

# Progress Notes.



February-March-April-May, 2016

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

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(see Executive Director's Report on page 2)

## CALENDAR OF EVENTS

**(Do you have any suggestions for educational forums or other events? Just let us know. We are working on the schedule now— so NOW is the time to let us know.)**

- **Spring/Summer** — 2-4 educational workshops – TBA Summer: Sun & Moon as Healing Archetypes, Mary Guillermin
- **Spring/Summer** — Free movie nights - TBA
- **June 12** — CSW Pride Parade float
- **Junly 7-17** — Outfest booth as Community Supporter
- **August 14** — Summer Pool Party with SCLMA and LGBT Bar at the home of Liliane McCaine
- **October 15** — Models of Pride booth at USC
- **October 15** — LACPA booth
- **Late October or early November**— 21<sup>st</sup> Annual Conference
- **December 10**— Winter Social at home of new SCLMA president Robert Chang
- **January 13-15, 2017** — Finding Freedom Workshop booth (in Palm Springs)

**Details for events given at website when finalized. Watch for Email announcements.**

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# New 2016 Activist Board

Welcome all to 2016. This should be an exciting year. I can tell our recently elected board will be very active planning many educational and social events for the year. Our first board meeting for 2016 covered a lot of ground. We have begun planning our 2016 calendar. Please remember, LAGPA is your organization. Bring your ideas and concerns to the board so we can take action. Also, you don't need to be a board member to volunteer. For example, when we sponsor a booth at LACPA, Models of Pride, and even Outfest, you can volunteer to staff the booth. That way you can also promote your own business. You can serve two purposes at once.

Every year near New Years, the press covers many of the important or noteworthy people who have passed in the prior year. Two that we have lost are Jeanne Cordova and Robert Spitzer. I knew Jeanne very well. Back in the late 1990s, I was part of the ONE Institute (my truck was used to move the collection a couple of times besides moving Jim Kepner to his last apartment). ONE decided to put on a fund-raiser honoring Ivy Bottini at the Comedy Club. We held weekly meetings at Jeanne's house for almost a year planning the event. My friend John and I were often the only men there surrounded by very powerful lesbians. As usual, I became the secretary and kept the minutes. It was fun and exciting to be around action-oriented women who knew everyone in Hollywood. Jeanne chaired the meetings. Those were the days.

Terry Oleson has returned to the LAGPA board. He is one of the founders from way back in 1992 and instrumental at launching the Gay Services Center (now the *Los Angeles LGBT Center*). He, like Fred Wilkey on the board and myself, are long-time activists. We bring a depth of knowledge about the gay civil rights movement that is unparalleled; and all of us are concerned and interested in seeing LAGPA continue and grow. With the advent of same-sex marriage being approved nationwide, it seems that too many young LGBT citizens don't see the need for continued activism. But as RJ Molligan (also new to our board and past president of the gay attorney group LGLA) has noted; why is HIV still spreading?; why is alcoholism and drug abuse rampant in the gay community?; why all these psychological problems if we have won it all. Obvious to us, the struggle continues. Really, it does. There are still children being brought up in antigay households. We can still be fired from our jobs or denied housing simply for being queer in over half the states. And so on. LAGPA still has a place and needs to bring supportive and loving services to our community.

There is much more to get out of LAGPA than just being part of the on-line directory. Sure, that helps bring clients to your practice. That is good. But there is an inherent good in supporting LAGPA and all the good work that it does. Please continue to support LAGPA. Tell your friends and colleagues. Your support helps LAGPA continue its important work.



Chuck

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## Convention Preview



Forthcoming Fall 2016  
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# FUNDAMENTALS OF LGBT SUBSTANCE USE DISORDERS

MULTIPLE IDENTITIES, MULTIPLE CHALLENGES



**MICHAEL SHELTON**

FOREWORD BY  
DANA G. FINNEGAN  
EMILY B. MCNALLY

THE SUCCESSOR EDITION  
TO THE CLASSIC WORK  
*Counseling Lesbian, Gay, Bisexual  
and Transgender Substance  
Abusers: Dual Identities*

BY DANA G. FINNEGAN AND  
EMILY B. MCNALLY

## 2. STATEMENTS FROM CURRENT & NEW BOARD MEMBERS

**Robbert Schalekamp**, MFT, PsyD, (current co-President):



I have attended most LAGPA events for the last 19 years. It is clear that the "core business" of LAGPA has been the education workshops and the annual conference. Second to those are the two socials each year. Thirdly several other activities have been undertaken, some lasted for several years, some happened only once. Among these were mentoring, the parade, activism (around required CEUs, Proposition 8 etc.), community awards.

I have no clear thoughts about this third category. I would need more time to think about it and to hear and react to the suggestions of others. The socials have always been a success. The education component has been really successful, especially when you consider that many people attended our education events for CEUs, which are now easy to get for free elsewhere without much effort. There must be a need for it.

There was a considerable variety of topics at the annual conferences of the last five years, as well as the various workshops during that period. Last year's conference did not have a major theme, just workshops that might appeal to our members and others interested in attending. There were 12 workshops and they were all well attended with at least 8 persons, the median attendance being 15-20. I have no clear idea yet what topics should be presented during the year and during the conference. As to the conference, we always put out a call for proposals and usually come up with something decent. Events outside of the conference are decided upon by the board.

**Mary Guillermin**, MFT, is a new Board Member:



When I arrived at university in England in 1971, it was a very exciting time. I was part of starting the first ever Gay Liberation Front and the first ever Women's Consciousness-raising Group. Heady times! Unity was the watchword. We worked together as gays, lesbians and transgender people, partied in the straight gay scene in the local town, threw disco parties at the university with gays, lesbians, trans-people and cross-dressers coming from all over the county. In the resulting atmosphere of anxiety and excitement and liberation, we worked together in a tolerant and accepting way. As people discovered themselves, and their anger, things fragmented – but

I had enjoyed the feeling of working together for an important cause.

Fast forward to 2016, and so much has changed; and so much has *not* changed. Lesbians and gays have the right to marry in many states, though not all, but still the freedom to be out and open in public about our same-sex love is more easily and safely experienced in Los Angeles than many places in America, let alone truly repressive countries elsewhere in the world. The discrimination and opprobrium faced by transgender and trans-questioning folk is horrendous – so much suffering and inequality of opportunity for people trying to create the life they want to lead in which they feel fully themselves.

