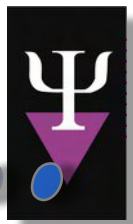


# Progress Notes..



April, 2012

Newsletter of the Lesbian and Gay Psychotherapy Association, Southern CA, Inc.

(310) 288-3465

1. Executive Director's Report – I'm writing this report on the historic day when the 9<sup>th</sup> Circuit Court ruled that Proposition 8 is unconstitutional. What a grand day. Slowly LGBT people are gaining equal rights...
2. Memorial Tribute to Alexis Rivera – Our dear friend and an amazing community activist, [Alexis Rivera](#), died yesterday at age 34 of complications related to HIV...
3. Heroes, Healers, and Activists: Healing as Positive Modeling – So much of our focus is outward. At the end of the day, rarely do we say, "I'm exhausted, I'm sick, and I need to be whole. I need healing and wellness. I need Family. I need the very resources I give to others." No, we say, "More must be done!" We do not spend enough time or energy on ourselves, but rather, we expel our energy capital ever outward. Equality has become the goal, not becoming whole Beings, not self-fulfillment.
4. LAGPA's Mentoring Program – Are you a seasoned therapist who would like to give back something to your profession? BUT...you don't want to attend a lot of meetings, chair committees, or OMG raise money. You don't want to spend hours assembling an annual conference or educational workshops? But, you are experienced and know a great deal. You might want to share your experience with a beginning therapist. LAGPA's new mentoring program might be just what you need.
5. Tuesday Nights for T – A one-of-a-kind, community-sponsored clinic offering primary and transition medicine for trans/gender non-conforming individuals, taking every kind of payment, scheduling appointments NOW, no wait-list
6. LGLA/LAGPA Gala Photos
7. LAGPA/SCLMA/LGLA Holiday Photos
8. Board of Directors – Elections are over. Come meet our newly elected board.
9. Classified Ads

## 1. EXECUTIVE DIRECTOR'S REPORT

By Chuck Stewart, Ph.D.

I'm writing this report on the historic day when the 9<sup>th</sup> Circuit Court ruled that Proposition 8 is unconstitutional. What a grand day. Slowly LGBT people are gaining equal rights. I applaud all activists who have made this happen. As with any civil rights movement, there is never just one person or one court case that brings equality, but rather the actions of tens of thousands of people who stand up and refuse to be treated as second-class citizens. The struggle is far from over but we are making progress I didn't think would happen in my lifetime.

Each fall, LAGPA holds elections for board members as required to maintain our non-profit corporate status with the state of California. The slate of candidates was approved unanimously. Congratulations. Our elected board consists of Alexander Yoo, Bruce Watkins, Lauren Costine, Jen Durham, Philip Pierce, and Travis Stobbe. Both Alexander Yoo and Bruce Watkins will continue as co-presidents, and Travis Stobbe was elected Secretary/Treasure to replace Fred Wilkey; who resigned after serving so graciously on the board for more than three years. Thank you Fred, your insights were always appreciated. Thuy Cao also had to resign due to pressing commitments. We will miss you. Three

new women were also appointed to the board – Athena Brewer, Rosanna Santos, and Elizabeth Hill. Each has already shown their eagerness to take on project to help LAGPA. Athena is focused on outreach such as sponsoring booths at LACPA, CAMFT and CPA conferences besides resurrecting the Community Service Awards event. Elizabeth Hill is interested creating a Twitter account and utilizing Facebook more effectively. We now have 10 professionals on the board of which 60% are women. That is a first for LAGPA. Great!!!

LAGPA is really your organization. It reflects what you bring to it. For example, for a couple of years, we had a small group interested in having the state mandate training on LGBT issues during schooling or for continued licensing. They made presentations at a number of high-level meetings but ultimately hit a roadblock. The Board of Psychology claimed that they don't have the authority to mandate such training stating that this responsibility is left up to the legislature. However, when Governor Brown vetoed SB 747, he claimed that the Board should be responsible for that kind of decision. Thus, we have been stymied by this Catch-22. Our group is still strategizing on this issue. Perhaps you want to participate? You don't need to be a board member to help. And that is the point; LAGPA is what you make it to be. Join and make your voice heard.

We finally have commitment on our next Annual Conference. It will be held at Antioch University with sponsorship from the LGBT Specialization on September 30. Diane Anderson-Minshall has agreed to be keynote speaker. She is executive editor at *The Advocate*, *She Wired*, and *HIV Plus* besides being editor at *Curve* and founder of the lesbian magazine *Girlfriends* and other magazines. She's also a trans advocate and very concerned about bizarre crimes against gay youth and how they may be connected to gay issues being more visible in the mainstream debate. She is a dynamic speaker and will bring much to the Conference.

As many of you noticed, we did not have a Conference in 2011. Many factors came into play as to why that happened. Primarily, we were not able to secure a venue that was acceptable to our goal. Six years ago, we decided to move the Annual Conference to the various schools of psychology. Why? Because so many professionals in our field don't know we exist. By bringing the event to a school, the students, staff, and instructors will hear of LAGPA and may even participate or later become a member. Holding the event in hotels did nothing to spread the knowledge of LAGPA's existence. Anyway, in 2011, we had a couple of schools vying for our attention but nothing settled. Still, our Educational Committee worked hard and successfully mounted four events – each offering CE credits. That still made it possible for our members to meet their CE requirements in an LGBT setting on LGBT topics.

We expect 2012 to be a banner year for LAGPA. We have been lining up and will continue to schedule many educational forums, the Annual Conference on Sunday September 30, many social events and much more. Hope to see you all there. On a personal note, I am recovering well from my two hip replacement surgeries. I've graduated from using a walker to a cane. Years of dancing took its toll on my hips. I hope the next time I see you I'm walking without a cane (and maybe dancing at Oil Cans). Thank you all for your kind notes and emails.

## 2. MEMORIAL TRIBUTE TO ALEXIS RIVERA

By Susan Forrest

*Originally written and posted on LearningTrans.org on March 29, 2012. Reprinted with permission.*

Our dear friend and an amazing community activist, [Alexis Rivera](#), died yesterday at age 34 of complications related to HIV. Many of us were with her around-the-clock during her final week in the hospital, as well as during her 6 days at hospice.

We owe a huge thanks to Sanctuary Hospice, who provided 24/7 staff, as well as all of the medical equipment and medications to Alexis for free during her hospice stay as well.

The community owes a gigantic debt of gratitude to Kathy Watt, ED of the Van Ness House, because she brought Alexis home. Van Ness is where Alexis transitioned into womanhood, and where she transitioned out of our world as well. Kathy and her staff provided room and board free of charge, and support to us caregivers, so that Alexis, who was without any kind of medical insurance, could live with dignity in a space in which she would be respected and honored for the woman she was, for as long as Alexis needed it.

