proud of my tenure as President, and I am grateful to all the colleagues and friends who have put in their own inimitable efforts to cause so much change, growth, and improvement in our chapter. It has been an honor. Thank you all so much

I hope that under President-Elect Dr. Linda Tyrrell's able leadership that SGVPA will continue to thrive. Nominations for new officers-elect are under way.

Perhaps fittingly, I close by directing your attention to some highlights in this issue of *Analyze This!*

- **Six Degrees of Misconception!** Dr. Lisa Krueger begs to differ with Dr. Alan Karbelnig's Obsessive Ruminations. (p. 2)
- **The "Secret" in the Secret Sauce.** Dr. Deborah Peters summarizes strategies for Early Career Professionals. (p. 4)
- **Meet Christina!** MFT Christina Emanuel, our treasured Financial Coordinator, is profiled. (p.3)
- **How to Find the RIGHT Divorce Mediator!** Attorney Mark Baer offers some tips.(p. 7)
- **Come Advertise in *Analyze This!*** As SGVPA readership has grown, our rates to advertise your practice to colleagues here--and on the website--still haven't! (outside back cover)

With Respect, Affection, and Best Wishes,

Suzanne Lake, PsyD  
President

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## **Six Degrees of Misconception: A Response to Dr. Karbelnig's *Privileging Individuality***

By Lisa C. Krueger, PhD



In his most recent monthly column for provocation (Sept/Oct issue), Dr. Alan Karbelnig offers a caricature of cognitive-behavioral psychotherapy. He suggests that we cognitive-behavioral psychologists have a mechanized and extremely circumscribed view of people, and that we treat our patients like machines. I disagree.

Cognitive-behavioral psychology provides a rich and creative therapeutic framework. From this orientation I look to research and writing in neurobiology, nutrition, and spirituality as well as psychiatry and psychology to conceptualize and implement treatment. DSM-IV is simply a tool in my toolbox.

Dr. Robert Leahy, president of the Association for Behavioral and Cognitive Therapies, addresses the diversity afforded by cognitive therapy in the January 2009 issue of *the Behavior Therapist*. Leahy describes the implementation of Gottman's emotional expression interventions, Greenberg's emotion-focused therapy, metacognitive therapy, ACT, Marsha Linehan's "radical acceptance" technique and positive psychology into his work. Leahy states "I take joy in recognizing that I am part of something much larger and more wonderful."

Perhaps my approach raises questions in the analyst's mind regarding conceptualization. A dichotomy remains between analytic and cognitive-behavioral thinkers regarding notions of the psyche. Whereas analysts continue to believe in hidden, inaccessible parts of the psyche – the familiar notion of an onion with many layers – cognitive-behaviorists

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espouse more of a “concentric rings” model. The past, for example, is not an elusive psychic phenomenon but rather a component of ones being that is current and can both influence and be influenced by present events.

In *Psychoanalysis and Behavior Therapy* Paul Wachtel asserts, “What is particularly characteristic of the psychoanalytic approach...is its postulation of the persisting influence of certain childhood wishes and fears *despite later experiences that might be expected to alter them.*” (Italics original.) Motives, fantasies, memories, dreams can be both cause and effect. Even when people are bombarded with cultural “propaganda,” we are making choices.

Cognitive-behavioral work focuses on increasing our knowledge base of psychology through research replication and hypothesis testing. While analysts often display brilliance in creative conceptualization, a disavowal of evidence-based ideas caters to overconfidence. I have observed lectures where presenters seem to believe that their thoughts, because they have them, are valid and therefore reflect truth. This demonstrates a static if not antiquated intellectual approach.

Degrees of separation between cognitive-behavioral therapists and analysts are few. In *Clinical Psychology* (September 2009), Dr. Larry Beutler states that recent meta-analyses fail to show differences among therapies, and that “all psychotherapies, structured or not and cognitive or not, produce essentially equivalent findings when tested against one another.” Research should account for therapist variables and develop methodology that includes clinical observation.