When things have changed, those who are comfortable in their lives and their homosexuality, can become complacent. While our clients and people at large still experience prejudice and discrimination,

as therapists it is important to support the work of LAGPA, and realize that LAGPA and other Gay organizations are still relevant and needed.

And from **RJ Molligan**, a lawyer and new Board Member:

### The Dream of the Acorn:



In 2009, I was invited speak on a national television show as the incoming Co-president of the Los Angeles LGBT Bar Association. I was asked to discuss the impact of the recent passage of Prop 8 on the LGBT community. Several hours before the interview, I attended my weekly appointment with Sister Peg, who after providing several months of spiritual direction, still had no idea that I was a “homosexual”. I was afraid she would reject me if I revealed myself to her and that her rejection would confirm my deepest fear that God did not love me, and that I was unworthy.

Under the pressure of “coming out” on a national level, I confessed my “dark secret.” Sister Peg responded, “God makes no mistakes. Therefore you are not a mistake. You are exactly as God intended you. How could it be otherwise?” A part of me knew this was true whether or not you believe in God.

It is impossible to fully describe what happened next. But it began with the presence of light; a feeling of light surrounding me, then filling every cell till light was every cell. I was light. This lasted for several moments. Relief and joy washed over a lifetime of pain and self-loathing and I began to sob uncontrollably. As I collected myself and headed for the recording studio, Sister Peg said, “Now you have an opportunity to help lead others out of their darkness.” In essence she urged me to “pay it forward.” As I turned to say goodbye, she said one last thing, “Remember to dream big – big enough to fulfill God’s dream for you.”

A few years later, I earned a Master’s Degree in Spiritual Psychology at the University of Santa Monica and completed a third year of post graduate studies in consciousness, health and healing. We studied “entelechy,” which can be described as the acorn’s deepest longing to become an oak tree. Entelechy is about becoming and the fulfillment of becoming. It is pure potentiality, and the fulfillment of that potentiality.

As therapists, you know that not every acorn finds the soil or the sun. But what you may have forgotten is that, **you are the soil and the sun**. And, like Sister Peg, you too have an opportunity to guide others into the fullness of the dream of the acorn. This is a sacred obligation. And I believe that it is no accident that you find yourselves in this position.

This is why you and LAGPA are so important and must continue to reach out to the LGBT community, particularly the youth who continue to subject themselves to harm, including drugs and HIV. These are symptoms of pain and the deeper self-hatred at the root of self destruction. It will be a blessing the day you and LAGPA become irrelevant. Until then, consider the possibility of doubling your efforts to increase the odds that those who most need you find you, and vice versa.

Peace be with you. RJ

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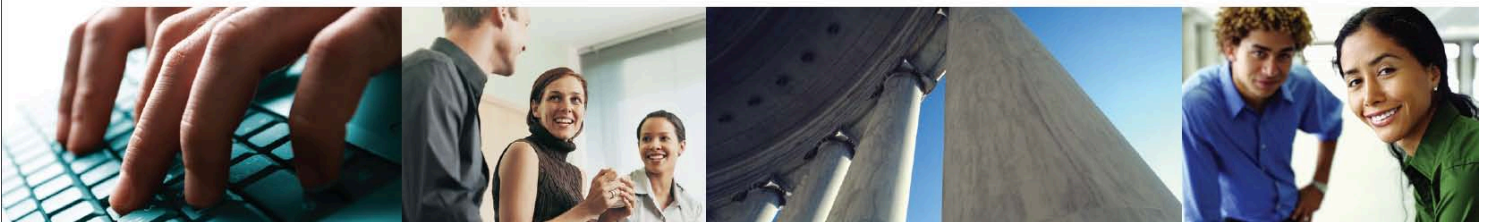
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A little bit about some of our LGBT affirmative staff members:

**Justin Shubert, Psy.D., Founder.**

Justin is a Clinical Associate at the New Center for Psychoanalysis and founder of Silver Lake Psychotherapy. He completed his doctoral project on "Affirmative Psychotherapy with Gay and Lesbian Clients" and has been both a trainee and a supervisor at The LA LGBT Center. Justin sees a variety of clients at his private practice in Silver Lake.

**Tom Suberman, MD, Psychiatrist.**

Tom completed his Medical Training at UPenn and is currently in fellowship at UCLA. He offers compassionate psychiatric care to those in the community and is especially sensitive to issues LGBTQ patients face.

**Anais Plasketes, MFT-Intern.**

Anais Plasketes graduated from Antioch's LGBT-Specialization program in 2014. She trained at the COLORS LGBTQ Youth Counseling Center and at the Lifeworks program at the LA LGBT Center. Anais is building her private practice and enjoys working with LGBTQ youth.

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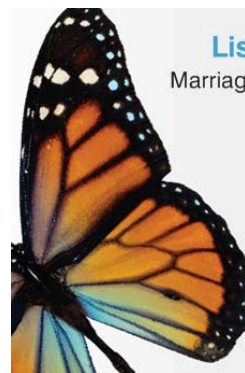
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Join us for stimulating monthly public meetings of the Uranian Psychoanalytic Club at Plummer Park in West Hollywood to learn more about the affirmative practice of gay-centered inner work and the Institute's Uranian Psychoanalytic Self-Development Training Program.

*For more info, visit [uranianpsych.org](http://uranianpsych.org) or call (323) 692-9336*



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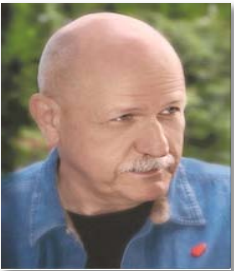
### 3. MEET YOUR NEW BOARD MEMBERS



**Robbert Schalekamp**, MFT, PsyD, (current co-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, and has been on the LAGPA board for four years.



**Damien Gonsalves**, MFTi, (current co-President) was 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 he joined the LAGPA board in January 2014.



**Christopher McKeown**, MFTi, (current board member). Christopher is honored to be on the board for LGPA for many reasons, the main one being to help the LGBT community in having access to therapists who are in some way part of the LGBT community. Christopher is a graduate of Antioch University Los Angeles and attained a Masters in Clinical Psychology with a concentration in LGBT-Affirmative Theory and Practice. Christopher is currently working as a pre-licensed therapist/MFT Intern with Providence Community Services. Christopher is gaining 3000 plus hours to be able to take the exams to get the L(Licensed) in front of the MFT and take away the

l(intern) in the near future.