Personally, I want to thank Kathy Watt, whose perfect words on the hospital phone to Alexis when we were trying to get her to agree to hospice even as she refused to believe that she was not going to go home to resume her normal life, because she made the transition from hospital to hospice possible.

And I want to thank Farina Dary, who provided the family – and Alexis – with the missing key, the piece that let Alexis finally let go. It was a profound experience, and one which I will never forget.

Here is Alexis' bio, for those who don't know her:

*Alexis Rivera, a proud queer transgender woman, was born and raised in Los Angeles. Alexis was involved in the Transgender community for the past 15 years, beginning her activism as a teenager doing street outreach to LGBT youth in Hollywood. She eventually became a case manager and later the first program director for Children's Hospital Los Angeles's iconic Tranny Rockstar program, helping provide vital support services to hundreds of transgender youth in Los Angeles. She participated as a Commissioner for the Los Angeles County Commission on HIV/AIDS; was on the founding board of the Female-to-Male Alliance of Los Angeles; and, for six years chaired the Transgender Service Provider Network. Alexis was a founding member of the League of Trans Unified Sisters (LOTUS), a sisterhood for transgender women. Alexis later rose to even greater prominence on a statewide level as Policy Advocate for the Transgender Law Center, playing an instrumental role in advocating for statewide legislative change and training hundreds of transgender community members to speak to elected officials. During this time, Alexis was also a leader of the Transgender Law Center's Health Care Access Project and helped secure affordable transgender healthcare services in several counties across the state of California. For the many life-changing contributions Alexis made over her lifetime, she received several awards including: the Trans-Unity Trailblazer Award; the Latino Caucus on HIV Prevention Leadership Award; the Trans-Unity Spirit Award; and she was named the first winner of the QUEST Advocacy Pageant for transgender woman in 2002. Alexis described her many years of ongoing activism as a labor of love.*

All of this is true. Alexis was an amazing community activist. She was also a mother. She also became a grandmother a month before she died. She was also a sister, a daughter, a grand-daughter and an aunt. She was a mentor to so many, and a friend to many, many more. She was family to me and to Talia; and it was our little family, who cared for her during the last year especially, when she was hospitalized so much. Diviana Ingravallo, Christina Quiñonez, Isabella Rodriguez, and Luc Jauregui, Sabel Samone – our family – especially during those few weeks when she was out of the hospital – tried so hard to change the situation until we realized that it was just too late.

But speaking personally, I want to say that all of this is true, and still it is a more complicated picture.

Why does a 34-year-old woman die of advanced HIV disease? In Los Angeles? With access to every benefit, and surrounded by family – and friends – most of whom work in the field of HIV social services? Especially when she herself worked in HIV services for many years.

Shame does so much more than we can see on the front end, Secrecy. Denial. Things she never talked about. The relationship with the person who eventually infected her with HIV. The complications of silicone, and how that impacted her ability to fight her HIV effectively. Her virtual refusal to be adherent to her HIV meds, and her refusal to talk about it.

The trans community is one which holds up their leaders on pedestals. We love our community leaders – *leadership* is one of the most overused words in L.A. trans community planning. I know Alexis loved her role as a community leader. But I think that given who she was, it troubled her ability to be honest about what was going on. She didn't want to ask for help – not only because she would rather deny that she was living with HIV – but also because she knew about the ripple effect, and she was concerned for the effect that it would have on the larger trans community – especially the youth. Instead she chose to hold most of it inside, and to deaden the pain in other ways.

Alexis died of so much more than HIV. I hope that those of us who love her, who admire her, who were influenced by her, and who are the bearers of her legacy and her memory can help others to see that this didn't have to happen. Not at this time, and not in this painful, painful way. I believe adding this part of the story to the story so many already are aware of will actually strengthen her legacy, and allow her to continue fighting for social justice for & with her trans sisters and brothers even into death.

I woke up this morning for the first time in 2 days – none of us got any sleep the night she died. I woke up with a light heart. My sister Alexis is no longer in pain. Not physical pain. Not emotional pain. She was never left alone by her chosen family, or her mother Annette, during her hospice stay, and when she breathed her last breath, her face became peaceful. I can't hear her raspy, gurgly breathing, and I don't have to try to assess whether morphine or ativan would make her feel better right now. I can look out of my window and know that yes, we have a lot to do still, but something we tried so hard to do has been done. Alexis let go of her pain, and we helped her to do that. This is good.

### 3. HEROES, HEALERS, AND ACTIVISTS: HEALING AS POSITIVE MODELING

By Rev. Alexander Yoo, M.Div., M.A., MFTI

*Originally delivered as a sermon at Alexis Rivera's Memorial on April 1, 2012, four days after her death*

Somewhere within all the fervent, heartfelt posts online and the many moments of grief, someone referenced Joseph Campbell's Hero archetype, the Hero's Journey, regarding Alexis. That the Hero's Journey is undertaken alone. I am reminded of Susan Forrest's oft-expressed disgust with the overuse of the term "leader" and its dilution, and the trans/gender non-conforming community's near-obsession with the idea. What do these concepts, these roles of "Leader," or "Hero," even mean?

Of all the ideals, actions, and descriptions that come to mind when hearing these words "leader" and "hero," I hear these most readily: Vulnerable, pedestalled, separate, set apart, isolation, loneliness. I question the assumption that Heroes, Healers, and Activists must journey alone. And, if we let it, Alexis's death can show us that Being Human, and all the needs and frailty that comes with, trumps Hero, Healer, or Activist.

We know how closeted Alexis was about her HIV status, how stigma and shame caused her to neglect her own health, placing others' health needs above her own. I encourage you to read what Susan

Forrest wrote about this on [learningtrans.org](http://learningtrans.org) if you have not already available at <http://learningtrans.org/2012/03/29/memorial-tribute-to-alexis-rivera> (see above).

Sometimes, those in service, these Heroes, Healers, and Activists, may worry that revealing any perceived imperfection will invalidate them in the eyes of those who hold them in such high regard. They may therefore feel pressured to maintain an illusion of perfection, strength, and invulnerability.

Yes, we can point out that those who serve others "must first take care of themselves," but do we allow for them to be human, to be vulnerable, to have needs and frailties? Or do we demand that our Heroes, Healers, and Activists play the part of paragons set-apart, always giving, always virtuous, always strong?

Speaking as one with such needs and frailties, do we take care of those who take care of others, who devote their lives, whittling themselves down to literally their last breaths in service and sacrifice? Does the thought even occur that those who give may also need in turn?

(With this very message, I hope to model that which I encourage, for Healers, Heroes, and Activists to model self-care, by exposing my own vulnerability to all of you.)

