



ESGV NEWSLETTER

A Publication of the
East San Gabriel Valley Mental Health Professionals Association
JJDeSantis.com (818) 551-1714
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Association News

In this issue, we are proud to offer to our readers a series of articles on mental health topics, including gifted families and reviews of a TED talk and a mobile app.

At our 36th lunch in October at Bright Road Recovery in Claremont, 20 people attended. We saw a lot of new faces at this lunch. Our events are an excellent opportunity to meet colleagues in the community and promote your practice on a regular basis.

We offer a special thank you to Tamson Overholtzer, L.M.F.T., Executive Director of Bright Road Recovery, for hosting the event at their new residential facility.

The ESGV Member Directory is a free, downloadable .pdf file, indexing clinicians by specializations, insurance accepted, therapy groups, and second languages. We now have 178 members in the network. The directory is an easy download to your desktop from JJDeSantis.com.

If you have not joined ESGV, please consider joining now, it is never too late—and it's free! Any mental health professional or allied professional may participate in ESGV. An application form is included with this newsletter.

Calendar

ESGV NETWORKING LUNCH

**Wednesday, February 19, 2020
12-1:30 p.m.**

Clubhouse 66 Restaurant
1200 E. Route 66, Glendora

Cost depends on what you order, about \$15. Bring your business cards and promotional literature. All are welcome.

Reserve ahead at (818) 551-1714 or JJDeSantis@aol.com.

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Gifted Family Therapy



by ESGV Member
Abigail McCarrel,
L.C.S.W., D.C.S.W.

The concept of "giftedness" continues to be controversial in spite of the progress to promote understanding and establish supportive programs. Services for gifted students and their families are few and far between in school systems and many therapists have had no training or experience working with giftedness.

When I receive a referral for therapy from parents who have a gifted child, I let parents know from the beginning that I view my work from the perspective of the gifted family. Even if there is only one person in the family who has been identified as gifted, it is through this lens that our work begins.

Gifted families are as unique as any other families, but there are some common threads that tie them together. Gifted family members typically find themselves caught up in the challenges of big feelings, confusing academic and developmental needs, and painful relationship ruptures. In combination, these characteristics can throw families into a state of trauma. I call this the trauma of being gifted, and it affects everyone in the family.

The first goal I have is to help calm down the big feelings in the gifted family. Due to the makeup of the gifted brain, giftedness creates intensities in numerous areas. There is just more of everything in the gifted brain: more thoughts, more worries, more sensations, more feelings. In the gifted community, these intensities are called over-excitabilities, but they often parallel the symptoms seen in traumatized folks.

In order to move gifted families from the trauma response of fight or flight, I work with them to set up a "Calming Corner" in the home. This is a safe place where anyone in the family can go to get help with their big feelings.

"In order to move gifted families from the trauma response of fight or flight, I work with them to set up a "Calming Corner" in the home."

Inside the Calming Corner are cozy pillows and blankets, and all sorts of coping tools, called "time-in tools," to help calm the senses: items like play dough, bubbles, coloring, books, music, and the like. The family works together to stock the Calming Corner with tools that work for them.

The beauty of the Calming Corner comes from the second goal I have for families, which is to heal ruptured relationships. The Calming Corner is not a timeout, but an inviting respite where everyone gets help to soothe fired-up brains and turn mistakes into learning moments. The need for punishments and consequences

diminishes as parents learn to tune into the underlying message that challenging behavior communicates. Parents learn to connect with their children as a helper and not a boss, which leads the way to healing old hurts and resentments.

The third goal in my work with gifted families is to solve problems, and there are usually quite a few. I use a collaborative problem-solving approach to teach parents how to ask pointed questions, called "drilling," to thoroughly understand a problem from the child's perspective. With that information, the parents share their concerns and then together they enter into creating solutions to their problems together. Every step along the way is a win-win for both parent and child.

ESGV Member, S. Abigail McCarrel, L.C.S.W., D.C.S.W., has a private family therapy practice in Arcadia, CA, and offers In-Home sessions in the surrounding communities. She

works with families who have challenging children, with a subspecialty in gifted children. She works intensely with parents to help them become the healers in their family. She also offers individual therapy to parents who are suffering, lost and isolated. Online sessions are conveniently available for busy, over-stressed parents. She can be reached at (626) 755-4059 or sabigail@protonmail.com. Additional information can be obtained from welcomehomefamilytherapy.com.

TED Talk: Melissa Walker “Art Can Heal PTSD’s Invisible Wounds”

Recorded live at TEDMED,
Palm Springs, November 2015,
986,420 Views [9:49]



Review by Ryann
King, ESGV
Newsletter Assistant
Editor

As noted on the TED.com website, Melissa Walker is a creative arts therapist. She spent eight years at the National Intrepid Center of Excellence, starting out as an art therapist and eventually worked her way up to becoming the Healing Arts Program Coordinator. She received her B.F.A. in 2005 from the University of Georgia where she studied Art Education and in 2008 received her M.A. in Art Therapy from New York University.

Walker’s work focuses mainly on helping "active duty service members who suffer from traumatic brain injury and psychological health conditions" —a focus born from her relationship with her veteran grandfather as a young girl. She highlights many ways in which typical care for service members who suffer from PTSD (post traumatic stress disorder) and TBI (traumatic brain injury) are lacking, stressing the importance of manifestation.