Albert Einstein wrote, “The most beautiful thing we can experience is the mysterious. It is the source of all true art and all science. He to whom this emotion is a stranger, who can no longer pause to wonder and stand rapt in awe, is as good as dead: his eyes are closed.” In our degrees of different conceptualization may we keep our eyes open.

*Dr. Krueger is a clinical psychologist and poet. She maintains a private therapy practice with a cognitive-behavioral focus in Pasadena. Her second book of poetry, animals the size of dreams, will be published by Red Hen Press in November. She can be contacted at (626) 793-5724*

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## Getting to Know Your Colleagues in SGVPA

### Meet Christina Emanuel, MFT

By Sheree Bailey, MA



Like most therapists and mothers, Christina Emanuel plays many professional and domestic roles. In addition to her full-time practice, Christina is a mother and step-mother to four children ranging in age from nine to 16. She is also a wife, a Girl Scout and Cub Scout leader, a clarinetist, a second-year psychoanalytic candidate at the institute of Contemporary Psychoanalysis (ICP), a four-time-a-week analyst, and SGVPA’s financial coordinator.

In addition, she is an avid runner, stating, “running is my Prozac.” Christina has ran in numerous half marathons, 5Ks, and 10Ks. She is currently training for her first marathon, which she hopes to complete in four hours. When not running, Christina enjoys preparing food that is appealing to her family’s and her own culinary palette, Christina being a self-proclaimed “foodie.” This is an informal term for an aficionado of food and drink. “I love cooking and baking, especially cupcakes; I’m obsessed with the vicissitudes of butter cream frosting,” Christina said.

Christina’s interest in psychoanalysis includes the clinical work and writing, both originating from her love of the academic and creative opportunities they generate. She said that she has received much intellectual inspiration during her two years of study at ICP. At the analytic institute, Christina has acquired a broader understanding of classical and contemporary psychoanalysis and the philosophical assumptions underlying these theories. Christina has drawn inspiration from Relational Psychoanalysis and Intersubjective Systems theory, but she remains loyal to classical principles, especially in regard to the unconscious. “I feel like I am in a giant snow globe that has been shaken up,” Christina said. “I’m surrounded by zillions of theories and ideas swirling around me. Someday maybe they will all settle and I’ll tell you how I practice psychoanalysis.”

Christina has also enjoyed the challenge of incorporating this new knowledge into her private practice with adolescents and young adults. She is particularly enthusiastic about the use of psychoanalytic principles with the high functioning autistic clients that comprise half of her practice. “I conceptualize autism as impairment in relating intersubjectively,” Christina explained. “This includes difficulty developing a sense of one’s own subjectivity and that of another person— though many non-autistic individuals struggle in this area too.”

Christina also explained that it is a myth that people with autism do not desire relationships. “Most of the time

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autistics desperately desire relationships, but it is their trouble understanding subtle social cues that results in their social isolation,” Christina said.

Growing up in Santa Monica and experiencing the unique dynamics in her family, Christina learned quickly how to empathize, respond to, and tolerate her family’s needs and desires. She credits these early experiences as therapist training. She received her formal education at Georgetown University , in Washington , DC , where she received a BS in psychology and at Loyal Marymount University in Los Angeles , where she received a master’s degree in counseling psychology.

Christina has been licensed as an MFT since 2002 and has a busy private practice in Pasadena. She has been a SGVPA member for one year and has enjoyed the leadership role she has taken, managing SGVPA’S finances. Christina said that she has developed many new relationships through her membership and has found others who are interested in the intellectual pursuits that psychoanalytic study in particular offers. “So many of the members have become my mentors, colleagues, and friends.”