Each of us in our own ways are crippled, wounded, and hurt. Many of us live with physical and emotional disabilities. Perhaps by being vulnerable, acknowledging frailty, and doing what we can to heal and keep and stay well, we model positive behaviors and attitudes for others around us.

Understandably, while I am encouraging vulnerability and openness, everyone, especially our Healers, Heroes, and Activists, must make decisions about what parts of their lives they want exposed and what to keep private, and no one has the right to make the decision for another.

But consider the different levels and different kinds of "out" or "outness" for each individual, sometimes based on the needs of our clients (or patients or parishioners), professional reasons, personal reasons, and culture. Ask yourself when making these choices, "For what purpose am I choosing to keep this part of myself private?"

If you do prefer to keep certain elements of yourself private, for whatever reason, are you getting support in this area? Have you considered the benefits of modeling healthy ways of getting support? Regardless, our priorities as a whole need reevaluation. So much of our focus is outward. At the end of the day, rarely do we say, "I'm exhausted, I'm sick, and I need to be whole. I need healing and wellness. I need Family. I need the very resources I give to others." No, we say, "More must be done!" We do not spend enough time or energy on ourselves, but rather, we expel our energy capital ever outward. Equality has become the goal, not becoming whole Beings, not self-fulfillment. Sometimes, in our enthusiasm for The Work, we penalize those who DO try to take care of themselves, who recognize their need, who want to heal themselves, and seek resources, connection, community, friendship, and family.

All of us have some wound, hurt, or trial, whether a chronic disability, a grievance experienced at the hand of another, or a past or present laden with hardship. We need to lean on each other to walk, let alone run or fly, yet we act divisively, further crippling ourselves, taking away even more from what little energy and resources we have that we more often than not choose to expend outwardly rather than inwardly.

Maybe this is hard to hear, maybe not. We are all wounded, and we would not be exclusionary if we were not first excluded.

Each one of us belongs here. You belong here. There are those who feel left out of this community to which they also rightfully belong. Ask yourself: What have I done to cause others to feel isolated, left out, unwelcome, or less-than in their own community?

We do not all have to like each other. Many of us have experienced wounds at the hands of each other. But we do have to acknowledge that we are family, a community.

And yes, we are ALL part of this community. Sometimes, we feel an understandable hesitation with working with our Allies, Friends, Loved Ones, and Tribe, (or AFLOAT, the acronym I coined). We are loath to allow anyone other than someone exactly like ourselves speak with and for us. We must put this reticence aside. Laboring in isolation leads to only a few benefitting from our efforts of education and outreach. How much more could we accomplish by standing arm in arm with our Allies, Friends, Loved Ones, and Tribe? Otherwise, little to nothing will get done, and we will find ourselves utterly alone. How is that better than refusing to work together with our allies?

By now I am sure that the passing of Alexis has put us in mind of others whom we have lost to Death. Death reminds us that we are all interconnected, and what each of us does impacts the Beings around us.

These tendrils of connection, some more thick and intertwined than others, connect us to every other Being, everywhere. What impacts the system, family, or community impacts the individual, and what impacts the individual rebounds and radiates throughout the communities in which that person lives. Each individual, each Being, then, has more far-reaching impact than anyone could ever know. You make far more of an impact on each Being you encounter - friends, family, Chosen Family, even acquaintances and strangers, Beings throughout the world - than you can ever imagine or measure. Death is not our enemy, and in many real ways, Death is a friend. At the very least, Death reminds us that our time in this plane of existence is a limited commodity, and none of us really knows how much of it we have.

Each of us walks a Hero's Journey, but we do not walk it alone. We cannot, and we must not. To labor under the illusion that we do, keeps us from savoring the full width and breadth of the experience, and it robs our fellow Beings with whom we do, and must, inevitably share paths. The same S/spirit of Goodness and yes, Divinity resides within all of us. The same atoms that gave rise to the explosion that formed the Universe, which make up the very stars, are the same atoms that make up your very physical structure. You deserve good things. You deserve self-care. You deserve community, family, and affirmation. You deserve health, wellness, and wholeness. Amein.

© Alexander Yoo, 2012. All rights reserved.

#### 4. LAGPA'S MENTORING PROGRAM

Are you a seasoned therapist who would like to give back something to your profession? BUT...you don't want to attend a lot of meetings, chair committees, or OMG raise money. You don't want to spend hours assembling an annual conference or educational workshops? But, you are experienced and know a great deal. You might want to share your experience with a beginning therapist.

LAGPA's new mentoring program might be just what you need.

You could spend one or two hours with a new therapist - informing, guiding defining, and advising their career direction. You could help cultivate the next generation of psychotherapists.

For example, let's consider Bonnie who has her Psy.D. and predoctoral licensing hours. She has always wanted to be in private practice; but has no idea how to do that. We all know that graduate schools teach us how to do therapy; but they never cover how to establish a small business like a private practice.

On the other hand, Connie has been in private practice for twenty years. She knows how to set up and maintain a private practice. She knows about leasing (square footage, triple net, call light system, private exit). She knows how to charge and collect fees. She has mastered the delicate connection between helping her clients grow emotionally and keeping them coming and paying. She has provided herself health insurance, a retirement program, and peer consultation. She can market herself and cultivate strong referral sources.

Connie knows the life of private practice. She could show Bonnie the benefits and pitfalls of such a life. Twenty years of experience has convinced her that she made the right choice. And, in one or two hours, she could help Bonnie make the same choice.

Sound interesting? Let us know. Write Bruce Watkins, Ph.D., listed in the LAGPA directory.

Are you...  
**Genderqueer?**  
**Gender Non-Conforming?** **Trans?**  
**FTM?** **MTF?**

**Need Healthcare?**

## **Tuesday Nights for T Community Clinic**

*Respectful Care for the Entire Gender Community*

*A Community Project of GenderQueer Revolution and FTM International  
In Partnership with Jake Flores, M.D., St. Nicholas Medical Group  
[www.genderqueerrevolution.org](http://www.genderqueerrevolution.org)  
[www.ftmi.org](http://www.ftmi.org)*

Hormones

Primary Medical Care

Post-Surgical Follow-Up

*Training of physician and office staff provided by Alexander Yoo of GenderQueer Revolution*

Alternating Tuesdays, 5-10 PM  
Call (323) 860-9054 to make an appointment (available NOW)  
Mention **"Tuesday Nights for T"** when calling.