**Nicole Gershenson**, MA, MFTi (current board member), received her BA in Psychology from the University of California Los Angeles. She received her MA degree in Psychology with an emphasis on Marriage and Family Therapy, with a concentration in Mindfulness Based Practice from Phillips Graduate Institute. Currently Nicole works at BLVD Treatment Centers in Hollywood and West Valley Counseling Center in Tarzana. In her free time Nicole enjoys exploring art galleries, seeing live music, hiking, yoga, and traveling. Her passion is about empowering others to create the life they want to live.



**Mary Guillermin**, LMFT, was a founding member of a Gay Liberation Front university group in the heady years of unity in the early 1970s in the UK. Mary has trained with Peter Fleming, Director of the Pellin Institute, Italy & UK, since the late 1970s and has a Diploma in Gestalt and Contribution Training. She is a Senior Pellin Practitioner. Mary is a graduate of the Clinical Psychology program at Antioch University, LA (2007). Mary has extensive experience with Mental Health Recovery, and was a Certified Domestic Violence Facilitator working with both women and men at Another Way/Open Paths Counseling Center. She is also a collage artist who is inspired by the Divine Feminine. She is the Founder of The Femininity Project and originator of Sun-Moon Therapy, a radical path to Wholeness that is gender-bias free.



**Terry Oleson**, Ph.D. I had the privilege of being one of the founding members of LAGPA back in the 1990s and it has been very gratifying to see LAGPA continue to grow over the past three decades. LAGPA members have come and gone these many past years, and yet the social, academic, and political pursuits that the organization has participated in serve as a great source of revival. The annual LAPA conference seems to always find interesting speakers, while the annual Summer Pool Party and Winter Party are a great place to meet new colleagues and interact with old friends. I am very glad to serve on the LAGPA Board again.



**RJ Molligan**, Esq. has been a civil trial lawyer for 26 years and was Co-president of the LGBT Bar association in 2009 and 2011. She has appeared on national radio and television in connection with her advocacy for LGBT civil rights and peaceful resolution of legal conflict. In 2012, RJ graduated with honors in a Master's Degree program in Spiritual Psychology from the University of Santa Monica. Thereafter, RJ launched Peacemakers, LLC which helps people resolve legal conflict in a strictly confidential environment, and often results in resolution of the inner conflict underlying the legal dispute. Healing and closure on both levels is the true magic of Peacemakers.

#### 4. ARTICLES AND HEADLINES



### LESBIAN PIONEER, JEANNE CORDOVA DIES AT 67

A force of nature and pioneering voice for LGBT civil rights has been stilled.

**January 10, 2016 - by Karen Ocamb**

Edited by Mary Guillermin for LAGPA Newsletter.

Fiery lesbian feminist activist/author/publisher, Jeanne Cordova died peacefully at around 4:30am at her home in Los Angeles on Sunday morning [January 10, 2016]. Her spouse, Lynn Ballen, and friends Jenny Pizer, Doreena Wong and Dina Evans from Arizona were with Jeanne when she passed. Jeanne was 67.

Close friend Ivy Bottini posted this on her Facebook page:

*Jeanne Cordova died this morning at 4:30 am. Our community has lost a guard at the gate of hatred and I have lost my Best Butch Bud of over 40 years. There will never be another Lesbian Activist like Jeanne. She was one of a kind. A true innovator. And a hell of a business woman. But right now I am grieving her lost presence, her laughter, her grit, and the love we both had for each other. Here's to you, Jeanne, you will always live in my heart.*

Jenny Pizer said:

*Jeanne left us gently early this morning, having stayed, as she promised, into this new year. The last while was hard work for her. And yet she continued to be the engaged, playful, brilliant friend whose absence many will feel for a very long time. A while ago, she named us siblings of choice, which was perfect. It was one of the countless ways she fashioned her life and relationships into good, new, enduring forms. Sometimes, before you know it, a person becomes part of you. I'm grateful for that. And for the time we had. And the laughter shared. And now we'll hold her spirit close, with so much love.*

*Jenny said: Jeanne was known for being headstrong—but she was also spiritual, which enabled her to manage the dying process the way she wanted. She was home with loved ones, and her close friend Dina Evans, who some people might remember as Dina Bachelor Evans, was on the phone with her. She is a spiritual teacher and therapist and helped Jeanne during the dying process.*

Last September, Jeanne sent me an open letter to post to the community about the fact that she was dying. I re-post that below. Thanks to such outlets as Facebook and blogging on the Internet, we can now tell our own stories. But there is no substitute for telling a loved one or a friend or even an acquaintance with whom you enjoyed working on a project that you appreciate them. Thanks to her essay, Jeanne was able to hear from friends who loved and thought highly of her before she died.

I've known Jeanne Cordova for many years and wrote for her short-lived spiritual "transcendence" magazine. She is one brave and feisty lesbian feminist Latina, which she documents in "When We Were Outlaws".

As she wrote this, she was dying, and while she may be weak, she is still feisty and brave as she talks about that taboo subject of death in this footnoted goodbye letter to her beloved LGBT community. And importantly, she is keeping a secret promise she made to herself to give half her estate to help others: she is bequeathing \$2 million to the Astraea Lesbian Foundation for Justice.

Lynn Ballen, her partner of 25 years and radio talk show host, sustained Jeanne through this passage, and with her Jeanne has produced and curated LGBT community projects and shared her activism. As Jeanne says, this is a “thank you” letter to those who have loved and moved her.

But it is the LGBT community that really must say thank you to Jeanne for all the courageous risks she took to advance the movement, especially refusing to accept lesbian invisibility.  
Thank you, Jeanne

Karen Ocamb

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## A LETTER ABOUT DYING, TO MY LGBT COMMUNITIES

By Jeanne Cordova, September 23, 2015

This letter is meant as a notification and thank you to the thousands of members of the national lesbian community whose activism, lives, and loves have touched my own. Especially those dykes who have become family and siblings of choice over the last 40 years. Yes, the rumors are true, I have metastasized to-the-brain cancer. I am dying from it in my cerebellum.