Her methods at attempting to heal the effects of these mental and neurological disorders appeal to those who find that traditional therapy frustrates them. She talks about how art therapy can be used as an alternative, calling attention to the benefits of this type of work.

Patients are able to evince their wounds through creation, and Walker focuses most heavily on mask-making in this talk. The capacity to create art through paintings and masks allows the patient to exhibit the situation tangibly. This then allows them to conquer the memories and effects of these situations in their mind. By placing their wounds out of their minds, it is no longer given the ability to haunt them; instead, they are in control.

Walker's advancements in therapeutic art are an excellent way to help military men and women suffering with PTSD and TBI, and, thus far, it seems to be very successful.

Links:

https://www.ted.com/talks/melissa_walker_art_can_heal_ptsd_s_invisible_wounds

https://www.ted.com/speakers/melissa_walker

<https://www.linkedin.com/in/melissawalker/>

Ryann King, ESGV Newsletter Assistant Editor, is a student at New York University, New York City campus, majoring in English. She is available for writing projects and can be reached through the Editor.

“TED Talks” are short, powerful videos by noted experts on a variety of topics, described as “Ideas worth spreading.” TED talks are recorded at TED conferences around the world and are available to view at no charge at [TED.com](https://www.ted.com).

Mobile App: “What’s Up?”

Apple Store or Google Play, Free (optional donation), 8 Mb, Rated 4+



Review by Ryann King, ESGV Newsletter Assistant Editor



What's Up? - A Mental Health App
Jackson Tempra
★★★★★ (152)



“What’s Up? - A Mental Health App” is a free mobile app designed with cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT) methods to help users with depression, anxiety, anger, stress, and more. As a free app, this content is accessible to so many people with smart devices, making it easy for a much larger percentage of people to get some form of the therapeutic help that they need or desire outside of a traditional therapist’s office. This app can also be used as an adjunct to individual psychotherapy to support in-between session assignments.

What’s Up? travels well, as it can be used from most any device with

some sort of app store, and it includes many features such as a personal diary, a positive and negative habit tracker, coping strategies on the go, information on different mental health issues, and more immediate help in the form of a breathing control tab, a catastrophe scale, and games to keep the user grounded. It lists 12 common cognitive traps, 70 positive quotes, and 10 useful metaphors. This app is very thoughtful in the way that it accounts for the user’s possible moments of panic or stress and plans accordingly.

Some people may prefer a more individualized approach to using the app, while others may prefer to create a community through it through the “forum” feature. Users are able to easily navigate the app to the forum feature where they can build community through helping each other cope. Any personal data entered by the user is protected by a passcode.

“What’s Up? - A Mental Health App” is informative, easy to use, and reliable when it comes to CBT and ACT support.

Ryann King, ESGV Newsletter Assistant Editor, is a student at New York University, New York City campus, majoring in English. She is available for writing projects and can be reached through the Editor.

A mobile application—most commonly referred to as an “app”—is a type of software developed to run on small wireless devices, such as a smartphone or tablet computer, and performs tasks more quickly than a website.



Waiting Room Magazines



by Jim De Santis,
Ph.D.

A colleague recently asked what magazines I place in my waiting room for male clients, because I have a lot of men in my practice. I thought this was an interesting question about establishing a comfortable and welcoming environment.

Certainly, selecting magazines based on gender could certainly be prone to inaccurate generalizations of stereotypically gendered interests. I wouldn't suggest a magazine for men per se. I would pick magazines with topics that appeal to the types of clients in my practice.

I don't subscribe to a specific monthly or weekly magazine. Instead, I prefer to buy magazines full-price at Barnes & Nobel, Costco, or Von's, based on content and the quality.

I purchase magazines on topics that my clients might be interested in. My clients are producers, writers, entrepreneurs, engineers, programmers, scientists, psychotherapists, doctors, lawyers, teachers, and professors—of both genders—who tend to be educated, curious, and savvy.

So, I stock magazines on topics of interest to busy professionals, with articles that can be read in just few minutes. Good topics for professionals can include national/world news and business/finance. I like to stick with classics like Newsweek, Time, The New Yorker, Consumer Reports, The Economist, and Harvard Business Review.

Also, hobbies like sports, photography, the outdoors, and computers are good subject matter. Sports Illustrated is the number one selling sports magazine. The top magazine on digital culture, science, and security is Wired. Popular

“I wouldn't suggest a magazine for men per se. I would pick magazines with topics that appeal to the types of clients in my practice.”

Photography is a best seller in the world of amateur photography. National Geographic has been published 131 years, covering geography, natural science, the environment, world culture, and history.

Sometimes, I buy single-issue, anniversary editions, such as on the topics of world history, science, the arts, travel, etc. National Geographic produces beautiful special editions on subjects like the Arctic, the Amazon, climate change, oceanography, or

various cultures, countries, and peoples around the world.

Lately, I've been buying single-topic magazines on mental health topics, such as sleep, memory, nutrition, mindfulness, and happiness. Sometimes these become topic-primers for our therapy sessions.

I tend to avoid tabloid celebrity magazines; I think we tend to get more than enough of gossip from our newsfeeds. I also tend to avoid magazines that focus on politics, which can skew therapy sessions already monopolized by political tensions in the mass media.