St. Nicholas Medical Clinic  
5520 Santa Monica Blvd., Suite 112  
Los Angeles, CA 90038

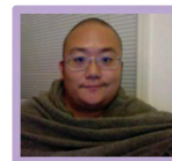


GenderQueer Revolution

**Medi-Cal, Medicare,  
PPO Insurance, and  
Sliding Scale**

**No Letter?  
No Documentation?  
No Problem!**

**Se habla español**



Alexander Yoo



6. LAGPA AT THE LESBIAN AND GAY LAWYERS ASSOCIATION OF LOS ANGELES (LGLA) 33<sup>rd</sup> ANNUAL AWARDS DINNER GALA AND SILENT AUCTION, "A TIME FOR US," FEBRUARLY 25, 2012

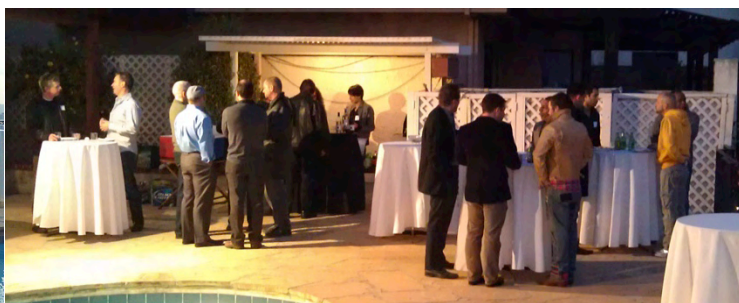
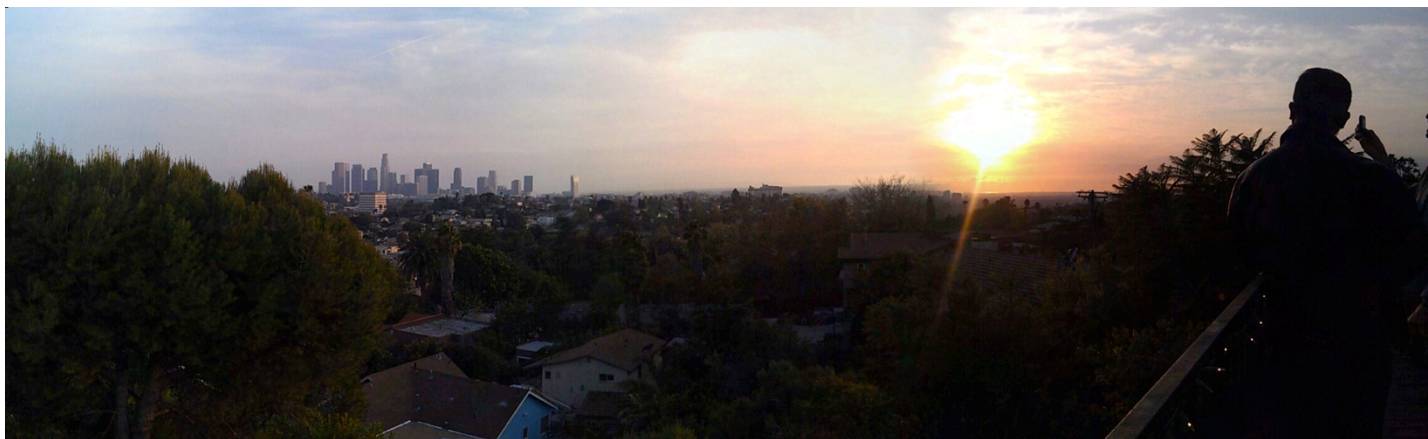
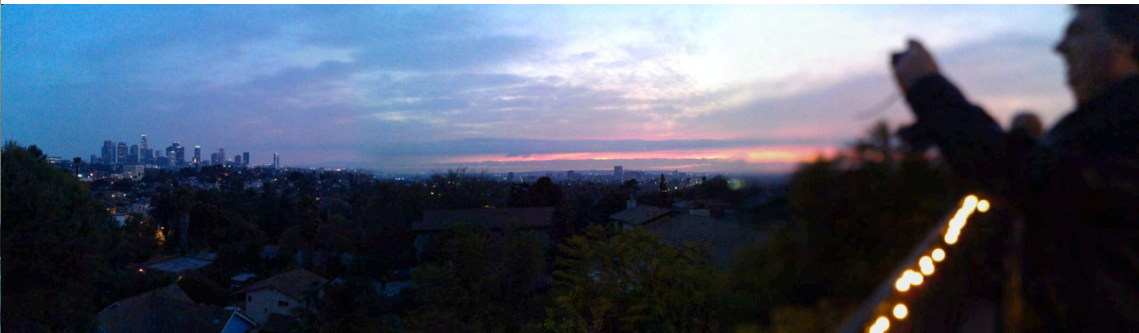
Photos by Eugene Frey



# 7. LAGPA/SCLMA/LGLA 2011 HOLIDAY PARTY

Photos by Alexander Yoo





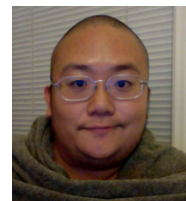
## 8. LAGPA BOARD OF DIRECTORS

Rev. Alexander Yoo, M.Div., M.A. (Co-President, Newsletter Editor)

As a psychotherapist, my interests go well beyond queer and gender issues. I am keenly invested in grief, loss, and death, as well as:

- Elders, aging
- Size-acceptance, HAES (Health At Every Size)
- Disability
- Ethnicity and race, especially across generations
- Leather, kink, and SM communities
- Non-monogamy

I have personal and professional experience with the gender component of the LGBTIQQ, yes, but I want to emphasize that I also have deep professional and personal knowledge of all the letters of the aforementioned acronym – the lesbian, gay, bisexual/pansexual, intersex, Queer, and questioning components of the queer umbrella. Furthermore, as many queer/LGBTIQQ folk I serve in my practice, I would say I serve even more gender- and hetero-normative folks.



I have been developing and thriving my business as an organizational community psychological consultant. I have worked with universities, private companies, NPOs, medical clinics, health providers – including therapists, clergy, and physicians – doing assessments and evaluations, organizational development, and diversity, efficiency, and front/back office medical training from a client/patient/patron-centered model.

I have presented over 100 papers on health, gender, LGBTIQQ, HIV, sexuality, philosophy, spirituality, race, and disability at symposiums worldwide.

I founded GenderQueer Revolution ([www.genderqueerreolution.org](http://www.genderqueerreolution.org)), an organization celebrating genderqueer, gender-gifted, gender non-conforming individuals and communities, worldwide, and I am the current Co-President of the Lesbian & Gay Psychotherapy Association ([www.lagpa.org](http://www.lagpa.org)) and its newsletter editor.

I also enjoy ongoing and constantly evolving professional experience as a university instructor, speaker (with thousands of hours of experience), published author, long-time community advocate and activist, musician of stage and studio, performance artist, and queer performance event producer/director.

I am available for consultation. Please feel free to call me at anytime at (310) 773-3484.

