



A QUARTERLY PUBLICATION OF THE LESBIAN AND GAY PSYCHOTHERAPY ASSOCIATION OF SOUTHERN CALIFORNIA, INC.

It Keeps Getting Better

By Chuck Stewart, Ph.D.
Executive Director

LAGPA keeps getting bigger and better every year. The Conference held on June 17, 2007 at Phillips Graduate Institute (PGI) in Encino, was the biggest and most successful event in LAGPA's history. We had 14 different workshops and almost 75 people in attendance. John Duran, J.D., Mayor of West Hollywood, gave a dynamic and inspiring keynote speech. I heard many members rave afterwards about how good he is at rousing the public to take action on important social issues. Thank you John! We really appreciate the time

you took out of your busy schedule.

I must thank Sanie Andres, M.A., for making all the arrangements at PGI. Special thanks to PGI staff member Robert Zelaya who provided onsite support throughout the event. Everything went off without a hitch. Parking was free, the rooms were comfortable and every piece of electronic equipment ran flawlessly. Thank you again to President Lisa Porche-Burke and PGI for hosting the event. Their contribution was worth almost \$5,000 that we otherwise would have been faced with paying for equal facilities.

Without exception, everyone raved about how good the food was at lunch. I must thank Chef Eddie Morgado. This is his second year catering the conference and he hasn't let us down yet. He does an outstanding job and is very generous to this organization. Please see his ad in this issue of the PN and use his services for your catering needs.

Of course, we must thank all the presenters. The program was varied and inform-

ative. I hope many of you will consider presenting again next year.

Finally, I want to thank the board for their excellent work. I heard over-and-over how this year's conference flowed flawlessly. It could not have been done without your support and dedication.

One of the things we made a real effort to make sure happened smoothly

was the issuance of CEU's. I can assure you that it takes a lot of planning and preparation to be able to issue CEU's the same day of the conference. Many labor intensive hours were spent completing applications and making deadlines, but it paid off. We were able to distribute the CEU certificates as people left. I know
(continued page 2)



Co-President, Aaron Alan, M.A., (right) with West Hollywood Mayor, John Duran, J.D., keynote speaker at the Thirteenth Annual Psychotherapy Conference.

City of West Hollywood Honors LAGPA

Participants of the 13th Annual Psychotherapy Conference were greeted by the humor, sincerity and authenticity of West Hollywood Mayor John Duran, J.D. Mr. Duran was the keynote

speaker at the conference. At the end of his address, he presented LAGPA with a proclamation recognizing the conference and the work of the organization.▼

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Executive Director's Message; More to Expect in the Upcoming Months

(continued page 2)

that was appreciated by all and it reduced our follow-up effort. It is our goal to always be able to issue CEU's at the end of every educational forum or conference. It builds good morale and ultimately saves us time and effort.

Lastly, I want to talk about the future. Now that we held the conference at PGI, the board has seen the rationale in continuing to hold future conferences at the other schools of mental health such as the USC School of Social Work, Antioch University, and others. This brings the existence of LAGPA to the forefront of these institutions and helps build new members. It is our plan to rotate the annual conference from school to school over

the coming years. Antioch has already contacted the board about holding it there next year. USC would like to sponsor the conference and coordinate the date to correspond with students still attending classes.

The other major change for this conference was the success at obtaining sponsors. Their financial contribution was a major factor in making the conference run so smoothly. It takes about 250 hours of preparation to make the conference happen from start to finish. Some of that was paid professionals who were so invaluable at making things happen. It is our hope to double the sponsorship for next year's conference.

This PN represents our annual membership drive.

We hope you renew your membership or become a new member. There are so many benefits from being a member. Not only do we have great social and educational events, but the online referral system really pays off. I've heard many members report that they get a couple of new clients a year from the referral directory. Really, just one new client showing up just one time will pay for your annual LAGPA membership. It is very cost effective.

LAGPA is a great organization. Have you considered becoming a board member? We are always looking for new board members. Many stay a year or two and have fun during that time. Most of the actual work is performed by the Executive Director thus freeing you to have fun with your tenure and to give valuable insight to events.

Further, in this edition of the PN, you will see the announcement for our next social event to be held August 19 at the beautiful home of Liliane McCain, M.F.T., and is a joint venture with Southern California Lambda Medical Association (SCLMA), the LGBT physicians and medical student group. Last year, we had two great collaborations with SCLMA to which almost 70 people attended each event. Please come this year and have fun. Coming up this fall will be another wonderful educational forum arranged by board member Larry Hymes, M.A. and our annual Community Service Awards. Keep your eyes peeled for the email announcements of these events.

I want to thank all of you for your support of LAGPA. It is a great organization and you are part of that greatness. ▼

Welcome New and Returning Members!

Sanie Andres
John Buckley
T. Adam Cotsen
Ronald Crane
Brigitte Dutil
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Robbert Schalekamp
Darren Sevier
Sheila Shilati
Stacey Signman
William Squier
Dale Stuart
Ian Stulberg
Fred Wilkey
Kimberly Wong

NOTE: This list contains members who joined or renewed April 2007 or recently at the June conference. All

names are printed as they appear on membership files. If there are any mistakes or omissions, please contact the Executive Director, Chuck Stewart, Ph.D. via email at lagpa@sbcglobal.net to make the appropriate corrections.

ADVERTISE in
Progress Notes...

CLASSIFIED ADVERTISEMENTS

(continued from previous page)

One office is furnished. Both offices have windows overlooking lots of greenery. Gay affirmative practice and environment. Rent varies according to usage. \$300/day per month P/T and \$1000 F/T. For more information, please contact Matthew Silverstein, PhD, MFT. (310) 842-6124 or msilversteinmft@aol.com.

