

Progress Notes.



December, 2014

Newsletter of the Lesbian and Gay Psychotherapy Association, Southern CA, Inc. • LAGPA@sbcglobal.net

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1. EXECUTIVE DIRECTOR'S REPORT: 2014 December

The year is wrapping up. The Annual LGBTQI Psychotherapy Conference on November 16 was a smashing success. Almost 100 people attended, which was a new high. Also, we had eight sponsor tables—again, a new high for us. Rob Weiss gave a rousing and informative speech. I heard only positive comments about the workshops from the people as they left. There are so many people to thank—Antioch University Los Angeles and the LGBT Specialization; Rob Weiss and his group of companies—Elements Behavioral Health and Sexual Recovery Institute; Omar Minwalla and his company the Institute for Sexual Health sponsored booths and presentations by PFLAG and Trevor Project; for the first time CAMFT had a booth; and at the last minute Visions Adolescent Treatment Centers and Vista Del Mar participated. Twin Town Treatment Centers has been a decade-long supporter of LAGPA. They continue to provide their office in West Hollywood for board meetings and educational workshops.

Talking about educational workshops, we are planning a workshop on PrEP and PEP. We are hearing more and more about these approaches to reducing the spread of HIV yet there is some controversy if the medical approach is leading to more unsafe sexual practices. The details are being worked out and you will hear about them soon. Likewise, Dr. Martin McCombs, who was not able to give his workshop on gay male survivor syndrome at the Conference, will be giving it sometime in the spring. Do you have other ideas? Remember, LAGPA is your organization. If there are topics you would like us to address in the educational forums, just let us know.

Elections are upon us. Each December elections are held for the LAGPA board. Everyone who is a current member is encouraged to vote or, better yet, run for the board. Ballots will be sent out soon.

The Winter Social is in just a few days. The flyer is included. This year Mark and Robert are opening their home to us in Van Nuys. It is great to spread our events in different locations of Los Angeles so as to reach out to some of our far-flung members. We are currently talking with members in Palm Springs who want to host a social gathering to mostly introduce therapists in the area to our activities. We are always open to your suggestion. In just a few months we will begin planning for 2015 Annual Conference. It will be our 20th and an important marker of our progress. Come and join with the planning and fun.

By Chuck Stewart, PhD

Acceptance.

NO EXCEPTION.

Antioch University Los Angeles offers two pioneering programs for therapists interested in providing effective, affirmative treatment to their LGBT clients:

- **The Master of Arts in Psychology program's LGBT Specialization in Clinical Psychology**
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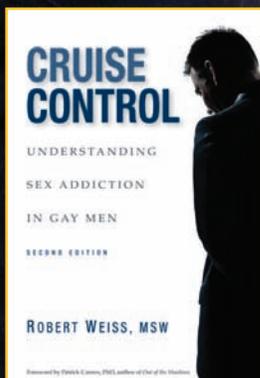
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2. CALENDAR OF EVENTS

Come help us put on events of interest to YOU!

2014

December 7 Winter Social

2015

February Educational Workshop – “PEP & PrEP”
March Educational Workshop – “Gay Male Survivor Syndrome”
April/May Lesbian and Gay movie nights at Chuck’s
June Participate in CSW parade
July Outfest – Community Supporter
August/September Annual Summer Social with SCLMA and LGLA
October LACPA Conference where we host a booth.
November 20th Annual LGBTQI Psychotherapy Conference

3. PAST EVENTS

October 18 LACPA - Booth Hosted by LAGPA



November 16

Nineteenth Annual LGBTQI Psychotherapy Conference

The Lesbian and Gay Psychotherapy Association of Southern California, Inc. (LAGPA) announces its Nineteenth Annual LGBTQI Psychotherapy Conference. The conference is a one-day event co-hosted and co-sponsored by Antioch University Los Angeles and the LGBT Specialization. The conference is being held Sunday November 16, 2014 in Culver City, CA at Antioch University and presents academic research and expertise on LGBTQI issues and concerns to professionals working with these clients in their psychotherapy practices. The conference is designed to meet the educational needs of psychiatrists, psychologists, LCSW, MFT, MSW, CAADAC Certified and Registered addiction professionals, interns, and students of psychology, and earns continuing education credits from APA, BBS and CAADAC. Approximately 100 working professionals are expected to attend. Prior conferences have been held at Philips Graduate Institute, University of Southern California, and the Gay and Lesbian Center.