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## What’s Happening with Early Career Professionals? The Secret to Building Your Private Practice

By Deborah Peters, PhD  
ECPC Co-Chair



The Early Career Professionals Committee of SGVPA hosted a continuing education event back in June addressing the big question of how to build your private practice. Thanks go to Dr. Alan Karbelnig, Dr. Linda Bortell and Dr. Gabriele Taylor for sharing the tips of their trade. Even though the room was packed, we have spoken to several members who said they were sorry to miss this event and would appreciate a summary of the content presented. I hope the following highlights are helpful to all who are wondering what the secret is in the secret sauce.

First on everyone’s list of key ingredients was a focus on building relationships and an interconnected professional community. Two books were recommended: “The Games People Play” by Eric Byrne and “Linked” by Albert-Laszlo Barabasi, both of which address the issue of social networking. Making time to visit with colleagues regularly, asking a colleague to introduce you to other colleagues with whom you are not yet acquainted, asking for a mentor in SGVPA, going to workshops and talks, using thank you cards, making thoughtful referrals to your colleagues, being politically active and creating peer supervision groups were all mentioned as strategies in the social networking game.

In addition, all of our local experts thought it extremely helpful to be active in leadership and volunteer positions. This type of work helps you grow as a professional, promotes name recognition and helps you get to know and be known by your colleagues. It’s important to remember that people refer clients mainly to clinicians about whom they have some personal knowledge and feel some trust. Dr. Linda Bortell added, “just say yes” when opportunities are presented and don’t be shy about asking others to “teach me what you know.”

In fact, by being a member of SGVPA and being involved in the ECPC group events, our hope is that you will all come to feel much more connected and have a place to bring your questions, your talents and your personalities. Also, getting friends to join SGVPA and get involved helps create a more alive, productive and potent organization over all. Good energy is contagious!

Two other crucial issues addressed were specialization and presence on the internet. Regarding the question of specialization, our experts support the idea of developing your interests in depth and discovering what your theoretical orientation and strengths are. However, Dr. Taylor talked about the importance of handling this issue in a way that is resonant with and authentic to who you are as a person and a professional. Finally, our experts discussed the benefits of having a website and an on-line presence through advertising. There are many vehicles for this including the SGVPA on-line directory, Psychology Today, Google ads and various therapy finder websites. The consensus was that most consumers are eager to find that the therapist they were referred to exists somewhere on the internet, and that many consumers go to this resource directly, bypassing the traditional “word of mouth” technique.

In conclusion, for any of you who saw the movie *Kung Fu Panda*, there is no real secret in the secret sauce. “The secret” is simply being true to who you are, making yourself visible, and participating and investing energy in the wider

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community. This is all common sense but essential when building energy, momentum and awareness around what you have to offer as a professional.

POST NOTE: Great to see all the new and familiar faces at our ECPC Happy Hour at WineStyles on September 25<sup>th</sup>! We had some good laughs and got to know each other better along the way. If you missed it, please be on the lookout for our next social event, coming soon.

*Dr. Peters can be contacted at [drdeborahpeters@gmail.com](mailto:drdeborahpeters@gmail.com)*

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## ***Obsessive Ruminations*** **The Psychotherapist as Instigator**



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.*

Because it sprung from the loins of psychiatry during the 1950s, clinical psychology, a bastard child, necessarily grew up in the medical model family. Medical discourse has since remained the primary way psychotherapists organize their professional work. But, truth be told, psychotherapists' work has never really fit into this restrictive, logical positivistic viewpoint.

As Thomas Szasz argued, medicine is organized around organ systems. Cardiologists focus on the heart, neurologists on the nervous system, and orthopedists on bones and ligaments. Psychotherapists, in contrast, work with persons' subjective experiences – phenomena that cannot be reduced to physiological classification. They meet with whole persons living their lives, making choices, dealing with vulnerability. The medical model for providing "psychotherapeutic treatment" to persons is, well, a lie, leaving psychotherapists alienated from the health professions.

