

CO-PRESIDENT'S REPORT

BY: Bonnie A. Jacobs, Ph.D.

I remember Stonewall. I remember the lack of interest shown by the people of NY when the Everard Baths burned and men in need of medical care and blood were ignored and humiliated. I marched for gay rights and equal rights. I remember what it was like when LGBT people were afraid to go into "queer" bars let alone hold hands and kiss on the streets. I remember the fear because I was one of those who was afraid, even after Stonewall. I look at LGBT teens now and I am jealous that they can do what I could not at their age: be themselves. This is not to say that these teens have it easy, or that people of any age have an easy time of coming out. As much as times have changed, as they say, much remains the same. Women and the LGBT populations are still fighting for equal rights and we are being met with strong opposition. I have faith in the younger generation's openness to people regardless of race, religion, gender or sexual orientation. Unfortunately, they are not yet the policy and lawmakers so we need to continue fighting for equality and helping our clients cope with the issues they face living as LGBT people every day.

As I reflect and consider past times and issues, I wonder if the lack of member participation and involvement in LAGPA is partly due to the fact that many of you do not remember the harder times? Perhaps many of you do remember and are burned out on actively trying to change the society in which we live ("I'll send a check"). I believe we still have a great deal to do, and many problems to face as individuals and a community, in

order for us to achieve equality. There is a huge right wing/ antigay backlash in this country that is attempting to deny us our rights. Do you care? Do you care about the impact that is having on your clients and their families? Do you realize that LAGPA would not, and could not, have existed pre-Stonewall and may cease to exist now if the membership does not become more involved? As educated people, LAGPA members have the ability to inform others about ourselves, our rights and mental health issues. We could do more as an organization to influence politicians and communities. For LAGPA to do more, members need to become more active within the organization. I have been saying this and writing about it in every issue of the P.N. since becoming Co-President. However, even if LAGPA does not do more then it is doing now, it will continue to do less and less as fewer people join the Board, volunteer for committees or attend the CE workshops, and those of us currently on the Board burn out.

At the November Board meeting, the new Board was approved. When the time came to elect the new executive committee, I did not initially accept the nomination for Co-President. Jim Michael, MA was willing to be the other Co-President and now holds that position. Until November there was no other "Co-President;" there was only me and I was overworked. No Board member or person from the general membership was willing to take the position. Some past Board members took on a great deal of responsibility, did not follow through, failed to tell

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Progress Notes

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

Winter 2005

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Co-President's Report-cont. from pg. 1

anyone that they could not complete the tasks until the last minute and left a novice Board with huge problems (some of which continue to this day) and angry members. While we all scrambled to clean up the mess, all we heard from members were complaints; few offered to help.

Once again I am considering resigning as Co-President of LAGPA. I have been thinking about this for the past year. I find I am continually annoyed or angry when LAGPA issues need to be dealt with. My friends keep asking, "If you are so annoyed, why don't you quit?" Good question! (Of course many of my friends are shrinks so they ask good questions.) I thought about it. I meditated. After introspecting and talking my friends' ears off, I realized I was still on the LAGPA Board and still the Co-President because I believe the LGBT community needs LAGPA. However, I am not sure my mental health needs LAGPA. I am continually fascinated by the fact that an organization made up of people who are supposed to have empathy and good communication skills fail to use those skills when talking with or emailing Board Members (none of whom get paid for LAGPA work). I often hear from members, directly and indirectly, things like: "Oh they are still disorganized." "Why doesn't LAGPA have a continuing education seminar on X." "How come you haven't updated my information yet." "You know this group does X, why doesn't LAGPA do it?" My question is, "Where are all of the members who want more from the organization but choose not to volunteer for the Board or committees?"

