

Progress Notes...



February 2008

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

(310) 288-3465

Meet the New Co-President

At the last Board meeting I volunteered to be the male co-chair. My bio: After 20 years of work as a Human Resources Manager in The Netherlands, I came to the USA for Primal Therapy in 1994 (as a patient), got my MA and PSYD, and my MFT license. I work in a clinic in Sherman Oaks, while I also volunteer two afternoons a week in the Hollywood Sunset Free Clinic as Assistant Clinical Director. I live in Santa Monica with my partner Jay.

I have been a member of LAGPA since 1997. I have been impressed with the Community Awards, the educational events, especially the annual conferences and the keynote speakers. Together with the two social events per year, LAGPA has given me a sense of community as well as valuable professional information. I was pleased that after finishing my dissertation I now have

the time to serve on the Board.

Last year I was very impressed with the organization of the annual conference, especially the sponsorships that had been obtained. We intend to build on the progress that has been made in the last couple of years. As to the near future, we are planning our first workshop intended primarily as a fund-raiser, "Facing the Challenge of Liability in Psychotherapy: Practicing Defensively" by Dr. Larry Hedges on March 30 at Philips Graduate Institute. The six CEU's that can be obtained are required every two years by the various licensing

bodies. Please come and tell your colleagues, gay and straight, to sign up as well. On June 1, we are planning our annual conference at Antioch University in Los Angeles. Based on the theme: "Traditions and Freedoms," this conference will feature workshops dealing with the question of "Assimilation vs. Gay Soul." Don Kilheffner will be the keynote speaker. Please see ads for both events in this issue of Progress Notes.

The Board intends to have an event, educational or social, approximately every two months. At this point, we do not envision major

changes in the type of events planned with the exception of our first fundraiser educational event just mentioned.

It is also the Board's intention to be more inclusive of the transgender community, both in terms of board membership and in the programs we provide.

I have been surprised how relatively unknown LAGPA is among many therapists, interns and students. We would like to see membership in LAGPA grow substantially.

Robbert Schalekamp
Co-President ▼

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Executive Director Report

LAGPA is growing by leaps and bounds. Our current membership is approximately 130 paid members. This is the highest that it has been in years. Please spread the word about LAGPA to your colleagues who may not be a current member. The larger we get, the more we can provide.

In this issue of the PN we are announcing an educational workshop being conducted by Dr. Lawrence Hedges on March 30. The workshop fulfills the requirements for *Law and Ethics for Clinicians* and grants six continuing education units. As you all know, this is a required course that must be taken every other year. Dr. Hedges is waiving his usual fee so that this will be a

fund-raiser for LAGPA. So, consider taking our course. It will meet your legal requirements and help raise funds for LAGPA. This event is co-sponsored by Phillips Graduate Institute and The Trevor Project. Thank you all.

Our Annual Conference is scheduled for June 1 and is co-sponsored by Antioch University. In this issue of the PN we have our "Call for Papers/Presenters." Dr. Don Kilheffner will be the keynote speaker. He brings an interesting and informed viewpoint concerning assimilation vs. a unique "gay soul." See his article later in this issue of PN. For the very first time, we are advertising the Conference in the LAGPA and CMAFT newsletters.

The Winter Social was held at the lovely home of Dr. Rick Tan. It was a joint event between LAGPA and SCLMA. Approximately 90 people attended. These joint events seem to be very successful. We are beginning to plan the Summer Social. Perhaps you would like to participate. Members are always welcome to join the Board.

We are in the initial stages of planning the Community Service Awards for later this Fall. It was felt that this event was important and that it should be held every-other-year so as to maintain its specialness. We are looking for someone to coordinate this effort. Just let me know.

Chuck Stewart, Ph.D.

"Gay—the New Straight" — I Don't Think So!

By Don Kilhefner, Ph.D.

Keynote Speaker for the 14th Annual LGBT Conference on June 1, 2008 at Antioch University.

The title certainly got my attention: "Gay—the new straight." It was on an Op-Ed article written by columnist Gregory Rodriguez in the *Los Angeles Times* (11/5/07). Rodriguez goes on to make all kinds of melodramatic, but largely unfounded, claims about gay people. His conclusions were drawn from an important new research study done by the Williams Institute at the UCLA Law School titled *Geographic Trends Among Same-Sex Couples In The U.S. Census and the American Community Survey* written by UCLA research demographer Gary Gates. While the rest of you were watching *Project Runway*, I sat down and studied the UCLA report page by page of statistics. I recommend it only to the masochists among you.

First Flaw. Rodriguez/Gates make several major generalizations about gay people—for example, the devolution of the gay community, the declining need for gay identity, the heteroization of gay culture—based solely on *one study of same-sex couples*. Let's do a bit of simple math.