Doctor's offices lose millions of magazines to theft every year. As a result, most offices are filled with worn, out-dated or unpopular magazines. So my waiting room magazines don't disappear, I put a sticker on each one that says: "We thank you for not removing this reading material from our office. If you would like a photocopy of an article, we would be happy to provide one."

Waiting room magazines can establish a tone in your office. Your particular client demographics may influence what subscriptions are best for your office waiting room.

Jim De Santis, Ph.D., is a clinical psychologist in full time private practice in Glendale. He offers individualized consultation to mental health professionals on building a private practice. He can be reached at (818) 551-1714 or JDeSantis@aol.com.

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If you are an ESGV member and have a website for publication in this newsletter and the directory, send your link to the editor at JJDeSantis@aol.com.

East San Gabriel Valley Mental Health Professionals Association **Directory Listing Submission Form**



James J. De Santis, Ph.D., Editor
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The East San Gabriel Valley Mental Health Professionals Association was founded in 2009 to advance professional development of the mental health community through networking, continuing education, and public awareness. We are not a profit-making organization; membership is free. The annual ESGV Directory is a concise list of 160 mental health professionals in the local area. For easy reference, the directory is cross-indexed by city, problems treated, services provided, second languages available, and insurance accepted. Each year, we e-mail the directory to about 1,200 professionals and, since our founding, we have distributed about 1,100 paper copies.

Please complete both sides of this form.

Contact Information (Please Print)

Individual Name		
Office Street Address, Suite, City, Zip Code		
Second Office Street Address, Suite, City, Zip Code		
Office Phone Number	Second Office Phone Number	Office Fax Number
E-Mail Address	Website URL	

Institution Which Granted Your Degree	City & State	Program/Area of Study	
Degree	Year Granted/Anticipated	License Number	Year Issued

Problem Areas Treated

- Abuse
- Addictions
- AIDS/HIV
- Anxiety Disorders
- Attention Deficit
- Behavioral Problems
- Brain Damage
- Chronic Illness/Pain
- Divorce
- Eating Disorders
- Gay/Lesbian Issues
- Learning Disabilities
- Marital Problems
- Medical Management/Non-Compliance
- Mood Disorders
- Multicultural/Ethnic Diversity
- Multiple Personality
- Occupational Problems
- Panic/Phobias
- Personality Disorders
- Psychosis
- Rape/Molestation/Incest
- Reproductive Issues
- Sexual Dysfunction
- Trauma/PTSD
- Other: _____

Services Offered

- Anger Management
- Behavior Therapy
- Biofeedback
- Child Custody Evaluation
- Cognitive Therapy
- Couples Therapy
- Critical Incident Debriefing
- Divorce Mediation
- Educational Testing
- Family Therapy
- Forensics/Expert Witness
- Hypnotherapy
- Inpatient
- Medication
- Neuropsychological Testing
- Organizational Consultation
- Play Therapy
- Psychodynamic/Psychoanalytic Therapy
- Psychological Testing
- Religious Issues
- Sex Therapy
- Stress Management
- Other: _____

See Other Side >>>

Payment Accepted

- Aetna
- Anthem Blue Cross
- Beacon Health
- Blue Shield
- Cigna
- Magellan
- Managed Health Network (HealthNet)
- Medi-Cal
- Medicare
- Optum
- Tri-Care/Tri-West
- Victims of Crime
- Worker's Compensation
- Cash
- Check
- Credit Card
- Sliding Scale
- Will provide superbill for out-of-network PPO
- Other: _____

Clients Treated

- Children
- Adolescents
- Young Adults
- Adults
- Seniors

Second Languages Spoken

- American Sign Language
- Arabic
- Armenian
- Farsi
- French
- Hebrew
- Hindi
- Korean
- Mandarin
- Russian
- Spanish
- Taiwanese
- Other: _____

Groups Offered

Topic, Target Problem, or Focus	Membership Criteria	Time/Day	Fee
Topic, Target Problem, or Focus	Membership Criteria	Time/Day	Fee
Topic, Target Problem, or Focus	Membership Criteria	Time/Day	Fee

Our Mission

Our mission is to advance professional development through networking and public awareness. We offer equal participation to all licensed mental health professionals regardless of discipline, reflecting real patterns of professional referral in the community. Launched in June, 2009, the directory is not a profit-making entity. This directory is a free community service. This association is not affiliated with any other professional organization or association.

Our catchment area includes but is not limited to Arcadia, Azusa, Baldwin Park, Claremont, Covina, Diamond Bar, Duarte, El Monte, Glendora, Hacienda Heights, Irwindale, La Puente, La Verne, Monrovia, Ontario, Pasadena, Pomona, Rancho Cucamonga, San Dimas, Sierra Madre, Walnut, and West Covina.

Submissions

Submit your practice information as requested on this form. Please complete both sides. Direct any submissions, inquiries, or corrections to and request updates of this list from the editor. There is never a cost to professionals or prospective clients to obtain a copy of this directory. The directory is updated every few months; approximately annually we confirm with all professionals the accuracy of their listings.

