

# Progress Notes.



October, 2013

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

[www.lagpa.org](http://www.lagpa.org)

1. **EXECUTIVE DIRECTOR'S REPORT** – This year is turning out to be one of the more pivotal years in the Gay Civil Rights Movement. After decades of struggle, one-by-one we are gaining equality in a culture that has, historically, treated LGBTIQ people poorly. Not only was DOMA and Proposition 8 overturned by the U.S. Supreme Court, but also Exodus International shut down and made a public apology for the harm they caused, and the California Supreme Court upheld the right for states to regulate professional conduct by disallowing SOCE on children.
2. **CONFERENCE REGISTRATION**
3. **CONFERENCE SCHEDULE**
4. **PHOTOS: SUMMER POOL PARTY**
5. **CLASSIFIED ADS**

## 1. EXECUTIVE DIRECTOR'S REPORT: YEAR OF MILESTONES

By Chuck Stewart, PhD

This year is turning out to be one of the more pivotal years in the Gay Civil Rights Movement. After decades of struggle, one-by-one we are gaining equality in a culture that has, historically, treated LGBTIQ people poorly. Not only was DOMA and Proposition 8 overturned by the U.S. Supreme Court, but also Exodus International shut down and made a public apology for the harm they caused, and the California Supreme Court upheld the right for states to regulate professional conduct by disallowing SOCE on children.

That is a lot to take in. As gay people, we are deeply aware of the terrible antigay lies told by the religious right and conservatives. Even though it has been 40 years since the APA removed homosexuality from the DSM and concluded that all sexual orientations are equally valid, antigay propaganda continues to flood certain sections of our community. I highly recommend viewing "8: The Mormon Proposition" or "Outrage" for recent examples of attacks made by the religious right against us. Personally, I no longer allow "ignorance" to be used as an excuse for espousing antigay falsehoods. If I'm in a conversation with someone who makes antigay comments and repeats antigay stereotypes or uses false information, I do not engage in a conversation of the data. Rather, I confront the speaker and let them know that "they know" what they are saying is not true and that they need to look inside themselves as to why they keep repeating falsehoods. I don't confront the "facts" but rather confront the speaker. And, I think that is what we saw happen with Exodus International and in the courts. No longer do we have to defend our existence as normal human beings, but that we are challenging the actions that keep us second-class citizens.

A few years back when "Milk" was released to the theaters, my friend John was over for dinner. One of the young gay residents in my building came bursting in from just having seen the movie. He was impressed and exclaimed how he couldn't imagine San Francisco ever being antigay. From his experience as a 30s-something young gay man, the acceptance of gay people in San Francisco was a given. My friend John, who is in his late 70s piped in with, "you should have seen the 50s." And, that is the point of any civil

rights movement. It takes tens of thousands of people over decades to affect a shift in cultural values. We must thank everyone who has said “no” to antigay discrimination.

We are lucky and honored to have Senator Ted Lieu as keynote speaker for the 18<sup>th</sup> Annual LGBTIQ Psychotherapy Conference being held November 3 at Phillips Graduate Institute and co-sponsored by Sierra Tucson. Senator Lieu was responsible for crafting and passing SB1172. This bill prevents licensed psychotherapists from attempting sexual orientation change effort (SOCE) on children. The bill was to go into effect on January 1, 2013 but the religious right filed suit to block implementation. They claimed that it violated their right to free speech. The California Supreme Court overruled the stay upholding the right by the state to regulate professional conduct. I think Governor Jerry Brown was so right when he signed the law and stated that SOCE needed to be relegated to the “dustbin” of medical quackery.

We hope to see you all at the Conference. Register soon. PGI is a bit restricted in space. Typically 100 people attend the conference but we will be limiting this to 70 this year.