Psychotherapist, Organizational Consultant  
Ordained Clergy, Hospice Chaplain  
<http://www.linkedin.com/in/alexanderyoo>  
Facebook Pages – Become a Friend  
<http://is.gd/atgpsychconsult>  
<http://is.gd/atgtherapy>



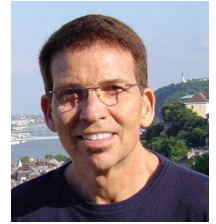
Athena Brewer, M.A.



Athena Brewer has a MA in Clinical Psychology, is a Marriage and Family Therapist Intern, and is currently completing a certification in Psychoanalytic Psychology at The Psychoanalytic Center of California. She has taught Human Sexuality at the graduate level, and has published articles on lesbian and gay health issues in The Advocate.com, Curves Magazine, and Girlfriends Magazine. She has also worked extensively with self-harming and suicidal clients, and is currently a shift supervisor for Didi Hirsch's Suicide Prevention Center.

Bruce R. Watkins, Ph.D. (Co-President)

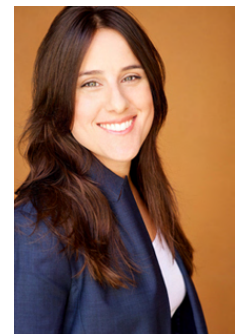
Bruce was born and raised in central Los Angeles. He was reared a Roman Catholic, with 16 years of Catholic education, eight of which were by Jesuit priests at Loyola High and Loyola University, Los Angeles. He received his B.A. degree in his major, psychology, with three full minors in theology, philosophy, and foreign languages. He was a Public Health Service Fellow at the University of Oregon, where he received his Ph.D. in clinical psychology in June, 1972. He was a National Institute of Mental Health Fellow both at his predoctoral internship at the Neuropsychiatric Institute at UCLA and at his postdoctoral internship at Thaliens, Cedars-Sinai Medical Center, Los Angeles. He has been: an Assistant Professor at UCLA, Department of Psychiatry and Biobehavioral Sciences; an Adjunct Professor at the California School of Professional Psychology, LA and Ryokan College, LA; and a clinical supervisor at the Center for Legal Psychiatry, Santa Monica. He established his private practice in Westwood in 1972, where he sees mostly high functioning adults with relationship problems. Psychotherapists apprentice to him and his three partners to learn his unique method of psychotherapy, which he calls, Person-Centered Psychoanalysis.



About his work, he says: I am psychoanalytic with a strong dose of Carl Rogers. I call my work person-centered psychoanalysis. I work with personality disorders intensively, with a specialization in codependency, narcissism, OCD and depression. I am also behaviorally trained, and have published in sex therapy. And, I enjoy doing couples therapy. In fact, I work primarily with high functioning adults who have problems in relationships. Finally, I have extensive experience working with religiously traumatized LGBT people.

Elizabeth Hill, MFT

Elizabeth Hill, MFT, holds a Masters degree in Clinical Psychology from Antioch University Los Angeles. Her private practice is in West Los Angeles, where she works with adult individuals, couples and groups. She has trained intensively with Pia Mellody to treat issues of codependency, love addiction, and trauma. In addition, she has completed advanced Inner Bonding training with Dr. Margaret Paul. In her clinical traineeship at Airport Marina Counseling Service, Elizabeth helped launch and co-facilitated Airport Marina's first Lesbian & Bisexual Women's Psychotherapy Group.



Elizabeth's specialties include love & relationship addiction; co-dependency; helping artists/creative folks hone their crafts; relational and couples therapy; LGBT issues; trauma and grief & loss.

Elizabeth has a foundation in Psychodynamic Psychotherapy and Family Systems Theory. However, she does not limit her theoretical orientation to only these modalities. She works within an eclectic

integrative perspective, depending on the needs of each client. She may utilize Cognitive Behavioral Therapy, 12-Step tools, Transpersonal Psychology, and even canine assisted therapy.

In addition to her private practice, Elizabeth facilitates Healthy Relationships Groups at both Promises Treatment Center's Residential program in West Los Angeles and at The Canyon Santa Monica. She also facilitates the Healthy Sex and Love Group at Promises Treatment Center's Intensive Outpatient program in West Los Angeles.

Gilbert Chalepas, Psy.D.



I have extensive experience dealing with chronic mental illness in the schizophrenia, psychotic and bipolar spectrums as well as LGBT and addiction issues. One of the most valuable parts of my training has been spending 17 years in my own therapy, an invaluable tool that very few others have. Winners get help!

Currently I am in private practice in Beverly Hills. I very much look forward to being part of the LAGPA board and helping in any way that I can to make our organization an even more enjoyable and valuable experience for our members.

[drgilbert@drgilbert90210.com](mailto:drgilbert@drgilbert90210.com)

Jen Durham, LCSW

I offer short term and long term therapy dealing with depression, anxiety, relationship difficulties, body image issues, LGBT and Gender Identity issues, adoption and parenting issues, PTSD, complex stress a substance abuse.



My therapeutic style is based on a combination of Cognitive Behavior Therapy and Narrative Therapy approaches. I also interweave Mindfulness and Meditation techniques and rely heavily on a strengths-based model. I find that gentle humor and a calm disposition create a safe, welcoming therapeutic space.

As a clinician I approach my work from a holistic perspective. An individual's mental health and overall happiness are based on a number of different factors that are unique to that client. Therapy is a collaborative effort that takes compassion, reflection, personal strength and creativity.

Lauren D. Costine, Ph.D.

Lauren Costine, PhD is a clinical psychologist, educator, writer, instructor, and activist with an office in Beverly Hills. She received her MA in Psychology at Antioch University Los Angeles in 2001 and her PhD in Clinical Psychology with an Emphasis in Depth Psychology from Pacifica Graduate Institute in 2007. Her dissertation focused on the role of the repression of the sacred feminine in the heteronormative society and how it affects female sexuality at it relates to the creation of consciousness. Her focus is on addiction and codependence issues, co-occurring disorders, depth psychology, LGBT-affirmative psychotherapy, lesbian-centered psychotherapy, psychodynamic and family systems modalities She works with both individuals and couples.



She was the Family Counselor at Exodus Recovery Center (substance abuse recovery center) for over five years where she was actively involved in helping the patients and their families find direction and

solutions, educating each individual on the realities of substance abuse and how to develop new coping skills, plus treatment planning and implementation for co-occurring disorders and chronic substance abuse problems.

She has also played a pivotal role in the development and management of The LGBT Specialization in Clinical Psychology, one of the first such programs of its kind in the country, as an Associate Faculty member and instructor in the Masters in Psychology program. Besides guiding the development and implementation of the ground-breaking affirmative curriculum she has helped produce a variety of grassroots psychological cultural events aimed to promulgate LGBT-Affirmative psychological ideas for the community in an accessible way through various mediums, such as multiple events at Highways Performance Space and Gallery, the "Clothesline Project", several books readings on campus and at A Different Light Bookstore, The Trans Teach In, The LGBT-Umoja 5-part series, The Sapphic Salon, and The LGBT-Affirmative Psychotherapy Conference co-sponsored with LAGPA.