Understanding and Acceptance

This directory information is published with the understanding that the editor is not engaged in rendering a professional service in the form of a recommendation or an endorsement. The editor does not represent or warrant that any specific therapist is appropriate for any specific individual or specific purpose. Listees are presumed to be independently licensed mental health professionals; however, credentials have not been verified. While the editor makes every effort to ensure the accuracy of information presented, the user is cautioned that this list could include typographical errors and/or technical inaccuracies. Submitting an application to and use of this directory constitutes an understanding and acceptance of these conditions.

WHY DO WE WANT TO BE SOMETHING MORE?

Help for Anorexia, Bulimia, Binge Eating Disorder

- Intensive Outpatient Program (IOP)
- Partial Hospitalization Program (PHP)
- Individual Psychotherapy for Eating Disorders
- Nutritional Counseling for Eating Disorders
- Healthy Weight Loss, Sports Nutrition
- Anxiety, Depression and More



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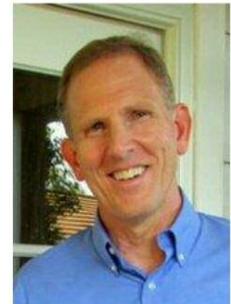
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Divorcing Clients?

- Unfamiliar with mediation?
I offer couples a free 30-45 minute consultation
- Divorce questions?
I will provide answers (but not advice)
- Tough financial issues?
I am a Certified Divorce Financial Analyst and an expert on divorce money matters

As an experienced non-attorney divorce and family mediator I help couples and individuals:

- complete their divorce amicably and out of court; attorney participation is optional
- work out their own divorce agreements (co-parenting plan, division of assets & debts, child and spousal support)
- in a friendly, supportive, balanced and respectful environment

- High conflict?
It goes with the territory and I am used to dealing with it
- Money tight?
Mediated agreements cost much less than a single attorney's retainer
- Co-parenting concerns?
I have mediated over 100 co-parenting agreements

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adults
adolescents
residential
outpatient
substance use disorders
co-occurring
disorders



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THE GROUP LIST

Free Online Directory
of Group Therapy

The Group List is a free directory of 1,900 psychotherapy groups offered by 950 licensed mental health professionals throughout Los Angeles county. Includes therapeutic, process, supportive, didactic, and consultative groups. The directory has been viewed on the internet 42,000 times. There is no cost to professionals or prospective clients for access to this directory.

Available online at
TheGroupList.org

THE ASSESSMENT LIST

Free Online Directory
of Psychological Testing

The Assessment List is a free directory of 300 psychologists offering psychological testing throughout Los Angeles county. Includes psychoeducational, neuropsychological, vocational, custody, forensic, and general psychiatric assessment. The directory has been viewed on the internet thousands of times. There is no cost to professionals or prospective clients for access to this directory.

Available online at
JDeSantis.com

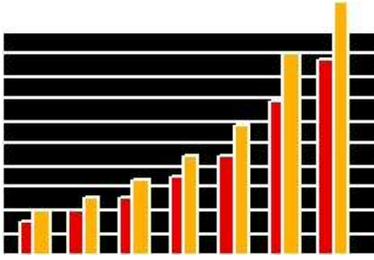
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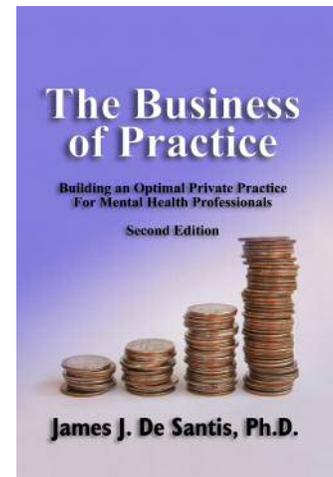
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TEEN SOCIAL SKILLS GROUP, AGES 14-18. Sierra Madre. Joseph B. Dilley, Ph.D., Lic. # 22371. Call (626) 539-2001 or e-mail phdilley@gmail.com, drjoe@synergypsych.com.

TEEN & YOUNG WOMENS COMPASSION AND GRIT GROUP. In our high pressured, achievement-oriented culture, research shows that self-compassion can reduce distress and anxiety. Teens build skills around self-compassion to approach life's difficulties with kindness towards themselves and others. Institute for Girls' Development. (626) 585-8075, ext 108. www.IFGD.care. Grace M. Goodman, Psy.D., Lic. # 28905.

TEEN & YOUNG WOMENS TRANSITIONS GROUP. Developed for high school seniors, college students, or those taking time to determine their post-high school paths - prepare for and process the exciting and challenging transitions that accompany this phase of life. Institute for Girls' Development. (626) 585-8075, ext 108. www.IFGD.care. Melissa J. Johnson, Ph.D., Lic. # 13102.

TEEN & YOUNG WOMENS WELLNESS GRIT GROUP. A place for teen girls and young women experiencing chronic pain and/or

chronic health issues. Meet weekly with others for support, connection, self-advocacy and mindfulness. Institute for Girls' Development. (626) 585-8075, ext 108.

www.IFGD.care. Melissa J. Johnson, Ph.D., Lic. # 13102.

TEENS SOCIAL SKILLS GROUP. A fun, dynamic group for teens who would benefit from building social skills, learning healthy ways to manage thoughts and feelings, and creating connections with other teens.

Institute for Girls' Development. (626) 585-8075, ext 108. www.IFGD.care. Monica Valdivia Aguilar, L.M.F.T., Lic. # 41352.