## 2. CONFERENCE REGISTRATION

Dear LAGPA Members and Supporters,

**There is a Community Table at the Conference.** One of the tables near the Registration Desk is a Community Table where LAGPA members and attendees are welcome to put business cards and other materials to promote their services. Either bring your materials with you on the day of the event or mail them to:

Chuck Stewart  
3722 Bagley Ave. #19  
Los Angeles, CA 90034

I will place your materials out on the table. We expect about 70 people to attend.

### **Still Time to Register:**

It is with great honor that we have Senator Ted Lieu as our keynote speaker. He is responsible for crafting and passing SB1172-- the bill that prevents therapists from trying to change the sexual orientation of young people. Our courts recently upheld the right of the state to implement this law and we are already seeing many other states take up the issue. Come and get the latest update on this important legislation.

Conference brochure with registration form can be obtained at the LAGPA website: <http://www.lagpa.org/conference/2013/Brochure.pdf> (please allow 15-20 seconds to download).

You can now register ONLINE and make payment through PAYPAL: <http://lagpa.org/conference/con-reg.php>

Of course you can still print out a copy of the registration form and either mail, fax, or scan and email it and make payment by check, credit card, or PayPal: <http://lagpa.org/conference/2013/Registration.pdf>

We appreciate the generous support from Phillips Graduate Institute and Sierra Tucson.

See you November 3.

### 3. CONFERENCE SCHEDULE

## Conference at a Glance

8:00-8:30	Registration	10:45-12:15	<b>SESSION TWO</b> (see below)
8:30-9:00	Morning Mingle	12:15-2:15	Keynote and Luncheon
9:00-10:30	<b>SESSION ONE</b> (see below)	2:15-2:30	Comfort and Networking Break
10:30-10:45	Comfort and Networking Break	2:30-4:00	<b>SESSION THREE</b> (see below)

CE certificates will be distributed immediately after last session.

## 9:00-10:30 | Concurrent Workshops 1A, 1B, 1C

### 1A. The Perfect Storm: Crystal Meth and LGBT Domestic Violence

The Perfect Storms looks at the relationship among crystal meth, the depletion of dopamine and the potential for increased domestic violence in LGBT relationships. The presentation will give an overview of crystal meth, LGBT domestic violence, the effects on how dopamine depletion increases the potential for violence in meth users. Finally the presentation discusses treatment strategies for both LGBT domestic violence and crystal meth, and the importance for treating them concurrently.

**Mike Rizzo**, IMFT, CSAC is Manager of Crystal Meth Recovery Services and Addiction Recovery Services L.A. Gay and Lesbian Center. Mike received his certification as a Drug & Alcohol Counselor from LA City College and received his Master's in Psychology from Antioch University. Mike serves on several crystal meth work groups and advisory boards and has been both a featured speaker and panelist in various town hall meetings throughout the country. Mike's own crystal meth recovery and his work within the gay recovery community have been featured in various mainstream publications, including *GQ Magazine*, *The Advocate* and an Emmy Award Winning episode of KCET's "Life & Times" television series.



### 1B. How Transitioning as a Therapist on the Job

Therapists have to maintain personal privacy, yet transition often makes this impossible. Kendall Evans, who successfully navigated transition as a practicing therapist, will facilitate this panel of trans therapists (FTM, MTF, and gender diverse). The panel's focus will be on sharing practical approaches these therapists have learned during or within gender flux with other therapists who may encounter similar dilemmas. The panel will also explore questions about therapeutic privacy in general.

**Kendall Evans** MA, MFT, has specialized in working with perpetrators and survivors of relationship abuse and violence since 1987 when she co-founded Another Way. She also provides general psychotherapy at Open Paths Counseling Center. Kendall trains and supervises interns at Open Paths, as well as presenting workshops for therapists on domestic violence dynamics and treatment and other topics at various agencies and at The Phillips Graduate Institute. She is an active member of the Association for Batterer's Intervention Programs working as co-chair. Kendall has authored two book chapters and a Journal article on domestic violence and related topics.