I have had cancer since 2008. Colon cancer. For the first four years I brushed it off, as I’ve done many times with physical illness or difficulties. I continued my activism with the Lesbian Exploratory project and I finished my third book, *When We Were Outlaws*. The cancer came back in 2013. Metastasized first to my lungs and then to my cerebellum. Yes, my head. With brain and back-of-the-neck cancer it has been a downhill experience the last three years, with multiple operations, radiation and Chemo.

This February I had Chemotherapy. Among a host of side-effects, it’s given me “chemo brain,” which amounts, basically, to “getting stupid.” Just saying. This month’s so-called side effect is peripheral neuropathy. That’s from Chemo, they say, and it makes your feet, fingers and hands feel tingling and numb like when you fall asleep on your leg or hands. Only, it doesn’t go away. I can’t stand up without holding onto a wall or background support. I can’t feel where my feet are. Yeek! I freak myself out talkin’ about it! How about you? A guru once told me, “We die in increments, one piece at a time.” She meant one part of our body suddenly ceases to work, an elbow or a tongue. Seemingly for no reason, like a worn out knee.

This came as a surprise. I thought we get old or die...suddenly, and all at once. Not so! Many of us have gotten cancer and died. I write publicly to the women who have defined my life because I want to share this last journey, as I have shared so much of my activist life with you. You gave me a life’s cause. It is wonderful to have had a life’s cause: freedom and dignity for lesbians. I believe that’s what lesbian feminism is really about, sharing. We built a movement by telling each other our lives and thoughts about the way life should be. We cut against the grain and re-thought almost everything. With just enough left undone for our daughters to re-invent themselves. Death should be a part of life. Not hidden, not a secret, something we never said out loud. Being an organizer and journalist in the lesbian,



gay, feminist, and women of color communities—and loving it—has been the focal point of my life. It has been a wild joyous ride. I feel more than adequately thanked by the many awards I have received from all the queer communities, and through all the descriptions and quotes in history books that have documented my role as an organizer, publisher, speaker, and author. Thanks to all of you who have given me a place in our history.

From the age of 18 to 21, I painfully looked everywhere for Lesbian Nation. On October 3, 1970, a day I celebrate as my political birthday, I found Her in a small DOB (Daughters of Bilitis) meeting. That's when my life's work became clear. Shortly thereafter I became a core organizer for two national lesbian conferences, one of which re-directed my path to create The Lesbian Tide newsmagazine, a national paper of record, as the historians say, for the lesbian feminist generation. And on it went for multiple decades of marches and later online organizing—this time intersectionally, to include all of me and my Latina identity.

Somewhere in the middle of all that I, somewhat accidentally, invented the Gay & Lesbian Community Yellow Pages, a first for our by-then national tribe. This Los Angeles 400-page guide that helped us still-half-hidden people to connect, politically I thought initially, with businesses and professionals that spoke to us within our own identities. That it did, but this directory and lucky timing in life-long real estate, also enabled me to fulfill an early personal vow to give back half of my estate to our movement. I do this with Astraea Lesbian Foundation for Justice (out of New York City) and other organizations. I believe it so critical to our transforming movements to leave our estates to our LBGTQ charities, not some errant heterosexual relation we hardly know! More on this political news and views to follow. (\*1)

I believe that cancer or any terminal disease is the luck of the draw. As my mother used to say of my Aunt who was also a nun of 90 years, "At that age, you got to die of something." I have read the obituaries in Lesbian Connection (\*2) these last years as they chronicle the passage of my 2nd wave generation. The one message that rings out clearly is that so many, many in these pages were activists who articulated social justice in their local or regional spaces. Many dykes making change. So many of you or loved ones have gone through death rituals these last years. It makes me feel like one-of-the gang ... again! I really don't know when or if I can write again. Mental competency and all that. The choice appears to be living with chemo forever off and on, or dying. I will make that choice soon enough. In the meantime, please write or speak your own truth in living with dying (\*3) to your lesbian newspaper or my blog below(\*4).

I want to say THANK YOU to all of you who have loved another woman-identified-woman, who have loved me, or have loved Lesbian Nation. I wish I could still write about this kind of love more eloquently. Lesbians do have a special love for one another. I have felt it many times when women are with each other. I am happy and content to have participated in it for most of my very full and happy life. Lest you be too sad, know that I have this kind of love not only with my family of choice, but with a straight arrow spouse with whom I have journeyed these last 26 years.

Footnotes:

\*1 Lesbian newspaper out of Ann Arbor, MI. Email; [elsiepub@aol.com](mailto:elsiepub@aol.com).

\*2 See press release from Astraea.

\*3 Cordova is in the process of a fourth book due out "maybe someday," called Living With Dying.

\*4 Cordova's blog; [thislesbianworld.blogspot.com](http://thislesbianworld.blogspot.com)

### **An excerpt from the Astraea press release reads:**

The Jeanne R. Córdova Fund of the Astraea Lesbian Foundation for Justice will offer financial support to national and international organizations focusing on movement building and human rights; journalism; and promoting our culture. It will specifically go to Latina lesbians from South/Latin America and South African women; lesbians, feminists, lesbian feminists, butch and masculine gender nonconforming communities. Cordova is a Chicana-identified, feminist butch woman. She honors both her Irish mother's and Mexican father's heritage by sometimes calling herself a "Leprachicana."

Córdova has continually witnessed her generation break free from heteronormative modes of thinking in every every aspect of life. Lesbian feminists have "gone against the grain and rethought everything," she said. "So I feel strongly that we should not think heterosexually [about wealth], like 'I'll give it to some random relative that I've never met,'" stated Córdova.

"We need to think about giving to our gay or lesbian youth and institutions like Astraea or other lesbian organizations. They're the ones who are nurturing our real daughters right now, around the world." Noting how much 'the movement' has changed since the early 70s, Córdova suggests lesbians and gays get ready for more vast changes to the face of women's roles. She said, "None of us can do more than guess at the unique issues and challenges our community will face in the future. I am proud to be able to give to a LGBT charity now, and specifically a lesbian one. It's important that we boomers look to sustaining ourselves, just like Bill Gates or David Geffen."

---

### **Noted Psychiatrist Robert Spitzer Dies At 83**

Gay-rights activists credit him with removing homosexuality from list of mental disorders.