THERAPIST SUPERVISION FOR EFT GROUP. Pasadena. Silvina Irwin, Ph.D., Lic. # 19710. Call (626) 399-4013 or e-mail info@drsilvinairwin.com, silvina.irwin@gmail.com.

THERAPIST TRAINEES & ASSOCIATES GROUP. San Dimas. Tertia Morcos, L.M.F.T., Lic. # 98447. Call (626) 688-5700 or e-mail tmorcoslmft@gmail.com.

THERAPISTS NEW TO PRIVATE PRACTICE GROUP. Glendora. Laura LaPointe, L.M.F.T., Lic. # 32538. Call (626) 466-7616 or e-mail lauralapointelmft@gmail.com, lauralapointe60@gmail.com.

TRANSFEMININE YOUTH SUMMER PROGRAM. A week-long summer program offering camaraderie, fun and support for transfeminine youth ages 10-12. June 10 - 14. Institute for Girls' Development. www.IFGD.care. Melissa J. Johnson, Ph.D., Lic. # 13102, in collaboration with the L.A. Gender Center, Caroline Carter,

Psy.D., Lic. # 30377. To learn more, email ccarter@lagendercenter.com or enorton@IFGD.care or call 626-585-8075 ext. 109.

WOMEN PARTNERS OF SEX ADDICTS SUPPORT GROUP. Glendora. Mari A. Lee, MFT, CSAT-S, Lic. # 47920. Call (818) 521-4370 or e-mail mari@growthcounselingservices.com

WOMENS EMPOWERMENT GROUP. San Dimas. April J. Pratt, M.S., L.M.F.T., Lic. # 47621. Call (626) 664-1661 or e-mail sandimascounseling@yahoo.com, ajpratt24@gmail.com.

WOMENS INFIDELITY SUPPORT GROUP. Monrovia. Sherry Villanueva, L.M.F.T., Lic. # 52798. Call (626) 217-2281 or e-mail sherry@open2wonderment.com, sherryvillanueva.lmft@gmail.com.

WOMENS RETREAT. The Shine Retreat for Women, Sept. 27-29, 2019 in beautiful Laguna Beach, CA, is led by two therapists, Anna Osborn and Mari A. Lee and is designed for women who are going through a challenging life season such as a divorce, a break up, empty nest, grief, health challenges, or stress. If you are a woman who is burned out, heart broken, or your cup is empty and you need a healing retreat to connect to yourself and other supportive women in a relaxing setting, you are welcome to join us at The Shine Retreat this fall for a weekend of restoration, connection, healing, and fun. All women, no matter your age, ethnicity, or size are warmly welcomed! There are yummy and healthy meals overlooking the ocean, morning

beach yoga for every fitness level, along with healing workshops, and time for pampering and toes in the sand rest. Come and get your shine back on! You can register at ShineRetreatForWomen.com. You can learn what other women have to say about the Shine Retreat at shineretreatforwomen.com/raves-and-reviews.

WOMENS SELF-ESTEEM GROUP, AGES 40+. Arcadia. Joanne Royer, Ph.D., LMFT, Lic. # 28697. Call (888) 748-4464 or e-mail drjoanne@joanneroyerphd.com, childphd@live.com.

WOMENS TELEHEALTH GROUP, AGES 40+. Arcadia. Joanne Royer, Ph.D., LMFT, Lic. # 28697. Call (888) 748-4464 or e-mail drjoanne@joanneroyerphd.com, childphd@live.com.

WOMENS SUPPORT GROUP, ALL AGES. Pasadena. Anne P. Warman, Psy.D., L.M.F.T., Lic. # 32121. Call (310) 281-9797 or e-mail drannwarman@sbcglobal.net.

YOUNG ADULT ANXIETY & DEPRESSION PROCESS GROUP. Claremont. Monica Hennon, Psy.D., Lic. # 26950. Call (909) 333-7434 or e-mail info@arccounselingandwellness.com.

YOUNG ADULT LIFE TRANSITIONS GROUP, AGES 18-29. Sierra Madre. Joseph B. Dilley, Ph.D., Lic. # 22371. Call (626) 539-2001 or e-mail phdilley@gmail.com, drjoe@synergypsych.com.

YOUNG ADULT PROCESS 25+ GROUP. Claremont. Marissa Long, MAOB, Psy.D., Lic. # 24675. Call

(909) 333-7434 or e-mail drlong@arccounselingclaremont.com

YOUNG ADULTS GROUP, AGES 20-25. Monrovia. Almog Shanun, L.M.F.T., Lic. # 89042. Call (626) 321-8141 or e-mail shanunalmog@yahoo.com.

YOUNG JEWISH ADULTS GROUP. Monrovia. Almog Shanun, L.M.F.T., Lic. # 89042. Call (626) 321-8141 or e-mail shanunalmog@yahoo.com.

YOUNG MENS GROUP. Claremont. Leo E. Juarez, L.C.S.W., Lic. # 6108. Call (909) 228-3028 or e-mail leoejuarez@verizon.net.

YOUNG WOMENS ANXIETY & DEPRESSION GROUP. A six-week summer group (June 10 - August 14) designed for young women who would benefit from skills to help manage anxiety and depression. Institute for Girls' Development. (626) 585-8075, ext 108. www.IFGD.care. Grace M. Goodman, Psy.D., Lic. # 28905.