Our keynote speaker, Robert Weiss, LCSW, CSAT-S, is an international sexual addiction expert, renowned author and educator, and founder of the Sexual Recover Institute. He has authored many books, including: *Cruise Control: Understanding Sex Addiction in Gay Men*; *Sex Addiction 101: A Basic Guide to Healing from Sex, Porn, and Love Addiction*; *Untangling the Web: Sex, Porn, and Fantasy Obsession in the Internet Age*; and *Closer Together, Further Apart: The Effect of Technology and the Internet on Parenting, Work, and Relationships*. He is a regular contributor to *Psychology Today*, *The Huffington Post*, and *CounselorMagazine.com*, writing primarily about the intersection of technology with sex and intimacy.



Thanks to our Conference sponsors:



4. CONFERENCE PHOTOS









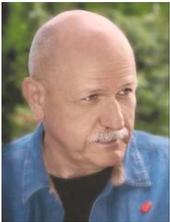
5. ELECTIONS



Robbert Schalekamp, MFT, PsyD, (current President) is working as a psychotherapist in the Clinical Counseling Center in Sherman Oaks with a variety of clients. He is also the assistant clinical director of the counseling department of the Hollywood Sunset Free Clinic in Silverlake, where he did his internship prior to being licensed as an MFT in 2001. He received his PsyD in 2005 from the California Graduate Institute. He is from Holland and has lived in the USA since 1994. He lives in Santa Monica with his partner Jay. Robbert has served on the LAGPA board for one year and is currently Co-President.



Travis Stobbe, BFA (current Secretary/Treasurer) 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.



Fred Wilkey, EdD (current board member). A licensed clinical psychologist, Fred has a solo private practice doing cognitive behavioral psychotherapy in West Hollywood. Fred has been counseling as a licensed practitioner for over thirty years, has been on the LAGPA board for three, and is currently the Secretary/ Treasurer.



Damien Gonsalves, MFTi, (current board member) born and raised on the East coast. Damien completed his undergraduate studies at West London College UK and graduated from Emerson College with a BA. In June 2013 he graduated from Antioch University with a Masters in Marriage Family Therapy and a specialization in LGBT affirmative psychotherapy. Damien completed his clinical traineeship working with clients at Being Alive in West Hollywood has been an active member in the Sober community for over 25 years. Damien presently works at Promises Treatment Center where he has been for over the past 4 years as the S.A.I.D. (Substance Abuse Intimacy Disorders) Clinical Case Manager since May 2013 and joined the LAGPA board in January 2014.

Christopher McKeown (current board member)



Price Marshall, LMFT, works in private practice in Santa Monica CA. She specializes in addiction recovery and trauma. She is a Master Trainer for The Trauma Resource Institute for their Community Resilience Trainings, is trained in EMDR, and former Adjunct Professor for the Antioch University MAP

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QUESTIONS? PLEASE EMAIL: INFO@THETREVORPROJECT.ORG

The Trevor Project provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning young people ages 13-24. **THE TREVOR PROJECT**



The Institute for
Sexual Health

ISH wishes to thank LAGPA for hosting educational conferences for the past 18 years in support of the LGBTIQ psychotherapy community.

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6. WINTER SOCIAL



LAGPA Winter Social

Let's celebrate the end of a successful year and the great turn out at the Annual Psychotherapy Conference with a party at the lovely home of Mark Flanders & Robert Wilford.

All LAGPA members, supporters and friends are invited. This year's winter social is an exclusive LAGPA event.