She teaches such courses as LGBT History & Myth; LGBT-Affirmative Psychotherapy; Human Sexuality; Lesbian Liberation: Finding it through Identity, Love, and Sexuality, LGBT Community Action and Independent Studies; Process I: Beginning Therapeutic Techniques; Society and the Individual; and Women's Spirituality: Lesbian and Women-Centered Reading of the Sumerian Myth--Descent of Inanna. She has also presented workshops at such Conferences as American Psychological Association (2007, 2010), Los Angeles County Psychology Association (2010), Lesbian and Gay Psychology Association (2007, 2010), the Gay and Lesbian Center's Lesbian Health Conference (2008, 2009, 2010, 2011), and Lesbian Plus 50 Organization (2011); The Writer's Guild Association (2011).

Philip Pierce, Ph.D.



My training includes helping people from very diverse backgrounds, and I specialize in same sex relationship dynamics, couples therapy and affirming one's sexual orientation. I am a Lecturer at UCLA and my extensive experience with the LGBT community gives me a broad and well-rounded perspective when working with LGBT individuals; I also have wide experience working with those affected by HIV. I specialize in using cognitive behavioral therapy to treat anxiety disorders (panic attacks, OCD, social anxiety), depression and artist's issues. I have a background in the film industry and have a special interest in those working in the field. Check out my website for more information: [www.DrPhilipPierce.com](http://www.DrPhilipPierce.com)

Rosanna Santos, MFT

Let's face it...life happens! We try our best to make the environment around us as comfortable as possible for ourselves, and many times we succeed. Then, there are those times when we just feel stuck and frustrated, perhaps even discouraged. Often, if we stay in those "stuck" places for too long, we end up feeling depressed, anxious, stressed, angry, insecure, vulnerable, unmotivated, or just plain moody. It almost feels like there's some hidden knowledge that could unlock that "stuck" feeling and let us get back to, or begin, feeling motivated and confident about the direction of our lives.



When done with sensitivity and genuineness in the contained and safe environment I provide, therapy or life coaching can be a highly useful tool to pry yourself loose from those "stuck" places so you can begin making safe, healthy, and effective choices for yourself, your family, and your future.

I've served on the Board of Directors for San Fernando Valley California Association of Marriage and Family Therapists (CAMFT), certified as a Disaster Mental Health First responder for American Red Cross, certified in Critical Incident Stress Management, (CISM), listed on CAMFT's Trauma Response Network, and am a SCV Chamber member.

With over 10 years of clinical expertise, my experience encompasses extensive therapeutic work with adolescents, families, adults, teen groups, couples, trauma and abuse survivors, foster children, adoption, LGBTQ specific issues, women's issues, grief and loss, depression, and anxiety.

My current goal is to build up the client base in my private practice to a self-sustaining level, allowing me to focus all of my clinical energy on serving the community's mental health needs.

My specialties include helping Adolescents and their Families form closer bonds by developing a better understanding of one another; LGBTQ (lesbian, gay, bisexual, transgender, and individuals questioning their sexual orientation) individuals, couples, and families; Trauma and Abuse Survivors; Women's Issues; Grief and Loss; and running Teen Groups for both LGBTQ Teens and Teens having difficulties adjusting to the expectations of the world around them.



Travis Stobbe, BFA (Treasurer/Secretary)

Travis is a native of the San Fernando Valley and graduate of California Institute of the Arts (1999). His current career is real estate management. His real love is motion picture art. He has been involved with PFLAG, Toast Masters International, and various classic car clubs. Travis is a big supporter of LAGPA because of the important work the members perform for the LGBT community.

## 9. CLASSIFIED ADS

The Classified Section of the Progress Notes allows members and non-members to advertise available therapy services, employment and office space. This section is free for members and \$15 for non-members.

## SEEKING CONSULTATION or SUPERVISION

Wanted: Psychologist supervisor that can bill Medicare in Tarzana, CA: 420074

Hello, I am interested in starting a small psychotherapy clinic in Tarzana, CA. I am looking for a licensed psychologist that can provide supervision and bill Medicare. Please let me know if you or someone you know is interested.

Thank you, Natalie

[nataliejoon99@yahoo.com](mailto:nataliejoon99@yahoo.com)

Seeking Consultation

I am a member of LAGPA and I am very interested in joining a clinical consultation group. Does LAGPA offer this or do you have any referrals? I greatly appreciate your time and hope all is well.

Best, Raymond Lamb, L.C.S.W.

[lambcsw@gmail.com](mailto:lambcsw@gmail.com)

## THERAPY

Over-40 Gay Men's Group

Ongoing group for gay men confronting the challenges of aging in a youth-oriented culture. All gay men over age 40 are welcome. Topics of discussion range from sex/intimacy issues to career and life goals. The group meets Fridays at 7:30 PM in West Hollywood; each session is \$40. An 8- week commitment is required. For more information, please contact Michael Liberatore, M.A., M.F.T.I. #IMF-57834 at 310-497-7682. Group is under the supervision of Tony Zimbardi, Psy.D., M.F.T. #33579

Gay Men's Growth Group



(Studio City)

This is an ongoing men's group, which focuses on personal issues that lead toward better relationships with oneself and others. This is a group for serious minded men regardless of age, HIV or relationship status. Tuesday/Wednesday night in Studio City. \$35 per session. Contact Sandy Kaufman, M.F.T. at 818-761-4200

#### Gay Men's Group

(Beverly Hills)

The Center for Cognitive Therapy in Beverly Hills is now running a Gay Men's Group on Mondays from 7:30-9PM. If interested, please call Joel Becker, Ph.D. (PSY11680), 310-858-3831.

#### Ongoing Gay Men's Therapy Group

(West Hollywood)

Now accepting new participants!

Meets every Wednesday evening from 8:00 to 9:30 PM; \$50 per session. Group therapy is a helpful adjunct to individual therapy. Consider the benefits for your clients: learning to directly and healthfully express feelings; building self confidence and self esteem; feeling more comfortable in groups, relieving feelings of shame and isolation. Contact: Mark Reina, M.F.T., CGP at 310-366-5494.

#### Gay Men's Psychotherapy Group

Psychodynamic group focuses on Gay empowerment, recovery from trauma and co-addiction, compassionate self-care, mindfulness, building intimate relationships. Fridays, 6 PM, \$50. For more information, please call: Matt Silverstein, M.F.T., 310-842-6124 (License #MFC38474).