YOUNG WOMENS DBT SKILLS GROUP. An eight-week summer group (June 12 - July 31) fostering mindfulness, emotional regulation, distress tolerance and interpersonal effectiveness Institute for Girls' Development. (626) 585-8075, ext 108. www.IFGD.care. Monica Valdivia Aguilar, L.M.F.T., Lic. # 41352.

YOUNG WOMENS PROCRASTINATION GROUP: Procrastination may feel good in the short term, but it can negatively impact your life. Learn to break this habit and replace it with practical solutions. Institute for Girls' Development. (626) 585-8075, ext

108. www.IFGD.care. Grace M. Goodman, Psy.D., Lic. # 28905.

OFFICE SPACE

ARCADIA. Part-time sublease available for a large, furnished therapist office with a wall of floor to ceiling windows and views of Arcadia Park. The office has plenty of seating for group therapy, as well. Located across from the Arcadia Gold Line stop with easy 210 freeway access. Situated in a suite of five psychotherapists' offices. Waiting room, elevator access, free parking, free Wi-Fi, refrigerator, water heater, and microwave. For more information or to schedule a tour, please contact Greg Stanford, Psy.D., at (626) 415-4452 or DrGStanford@gmail.com. [8/19]

CLAREMONT. Several comfortable, fully-furnished, affordable offices located close to freeways yet near the village in a quiet building on a tree-lined street. Plenty of amenities: free parking, internet, shared lobby, room reservation system. Flexible options for rental hourly, daily, weekly, monthly. Learn more at connollycounseling.com/location/claremont or call (626) 768-1083. [4/19]

CLAREMONT. Beautiful large windowed office available in the center of the lovely Claremont Village up to three days per week. Both the office and the waiting room have high vaulted ceilings. The office is beautifully furnished, has lovely art, and is big enough for a group of 10. Lovely landscaped one-story building has its own free parking lot. Office is handicapped accessible. Please call or text Don Etkes, Ph.D., L.M.F.T. at

(310) 405-9814 or e-mail
DrDonEtkes@aol.com. [8/19]

DUARTE. Part-time to full-time office for rent, 924 Buena Vista St. Suite 201. I plan to retire in 2020 and will be cutting back slowly starting in January. Hoping to find someone starting a private practice to take over my office. Right now it is available Fridays, Saturdays and Sundays. The entire rent is only \$400 a month. I share a suite with two acupuncturists, so to start with it will be \$100, and as I turn over days to you it will rise. It's not super-fancy but I do have a private bathroom and one wall that is all window that leads to a balcony. Large parking lot behind the building. Please email me at nancyoitou@yahoo.com (preferred) or call (626) 963-8812. [10/19]

PASADENA OFFICE WANTED. A male LCSW therapist is looking to sub-lease an office space 2-3 nights a week for a three hour window. Anywhere in San Gabriel valley area or Pasadena. Please contact James Gibson III, L.C.S.W., at (323) 855-0693 or jms_gibson@yahoo.com. [8/19]

PASADENA. Window office in attractive, cozy building. Shared waiting room in friendly suite. Office set up for kids or adults. Available all day Fridays & weekends. \$215/day/month or by the hour. Contact Bruce Hirsch (626) 395-7833 or DrBruce@BruceHirschPhD.com. [8/19]

PASADENA. Beautiful, sunny, and cozy office available on Saturdays. Central location on Colorado Blvd. across from Vromans Bookstore with convenient parking. Please call Audrey

Ham, Ph.D., (626) 319-6327 or email audreyHamPhD@gmail.com. [8/19]

PASADENA. Offering office space sublet in the Bank of the West building on Colorado. Available all day Mondays, Wednesdays, Saturdays, and Sundays. Available Tuesdays until 5 p.m. Contact Brinell Anderson, Psy.D., at (626) 696-9324 or DrBrinellAnderson@gmail.com. [8/19]

SAN DIMAS. Room sublease in an office for a licensed therapist is available in San Dimas. Contact Hani Morcos, L.M.F.T., at (626) 428-0512 or hanimorcosmft@gmail.com. [11/19]

SOUTH PASADENA. I am looking to sublease my office in South Pasadena on Fridays all day for \$200/month. (The office is also available on Sundays at a reduced rate of \$125/month.) My cozy & quaint office is located on Huntington Dr. near Marengo in a single-story building built around an oak tree. This peaceful space has large picture windows on one side with views of a fountain waterfall and foliage, and it is perfect for individuals and couples. There is plenty of free parking on Huntington or in the front parking lot. The main lobby has call buttons for visitors, and there is a kitchenette area for building tenants. The rooms are soundproofed. There are several therapists in the building and opportunities for cross-referring. For more information, contact me directly via email, phone call, or text at KimberlyCWongLCSW@gmail.com or (626) 260-1356. [8/19]

POSITIONS

ADJUNCT FACULTY. Teaching opportunity in CSPP-LA Psy.D.

program is looking for a new adjunct faculty member to teach our Biological Basis of Behavior class in Spring 2020. There are two sections (9a-12pm and 1-4pm) on Tuesdays for 15 weeks beginning Tuesday, January 14th. Qualifications include a doctoral degree and having Master's, Doctoral, and/or post-doctoral training in biological sciences, clinical neuropsychology, and/or psychopharmacology. If interested, e-mail eocallaghan@alliant.edu. [11/19]