Consider the word "psychotherapy." It implies that a distinct entity – the psyche – has become diseased in some way and therefore in need of treatment – the therapy. This is patently inaccurate. The "psyche" betrays clear definition. Any "therapy" for it, therefore, becomes equally dubious. The term "psychoanalytic" is similarly problematic: That awkward word "psyche" appears again, and is subjected to "analysis." The actual psychoanalytic process involves synthesis and integration. Its essence is relating, not investigating.

If we are to strive for accuracy about so-called psychotherapy, the phrase "transformational encounter" would be more accurate. "Patients" seek help because, they believe, something needs to change. They may be

uncomfortable with certain types of mental pain, i.e. they feel depressed or anxious. But inevitably some aspect of their lives has also become untenable: They are dissatisfied with their work; they feel unfulfilled in their marriages; they regret the way they have treated others. Even if "patients" complain because something is changing, i.e. they are anxious about aging, they still seek transformation of some sort. They need help, ironically, with change itself.

Along the same lines, the more accurate word for psychotherapist would be instigator. Psychotherapists create perturbations in their patients' experiences, facilitating a process that ultimately results in emotional, interpersonal, or cognitive alterations. An initial session, or even a whole set of sessions, may consist of a woman grieving the loss of her husband. The psychotherapists' role may simply facilitate the grieving process, thereby passively instigating change. It occurs, partially, just by virtue of the psychotherapists' social role.

Psychotherapists also interpret, clarify feelings, offer empathy, and otherwise become active instigators of transformation. Perhaps in this case the psychotherapist might take a more dynamic role further down the road. If the wife is still intensely grieving five years after the loss, the psychotherapist might confront the woman with the ways that grief may have become a defense against facing certain fears or moving on with her life.

These ideas may help reduce the sense of alienation psychotherapists feel, particularly as their highly complex, humanistic work comes under attack by a society that views humans in an increasingly mechanical fashion. If psychotherapists view their work as instigators of transformation within the broad spectrum of the human experience, perhaps they can begin to enjoy a professional identity more in line with the truth of their work.

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# ETHICS BRIEF: When Are We Crossing Boundaries?

By Ethics Committee Alan Karbelnig, PhD, Chair  
Linda Bortell, PsyD, Isabel Green, PhD, Don Hoagland, PhD, Toni Cavanagh Johnson, PhD,  
Stephanie Law, PsyD, Phillip Pannell, PhD, Colleen Warnesky, PsyD

*This is part of a series of bi-monthly articles written by the SGVPA Ethics Committee. The articles reflect research from a variety of sources, including Ethical Principles of Psychologists and Code of Conduct from the American Psychological Association and other sources. These articles are intended to provide education, not actual legal advice.*

How does a therapist determine what is crossing the line in therapeutic relationship? We can look to the Ethics Code for guidelines to help us determine what is okay and what is not. The APA Ethics Code (2003) states the following:

### 3.05 Multiple Relationships

(a) A multiple relationship occurs when a psychologist is in a professional role with a person and (1) at the same time is in another role with the same person, (2) at the same time is in a relationship with a person closely associated with or related to the person with whom the psychologist has the professional relationship, or (3) promises to enter into another relationship in the future with the person or a person closely associated with or related to the person.

A psychologist refrains from entering into a multiple relationship if the multiple relationship could reasonably be expected to impair the psychologist's objectivity, competence, or effectiveness in performing his or her functions as a psychologist, or otherwise risks exploitation or harm to the person with whom the professional relationship exists.

Multiple relationships that would not reasonably be expected to cause impairment or risk exploitation or harm are not unethical.

Does this help guide us any closer to the answer of what constitutes a boundary violation? There is much controversy when it comes to this issue amongst psychologists. According to psychologist ethics experts Patricia Keith-Spiegel and Ken Pope, "nonsexual boundary crossings can enrich psychotherapy, serve the treatment plan, and strengthen the therapist-client working relationship. They can also undermine the therapy, disrupt the therapist-patient alliance, and cause harm to clients." On the other hand, boundary crossings are often part of well-constructed treatment plans and, as such, they can increase therapeutic effectiveness (Lazarus & Zur, 2002).