Date: Sunday, December 7th, 2014

Time: 2– 5 PM

Location:

Mark Flanders & Robert Wilford

13916 Cohasset St.

Van Nuys CA 91405

The nearby major intersection is Sherman Way & Woodman Ave.



Cost: \$20 for members, \$30 for guests

Catering by Eddie Morgado with many flavors and dishes for the holidays including those for vegetarians.

Holiday music to cheer your heart provide by DJ Waide.

*Come socialize with LAGPA
members and new friends.*

**RSVP: Chuck Stewart, LAGPA Executive Director at:
LAGPA@sbcglobal.net**





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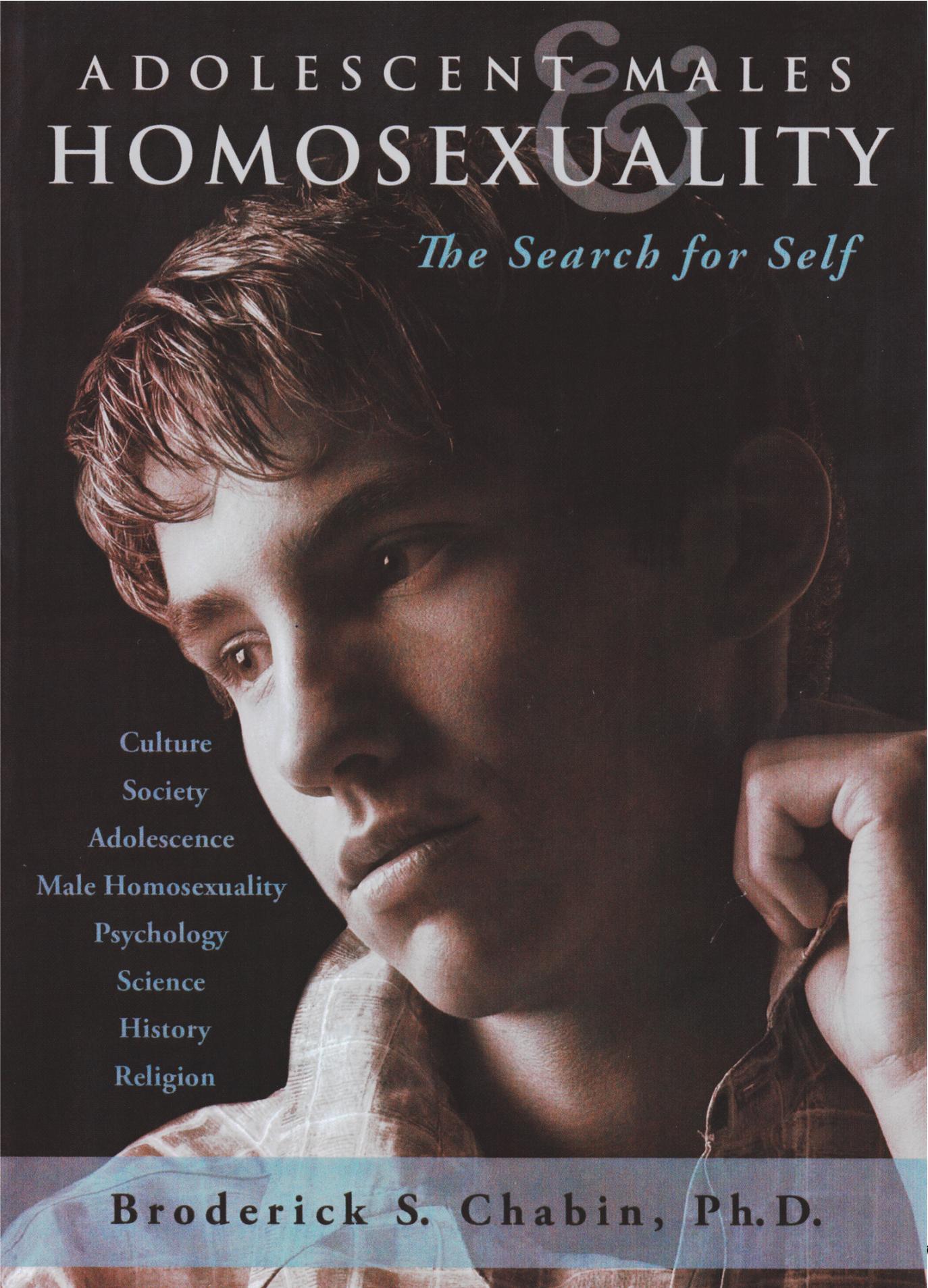
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7. CLASSIFIED ADS