The number of gay couples on which the study was made was about 800,000. If there were two people in each couple (with you gay people one can never be sure), approximately 1.6 million gay people were included in the study. Generally, gay people are estimated to be somewhere between 8% and 10% of the population. The population of the U.S. is 300 million, and let's say 9% are gay people. This means there are approximately 27 million of your kind in the U.S. Thus gay couples in the study represent approximately 6% of the gay population.

It's a great statistical sample. The only problem is that one cannot make sweeping generalizations about gay people and gay identity and gay community based on the study. One simply cannot make statements about gay people—both coupled and not coupled—*based solely on a single study of same-sex couples*. No way! Not to mention the lack of differentiation between lesbian and gay male couples—they are not the same. Also missing

was critically important stratified demographic information such as the age, race, and socio-economic status of the subjects.

Based on my more than four decades of working in the Los Angeles gay community, I would speculate that the majority of gay men are not in coupled relationships, albeit many are desperately trying either to get into one or out of one. And I would speculate further that those who are in coupled relation-

ships tend to be generally more conventional, *bourgeois* and conservative—gay assimilationist—than those who are not. Thus, generalizing about the gay community based on same-sex couples, as Rodriguez/Gates do, is fraught with gross oversimplification, error and, in their case, the spinning of a socio-political agenda. Rodriguez was foaming at the mouth in his stereotyped denunciation of gay liberationists. Rodriguez/Gates are gay assimilationists. ▼

PLEASE SUPPORT OUR 2008 CONFERENCE AND WORKSHOP SPONSORS



NEW and RETURNING MEMBERS

We want to welcome the new and returning members to LAGPA who have signed up since the last issue of the Progress Notes. Thank you for your support.

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Rick Deaton, PsyD
William Feuerborn, LCSW
Danny Gibson
Glenn Goveia, MFT
Rob Kelly, PhD

Don Kilhefner, PhD
John Kroase
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Arlyn-Kristine Seliner, MSW

Justin Shubert, MA
Terry Smith, PhD
Dale Stuart, PhD
Bruce Watkins, PhD
L. David Willoughby, MFT
Alexander Yoo, MA
James Zimmerman, MFT
▼

"A Common Sense Proposal for Preventing 'Pay-Back Time' & Revenge School Shootings"

By Jason Wittman, PPS

Executive Director of Los Angeles Youth Supportive Services, Inc.

I originally wrote this article, just after the Santana High School shooting in Santee, CA in March 2001. I thought then and still do that the press concentrating on "guns in schools" and "bullying" stories are talking about symptoms (guns) and only part of the problem (bullying). We are now at the eight year anniversary of the shootings at Columbine High School and today there is yet another and far worse shooting spree at the Virginia Tech University. From the press reports and the statements of school officials and concerned citizens, it doesn't seem like much has changed to change the chances of future catastrophes. It is the same old speculative explanations and remedies that have not worked to date. Once again, I offer my suggestions that are based on a lifetime of successfully working with marginalized kids. Please take note.

When 15-year-old Andy Williams opened fire on the students of Santana High School in Santee, CA, on Monday, March 6th, he fulfilled the hidden desires and became an instant hero to millions of school kids across the country, as did Eric and Dylan, the Columbine High shooters, before him. If this statement horrifies you, please read on.

By all the newspaper and TV accounts, Andy was a marginal, ridiculed, picked on, quite passive, "disaffected and unhappy boy, frequently taunted by his peers." He was called "country boy" and the king of all taunts, "gay." His classmates described him as "a twerp, skinny, and very quiet." He laughed off verbal and even

physical abuse and never fought back. He was beginning to drink and use drugs to fit in with the crowd. This is much the same profile as the other kids who shot up their schools. It is also the profile of millions of other school kids. Sure, most of them would never do what he did. Fear of the consequences and moral, religious and ethical convictions would have mitigated such a solution. They would just continue to suffer in silence. But to most of them, even to their own horror, the thought, accompanied by a slight smile, of "Pay-back Time!" might have crossed their minds. In the Columbine High shootings, the press reported at the time that student said the shooters, Eric and Dylan, were continually harassed because of the perception that they were gay. They were regularly called "faggots." I was able to confirm that they were, in fact, under continual pressure for being gay in a conversation with a gay youth in Denver who knew them. Today, as for the last 35+ years, I work with teens and young adults, many of whom fit this profile. Probably why I relate so well with them is that at their age I, too, fit that profile. I was a scrawny, twerp, teased about big ears, large feet and being too smart. I would have probably been labeled "gay" if the word had been in use then. I laughed off their taunts and never fought back, per my Mother's instructions. Fortunately, I found the protective shelter of the high school drama club and its caring teacher/advisor and by spending lots of time with adults.