### 1C. Using Meditation and Mindfulness to Address Internalized Homophobia

How do clients love, honor and celebrate themselves in a world that oppresses and disenfranchises them? Buddhist teachings offer a way to meet oneself with kindness, compassion and friendliness. Acceptance of sexuality, gender identity and authentic self is central to achieving the goal of living with ease, without judgment, in the present moment. This workshop will discuss recent empirical evidence on meditation and explore how mindfulness techniques can specifically address the negative effects of homophobia on

health, self-acceptance and the experience of wholeness. Two relevant meditations will be demonstrated and participants will be invited to share their experiences of these practices.



**Jan Aura**, Ph.D. is a clinical psychologist in private practice in Culver City and Pasadena. She teaches Introduction to Sport Psychology at Santa Monica City College. She emphasizes the importance of mind body connections when approaching well-being and peak performance.



**Alisa Dennis**, Ph.D., is a clinical psychologist in private practice in Los Angeles. She does clinical supervision locally, and consultants around the country. Alisa utilizes mindful awareness to promote body-mind-spirit integration and relief from suffering and draws from Buddhist, as well as other contemplative traditions.



**P. Philip Tan**, Ph.D. has been on faculty at California State University, Long Beach, School of Social Work since 2001. He leads a meditation club for social workers and therapists that utilize the “loving-kindness” and “insight” meditation techniques. He is currently researching on the issue of suffering and on the issue of self-compassion and how it influences well-being.



**Ross Harpold**, MFT is a private practice psychotherapist and coach. He combines his problem solving skills, honed in many years of working in the entertainment industry, with his core belief in mindfulness practices to help individuals and couples achieve satisfaction and contentment on their life’s journey.

## 10:45-12:15 | Concurrent Workshops 2A, 2B, 2C, and 2D

### 2A. Mapping the Dreamscape: Engaging the Complexity of LGBTIQ Dreams, Bodies, and Identity

In this session, we will explore the convergence between gender identity, the physical body, and the subtle body of the psyche as they interact in the world of dreams. How can therapists differentiate between the dreamer's personal gender and body image explorations, and the psyche's engagement of the body as a symbol? When is it most appropriate to regard a dream as expressing both? These questions are nuanced when working with clients of transgender experience. Two clinicians, one experienced in dream work and the other in transgender issues, will provide didactic material, reflections on case studies, and practical techniques for clinicians to apply in this rich but often neglected subject.



**Rev. Alexander Dmitri Roberto Jose Sims-Zaraspe-Yoo**, M.Div., M.A. works with trans and gender-gifted populations in general medical wellness and mental health. As a psychotherapist, his interests go beyond queer and gender issues and include a wide range of vulnerable, marginalized and/or exploited people. Alexander founded GenderQueer Revolution ([www.genderqueerrevolution.org](http://www.genderqueerrevolution.org)), a national organization celebrating genderqueer, gender-gifted, individuals and communities worldwide. Through GQR, he helped create Tuesday Nights for T, a medical clinic for the gender-gifted community in Los Angeles.



**Douglas Thomas**, PhD, LCSW has a private therapy practice in Pasadena and he works as adjunct faculty at Pacifica Graduate Institute in Carpinteria. He is also a Program Director for Pacific Clinics in Covina, California. With over thirteen years of experience as a practicing therapist, he has supervised and trained clinicians for the past ten years. He is a popular presenter of workshops and talks throughout the state of California on LGBTQ issues and on dream therapy, his two areas of specialization. Dr. Thomas holds a masters degree from the USC School of Social Work, and a PhD in depth psychotherapy from Pacifica Graduate Institute.