Often members and some Board members have volunteered and have taken on responsibilities, then failed to complete the task or follow through. We do not need those types of volunteers. The Board is made up of volunteers, all of whom have to work to support themselves and all of whom would like to have personal lives. LAGPA is the largest LGBT psychotherapy organization in the country yet the membership fails itself by not volunteering to help. I know I cannot continue to take up as much of my time as has been required to make sure this organization runs the way it should. Although the Board consists of ten members, it should have 20. There are not enough people to do everything that needs to be done. Further, the Board Members cannot be the only ones to attend the continuing education seminars if we are to continue to have them. We have solicited suggestions from you as to what

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Married Women who Love Women*

BY: Christine Logan, MFT

It is important as Gay and Lesbian therapists to know there is a large population of married women coming out as lesbians who need support. As a therapist who has been working with this population for the last 7 years, I hope to bring awareness to my colleagues about this population and the many issues involved in their therapy, such as:

- Why do women marry men despite their attraction to women?
- How can we as therapists help them better understand heterosexism and homophobia?
- How can we help them in coming out to themselves, their husbands, in-laws, children, and community in a heterosexual world?
- And is there a way to help them to integrate into the lesbian community that may not always be open to married women?

In therapy, there will be the problems of depression, grief, and anxiety. My hope is to be helpful in their process of self discovery.

Christine Logan, MFT, runs a group for Married Women who Love Women and will present a workshop on this subject, through LAGPA, on March 18, 2005. She can be contacted at (818) 618-3274.

*Title from the book Married Women who Love Women by Carren Strock

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34th Annual Helsingør, Denmark **European Summer Residential Training Programs for Therapists**

This is an invitation to Lesbian and Gay therapists to join our Couples Therapy and/or Gestalt Therapy Training Programs in our warm, international community. We also want to invite one or more Lesbian and/or Gay "Model Couples" for live couples work in that program. The couple will be included in all discussions of their work as the program is transparent and inclusive.

COUPLES THERAPY TRAINING WORKSHOP JULY 10 – 16, 2005

**ROBERT W. RESNICK, PH.D.
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A five-day Residential Couples Therapy Training Workshop for Therapists. Basic & Adv. Groups. You need not be part of a couple to attend.

Daily live demonstrations
Increased time for Supervised practice
International therapists & couples
Live Model Couples

Fees: \$1495 - \$1695 inclusive Some partial scholarships available

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ROBERT W. RESNICK, PH.D. & GUEST FACULTY**

**SIMULTANEOUS 6 DAY (8 nights)
and 9 DAY (12 nights) FORMATS
HANDS ON SUPERVISION**

Participants from 25 countries
5 levels of training: Introductory to
Training Group for Trainers
80% return rate

Fees: \$1795 - \$2995 inclusive Some partial scholarships available

CO-PRESIDENT'S REPORT

BY: Jim Michael, MA, CHt

Hi everyone, my name is Jim Michael. I am honored to be one of your Co-Presidents this year. While many of you know Bonnie, many don't know me so I thought I'd touch base with you. I graduated from the University of Santa Monica in 2001 and I am closing in on bringing my intern hours to completion. I did internships at Southern California Counseling Center and the Los Angeles Gay and Lesbian. I currently work as an MFT Intern in private practice in West Hollywood. In my private practice I work with people experiencing issues around anxiety, intimacy, existential (some might say "spiritual") questions, and people who have sexual concerns and questions. I'm also the person who sends out the email blasts to you (you may actually know me by my "email name" of infinitejim@yahoo.com).

As an intern, having a pre licensed club which provides interns some type of support via educational and networking opportunities with other interns is important to me. Based on my experiences with Los Angeles CAMFT this year, I created the LAGPA pre licensed club and on Saturday the 15th of January, LAGPA had its first ever pre licensed club event. At the event Dr. Jan Aura presented on neurofeedback as an adjunct to psychotherapy. It was a casual, educational, and experiential presentation. Dr. Aura had one of the participants hook up to her neurofeedback machine and discussed how neurofeedback works with clients. While the initial turn out was small, the event was successful!