The part of my high

school experience and how I coped with it, that is most germane to this discussion is that, on many a night, I can remember going to sleep while fantasizing the torture and destruction of my tormentors. Fortunate for me and them, the social controls on kid growing up in the late 1950's, the total lack of support and role models for such action, no guns in our household and my own lack of confidence to even pull off a decent suicide made turning that fantasy into a reality an impossibility. Today, though, kids with these feelings and fantasies have the means, the role models, the support from some of the darker parts of pop culture, and the either active or tacit support of their peers. This is why an immediate preventative action plan is needed.

After these random school shootings, the question is always why did the shooters kill innocent bystanders, people that were not their tormentors? The reason is that after years of being the recipients of teasing, taunting, ridicule and bullying (TTRB) the "Johnny, Billyand Coach Williams won't ever leave me alone" turns into "They won't ever leave me alone!" At that point, everyone becomes the target of retribution.

Addressing bullying is not enough. Bullying's three cousins in harassment; Teasing, Taunting, and Ridicule, are different enough and just as much of a problem to the victims to be worthy of addressing on their own right. Ridicule, incidentally, is what teachers do. When I was in high school, it was usually the gym teachers. When teachers ridicule students it

presents a negative role model and gives tacit permission for students to engage in TTRB themselves.

Since the shootings in Santee, the usual suggestions for preventing another such tragedy have been offered in the media. As usual, they miss the mark now as they have in the past. The Santee school system had in place all of the most up to date solutions, they had an anti-violence program, adult monitors, all sorts of contingency plans, the works. Obviously, it wasn't enough. So what will work? I have two suggestions based on over 35 years of working with teenagers. The first one is easy to implement. The second is a long-term solution that will not only deal with this issue but will most probably greatly reduce teen use of alcohol and drugs.

Suggestion #1 is to institute in every school, starting with pre-school, a policy of zero tolerance for teasing, taunting, ridicule and bullying (TTRB). In the workplace, today, a slightly off-color or sexual remark can legally be the subject of a sexual harassment lawsuit. However, on school campuses teasing is dealt with, if it is dealt with at all, by attempts at fortifying the coping skills of the victim. I have no quarrel with those efforts and my second suggestion is probably the most effective way to do that, but they are secondary to stopping the aggression, period! "Boys will be boys" will no longer do. Kids can get kicked out of school under the zero gun policy just for pointing their finger like it is a gun at another student. Schools need to be at least as strict in dealing with those

Continued from page 3

who verbally assault their fellow students. Principals, school officials, teachers, other responsible adults and fellow students that tolerate any degree of teasing, taunting and harassment or who join in or initiate the ridicule of a student must be held accountable. Zero tolerance for teasing, ridicule, taunting and bullying AND the failure to report or stop such activities, must become the enforced norm in all schools.

The Newport-Mesa Unified School District in Orange County, Calif. has become the first school system to modify its zero-tolerance policy to include, "any gestures, comments, threats or actions...which cause or threaten to cause...bodily harm or personal degradation." Strict adoption of this kind of policy, nationwide, will go a long way to eliminating most campus violence including playground fist-fights.

Suggestion #2 is to teach self-esteem and self-love to all students starting in pre-school. My experience working with teenagers over the years has lead me to believe that lack of self-esteem and love is the root cause of most, if not all, of student problems including, under-achieving, substance abuse and addictions, acting out behaviors and especially campus violence. The bully, taunter and teaser does so in an effort to compensate for and to fix an emptiness inside by putting someone else down. People who love themselves have no need to oppress others. Kids, who do love themselves, have more resilience to the negativity of their peers. They also are less likely to get caught up in abusive relationships and will be more likely to seek out as partners, those who also have an excess of self-love to share.

How to teach self-esteem and love is the subject of many books, including a fu-

ture one from me. There is, though, a very effective, ultra-simple and best of all, no-cost solution for teaching self-esteem and self-love. Everyone that I have ever taught this to, from pre-schoolers to adults, has experienced huge improvements. This is one thing that assisted me the most build my self-esteem and love. Here is the description of how to teach it, followed by why I believe it is so effective:

"From now on, every time you see your reflection in a mirror, you MUST smile AND say one nice thing about yourself. This nice thing is something you already know that is good about you. It can be a physical thing, but even better if it is an internal goodness, like being considerate or sharp witted. It is not an affirmation, which is something you would like to believe about yourself and say repetitiously until, hopefully, it sinks in. The other part of this exercise is that if you use the mirror to beat yourself up, you must say two nice things for every nasty one!

This exercise works because it develops a new habit of saying nice things to oneself, which automatically leads of self-love. Most people with low self-love and esteem have a well-developed habit of beating themselves up verbally (and sometimes physically). Perfectionists are the masters of this, since they will always perform below their expectations. When this new habit of smiling and saying nice things to oneself replaces the old self-deprecating one, a new person emerges. A side benefit is that one can't smile and feel down at the same time, so these periodic, face-induced smiles can help break a downward emotional slide.