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.

THERAPY

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.

Couples Therapy

I love to work with couples! Narrative therapy for gay and lesbian couples in Larchmont Village. Active, engaged, passionate, and experienced. Call Tony Davis at (323) 963-3183 or go to FindYourWayTherapy.com for more info. Licensed Marriage and Family Therapist MFC81838.

Group

Gay Men's Mastermind Career Support Group for support professional dreams and goals. Held on Monday evenings, 6:00-7:30 p.m., fee slides from \$50 to \$65. Approximately 25-45 age range, but flexible. Intake interview by phone required. Group is in progress. Call 310-726-4357, or email Ken@GayTherapyLA.com.

New Group in Westwood

Dr. Lani Chin is now accepting new clients in Westwood. Dr. Chin has worked with various members of the Gay, Lesbian, Bisexual, and Transgender community specializing in affirmative therapy for the treatment of anxiety, depression, substance abuse and anger management. Dr. Chin works with both individuals and couples.

Lani Chin, Psy.D.

Licensed Clinical Psychologist PSY 24971

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Adam Cotsen, M.D.

Psychotherapist and Psychopharmacologist

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EMPLOYMENT and INTERNSHIP

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Paid private practice weekend internship opportunity offered to qualified Associate Clinical Social Worker (ASW) or Marriage and Family Therapist Intern (IMF) for sessions on Saturdays, Sundays, and possibly Monday mornings/afternoons at established office near Beverly Center. Supervisor has 17 years experience as clinical supervisor and is part-time faculty of USC School of Social Work, with over 10 years in full-time private practice and over 20 years clinical experience as a specialist in gay men's and HIV mental health, and men's psychology. Adult population focus only, with mainstream, evidence-based interventions (preferably CBT, DBT, IPT, or psychodynamic). NOTE: Must have existing clients or reliable referral stream. Motivated self-starters only. Supervision and private practice career coaching. 50/50 fee split basis. Available immediately. One opening. Email letter of interest and resume/CV to Ken Howard, LCSW, at Ken@GayTherapyLA.com.

Private Practice Internship Available:

Part-time, post-graduate position available within Westside practice for BBS-registered MSW associate or MFT intern. Addictions/trauma experience required. Prefer candidates with fewer than 1200 hours toward licensure. Email CV to andrew@westsidetherapist.com or visit www.westsidetherapist.com for more information.

OFFICE SPACE

West Hollywood

As of December 1, 2014, we will have several office vacancies available for psychotherapists looking to rent office space in our very established psychotherapy office suite. Our suite is located at 8235 Santa Monica Boulevard in West Hollywood. (We are at Santa Monica and Harper Ave, across from the restaurant "Eat Well" and one block east of West Hollywood City Hall). We have several different offices available, at different times of the day and different days of the week. We are on the 4th floor and most offices have a south facing city view. Rates are based on blocks of time (i.e. 8am-4pm or 4pm-10pm) and discounts apply for full days (8am-10pm) or multiple days in the week. The basic rent for one block of time for a month (i.e. Wednesday from 8am-4pm for an entire month) is \$200 and discounts apply for any additional time rented. The rent includes the office, copy/fax, wifi, a mail box, office supplies etc. For specific availability or to schedule a visit, please call Brad Chabin, Ph.D. at 323-369-8838.