The pre licensed club will be having its next presentation in March, 2005, when Joni Lavick, MFT will be presenting on Attachment Theory and Sexual Compulsion. As with the neurofeedback presentation this looks to be educational and fun (look for the email blast that I'll be sending out). If you have a particular

gift in a particular area of psychotherapy and think that it would be of service to the interns of LAGPA, or have questions about the pre licensed club please email me at jim@jimmichael.com.

Last year I was the Secretary for LAGPA, this year a Co-President. Over the past year and a half, I've seen the board grow closer, become more efficient and even have more fun. As an example of the "fun" the board, spearheaded by Beatrice Gandara, organized the Winter Holiday Party. There were Mariachis, dancing and other lively merriments — we also had a really strong turn out. The board meetings, themselves, have become more cohesive and functional as well.

We now have our board meetings at local area restaurants to promote our organization, to connect more with each other as board members and to connect with other just as people. What a wonderful experience. I encourage you, YES YOU, to participate in LAGPA. Come to a board meeting and/or attend one of our Educational Events — you're invited! •

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ASSOCIATION OF SOUTHERN CALIFORNIA (LAGPA)**

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Continuing Education - 2 CE Credits for ALL CA Licenses & MCEP for Psychologists

Friday Evening, March 18, 2005

7:30 PM – 8 PM Networking, 8 PM – 10 PM Lecture

Married Women Who Love Women

MCEP Pending

Presented by **Christine Logan, MFT 40238**

RSVP to Bonnie A. Jacobs, Ph.D. – drbajacobs@att.net

SAVE THE DATE
****Annual Conference****

Saturday, June 18, 2005

6 CEUs

**“Current Issues in the GLBT Community: Health, Legal
and Lifestyle”**

At The Wyndham Bel Age Hotel – West Hollywood

CEU Seminars Fees:

IN ADVANCE: \$5 for unlicensed students/interns, \$20 for members, \$30 for nonmembers, \$10 MCEP charge for psychologists (if wanted) in either category.

Add \$5 to all categories (except MCEP fee) if paying at door – space available only.

**All Continuing Education Forums are held at
The Village at Ed Gould Plaza
1125 N. McCadden Place
Los Angeles, CA 90038**

**For more information contact: Bonnie A. Jacobs, Ph.D. – drbajacobs@att.net or Jim Michael, MA –
infinitejim@yahoo.com**

GAY MEN'S BODY FIXATION GROUP FORMING

- ✓ Investigate beliefs about body shapes.
 - ✓ Discover why you talk/think about your body.
 - ✓ Learn about exercise and body appearance.
 - ✓ Gain feedback about body size.
 - ✓ Recognize food use patterns and boundaries.
 - ✓ Explore feelings about food quantity.
 - ✓ Examine thoughts about cosmetic surgery.
 - ✓ Build body shape confidence and self-esteem.
-

For More Information Call:
310.770.6405

Weekly Meeting Fee: \$30.00

Free Initial Conversation

Monday Nights 8:30 - 10:00 PM
West Hollywood Location

Tom Pavich, MA. Gay-Centered Psychotherapist.

Groups / Individuals / Couples

MFT Intern IMF #43354.
Supervised by Steven Isaacman MFC #29803

**** Call for Papers ****
Eleventh Annual Convention
Lesbian and Gay Psychotherapy Association of Southern California
Saturday, June 18, 2005
The Wyndham Bel Age Hotel – West Hollywood
Convention Theme
“Current Issues in the GLBT Community: Health, Legal and Life Style”

Submission Requirements:

1. Proposals must be submitted using the application on the reverse side (or second page of email), must provide **all** requested information and original signatures. **Morning programs are two hours long and afternoon programs are one and one half hours long.** Please include four complete unstapled copies. Proposals which do not follow the application format will be rejected without consideration. No proposals or other materials will be returned. You will be notified of acceptance or rejection via email or letter. No honorarium is provided for convention presenters. Reasonable A/V equipment will be provided if requested in advance.