An important side benefit of the zero tolerance policy for teasing, taunting, ridicule and bullying is a climate that

is conducive for building self-esteem and self-love. This will be especially true if the policy includes the school staff. Public ridicule from teachers both sets a bad example and destroys self-esteem.


Now is one of those windows of opportunities when school districts can really do something that will positively affect the quality of life on their school campuses. Immediately adopting my zero tolerance suggestion will so drastically change the campus atmosphere that the need for the picked-upons to engage in any form of retribution or "Pay-Back Time" will be virtually eliminated. Quick implementation of these suggestions will insure that no more lives are needlessly lost.

About the Author:
Jason Wittman, MPS is the Executive Director of Los An-

geles Youth Supportive Services, Inc. (<http://www.la-youth.org>) and has a private practice as a Life Coach specializing in working with parents of teenage boys and young adults (<http://TheParentsCoach.com>) He can be reached at jason@theparentscoach.com or 323-969-8726

Would you like to reprint this article? You can, as long as you publish the entire article and include this complete blurb with it: "Life Coach Jason Wittman specializes in working with parents of teenage boys and young adults and teaches parents effective parenting of their teens. He also publishes "My Coach Jason's Tips for Winning at Life" monthly ezine. You can subscribe and explore how you can benefit by his coaching at <http://TheParentsCoach.com> ▼

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LAGPA and SCLMA -- *Winter Social* -- at the home of: Rick Tan, M.D.
Great turnout. About 90 people attended. Food was catered by Eddie Morgado.



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Facing the Challenge of Liability in Psychotherapy: Practicing Defensively

6 Hours of CE Credit



Lawrence E. Hedges, Ph.D. ABPP, Instructor

Is a psychologist-psychoanalyst in private practice in Orange, California, specializing in the training of psychotherapists and psychoanalysts. He is director of the Listening Perspectives Study Center and the founding director of the Newport Psychoanalytic Institute. He holds faculty appointments at the California Graduate Institute and the University of California, Irvine, Department of Psychiatry. Dr. Hedges holds Diplomas from The American Board of Professional Psychology and The American Board of Forensic Examiners. He is author of numerous papers and books on the practice of psychoanalytic psychotherapy.

This course qualifies for 6 Hours of Continuing Education Credits for psychologists, MSWs, MFTs and nurses to meet the *Law and Ethics for Clinicians* requirements.

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Marriage and Family Therapists and Social Workers Provider Number: PCE348.

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The Listening Perspective Study Center is approved by the American Psychological Association to sponsor continuing education for psychologists. The Listening Perspectives Study Center maintains responsibility for the program and its content.

Presented by: Lesbian and Gay Psychotherapy Association of Southern California, Inc. and The Listening Perspectives Study Center. All proceeds go to LAGPA. Co-Sponsored by Phillips Graduate Institute and The Trevor Project.



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Facing the Challenge of Liability in Psychotherapy: Practicing Defensively

Lawrence E. Hedges, Ph.D., ABPP, Instructor

Course Description:

Facing the Challenge of Liability in Psychotherapy: Practicing Defensively (authored by the instructor) received the 2001 Gradiva best book award by the National Association for the Advancement of Psychoanalysis. This course is based on the dynamic and risk management aspects of the book.

Psychoanalysis as well as dynamic and intense psychotherapy necessarily involves establishing a working relationship with the client over an extended period of time. But the history of such therapeutic relationships demonstrates the perils and pitfalls of this type of intimacy. How can issues of multiple roles, interpersonal boundaries, and real personal involvements around such things as gift-giving, disclosures, bartering, field trips, and telephone or E-mail contacts be considered in the most professional manner possible? What are the ways transference, resistance, and countertransference can be acknowledged and carefully monitored, documented, and worked with as effective professional tools? What are the sources of most false accusations against therapists and how can they be averted and/or dealt with safely, productively, and professionally? Where are the dangers coming from that threaten psychotherapists, clients, and the psychotherapy process today and how can we learn to practice defensively?

Educational Objective:

- To learn how to identify areas of high risk in advance and to take appropriate preventative measures;
- To learn how to distinguish four distinctly different levels of transference-countertransference involvement and how various clinical issues must be considered differently according to different developmental levels and therapeutic needs;
- To learn how to update forms for patient information, informed consent, releases, referrals, consultations, and terminations;
- To learn how to limit liability with supervisees, students, and colleagues as well as clients; and, most importantly,
- To learn how to cultivate an attitude of mindfulness regarding accountability and risk management in psychoanalysis and psychodynamic psychotherapy.