12/27/2015 Credit: Associated Press, Seattle

Dr. Robert Spitzer – a psychiatrist who played a leading role in establishing agreed-upon standards to describe mental disorders and eliminating homosexuality's designation as a pathology – died Friday in Seattle. He was 83. Spitzer died of heart problems, said his wife, Columbia University Professor Emerita Janet Williams.

Dr. Spitzer's work on several editions of the Diagnostic and Statistical Manual of Mental Disorders, or the D.S.M., defined all of the major disorders "so all in the profession could agree on what they were seeing," said Williams, who worked with him on D.S.M.-III, which was published in 1980 and became a best-selling book. "That was a major breakthrough in the profession," she said.

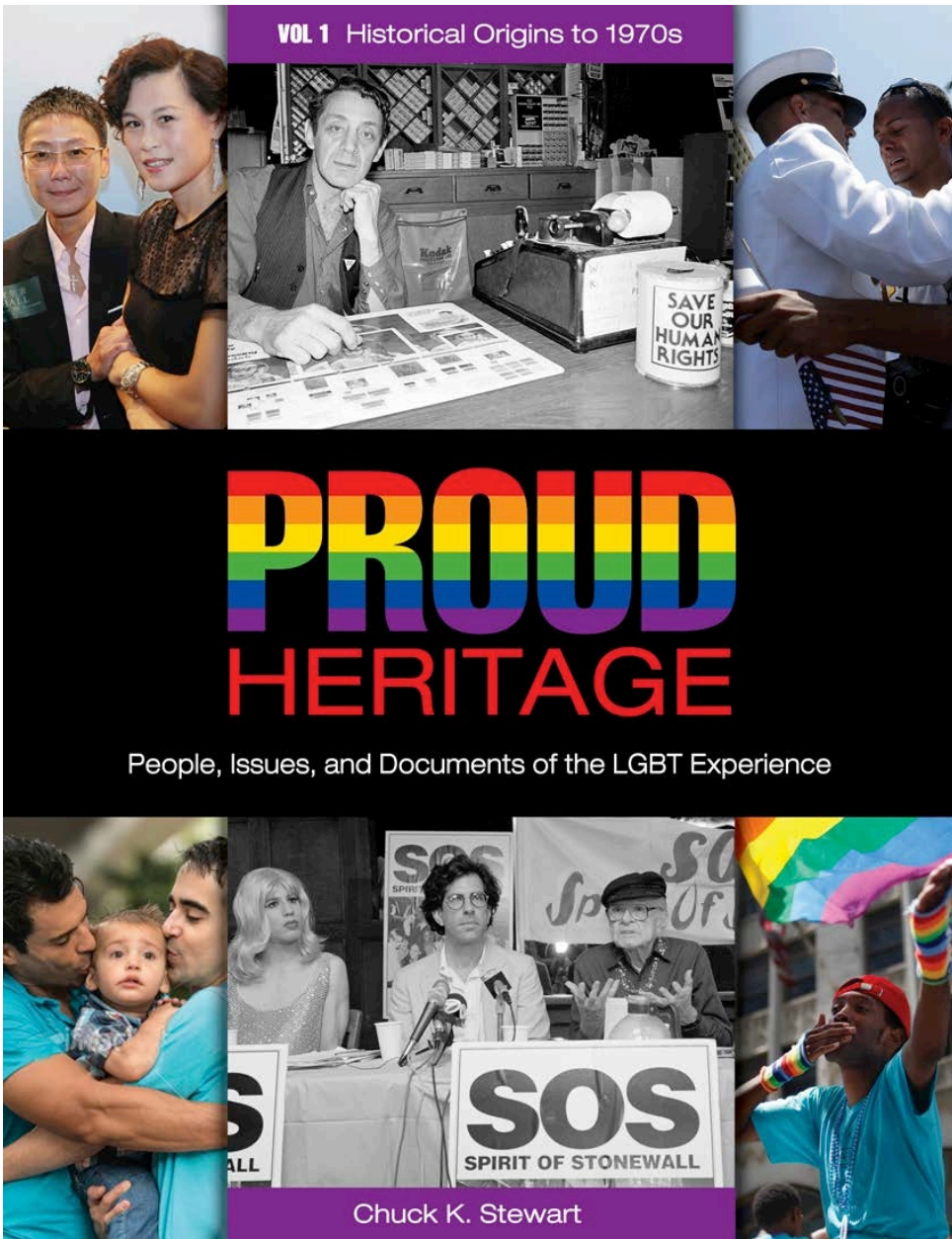
Spitzer came up with agreed-upon definitions of mental disorders by convening meetings of experts in each diagnostic category and taking notes on their observations, the New York Times reported.

"Rather than just appealing to authority, the authority of Freud, the appeal was: Are there studies? What evidence is there?" Spitzer told the New Yorker magazine in 2005. "The people I appointed had all made a commitment to be guided by data."

Dr. Allen Frances, a professor emeritus of psychiatry at Duke University and editor of a later edition of the manual, told the Times that Spitzer "was by far the most influential psychiatrist of his time."

Gay-rights activists credit Dr. Spitzer with removing homosexuality from the list of mental disorders in the D.S.M. in 1973. He decided to push for the change after he met with gay activists and determined that homosexuality could not be a disorder if gay people were comfortable with their sexuality.

At the time of the psychiatric profession's debate over homosexuality, Dr. Spitzer told the Washington Post: "A medical disorder either had to be associated with subjective distress, pain, or general impairment in social function."



Dr. Jack Drescher, a gay psychoanalyst in New York, told the Times that Spitzer's successful push to remove homosexuality from the list of disorders was a major advance for gay rights. "The fact that gay marriage is allowed today is in part owed to Bob Spitzer," he said.

In 2012, Dr. Spitzer publicly apologized for a 2001 study that found so-called reparative therapy on gay people can turn them straight if they really want to do so. He told the Times in 2012 that he concluded the study was flawed because it simply asked people who had gone through reparative therapy if they had changed their sexual orientation.

"As I read these commentaries (about the study,) I knew this was a problem, a big problem, and one I couldn't answer," Dr. Spitzer told the Times. "How do you know someone has really changed?" Dr. Spitzer and his wife moved to Seattle from New Jersey this year.