Prime Therapy office for EVENINGS & WEEKENDS (West Hollywood)

Beautiful space is available on Mondays through Thursdays evenings from 6p.m. to 9p.m., or 6p.m. to 10p.m., and all day Friday, Saturday and Sunday. This French-windowed corner office is elegant and tasteful; furnished with antique oak wood furniture, rich brown leather couch/chair, with warmly painted walls. It also has a desk and a consulting area which makes it more spacious. There is a shared waiting room and a copier/refrigerator room. Friendly colleagues. High-end security building on designer row. Other offices within the building consist of psychotherapists, psychiatrists and writers. Street parking is free on Robertson after 6p.m. If interested please call me, Paul Oberon, Psy.D. at 310 659-0509. Required blocks of time: 6p.m. to 9p.m. or 6p.m. to 10p.m. Monday/ Tuesday /Wednesday/ Thursday or 4hr blocks for Fridays thru Sundays, (example 9a.m. to 1p.m. or 1:30p.m. to 5:30 p.m.); \$25/hour (non-negotiable).

West Hollywood/San Fernando Valley

Quiet Garden Courtyard of therapists, designers, and writers near Cedars-Sinai and Thaliens. Also office space on Ventura Blvd. near Laurel Canyon (Studio City). Quiet, garden courtyard; one story building; 24/7 access & AIR. Windowed, private waiting room; sound-proofing & call-light systems. Windowed & skylighted private therapy office. Separate entrance-exit. Separate restrooms for clients & therapists. High vaulted wooden ceiling and new wood window blinds. Private, covered, well-lit parking. Easy canyon access to San Fernando Valley. Recently remodeled to psychotherapy specifications. Reasonable rates (utilities included). Call Mike Fatula at 323-876-8861.

Beverly Center

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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.

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Got Something to Advertise

— Then use the Classifieds to reach hundreds of mental health professionals. Placing an ad is free to members. ▼

Progress Notes...

A quarterly publication of the Lesbian and Gay Psychotherapy Association of Southern California, Inc., an 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.

Correspondence regarding the newsletter should be sent to:

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Questions or Comments

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CLASSIFIED ADVERTISEMENTS

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

Gay Men's Growth Group (Studio City)

This is an ongoing men's group, which focuses on personal issues that lead toward better relationships with oneself and others. This is a group for serious minded men regardless of age, HIV or relationship status. Tuesday/Wednesday nights in Studio City; \$35 per session. Contact Sandy Kaufman, MFT at 818-761-4200.

Gay Men's Group (Beverly Hills)

The Center for Cognitive Ther-

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

Ongoing Gay Men's Therapy Group

(near Beverly Center)
Now accepting new participants! Meets every Wednesday evening from 8:00 to 9:30pm; \$40 per session. Benefits of participation in an ongoing therapy group include: learning to directly and healthfully express feelings, building confidence and self-esteem, getting support for personal struggles and challenges, improving relationship skills, and gaining a sense of comfort in groups. Contact Mark Reina, M.A., M.F.T. Intern (IMF #49643), Supervised by Keith Rand, M.F.T. (CA LIC# MFC 32393); 310-366-5494; 8170 Beverly Blvd., Suite 204 (near the Beverly Center).

Gay Men's Psychotherapy Group

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

Mixed Groups

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

Social Anxiety Group

This group will be making use of the latest empirically validated treatment for social anxiety. The group will be mixed (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

RENEW your membership today.

as "therapist of record." Contact Joel Becker 310-858-3831.

Women Over 40

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

EMPLOYMENT

Psychotherapy Bookkeeper Position

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

OFFICE SPACE

West Hollywood

Newly remodeled, beautiful, quiet, F/T or P/T psychotherapy office space in 2 office suite in centrally located professional building in the heart of West Hollywood. Office is newly painted and carpeted with soundproofing. Separate, enclosed waiting area with call light system. Off-street parking available. One office is unfurnished and available full-time.

(continued on next page)

UPCOMING EVENTS: Be on the Lookout

AUGUST

Membership Drive Month

Renew your membership and encourage others to join.

Sunday August 19th: LAGPA/SCLMA Joint Summer Social

12Noon - 4pm; FREE for LAGPA and SCLMA Members; Non-member guests, \$10.

Don't miss a relaxing get-together of Fun, Sun, and wonderful Eats and Drinks!!!

Reminder all swimmers-- bring sunblock and beach towel!

At the home of: Liliane Quon McCain, 608 North Hillcrest Road, Beverly Hills, CA 90210-3515.

Please RSVP to assure ample food and drinks for all.

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

SEPTEMBER

Educational Forum

CEU's and dinner for attendees. Watch your e-mail for more information.

OCTOBER

8th Annual Community Service Awards/

4th Annual Community Advocate Award

Nominations will be taken during the month of September. Join us in honoring two devoted and hardworking mental health leaders serving the LGBT community. Date and location of the awards ceremony will be sent via e-mail and through the mail.

DECEMBER

LAGPA/SCLMA Joint Winter Social

You didn't really think we'd plan this one that far in advance. We still have to get this month's party done!

NOTE: E-mail blasts will be sent to your e-mail address on your membership record. If you are not currently receiving e-mail updates and would like to be included, please contact Chuck Stewart, Ph.D. at lagpa@sbcglobal.net.

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Full Page	7.5" w x 9.75" h	\$75.00	\$100.00

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. The purpose of a newsletter is to provide specialized information to a targeted audience. Newsletters can be a great way to market your product or service, and also to create credibility and 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, business cards collected at trade shows, or membership lists. You might consider purchasing a mailing list from a company.

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. ▼