DIRECTOR ACCESSIBILITY AND DISABILITY RESOURCES. Azusa Pacific University seeks applicant with the following qualifications: Master's degree (doctorate preferred) in education, special education, psychology, or a relevant field associated with higher education required; five or more years of experience in higher education or with students in an educational setting and in provision of academic support services; knowledge of learning assistance operations and techniques, learning evaluation and assessment, and data analysis; management of budgets, security measures, and standards. For more information, go to:

https://apu-openhire.silkroad.com/epostings/index.cfm?fuseaction=app.jobinfo&jobid=3083&company_id=16568&version=1&source=ONLINE&jobOwner=993025&aid=1 [10/19]

LECTURER. Full-Time, 12-month position, with anticipated annual renewal at Cal Poly Pomona Counseling and Psychological Services. The position carries out a variety of duties: direct clinical services to university students and the campus community at large; crisis intervention and consultation services

to various university constituencies; working collaboratively with the Counseling Services Outreach Coordinator and/or the Wellness staff in developing and delivering prevention training and outreach services; the supervision, training and evaluation of pre and post-doctoral trainees (who also provide direct clinical services). For a detailed listing of the job posting: <https://www.cpp.edu/~faculty-affairs/open-positions/college-unit/counseling/counselor1.shtml>. [11/19]

POST-DOCTORAL FELLOWSHIP. The Institute for Girls' Development is excited to announce our CAPIC Postdoctoral Fellowship positions for 2020/2021. Deadline for applications is February 7, 2020. Position begins in August of 2020. For further information, go to the following: <https://www.instituteforgirlsdevelopment.com/postdoctoral-training-position/>. [11/19]

PRE-/POST-DOCTORAL POSITION. Rose City Center is a non-profit clinic located in Pasadena. We are currently seeking qualified candidates for a two year post/pre doctoral position. Rose City is committed to providing long term psychoanalytic/ psychodynamic therapy to an underserved population and to providing high quality psychoanalytic training to its interns. To that end, we expect clinicians will carry a caseload of 15 patient hours and attend mandatory training weekly. This is a paid position. If you are interested in being immersed in psychoanalytic thought and learning about working in a private practice model, you may send your cv and letter of intent to Maggie Ateia, Psy.D., Clinical Director of Rose City Center at MAteia.RoseCity@gmail.com. [9/19]

PSYCHOLOGICAL ASSISTANT. Seeking psychological assistant to join Pasadena private practice. Allows individual to build practice while gaining hours toward licensure. Hours and days are flexible (including weekends). The position is part-time. Supervision from an integrative perspective including (but not limited to) psychodynamic, CBT, and somatic approaches. There is also a possibility for work with some psychological testing and disability and immigration evaluations. Office has a beautiful space including mountain views, waiting room, wifi, and kitchen. If interested, please e-mail a CV and letter of interest to MicheleWilkinsPsyD@gmail.com. [8/19]

PUBLICATIONS

CHILD AND ADOLESCENT PSYCHIATRIST DIRECTORY. The Pediatric Psychiatrist List is a free directory, listing 500 psychiatrists throughout Los Angeles county who treat children and teens. View, print, or download from JDeSantis.com. [12/19]

DIAGNOSTIC TESTING DIRECTORY. The Assessment List is a free directory, listing 300 doctoral-level licensed psychologists throughout Los Angeles county who offer psychological assessment services, including educational, vocational, neuropsychological, forensic, custody, or general psychiatric differential diagnosis. View, print, or download from JDeSantis.com. [12/19]

GROUP THERAPY DIRECTORY. Free directory of 1,900 outpatient psychotherapy groups offered by 900 licensed mental health professionals

throughout Los Angeles county. Online directory has been viewed on the internet 44,000 times. Download a copy from TheGroupList.org. [12/19]

PRIVATE PRACTICE OFFICE FORMS. Field-tested, up-to-date quick-start kit of forms includes patient intake, financial agreements, HIPAA notice, consents and releases, and clinical screening forms. CD-ROM, paper copy, or digital files via e-mail. For more information or to examine samples, visit JDeSantis.com. [12/19]

THE BUSINESS OF PRACTICE: Building an Optimal Private Practice for Mental Health Professionals. Paperback challenges and inspires mental health professionals to expand and refine their opportunities for a private practice that is personally fulfilling. Content emphasizes pragmatic, real-world information and action-oriented steps to offering mental health services, while respecting both established business concepts and ethical principles of professional practice. \$18.95 online at Lulu Books or Lulu.com. [12/19]

SERVICES FOR PROFESSIONALS

THE CENTER FOR CONNECTION. Relationships, regulation, and the science of interpersonal neurobiology guide everything that happens at The Center for Connection. Informed by cutting-edge research and focused on neuroplasticity to create change, we help people build resilience and make meaningful changes in their lives. We work with children, teens, adults, couples, and families, using an interdisciplinary team approach, we provide psychotherapy, occupational

and educational therapy, neuropsychological and psychoeducational evaluations, parent education, speech and language therapy.

TheCenterforConnection.org. [8/19]

CLINICAL AND SPORTS/ PERFORMANCE PSYCHOLOGY.