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## LARGEST PSYCHOLOGICAL ASSOCIATION COULD CONDEMN HIV CRIMINALIZATION LAWS

By: David Heitz  
*January 14th, 2016*

In what would be a monumental move with the potential to create real change not only for people living with HIV but also in the nation's quest to end the epidemic, the American Psychological Association is poised to publicly and officially condemn HIV criminalization, [Plus magazine reported today](#). In an exclusive interview with David Martin, senior director of the APA's Office of AIDS, Plus reported that lawyers for the association are reviewing such a policy. He said the document would "align APA's policy on criminalization with that of the [best practices](#) documented by The Department of Justice and the CDC issued, in July of last year."

The reasoning is simple. The arcane laws, which are a throwback to the 1980s and 1990s when little was known about transmission of the disease, have become increasingly unjust with the advancement of modern medicine. It is almost statistically impossible for people with HIV who have undetectable viral loads to pass the disease along to others even during sex without a condom.

In an exclusive statement to HIV Equal, Sean Strub, Founder of the historic Poz magazine and executive director of [The Sero Project](#), which is fighting to end the stigma that goes along with the laws, called the Plus report "great news."

"A number of organizations representing public health professionals and healthcare practitioners, including the American Medical Association, the American Nursing Association, the Association of Nurses in AIDS Care, HIV Medical Association, National Alliance of State and Territorial AIDS Directors and others have come out strongly opposed to HIV criminalization because they recognize that criminalization not only harms people living with HIV but is also terrible public health policy and contributes to further transmission of HIV rather than slowing it down. I welcome this news from the APA and am looking forward to reading the final statement," said Strub.

"I know David Martin and his colleagues have been working on this for some months and was pleased that they reached out to Sero and others who have been engaged in the issue to broaden their perspective," Strub continued. "We need this leadership from healthcare and mental health experts to build the momentum for change. You can prosecute HIV or you can prevent it, but we're not going to be able to do both."

From a standpoint of personal responsibility, the laws have proven to be wildly dangerous because they place the onus to disclose on an infected person. Studies have shown that some groups, particularly those who may already be distrustful of law enforcement and the justice system, don't get tested because they would rather not know their status than face prosecution.

Some states have laws that don't even require another person to actually become infected to prosecute someone with HIV for having sex with an uninfected person.

"There is no question that HIV stigma has been shown to be a barrier to HIV testing and the CDC has unequivocally asserted that HIV stigma hampers prevention," the U.S Department of Justice Civil Rights

Division has asserted in a document quoting data from various other government agencies. "Almost one in six, or 15.8 percent of individuals, in the United States who carry the virus are unaware of it and the virus is disproportionately spread by those who are unaware of their status. In addition, CDC data and other studies...tell us that intentional HIV transmission is atypical and uncommon. An important component of curtailing the epidemic is to ensure that laws and policies support our current understanding of best public health practices for preventing and treating HIV, including re-considering whether the vast majority of HIV-specific criminal laws run counter to scientific evidence about routes of HIV transmission and may undermine the public health goals of promoting HIV screening and treatment."

You can read the entire document with direction quotations and footnotes by clicking here.

In a move that gay history now looks upon as heroic and emancipating, it was the APA who in 1973 declassified homosexuality as a mental illness, paving the way for the freedoms and equality gay people today hold dear.

Reportage of HIV in the mainstream media has become increasingly sensational, with at least a dozen reports nationwide per month focusing on the criminalization laws, often in ways that demonize people with HIV. National reporting of HIV issues has become so poor that the U.S. Centers for Disease Control and Prevention recently granted the National Lesbian and Gay Journalists Association \$130,000 to assist in training the news media about reporting on the disease in the 21st century.

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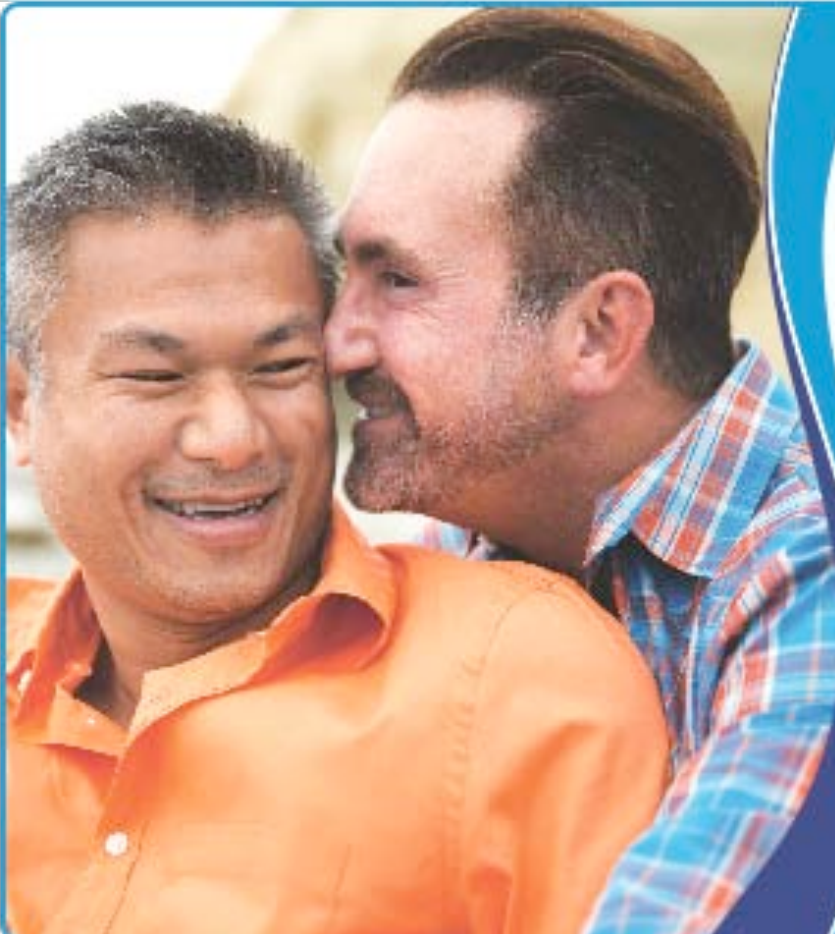