Lawrence E. Hedges, Ph.D., ABPP is a psychologist-psychoanalyst in private practice in Orange, California, specializing in the training of psychotherapists and psychoanalysts. He is director of the Listening Perspectives Study Center and the founding director of the Newport Psychoanalytic Institute. He holds faculty appointments at the California Graduate Institute and the University of California, Irvine, Department of Psychiatry. Dr. Hedges holds Diplomates from The American Board of Professional Psychology and The American Board of Forensic Examiners. He is author of numerous papers and books on the practice of psychoanalytic psychotherapy.

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WORKSHOP LOCATION & PARKING

Workshop is at Phillips Graduate Institute, 5445 Balboa Blvd. Encino, CA 91316. Located one block south of the Ventura Freeway (HWY 101) on Balboa. Parking is free and on the property.

TAPE RECORDING

Personal tape recording is prohibited.

REGISTRATION REFUND POLICY

All requests for refund must be made in writing and sent to: LAGPA, PO Box 34142, Los Angeles, CA 90034. Requests postmarked by March 24, 2008 will receive a full refund, minus a \$25.00 administrative fee. No refunds will be made after March 26, 2008.

MAIL COMPLETED REGISTRATION FORMS WITH PAYMENT TO:

LAGPA Workshop Registration

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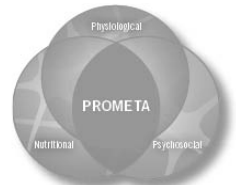
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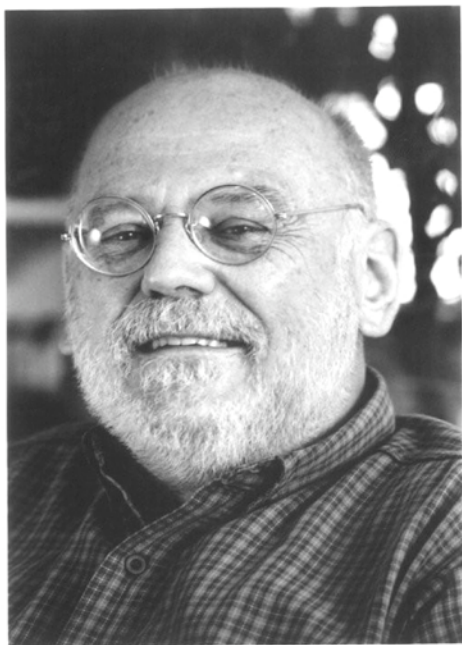
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For more information, contact
Douglas Sadowick, Ph.D. at 310.578.1080, x309.

Lesbian and Gay Psychotherapy Association of Southern California, Inc.**Fourteenth Annual
LGBT Psychotherapy
Conference****“Traditions and
Freedoms”**

**Assimilation vs. Gay Soul? Is there a real
difference between gay and straight people?**

**Keynote Speaker: Don Kilhefner, Ph.D.**

- Pioneer in Gay Liberation Movement
- Co-founder of Los Angeles' Gay and Lesbian Center.
- A Jungian psychologist in West Hollywood, co-authors a column—"Edging Out: Exploring the Frontiers of Gay Consciousness"—for *Frontiers*

**Sunday, June 1, 2008
Antioch University
Culver City, CA**

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6 CEUs**

Lesbian & Gay Psychotherapy Association of Southern California, Inc. (LAGPA) is an approved Continuing Education Provider by the MCEP Accrediting Agency (LES009) who offers courses applicable for Psychologists. This Conference is currently under review by the MCEPAA. LAGPA maintains responsibility for the program. LAGPA is also approved by the Board of Behavioral Sciences (# PCE1309) as a provider of Continuing Education Units (CEU) for MFTs and LCSWs.

Visit our website for Conference
Brochure and Application:

www.LAGPA.org

Or contact us at:
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310-288-3465

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CALL FOR PAPERS / PRESENTERS

Fourteenth Annual Conference

Lesbian and Gay Psychotherapy Association of Southern California, Inc.

June 1, 2008

Antioch University, Culver City, CA

Convention Theme

TRADITIONS AND FREEDOMS

A. THEME:

We are quickly assimilating into straight culture. Our teenagers, raised on "Will and Grace," don't need to be assimilated. Most of them are already in. We are registering as domestic partners, and raising children, hence morphing into "breeders."

Is there a real difference between gay and straight people? If there is, why can we assimilate so easily? Or, is this assimilation another kind of codependency on straight society?

Is there an essential gay soul? Are we losing it by assimilating? Or, are we integrating our LGBT soul into mainstream culture, hence helping straight people to transcend and evolve?

These and similar questions affect our psychotherapy practices and how we interact with our clients.