2. The LAGPA Convention Committee is accepting proposals on Health, Legal and Life Style issues directly related and pertaining to the LGBT Community. This year we are especially looking for programs on HIV among women and minorities, domestic violence prevention, eating disorders, body dysmorphia, relationships, sexual expression, substance abuse, compulsions, same sex marriage and depression, to name a few. Proposals will be reviewed by the LAGPA Convention Committee. The committee makes its decision based on the following regulations/guidelines:

Proposals should reflect intermediate to advanced level of learning;

Proposal topics should be based upon clearly stated educational goals and objectives;

Proposals should reflect applicability and relevance to licensed masters or doctoral level psychotherapists in the areas of clinical practice, theory, research and methodology;

Proposals should demonstrate how the presentation will be organized in order to best facilitate the learning process for attendees;

Proposals should be objective (i.e., not reflecting any commercial views of the provider or presenter or anyone giving financial assistance to the provider or presenter);

Proposals should be accompanied by a syllabus that contains instructional objectives (5), learning methods (i.e., lecture, slideshow, video, case material, etc.), and summaries of the main points for each topic;

Proposals should be complete, accurate and timely.

Proposals should specify if they are for 1 _ or 2 hour time slots (only 3 two-hour time slots are available and will be assigned at the discretion of the conference committee.

3. Should you require assistance or clarification, please do not hesitate to contact Dr. Harry Drasin at hdrasin@ucla.edu.

4. All proposals must be postmarked **no later than Friday April 15, 2005.**

Please Do Not FAX

For consideration, convention proposals must include:

Application completed in full

Maximum of 50 word abstract

Syllabus

Vitae of all presenters

Short 1-2 line bios for all presenters and chairs/moderators

Signed authorization by all presenters, chairs and moderators

Mail to:

LAGPA Convention Committee

1125 N. Fairfax Ave., Box 46206, W. Hollywood, CA 90046-6206

Call for Papers Application
11th Annual LAGPA Convention
Saturday, June 18, 2005 ** The Wyndham Bel Age Hotel – West Hollywood

Proposals must be postmarked no later than Friday, April 15, 2005.

Please print or type all responses.

Presenter(s): A one and one-half-hour presentation may have no more than two presenters.

Name/Degree: _____
Mailing Address: _____
City/State/Zip: _____
Phone: _____ Fax: _____ Email: _____

Second Presenter: (if applicable)

Name/Degree: _____
Mailing Address: _____
City/State/Zip: _____
Phone: _____ Fax: _____ Email: _____

Program Title: (seven words or less) _____

Learning Level: Intermediate (useful for psychotherapists with experience in this field)
(Check one only) Advanced (useful for psychotherapists with extensive experience in this field)

Abstract: the abstract will be used in the convention program and **MUST NOT EXCEED 50 words**. Please type on a separate sheet.

Syllabus: On a separate sheet(s) of paper, attach a course syllabus which includes:

- a. educational goals of the course (5 goals)
- b. summary of main points to be covered and learning methods which will fulfill the educational goals.

Vitae and Presenter Identification: Attach the vitae of the presenter(s). There is a maximum of two presenters for a 1_ hour session and four presenters for a 2 hour session. Note that only 3 two-hour sessions are available and will be decided upon by the conference committee. Your presentation may be reduced to 1_ hours if accepted. In addition, it is vital that a very brief 1-2 line bio be submitted for each presenter, including degree, licensure, affiliations. The identifications will be used in the convention program(s).

Audio/Visual Needs: Overhead Projector/Screen VCR/Monitor Flip Chart with
markers None I will bring my own

Authorization: ALL PRESENTERS MUST SIGN BELOW TO SHOW AGREEMENT. I/We understand and agree to all of the instructions, rules and regulations. I/We give permission to LAGPA to edit the presentation title, abstract, length of presentation and identifying information as necessary for publication purposes without notification. I/We understand that no materials submitted for consideration will be returned.