Lila Goldsman, Ph.D., is now in Claremont & Los Angeles. Over 20 years experience; Spanish and French; Diplomate of the Academy of Cognitive Psychology; Medicare and Anthem Blue Cross. (909) 833-9936, DrLilaGoldsman@gmail.com, 1490 N Claremont Blvd., Ste. 203, Claremont, CA 91711. See

profile at psychologytoday.com/us/therapists/lila-goldsman-claremont-ca/103992 [8/19]

GLENDALE AREA MENTAL HEALTH PROFESSIONALS ASSOCIATION.

Network of 200 mental health professionals in the Burbank-Glendale-Pasadena corridor offers an online searchable directory, quarterly newsletters, networking lunches, and continuing education events. Find out more from GAMHPA.org. [12/19]

LOAN REPAYMENT. The Health Professions Education Foundation (HPEF) is hosting an application cycle from August 1, 2019–October 8, 2019, for loan repayment. If you are a mental health professional working in an underserved area of California, have outstanding educational debt, and meet other important application criteria related to cultural and linguistic competency, you may be eligible to apply.

<https://oshpd.ca.gov/loans-scholarships-grants/> [8/19]

MARKETING & BUSINESS CONSULTATION. Individualized coaching for mental health professionals and interns wanting to start or build a private practice.

Formulate goals, identify optimal niches and target markets, design ethical and effective marketing strategy, write effective advertising materials, and track results. Flexible format uses in-person meetings, telephone, and e-mail as-needed. Jim De Santis, Ph.D., Glendale, at (818) 551-1714 or JDeSantis@aol.com. [12/19]

SOCIAL MODEL RECOVERY

SYSTEMS offers help and hope for adults, adolescents, and families who are struggling with alcohol and substance use, abuse, and addiction. We specialized in co-occurring disorders for those who are also experiencing a mental illness with their substance use disorder. We offer residential and outpatient services throughout Los Angeles County and Orange County and are in-network with most major insurance companies. Call us for a no-cost screening and assessment at (877) 50.SOCIAL [8/19]

ESGV Newsletter

East San Gabriel Valley
Mental Health Professionals
Association

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MISSION

The East San Gabriel Valley Mental Health Professional Private Practice Directory was founded in 2009 to advance professional development of the mental health community through networking, continuing education, and public awareness. Within a year, it had grown to over 100 members. In 2010, this newsletter was launched. We are an interest group only and do not provide referrals to the public. We are not a profit-making organization; advertising fees are only to defray publication costs.

PARTICIPATION

Directory listing is a free community service. We offer equal participation to all licensed mental health professionals of all disciplines, reflecting real patterns of professional referral in the community. Our catchment area includes but is not limited to Arcadia, Azusa, Baldwin Park, Claremont, Covina, Diamond Bar, Duarte, El Monte, Glendora, Hacienda Heights, Irwindale, La Puente, La Verne, Monrovia, Ontario, Pomona, Rancho Cucamonga, San Dimas, Sierra Madre, Walnut, and West Covina. Contact us for a Directory Listing Submission Form to join.

BENEFITS

Directory members receive a number of exclusive benefits. They can submit an article to be published in this newsletter (about 500 words). They are listed in the directory distributed to the local professional community and posted on the internet. Members can place free classified ads and receive discounted rates for display ads, newsletter flier inserts, and mailing list labels. They are automatically entered in a random drawing for free newsletter insert advertising. Members are encouraged to submit a brief professional biography (about 200 words) and photo for publication in the newsletter. Newsletters and directories are distributed to 1,200 mental health professionals in the San Gabriel Valley.

NEWSLETTER

The ESGV Newsletter is published quarterly and distributed to the local mental health community. Contact us to be added to our mailing list. If you have moved or are planning to move, if we are sending this newsletter to an incorrect address, or if you wish to discontinue delivery, please notify us.

EDITORIAL POLICIES

ESGV Newsletter encourages members to contribute articles of scholarly or clinical interest for publication. Submissions must be forwarded to the editor by the deadline. We encourage submissions in computer-readable format. Opinions expressed in this newsletter are not necessarily those of its editor or its members. The ESGV Newsletter does not endorse any of the products or services advertised.

SUBMISSION DEADLINES

Spring Issue	February 1
Summer Issue	May 1
Autumn Issue	August 1
Winter Issue	November 1

ADVERTISING POLICIES

Please direct your advertising questions to the Editor. Member classified ads run on an open basis, all display ads run for one issue. Advertising for services by psychologists or psychological assistants must include the license number of the psychologist. Display ads and inserts—such as a flier or brochure—can be submitted in pdf, jpg, or bmp format. Submit sufficient paper inserts to cover the print circulation noted on the masthead of this newsletter. Due to publication processes, each newsletter is delivered approximately six weeks after our submission deadline.

ADVERTISING RATES

Advertisers may pay by cash, check, or major credit card.

Item	Mem	Non-Mem
Classified ad	Free	\$10
Business card ad	\$10	\$20
1/8-page display ad	\$10	\$20
1/4-page display ad	\$20	\$30
1/2-page display ad	\$30	\$40
Full-page insert	\$40	\$60
Mailing list labels	\$15	\$25
Mailing list on disk	\$30	\$40
Member e-mail list	\$10	\$20

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