Each one of us may have a different interpretation of what the Ethics Code is trying to say or what we believe is acceptable. For example, how might you handle the following scenario?

You are out enjoying drinks one evening with friends and a client notices you. He approaches

your table and asks if he can join you. Do you let him? If you allow him to sit with you or even acknowledge who is are you breaking confidentiality. Technically some would say no since he approached you first. However, others might argue that your colleagues may inherently know that he is a client since they are all therapists as well. Also what will happen to the relationship if your client enjoys a class of wine with you? Some would say it could help develop a good working alliance and allow the client to see that you are human too. Many others would say that it changes the power differential in the room in a negative way.

There are countless scenarios one could imagine or have happened, but each one asks the same question: How does each one of us determine what is a boundary violation and what is not. While the Ethics Code can offer us guidelines we must use our best judgment and be willing to reflect on our own practice.



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For more details, contact Dr. Elisse Blinder at [dreblinder@charter.net](mailto:dreblinder@charter.net)

# Psychology and Family Law

By Mark Baer, Esq.



In my last article, I discussed the use of mediation in resolving family law matters. At this time, I would like to begin a two part article on selecting the right mediator. Once the parties agree to or are otherwise ordered to participate in mediation, the process begins with the selection of a mediator. This aspect of the selection process addresses the cost of the mediator and various options available.

The most economical selection process would begin with a review of the list of mediators on the Court Panel with the Alternative Dispute Resolution Department of the Los Angeles Superior Court. That list includes a Pay Panel and a Pro Bono Panel. I would like to point out that the Court Panel relating to Family Law excludes child custody matters.

A mediator must have achieved a specified level of experience *in court-connected cases* to be on the Party Pay Panel. In other words, the required experience excludes mediation work that resolved an entire case outside of court. In any event, a mediator selected from that Panel cannot charge more than \$150.00 per hour for the first three hours *of hearing time*. The term "hearing time" is not defined and is therefore subject to interpretation. I narrowly define that term to mean the actual time that the mediator is mediating. Any additional work conducted by the mediator is based upon the rates established by the particular mediator. This additional work might include the mediator's travel time to and from the mediation, time spent reviewing any mediation briefs submitted by the parties, and time spent hearing the matter at the conclusion of the first three hours of hearing time.

Mediators on the Pro Bono Panel consist of those individuals who either lack the experience required for inclusion on the Party Pay Panel or who otherwise avail themselves on a pro bono basis as a way of supporting the judicial system. As with the mediators on the Party Pay Panel, the mediators on the Pro Bono Panel may charge the parties for work time spent outside of the first three hours *of hearing time*. If the parties use a mediator from the Pro Bono Panel, the mediator who meets the case criteria will be assigned on a random basis. While the mediators on the Pro Bono Panel may be free, I am uncomfortable with the fact that I am not involved in the selection of the particular mediator.

Obviously, parties may hire a private mediator. Please note that a person acting as a mediator is not required to obtain any type of license or certification. In fact, there is no such thing as a certified mediator, although some individuals hold themselves out to be certified mediators. As a result, there is no minimum training needed to become a mediator. Therefore, parties should familiarize themselves with a mediator's training and experience during the selection process. The market rate for a private mediator ranges from \$300.00 to \$1,000.00 per hour.

The next factor to consider in selecting a mediator is the particular style of mediation practiced by any given mediator and whether that style is appropriate for the needs of the particular case. I will be covering that aspect of the selection process in my next article.

*Mark Baer, Esq. can be reached at (626) 389-8929 or by email at [mbar@rrjlaw.com](mailto:mbar@rrjlaw.com)*



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# Keeping the Encounter Alive

## *Insights from Philosophy & Literature*

**Instructor: Alan Karbelnig, 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](mailto: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)

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Here are the rates:

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Be sure to include your license number. Ads should be emailed to Mary Hannon at [maryhannon@ymail.com](mailto: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  
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