#### Mixed Groups

Mixed psychotherapy groups for well functioning men and women with a focus on relationship, intimacy, sexual, family, and career issues. Yalom model. Monday and Wednesday evenings led by Raymond Bakaitis, Ph.D. For more information, please call 310-841-6870.

#### Social Anxiety Group

This group will be making use of the latest empirically validated treatment for social anxiety. The group will be mixed (both gay, lesbian, and straight clients) and time limited to 10-12 sessions. Contact Joel Becker 310-858-3831.

#### Emotional Regulation Skills Group

This group that is based on the work of Marsha Linehan, Ph.D. with patients who have the diagnosis of Borderline Personality Disorder. It is appropriate for all clients who have problems in this area, which may include patients in a wide range of disorders including substance abuse, etc. This group is adjunctive and the client must have a primary therapist who will remain in the picture as "therapist of record." Contact Joel Becker 310-858-3831.

#### Women Over 40

Support and process group intended to allow women over 40 years of age to discuss coming out, making new connections, and more. Married and unmarried women are welcomed. Wednesday nights from 7:30 PM to 9 PM. \$35/session. Contact Emily Moore at 626-793-1078.

#### Ongoing Gay Men's Therapy Group

(Pasadena)

Great group for therapists. Wednesday night group (7:30 pm to 9:00 pm) currently has openings. The fee is \$45. The group works to understand how they are relating within the group and how that is reflected (or not) in relating outside the group. Career blocks, fears, anger, the addictive process, and self-esteem issues are also part of our focus. Therapist uses primarily psychoanalytically oriented techniques and has a certificate from the Institute of Contemporary Psychoanalysis. Contact Roger Winter, M.A., M.F.T. 626-440-9898 x2 (MFC28821)

#### SASS Group (Sexual Abuse/Assault Survivor's Support Group)

Group for women who have been sexually abused, experienced incest, raped, sexually assaulted, exposed to adult sexuality too young, used in child pornography, or who have been or who are currently being stalked. Closed group of 6 or less. Must be willing to make a minimum of a 6-month commitment to the group and attend on a regular basis. Group meets every other Sat 1-3. Call Cindie Henrie at 323-829-3548

#### Extreme Abuse Survivor's Group

Group for women who have posttraumatic stress disorder and are survivors of childhood/adult abuse and/or other traumatic events. This group is a process group for women who have survived multiple abuses that were violent in nature. Excellent for getting support and learning effective coping skills and strategies. Closed group of 6 or less. Must be willing to make a minimum of a 6-month commitment to the group and attend on a regular basis. Meets every Wed 8pm. Call Cindie Henrie at 323-829-3548

#### TransWoman Support Group

Group for transsexual women who are in the process of transitioning from male-to-female who are at different phases of their transitioning process. This is a highly supportive process group! Closed group of 6 or less. Must be willing to make a minimum of a 6-month commitment to the group and attend on a regular basis. Meets every other Sat from 10am-12pm. Call Cindie Henrie at 323-829-3548.

#### Significant Others Support Group (SOS Group)

Group for women whose significant other has a gender identity issue or is gender variant. Partners may be transsexuals, transgender, intersexed, cross-dressers, gender-queer, or transvestites. They can be either male-to-female or female-to-male. Group meets every 2-3 weeks depending upon availability of group members. Closed group of 6 or less. Must be willing to make a minimum of a 6-month commitment to the group and attend on a regular basis. Call Cindie Henrie at 323-829-3548.

#### Healing and Freedom from Critical and Controlling Parents and/or Partners

Group for women who were raised by critical, controlling and/or narcissistic parents or who are in relationship with critical and controlling, narcissistic partners. Most women in the group have found that their self-esteem has suffered tremendously as a result of being emotionally and

verbally abused, criticized or controlled in their lives. Excellent group! Closed group. Must be willing to make a minimum of a 6-month commitment. Meets every other Sat from 3pm-5pm. Call Cindie Henrie at 323-829-3548.

#### Psychotherapist Supervision/Peer Consultation Group

Supervision/professional peer consultation group for therapists who are interested in trauma, feminist therapy, gay and lesbian issues, gender identity issues, dissociative disorders, or who want to learn more and consult on cases. Lots of great information will be discussed, presented and explored! Come be creative, get support, and enjoy an intimate process group with other therapists. Date/Time TBD. Call Cindie Henrie at 323-829-3548.

## EMPLOYMENT

#### Psychotherapy Bookkeeper Position

Must be able to add existing client files to software program called "Therapist Helper." Call Mike Fatula M.F.T. at 323-876-8861 or 323-422-9433 business cell phone. (I am live on business cell phone at 5 minutes before any hour 10AM-10PM Mon-Fri).

#### Full Time MFT, Psychologist, or LCSW

Frank's House is looking to fill a position full time position to share with The Van Ness House. Candidate will be licensed as an M.F.T., Psychologist, or L.C.S.W.; experience counseling clients on behavioral issues, including drug use, criminal behavior, high-risk sexual behaviors: demonstrated ability to communicate clearly and effectively, verbally, and in writing, with diverse participants (including gay, LGBT communities), staff, and supervisors: good charting skills: review, and assessment forms for accuracy, and internal risk behaviors: moderate to advanced computer skills; work flexible hours to accommodate project needs; complete and be certified in HIV Counseling and Testing. English/Spanish Bilingual skills preferred. No calls; please email resume to:  
[rbcfranks@gmail.com](mailto:rbcfranks@gmail.com).

#### Part-Time Office Help

Part time office help needed, 10-15 hours weekly, in Beverly Hills. Familiarity with ShrinkRapt billing software helpful. Contact Dan Fast, M.D. at 310-246-1040

## OFFICE SPACE

#### West Hollywood (Melrose/La Cienega)

FT psychotherapy office space in West Hollywood near intersection of Melrose and LaCienega. Near Cedars-Sinai yet in a quiet garden courtyard of therapists and designers. One central air thermostat for your office only--which only you control. Stand-alone, private office and waiting room. 24/7 access to building and AC/heat. Reserved (not tandem) parking space for therapist and ample street parking for clients. Handicapped-accessible office and restroom (also near major bus routes). Windows, high-vaulted ceiling (owner willing to install sky light, if desired). Owner willing to build-out to your specific psychotherapy office needs. While square footage sounds small, it is larger than the psychotherapy office space I occupy next to yours. For details and amount of rent, contact building owner Jack Ravan at 323-782-1270  
Thanks,  
Mike Fatula, M.F.T.