## 2B. Extremely Quiet and Incredibly Close: The Unspoken Sexual Challenges for Culturally Diverse Same-Sex Couples

With “marriage equality” on the current political landscape, increased attention has been given to same-sex couples. However, little attention has been given to the stresses that individuals from culturally and ethnically diverse populations experience on a daily basis, as they look for romantic, sexual, and long-term partners. What stereotypes do they face? How do they balance multiple expectations both within and outside of their relationships? How do they negotiate potential minefields as they explore avenues toward sexual pleasure? This workshop will present recent literature and clinical narratives on individuals as they date and partner with people of the same minority status or of a cultural status different from their own.



**Daniel J. Alonzo**, Psy.D., is both a Licensed Clinical Psychologist and a Licensed Marriage and Family Therapist in Los Angeles. In addition to his private practice, Dr. Alonzo is a Professor at Phillips Graduate Institute as well as a member of the Adjunct Faculty of Pepperdine University. He has been a member of LAGPA since its inception and was the recipient of the LAGPA Outstanding Community Service Award in 2006.

## 2C. The Art of Living Every Minute — Contemplative Practices and Transformation

Inspired by the stories of 20 LGBTQI individuals who have incorporated contemplative practices, this workshop acquaints participants with some essential aspects of Buddhist psychology that can be used with clients to deal with internalized homophobia and liberate them from other difficult emotions. Two meditations derived from the Buddhist tradition (different from the meditations presented in the previous workshop) will be demonstrated. Participants will be invited to share their reflections of the concepts that have been introduced, their experiences with these practices and how they can be used with clients.



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## 2D. Utilizing Client God-image in Psychotherapy With Christian LGBTQ Identified Students

This workshop will focus on the role of god-image in identity formation for LGBTQ university students. A brief overview of the formation and role of god-image will be provided. Specific attention will be given to showing the importance of utilizing Christian LGBTQ client’s god-image as they navigate through this identi-

ty-forming period. LGBTQ affirmative clinical techniques for working with Christian client's god-image within psychotherapy will be discussed, as well as brief case studies.



**Caroline Carter**, M.A. is a doctoral student in Clinical Psychology (Psy.D.), Azusa Pacific University besides holding a Masters in Women's Studies in Religion, Claremont Graduate University.

Her developing interests are in gender, sexuality, religion, spirituality, and the interplay of gender and sexual identity with god-image.



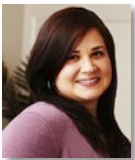
**Ashley Wickliffe**, M.A, is a doctoral student in Clinical Psychology (Psy.D.), Azusa Pacific University. Her current interests include identity formation, mood disorders, and religion and spirituality.

uality.

## 2:30-4:00 | Concurrent Workshops 3A, 3B, 3C

### 3A. Self-Identifying as Lesbian in Midlife

The transition into self-identifying as lesbian in midlife impacts various aspects of a woman's identity, as well as her relationships within her personal, social, and professional life. A group therapy manual entitled, *The Transition into Self-Identifying as Lesbian in Midlife*, was created in order to assist mental health professionals in providing affirmative services for women who self-identify as lesbian in midlife and to provide support for women making this transition. This workshop and manual addresses topics such as disclosing one's lesbian identity, managing the positive and negative psychological effects of disclosure, and integrating one's identity into one's values and relationship with oneself.



**Dr. Denise Gallonio** has a passion for diversity as evidenced in her doctoral project entitled— *The Transition into Self-Identifying as Lesbian in Midlife*— in which she developed a group therapy manual to address the unique needs of women who identify as lesbian in midlife. She is currently a Postdoctoral Fellow at Tarzana Treatment Centers and has worked with a diverse range of clients in both residential as well as outpatient treatment settings.



**Dr. Sepida Sazgar** is a licensed psychologist and a Core Faculty at the Chicago School of Professional Psychology. In addition, Dr. Sazgar is actively involved in providing supervision and training for graduate students.

graduate students.