B. TOPICS:

LAGPA is accepting proposals on "*Traditions and Freedoms*." We want presenters to explore the effects of "assimilation" and "differentiation" on the socio-cultural, emotional, psychological and spiritual experience of LGBT people. We are particularly interested in changes in theory and technique of psychotherapy engendered by assimilation and/or differentiation. In the spirit of learning, we welcome both rigorous scientific research and case studies. We want topics that explore the processes of assimilation and differentiation. For example: trans and queer inclusive places of worship, Gay-Straight Alliances (GSA) in schools, Log Cabin Republicans, domestic partnerships and civil unions, marriage equality for LGBT people, an inclusive ENDA for transgender, transsexual, genderqueer, and gender-variant people, the Gay Soul Movement, and so forth. What are the effects of assimilation and differentiation on LGBT Pride vs. self-esteem, identity shifts, coming out (sometimes several times), progress in psychotherapy, community issues, diversity in politics and lifestyle, to name a few.

C. Submission Guidelines:

Proposals will be reviewed by the LAGPA Convention Committee. The Committee makes its decisions based on the following regulations/guidelines:

(1) Proposals must be submitted using the official application available in this flyer or website and all requested information.

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

If you require assistance or clarification please contact Chuck Stewart, Ph.D. at lagpa@sbcglobal.net.

All proposal must be e-mailed no later than Friday, March 23, 2008.

If you need additional applications, visit our website at www.lagpa.org.

Call for Papers Application

14th Annual LAGPA Conference
Sunday, June 1, 2008 ** Antioch University

Proposals must be E-mailed no later than Friday, March 23, 2008.

NOTE: WHEN SUBMITTING AN APPLICATION FOR THE CONFERENCE, SEND AN E-MAIL THAT CONTAINS A RESPONSE TO EACH NUMBERED ITEM BELOW EITHER POSTED IN THE E-MAIL AND/OR AS ATTACHMENTS TO THE E-MAIL. All attachments must be in Microsoft Word or as a Rich Text Formatted document. WordPerfect documents will not be accepted.

1. 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: _____

2. Second Presenter: (list as many as applicable)

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

3. Program Title: Try not to exceed 15 words.

4. Learning Level: Indicate if the course is at: (a) Intermediate (useful for psychotherapists with experience in this field, or, (b) Advanced (useful for psychotherapists with extensive experience in this field).

5. Time: Do you need 1½ or 2 hours?

6. Abstract: Attach an abstract that will be used in the convention program. It MUST NOT EXCEED 50 words.

7. Syllabus: Attach a course syllabus which includes: (a) educational goals of the course (5 goals), (b) summary of main points to be covered, and, (c) learning methods which will fulfill the educational goals.

8. Vitae and Presenter Identification: (a) Attach the vitae of the presenter(s). There is a maximum of two presenters for a 1½ 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 1½ hours if accepted. (b) 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).

9. Audio/Visual Needs: Indicate if you need: (a) Overhead Projector/Screen, (b) VCR/Monitor, (c) Flip Chart with markers, (d) None, (e) I will bring my own