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Office space in Studio City & West Hollywood

Ideal office set-up for licensed therapists and newly licensed therapists-- especially those who would like to apply for insurance panels or who are on panels. For under \$200 a month, you could have an office in LA. Or, for an additional rate, you could have two offices in LA: one in Studio City and one in West Hollywood! Having two offices is a plus for applying to/being on insurance panels and for always having a conveniently located office in a large city such as Los Angeles. Call Mike Fatula, MFT, at 323-876-8861 for current availability in either or both locations.

West Hollywood

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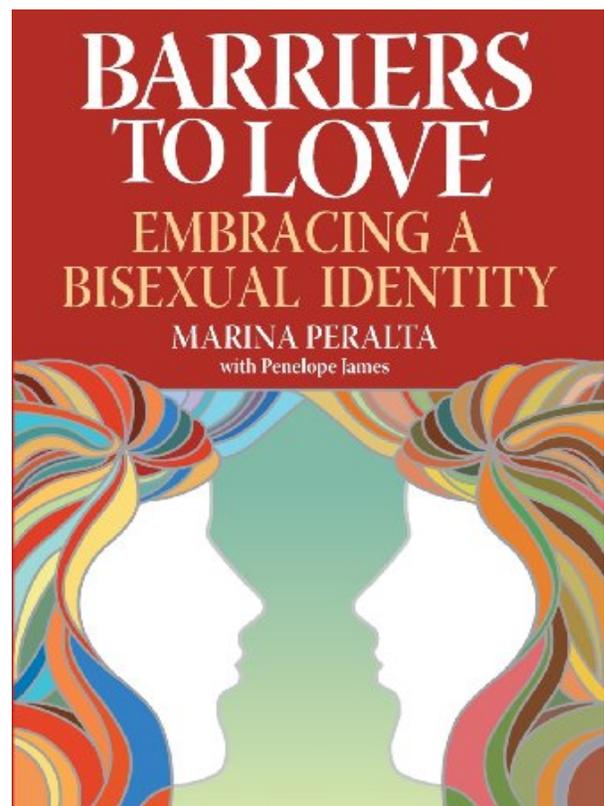
- Easy canyon access (Laurel and Coldwater) to San Fernando Valley
- * Amenities: copier, frig, microwave, tea/coffee service
- * Utilities included with reasonable rent

San Fernando Valley

- "On the Boulevard" office space -- Ventura Blvd! near Laurel Canyon in Studio City
- * Easy canyon access (Laurel and Coldwater canyons) and freeway access (101/134/170) to West Hollywood, Hollywood, Silverlake, Glendale, Pasadena, and the rest of the San Fernando Valley
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 - * 24/7 building access and 24/7 AIR
 - * Reserved, well-lit parking for therapists & ample street parking for clients
 - * Utilities included with reasonable rent
 - * Amenities: copier, frig, microwave, tea/coffee service

BOOKS BY MEMBERS

Two New Kindle version of books by Jeffrey Chernin Ph.D., MFT New Kindle edition of *Get Closer: A Gay Men's Guide to Intimacy and Relationships*. Also, a new book for non-gay couples, *Achieving Intimacy: How to Find a Loving Relationship that Lasts*. Both books discuss how to overcome several kinds of challenges, with a special emphasis on developing better communication, putting an end to conflicts and emotional distance, and uncovering long-standing dynamics in order to have a long-lasting, loving relationship. Available on Amazon.



NEWSLETTER POLICY

Article Submission

Your articles are welcomed and solicited, and will be published on a space available basis. Please send a copy of your articles by email, to LAGPA@sbcglobal.net. This newsletter is emailed to over 600 current and past members. PN is published 3 times a year—Jan or Feb, June or July, October or November. Advertising and articles are due three weeks before publication. Contact us for dates.