#### Carthay Circle/Mid-Wilshire

Beautiful offices with east facing view available in the Carthay Circle/ Mid-Wilshire area at 6310 San Vicente Blvd. Suite 401, Los Angeles, CA 90048. One full-time unfurnished office (170 square feet) is available for \$1000/month, or one hourly furnished office (150 square feet) for \$15/hour. Free wireless internet and printing, fully stocked kitchen with break area, locked file space, a nicely decorated waiting room, access to a furnished group room, a café on the first floor, and convenient street or structure parking. Keycard included with rent, parking available for monthly fee. Email Dr. Halle Aten at [halleaten@gmail.com](mailto:halleaten@gmail.com) or call 310-339-2546 to tour the space.

#### West Los Angeles /Westside Pavilion adjacent

Part-time office space available in suite designed by therapists for therapists. Full/half days in windowed and interior offices in 2-story, modern building (built in 2008). Very good soundproofing, easy parking options, call lights, separate exit, wireless. Call 310-281-8681 or email [andrew@westsidetherapist.com](mailto:andrew@westsidetherapist.com).

#### Studio City/West Hollywood

Ideal office set-up for newly licensed therapist or therapists who would like to apply for networks: For a little over \$100 a month, you could have one office in LA. For a little over \$200 a month, you could have two offices in LA, one in Studio City and one in West Hollywood! And having two offices is a plus for applying for insurance panels, as is working with special communities. Call Mike Fatula, M.F.T. 323-876-8861.

#### Beverly Center

Part-time mornings and Friday-Sunday. Quiet small secured building near Beverly Center, 24/7 access, private climate control, windowed charming comfortable large furnished office, good size for groups, shared waiting room with call light, sound proofed, plenty of parking (free or metered), utility room with fridge, micro, copier, printer, file drawers. Call Steve Kadel 310-228-3676.

#### Beverly Hills

Office space available for lease in medical building in Beverly Hills. Suitable for consultations, counseling, presentations, or auditions. Monthly rent: \$1333 (one year contract). Two hours free public parking in addition to street parking. Call Eric at (323) 528-8206, or send email to [chantalrialland@gmail.com](mailto:chantalrialland@gmail.com)

#### Encino

Prime Encino office space now available. Newly remodeled suite in therapist-friendly building. Full and part-time space for sublet in both windowed and interior offices facing Encino Hills. Freeway-close to the 101 and the 405. Very good soundproofing, easy parking options, call light system, separate exit. Contact 310-281-8681 or [andrew@westsidetherapist.com](mailto:andrew@westsidetherapist.com).

#### Studio City / Valley Village

Charming quiet garden setting office with private waiting room, bathroom, and kitchen. Bright, windows that open, air conditioning, close to freeway, and free parking. Available part-time. Please call Dr. Stacy Berlin 310-442-6466.

#### West Los Angeles

Charming courtyard building on Westwood Blvd., just south of Wilshire. Bright and beautifully carpeted and furnished. Call light system. Private exit. Collegial atmosphere. Part time or half time. Call Elaine Schulman 310-475-0674.

#### West Los Angeles

Beautifully decorated, windowed, freeway close, disabled access, call lights, separate entrance/exit, security building. Available AM's every day, all day Thursday and Saturday. Contact Renee R. Sperling, L.C.S.W. at 310-470-3450.

#### West Hollywood

Newly remodeled, beautiful, quite, F/T or P/T psychotherapy office space in 2-office suite in centrally located professional building in the heart of West Hollywood. Office is newly painted and carpeted with soundproofing. Separate, enclosed waiting area with call light system. Off-street parking available. One office is unfurnished and available full-time. One office is furnished. Both offices have windows overlooking lots of greenery. Gay affirmative practice and environment. Rent varies according to usage. \$300/day per month P/T and \$1000 FT. For more information, please contact Matthew Silverstein, Ph.D., M.F.T. 310-842-6124 or [msilversteinmft@aol.com](mailto:msilversteinmft@aol.com).

#### West Hollywood

Prime therapy office for evenings and weekends. Beautiful space is available Monday through Thursday evenings from 6PM to 9PM or 6PM to 10PM, and all day Friday, Saturday and Sunday. This French-windowed corner office is elegant and tasteful; furnished with antique oak wood furniture, rich brown leather couch/chair, and warmly painted walls. It also has a desk and a consulting area which makes it more spacious. There is a shared waiting room and a copier/refrigerator room. Friendly colleagues. High-end security building on designer row. Other offices within the building consist of psychotherapists, psychiatrists and writers. Street parking is free on Robertson after 6PM. If interested please call Paul Oberon, Psy.D. at 310-659-0509. Required blocks of time: 6PM to 9PM or 6PM to 10PM.

Monday/Tuesday/Wednesday/ Thursday or 4-hr blocks for Fridays through Sundays, (example 9AM to 1 PM or 1:30PM to 5:30PM); \$25/hour (non-negotiable).

#### West Hollywood/San Fernando Valley

Quiet Garden Courtyard of therapists, designers, and writers near Cedars-Sinai and Thaliens. Also office space on Ventura Blvd. near Laurel Canyon (Studio City).

- Quiet, garden courtyard; one story building; 24/7 access & AIR
- Windowed, private waiting room; sound-proofing & call-light systems
- Windowed & skylighted private therapy office
- Separate entrance-exit; separate restrooms for clients & therapists
- High vaulted wooden ceiling/new wood window blinds
- Utilities included with reasonable rent; private, covered, well-lit parking
- Easy canyon access to San Fernando Valley
- Recently remodeled to psychotherapy specifications. Reasonable rates (utilities included). Call Mike Fatula at 323-876-8861.

---

#### Progress Notes

A quarterly publication of the Lesbian and Gay Psychotherapy Association of Southern California, Inc., an organization dedicated to the promotion of lesbian, gay, bisexual, and transgender psychology, by supporting and serving the mental health professionals who work within the lesbian, gay, bisexual, and transgender community.

Spring/Summer 2012

Editor:  
Rev. Alexander Yoo, M.Div., M.A.

Co-Presidents  
Rev. Alexander Yoo, M.Div., M.A.  
Bruce Watkins, Ph.D.

Secretary/Treasurer  
Travis Stobbe

Board Members:  
Athena Brewer, M.A.  
Gilbert Chalepas, Psy.D.  
Lauren Costine, Ph.D.  
Jen Durham, LCSW  
Elizabeth Hill, MFT  
Philip Pierce, Ph.D.  
Rosanna Santos, MFT  
Travis Stobbe, BA  
Bruce Watkins, Ph.D.  
Rev. Alexander Yoo, M.Div., M.A.

Executive Director  
Chuck Stewart, Ph.D.  
[ckstewar@sbcglobal.net](mailto:ckstewar@sbcglobal.net)  
(310) 288-3465 (v)  
(310) 838-6769 (f)  
Box 34142  
Los Angeles, CA 90034  
[www.LAGPA.org](http://www.LAGPA.org)  
[LAGPA@sbcglobal.net](mailto:LAGPA@sbcglobal.net)