Signature: _____ Date: _____

Signature: _____ Date: _____

CLASSIFIED ADVERTISEMENTS

THERAPY

Gay Men's Growth Group

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 night in Studio City. \$30 per session. Contact Sandy Kaufman, MFT at 818-761-4200.

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.

SF/Palo Alto: Gay/Bi Men's Groups

Six long-term psychodynamic process groups for gay men (San Francisco) and gay and bisexual men (Palo Alto). General issues topics, including intimacy, relationships, isolation, depression, HIV, dating, finances and friendships. The groups have been operative between five and eight years. For more information, please call Jamie Moran, LCSW at 415-552-9408.

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WOMEN — We NEED you on the Board!!!

There are too few women on the Board. If you don't join the Board, we will not be adequately represented.

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 a mailing to the membership you must provide enough copies of the item to be sent folded, stamped and ready to mail. LAGPA will run address labels and place them on the item to be mailed at a board meeting. Therefore, your materials must be received by LAGPA no later than one week prior to the next board meeting as indicated on the web site or in the newsletter, for them to be mailed in a timely fashion. If you want to do a separate mailing you must give us 10 open envelopes with the material you are mailing so we 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 P.N. rather than creating a separate mailing.

As the LAGPA Board is all volunteer, and responsible for creating, collating, folding, labeling, stamping and mailing all newsletters and other correspondence throughout the year, we cannot accommodate the insertion of stand alone flyers into the newsletter or conference materials. Unless, or until, there is a full complement of board members and volunteers to assist on various committees, all flyers must appear as ads in the newsletter and/or conference brochure. Member and non-member rates are listed in the P.N. and on the web site at www.LAGPA.org. 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 mail, include in the newsletter 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. To engage in any of the above or for more information please contact our administrative assistant, Chuck Stewart. •

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 which must be typed and double-spaced, to

LAGPA

Progress Notes

1125 N. Fairfax Ave. Box 46206
West Hollywood, CA 90046

You may also email your articles to drbajacobs@att.net. This newsletter is mailed to each member, and may be made available to non-members by requesting copies either through mail (to the address above), or by calling 310-288-3465.

Publishing Schedule

Advertising and articles are due no later than the following dates:

	Due Date	Pub. Date
Spring	2/15	3/1
Summer	5/15	6/1

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	\$35.00	\$50.00
1/2 page	\$50.00	\$70.00
Full page	\$75.00	\$100.00

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	
Business Card	3.5" w x 2" h
1/8 page	
Horizontal	3.7" w x 2.37" h
Vertical	1.82" w x 4.8" h
1/4 page	
Horizontal	7.5" w x 2.4" h
Vertical	3.7" w x 4.8" h
1/2 page	
Horizontal	7.5" w x 4.8" h
Vertical	3.7" w x 9.75" h
Full page	7.5" w x 9.75" h

seminars you would like us to arrange. Having done that, your participation is necessary for it to be worth the time and money to put on the seminars. It is also difficult for us to maintain credibility with speakers if we cannot get an audience. Although the BBS now allows MFT's and LCSW's to obtain all of their CEU's via distance learning (provided it is submitted electronically), distance learning cannot help you socialize or network and likely will not provide courses on LGBT issues.

I would like to thank Beatriz Gandara, MFT and Ellen Snortland for opening their home for our annual holiday party. If you didn't attend, you missed a great Mexican theme party including Mariachis and a pinata. I would also like to thank Joni Lavick, MFT for her continued support and assistance to the organization. Thanks to Deborah DiGiovanni, the new newsletter editor/coordinator; without her you would not be reading this newsletter (or using it to line your birdcage, as the case may be). Thanks to Paula Newman, PsyD who continues as our fearless treasurer. We do not have a secretary at this time.