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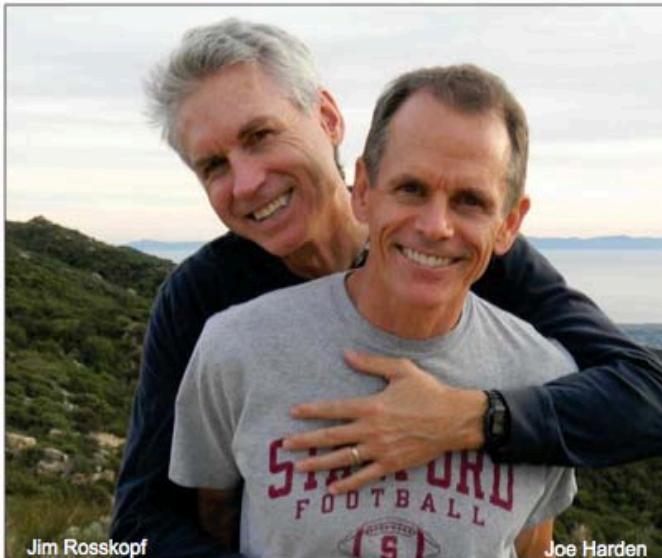
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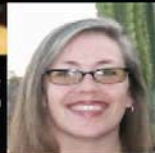
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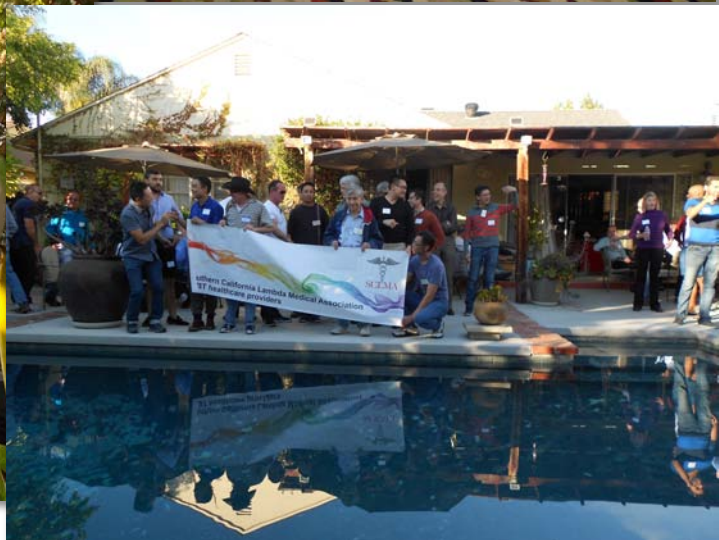


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## 5. SOCIAL EVENTS

### WINTER SOCIAL – December 9, 2015 at the home of Mark and Robert



Booth at FINDING FREEDOM Conference in Palm Spring – January 15, 2016





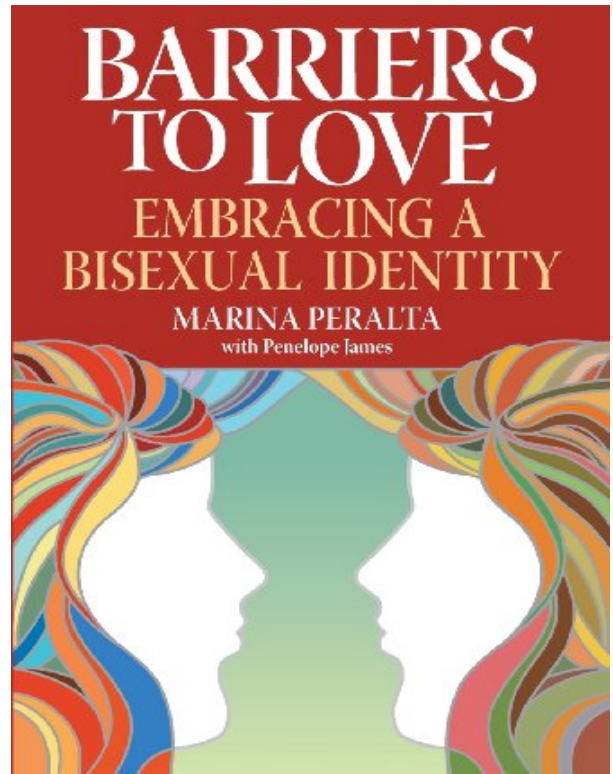
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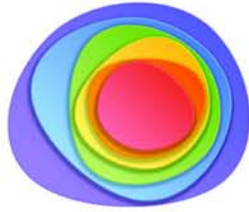
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Finding Freedom  
LGBTQ Symposium  
January 13-14, 2017

## Presentation Proposal

Thank you for submitting your presentation for consideration at The Finding Freedom Symposium Conference at the Riviera Hotel and Spa, Palm Springs January 13 and 14, 2017.

We encourage the submission of workshop and presentation proposals that strengthen best practices, and bring forward relevant information for best practices in supporting the LGBTQ community with co-occurring disorders. Our intention is to offer a container for discovery and focused discussion to find effective solutions for professionals and their LGBTQ patients. We desire workshops that are research based and are contextually forward thinking.

Our goal is to cultivate a conversation that will lead to clinical, research-based information. We are gathering the dynamic leaders in the field of LGBTQ addiction treatment to spark the conversation.

If your presentation is accepted, you will receive one free full conference registration per presenter and hotel accommodations for the evening of the presentation. Reimbursement for travel expenses is not provided.

### Instructions

Please complete the Presentation Proposal Form in full. The form must be typed, and all applicable information must be filled in for the proposal to be considered. Please save the Presentation Proposal Form under your name and presentation title, then email the proposal to [Renee.Baribeau@FRNmail.com](mailto:Renee.Baribeau@FRNmail.com) as an attachment. We look forward to receiving your proposal.

**The Presentation Proposal Form is in Microsoft Word .doc format. When you save the document, please save as a Microsoft Word .doc or .docx format only. Other formats will not be accepted.**

### Timeline

**Your presentation proposal must be received before April 15, 2016.**

The presentation selection committee will review all presentation proposals and contact you by April 6, 2016 with an acceptance or rejection of your presentation proposal. If your presentation proposal is accepted, you will also receive notification of the dates and times of your presentation at the conference. Presenters are requested to be present for the entire conference, especially the work-group studies on Friday afternoon.