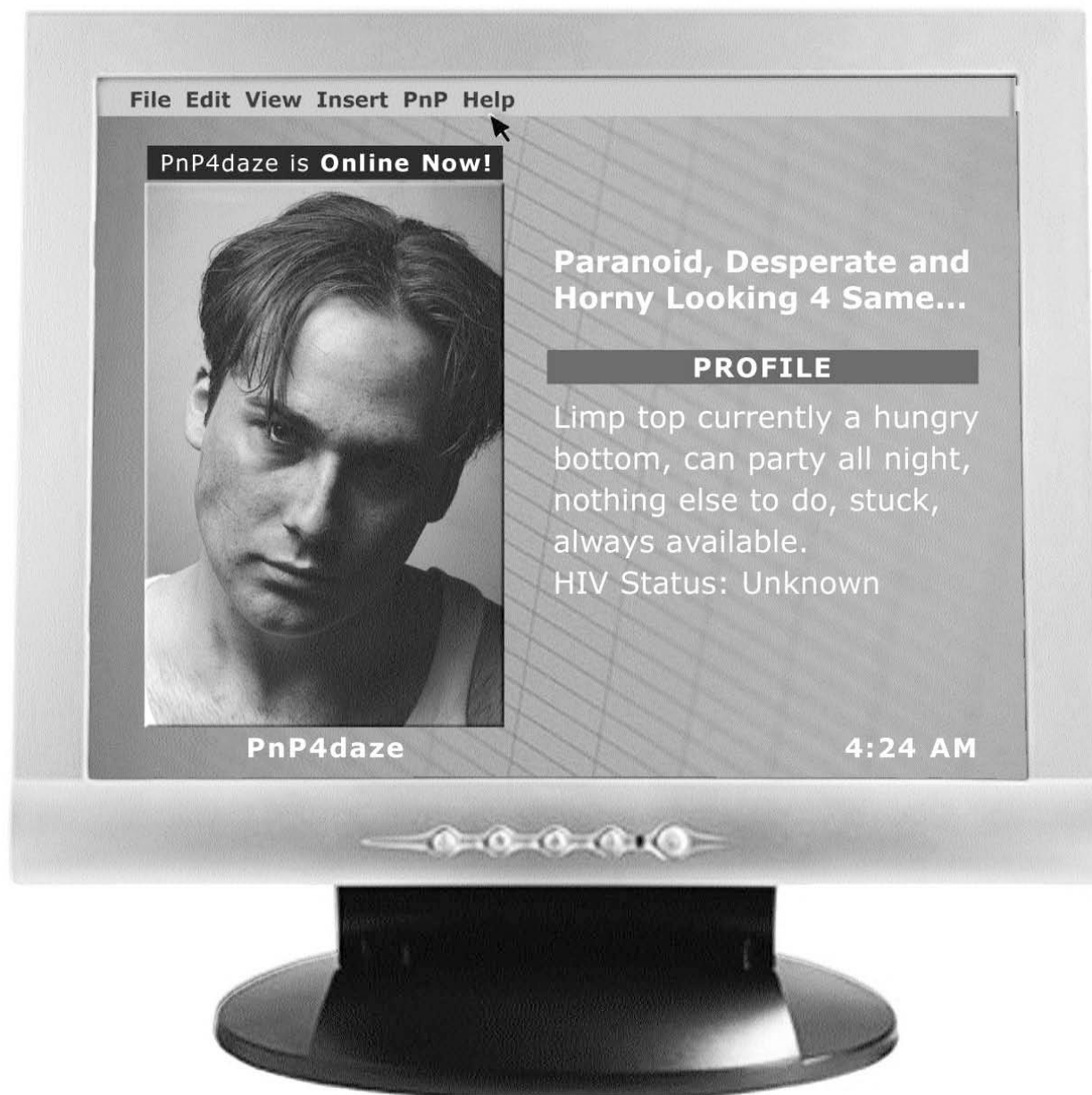
10. Authorization: By submitting this application: I/We understand and agree to all of the instructions, rules and regulations. I/We give permission to LAGPA to edit the presentation title, abstract, length of presentation and identifying information as necessary for publication purposes without notification. I/We understand that no materials submitted for consideration will be returned.

Proposals must be E-mailed no later than Friday, March 23, 2008.

Again, answer each of these items in an E-mail and attach supporting documents to the E-mail.

E-mail your application and supporting documents to:
Chuck Stewart, Ph.D. at – lagpa@sbcglobal.net

Your E-mail will be acknowledged within 2-days. If you do not get an acknowledgement, send the application again by E-mail and contact Chuck Stewart at 310-838-6247.



Spending hours online ...? Partied out? Done playing?

Friends La Brea provides free drug counseling as part of a research study for gay and bisexual men who use methamphetamine. The study will evaluate the effects of combining drug counseling with a behavioral intervention that gives rewards for providing clean urine samples. Participation is 16 weeks and one follow up evaluation.

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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.

Winter 2007

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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 night in Studio City. \$35per session. Contact Sandy Kaufman, MFT at 818-761-4200

Gay Men's Group (Beverly Hills)

The Center for Cognitive Therapy in Beverly Hills is now running a Gay Men's Group on Mondays from 7:30-9PM. If interested, please call Joel Becker, PhD (PSY11680), 310-858-3831.

Ongoing Gay Men's Therapy Group

(near Beverly Center)
Now accepting new participants! Meets every Wednesday evening from 8:00 to 9:30 PM; \$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, MS, MFT Intern (IMF #49643), Supervised by Keith Rand, MFT (CA LIC# MFC32393; 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, PhD. For more information, please call 310-841-6870.

Social Anxiety Group

This group will be making use of the latest empirically validated treatment for social anxiety. The group will be mixed (both gay, lesbian and straight clients) and time limited to 10-12 sessions. Contact Joel Becker 310-858-3831.

Emotional Regulation Skills Group

This group that is based on the work of Marsha Linehan, Ph.D. with patients who have the diagnosis of Borderline Personality Disorder. It is appropriate for all clients who have problems in this area, which may include patients in a wide range of disorders including substance abuse, etc. This group is adjunctive and the client must have a primary therapist who will remain in the picture as "therapist of record." Contact Joel Becker 310-858-3831.