Classified Advertisement Rates

Members FREE

Non-member \$15.00

Display Advertisement Rates

Size	Member	Non-mem.
1/8 page or business card	\$20.00	\$30.00
1/4 page	\$40.00	\$50.00
1/2 page	\$70.00	\$90.00
Full page	\$90.00	\$125.00

This includes business cards, advertisement for upcoming events you are producing, personal promotion, or anything that you may want members to be aware of.

Mechanicals

Size	Member	Non-mem.
Business Card	3.5" w x 2" h	
Horizontal eighth-page	3.7" w x 2.37" h	
Vertical eighth-page	1.82" w x 4.8" h	
Horizontal quarter-page	7.5" w x 2.4" h	
Vertical quarter-page	3.7" w x 4.8" h	
Horizontal half-page	7.5" w x 4.8" h	
Vertical half-page	3.7" w x 9.75" h	
Full page	7.5" w x 9.75" h	

POLICY FOR MAILING LISTS AND FLYERS

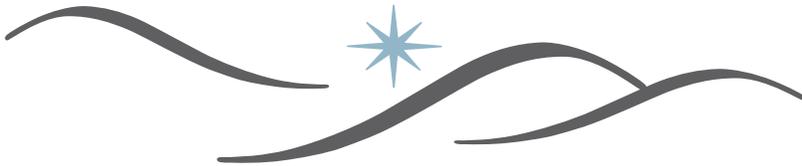
LAGPA does not sell or give out its mailing list (in any form) to any person, group, or organization. If you would like to send an electronic mailing to the membership you must send us the text, graphics, URLs, and any accompanying attachments you wish to send so our Editor, and the rest of our Board may review it. Rates for this type of service are: Members \$125.00 per mailing; Non-Members \$175.00 per mailing. We strongly suggest you place an ad in the *Progress Notes* rather than create a separate mailing. Members may bring flyers to LAGPA events and place them on tables where participants can pick them up.

The Board reserves the right to refuse to e-mail, include in the *Progress Notes*, or display any material it deems inappropriate or offensive to its membership, or in direct conflict/opposition to the purpose/ mission statement of the organization. For more information please contact our Executive Director, Chuck Stewart. The purpose of a newsletter is to provide specialized information to a targeted audience. Newsletters provide a great way to market your product or service, to create credibility, and to build your organization's identity among peers, members, employees, or vendors.

First, determine the audience of the newsletter. This could be anyone who might benefit from the information it contains, for example, employees, or people interested in purchasing a product or requesting your service. You can compile a mailing list from business reply cards, customer information sheets, and business cards collected at trade shows, or membership lists.

Next, establish how much time and money you can spend on your newsletter. These factors will help determine how frequently you publish your newsletter and its length. You should publish your newsletter at least quarterly so that it's considered a consistent source of information. Your customers or employees will look forward to its arrival. ▼

VISIONS



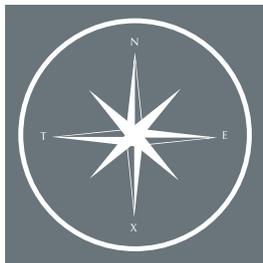
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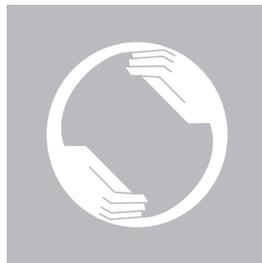
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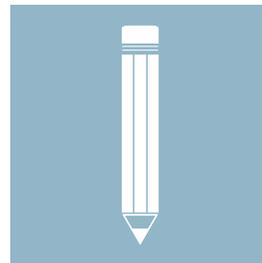
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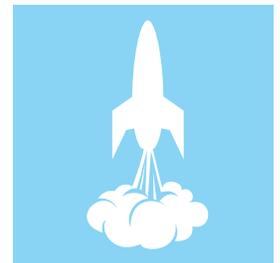
EXTENDED CARE



OUTPATIENT



DAY SCHOOL



LAUNCH

Progress Notes

A tri-annual 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.

December, 2014

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