### Agreement

This presentation proposal also serves as a presenter agreement. By submitting the completed presentation proposal you are agreeing to the terms and conditions of the presenter agreement. Should your presentation proposal receive acceptance, you will have the option to refuse participation at that time. Thank you very much for your time, effort and desire to share your knowledge.



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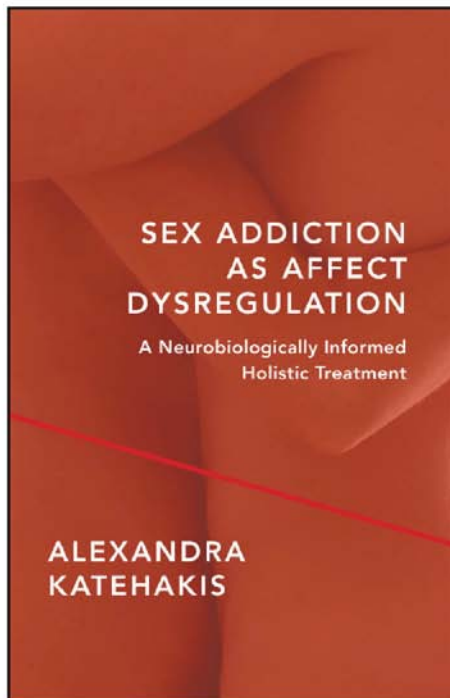
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**Alexandra Katehakis, MFT, CST-S, CSAT-S** is a Licensed Marriage, Family Therapist, Certified Sex Addiction Therapist and Supervisor, Certified Sex Therapist and Supervisor, and Clinical Director of Center for Healthy Sex in Los Angeles, California. She is a Senior Fellow at The Meadows and a faculty member of the International Institute of Trauma and Addiction Professionals (IITAP), the certifying body for sex addiction therapists. She specializes in and has extensive experience in working with a full spectrum of sexuality from sexual addiction to problems of sexual desire and dysfunction for individuals and couples.

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## 6. 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.

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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. ▼

### 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](mailto: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.

### Mechanics

Size	
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

## **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**

Stop fighting each other or yourself and fight the problem! Relationship therapy for couples and individuals in Larchmont Village. Active, engaged, and passionate. Call Tony Davis at (323) 963-3183 or go to [CouplesTherapistLA.com](http://CouplesTherapistLA.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](mailto:Ken@GayTherapyLA.com).

### **Affirmative Therapy in West Los Angeles**

- 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

1328 Westwood Blvd., Unit 9

Los Angeles, CA 90024

310-344-5550

[www.drLanichin.com](http://www.drLanichin.com)

### **Westside Psychotherapy Group**

Westside co-ed psychotherapy group meets Mondays 6-7:30pm near Westside Pavilion. Established

interpersonal process group with current openings. Contact Andrew Susskind, LCSW, SEP, CGP for more details. 310-281-8681 or [andrew@westsidetherapist.com](mailto:andrew@westsidetherapist.com).

### **Workshop introducing Sun-Moon Therapy**

Sun-Moon Therapy is a radical, gender-bias-free path to human wholeness for women, men and couples.

LGBTQI especially welcome. Sunday, June 12 from

2pm-4pm @ Corazon, Topanga. Contact Mary

Guillermin for details at 310 422 6497 or

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

### **Psychiatrist/Psychotherapist**

If you're looking for a psychopharmacologist who will take the time to get to know your clients and support your work with them . . .

Or if you know a client who would benefit by seeing the same professional for both psychotherapy and psychopharmacology. . .

Then please contact Dr. Adam at:

Adam Cotsen, M.D.

116 N. Robertson Blvd. #908

Los Angeles, CA 90048 310-659-8640

[DrAdam.net](mailto:DrAdam.net) [dradamcotsen@gmail.com](mailto:dradamcotsen@gmail.com)

## **EMPLOYMENT and INTERNSHIP**

### **Intern**

- 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](mailto:Ken@GayTherapyLA.com).

[www.BankruptYourStudentLoans.com](http://www.BankruptYourStudentLoans.com)

Learn how it is possible to have your student loans discharged through bankruptcy or other means.

## BOOKS BY MEMBERS

### Two New Kindle versions of books by Jeffrey Chernin

Ph.D., MFT New Kindle edition of *Get Closer: A Gay Men's Guide 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.

## OFFICE SPACE

### West Los Angeles

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

### Near Beverly Center

- Space available Saturdays, Sundays, and Monday morning/afternoon in a 3-office suite on San Vicente near Beverly Center. \$20 per hour. Fully furnished. No separate exit or call-light system, but good parking situation, 7-day air conditioning, and convenient location to Westside, Beverly Hills, Mid-Wilshire, and West Hollywood. Bright and light (windowed). Email Ken at Ken@GayTherapyLA.com for more information.

### 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

- "Stand-Alone" office space (i.e., not a shared waiting room) in quiet garden courtyard of therapists & designers near Cedars-Sinai
- One story building: 24/7 building access and 24/7 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 ceilings
- Utilities included with reasonable rent; private, covered, well-lit parking for therapists and clients
- Easy canyon access (Laurel and Coldwater) to San Fernando Valley
- \* Amenities: copier, frig, microwave, tea/coffee service

### 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
  - \* 2nd. Floor of 2-story building
  - \* Waiting room in counseling suite shared only by 2 other therapists; call light system
  - \* 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

### West Hollywood

- As of February 1, 2016, 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.

### Spacious Suite in West Hollywood

- A spacious suite in a professional office building with other psychotherapists has become available in the West Hollywood area near the intersection of Beverly Blvd. and Crescent Heights Blvd., halfway between The Beverly Center and The Grove on Beverly Blvd.

The individual suite is a total of 240 square feet, 20 feet by 12 feet, with a window to the outside and an

adjacent, waiting room that is about 200 square feet. Two remaining suites in this set of offices are occupied by two PhD psychologists who would like to share the office with another mental health professional. The exterior and the interior of the building at 8170 Beverly Blvd. L.A., CA, 90048, has been newly renovated.

For further information about this office space, please contact Dr. Terry Oleson at 323-793-1986 or respond via e-mail at [terry.oleson@gmail.com](mailto:terry.oleson@gmail.com).

Location: 8170 Beverly Blvd., #108, Los Angeles, CA 90048

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### **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.

March, 2016

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