So now that it is a new year we all have a chance to make new choices (of course we always have that opportunity but milestones are important). My choice is to continue delegating, not agree to take on more responsibility, get seminars approved for MCEP and BBS credit, coordinate and let go when I have done that. If people do not volunteer for tasks or fail to complete them, so be it. I will decide whether or not to remain in the delegating position within the next few months. Your choices include joining the Board or volunteering for a committee, attending seminars and paying dues. The Board can remain at the size it is and fewer activities can be arranged as a result, or you can join the Board and volunteer for committees. The next Board meeting will be in February. Check the internet for details (www.lagpa.org). You can attend the continuing education seminars

(see the calendar in this issue) and RSVP (see form) for each, or we can have fewer seminars and cancel those for which we do not have enough advance registrants. Basically, the membership can vote with its feet, respond to questionnaires or watch LAGPA become a memory like the Stonewall. Who knows, someday someone may be writing an article and asking, "Why isn't there a LGBT psychotherapy organization?" •

**Have a GREAT IDEA
to make LAGPA BETTER???**
DON'T JUST SUGGEST IT ... DO IT!!!

CLASSIFIED ADVERTISEMENTS (cont. from pg. 8)

EMPLOYMENT

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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

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

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West L.A.

Beautifully decorated, windowed, freeway close, handicap access, call lights, separate entrance/exit, security building. Available Thursday and Saturday, all day and evening or for blocks of hours. Contact Renee R. Sperling, LCSW at 310-470-3450

Beverly Hills

Large corner office on Beverly Drive, private waiting room. Available Friday or Sunday (\$200 per day/month) and some evenings. Parking included. Rob Kelly, Ph.D. at 310-277-1944.

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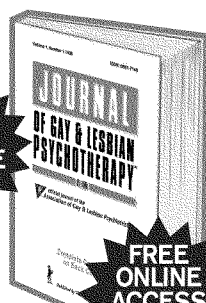
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—Gay Community News

The **Journal of Gay & Lesbian Psychotherapy** is a clinical, multidisciplinary professional forum for the exposition, discussion, and exchange of practical information about lesbian and gay psychotherapy. You'll find that the journal is dedicated to enhancing the emotional, psychological, and psychiatric health of gay men and lesbians. By openly and frankly covering topics avoided in other journals due to the controversial nature of homosexuality, the **Journal of Gay & Lesbian Psychotherapy** allows you to benefit from collective experiences and wisdom.

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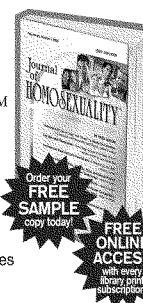
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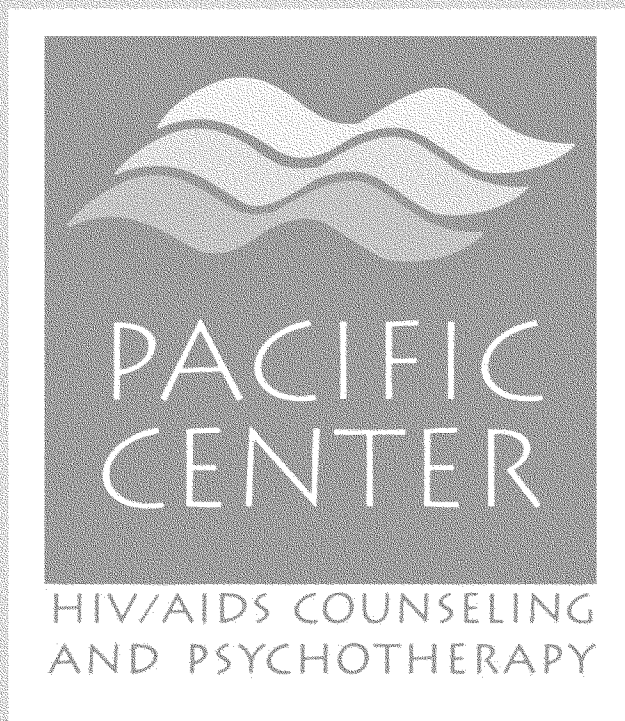
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