### 3B. Therapist and Human Being: An Affirmative Approach to Navigating Client Boundary Spaces with LGBTIQ

Working affirmatively with LGBTQ clients involves consideration of the complex lived experiences of LGBTQ Clients. At the intersection of sexual identity, race, class, gender identity lies the uniquely evolving self understanding of both client and therapist; who together, create a therapeutic alliance that can be both challenging and affirming. This workshop will challenge you to consider the complexities of our clinical work as LGBTQIA therapists and the manner in which our own evolving identities can influence countertransference and transference while serving as a catalyst for change in ourselves and our clients. Case discussion will demonstrate affirmative approaches using an affirmative therapeutic approach with LGBTQ clients and family systems.



**Lisa Maurel**, MFT, has worked in private practice for over 18 years in Newport Beach, CA. Lisa specializes in affirmative therapy with LGBTQ clients in Orange County and is a frequent lecturer, speaker on LGBTQ mental health and relationship topics, as well as a CEU provider. She is a former LAGPA board member.

### 3C. Making Love Last: What Helps “Trans-Couples” Stay Together

This workshop will focus on both the joys and challenges experienced by many couples in which one partner is trans, and the unique opportunities for emotional growth, intimacy, and satisfaction that these relationships can offer to both partners. Attendees will become familiar with literature pertaining to relationship longevity for same-sex and other-sex couples, as well as literature about transgender relationships specifically. Presenters will highlight implications for clinical practice, utilizing vignettes to illustrate issues that typically come up in the context of mental health practice. Attendees will also participate in large-group discussions and share their own experiences working with this population.



**Cristina Magalhaes**, PhD, is a licensed clinical psychologist and associate professor at Alliant International University, Los Angeles. Areas of interests include sexual and gender fluidity, immigrant/sojourner experiences, stress/anxiety/trauma, and health promotion.



**Naomi Jackson**, PsyD, is a post-doctoral mental health practitioner who graduated from Alliant International University, Los Angeles. She completed the Rockway Certificate for LGBT psychology at Alliant and did her dissertation on clinical issues pertaining to the experiences of couples of color in which one partner is trans.



#### 4. PHOTOS: SUMMER POOL PARTY





## 5. 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.

Best, Raymond Lamb, LCSW [lambcsw@gmail.com](mailto:lambcsw@gmail.com)

## THERAPY

### **Actors' Support Group**

I am forming a 12-week group for actors, providing support for career-related issues such as anxiety, depression, low self-esteem, and dealing with rejection. The group will meet Wednesday or Thursday evenings (TBD), 7-8:30PM, each session is \$20 with a discount if all sessions are paid in advance. Contact Brian Carpenter, MA, MFTi (IMF 73607), at 323 863-5638. Supervised by Steven Isaacman, PsyD FIPA MFC 29803.

### **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, MFT 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, PhD (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, MFT, 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, MFT 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, PhD. 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, MA, MFT 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 MFT 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).

## **OFFICE SPACE**

### **West Hollywood**

As of Thursday, January 3, 2013 we will have several office vacancies available for psychotherapists looking to rent office space. Our suite is located on the top floor of 8235 Santa Monica Boulevard in West Hollywood, 90046. The offices are nicely furnished and most have south facing city views. We are at the corner of Santa Monica Boulevard and Harper Street, across from the restaurant “Eat Well.”

The suite is walking distance to several other restaurants and street parking is readily available. Office space will be available for rent on Tuesday and Thursday evenings, and Saturday space may also be available. Basic rent for "one week day," starting at 3pm and ending at 10pm is \$200 a month. It is possible to rent the entire day or several days. Monthly rates are pro-rated for renters who select to rent more time. During the months of January and February, we will be offering a 2-month rent discount for psychotherapists beginning or re-locating their private practices. We appreciate your effort to share this information with any psychotherapists looking for office space. For specific rental rates or to schedule a site visit, please call contact Brad Chabin at 323-369-8838.

#### **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

#### **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, MFT 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, LCSW 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, PhD, MFT 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, PsyD 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.

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### **Progress Notes**

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