Women Over 40

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

Ongoing Gay Men's Therapy Group

(Pasadena)
Great group for therapists. Wednesday night group (7:30 pm to 9:00 pm) currently has openings. The fee is \$45. The group works to understand how they are relating within the group and how that is reflected (or not) in relating outside the group. Career blocks, fears, anger, the addictive process, and self-esteem issues are also part of our focus. Therapist uses primarily psychoanalytically oriented techniques and

has a certificate from the Institute of Contemporary Psychoanalysis. Contact Roger Winter, MA, MFT (626) 440-9898 x2. (MFC28821)

EMPLOYMENT

Psychotherapy Bookkeeper Position

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

OFFICE SPACE

West Los Angeles

Charming courtyard building on Westwood Blvd., just south of Wilshire. Bright and beautifully carpeted and furnished. Call light system. Private exit. Colleagueial atmosphere. Part time or half time. Call Elaine Schulman 310-475-0674.

West Los Angeles

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

West Hollywood

Newly remodeled, beautiful, quite, F/T or P/T psychotherapy office space in 2 office suite in centrally located professional building in the heart of West Hollywood. Office is newly painted and carpeted with soundproofing. Separate, enclosed waiting area with call light system. Off-street parking available. One office is unfurnished and available full-time. One office is furnished. Both offices have windows overlooking lots of greenery. Gay affirmative practice and environment. Rent varies according to usage. \$300/day per month P/T and \$1000 FT. For more information, please contact Matthew Silverstein, PhD, MFT. 310-842-6124 or msiilversteinmft@aol.com

West Hollywood continued next page

Volunteer!
Make LAGPA
Your Cause

Classified Ads continued from previous page

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

West Hollywood/San Fernando Valley

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

- quiet, garden courtyard; one story building; 24/7 access & AIR
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 - utilities included with reasonable rent; private, covered, well-lit parking
 - easy canyon access to San Fernando Valley
 - recently remodeled to psychotherapy specifications
- Reasonable rates (utilities included). Call Mike Fatula at 323-876-8861.

Beverly Center

Part-time mornings and Friday-Sunday. Quiet small secured building near Beverly Center, 24/7 access, private climate control, windowed charming comfortable large furnished office, good size for groups, shared waiting room with call light, sound proofed, plenty of parking (free or metered), utility room with fridge, micro, copier, printer, file drawers. Call Steve Kadel 310-228-3676.

West Hollywood

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NAME _____

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BUS. PHONE _____ HOME PHONE _____

E-MAIL (most important) _____

DATE OF APPLICATION _____

MEMBERSHIP CATEGORY (Check One)

- ☐ \$ 90 **Regular:** A currently licensed mental health professional.
- ☐ \$ 90 **Associate:** Individuals interested in the field of psychotherapy but who are neither students nor interns nor licensed professionals.
- ☐ \$ 40 **Student:** Unlicensed students and/or interns earning less than \$ 20,000 annual income.
- ☐ \$ 50 **Retiree:** Individuals who were once practicing mental health professionals, now retired and no longer working.
- ☐ \$150 **Institutional:** Organizations interested in the mission of LAGPA and wanting to support that mission through financial sponsorship.

METHOD OF PAYMENT

_____ Check (payable to: LAGPA) Credit Card (mark one): ☐ VISA ☐ Mastercard ☐ American Express

Card Number _____ Exp. Date _____ Back Code _____

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Authorized Signature _____

MAIL COMPLETED APPLICATION

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OR, IF PAYING BY CREDIT CARD YOU MAY

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EMAIL: LAGPA@sbcglobal.net

LAGPA MEMBERSHIP BENEFITS

- Mailings to all LAGPA events
- Reduced registration fees for LAGPA events
- Annual LGBT Psychotherapy Conference
- Social Events
- Membership Directory
- Web Site www.lagpa.org
- Academic Forums
- Professional Women's Events
- CEUs for MFTs, LCSWs, and Psychologists
- Networking opportunities with other professionals
- Resource Directory
- Quarterly Newsletter "Progress Notes"

CALENDAR OF EVENTS

MARCH


• MARCH 30TH, 8:30 AM – 4 PM
Law and Ethics for Clinicians
Dr. Lawrence E. Hedges will conduct a 6 hour day on law and ethics to help clinicians meet their license requirements. Time and Date to be determined. 6 CEU credits for all licenses.

JUNE

• JUNE 1, 8:30 AM – 4 PM
Annual Conference:
Antioch University is co-sponsoring this event this year. Watch for announcements. 6 CEU credits for all licenses.

AUGUST

• Date - TBD
Summer Social:
Details being coordinated now.




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About LAGPA

The Lesbian and Gay Psychotherapy Association of Southern California, Inc. (LAGPA), was established in 1992 as an organization of mental health professionals interested in gay, lesbian, bisexual and transgender clients.

Members of LAGPA are actively involved in expanding the role of psychologists, psychiatrists, social workers, and marriage and family therapists who serve the greater gay community of Southern California. While LAGPA is

oriented towards mental health professionals, individuals who desire to join LAGPA are not required to be a licensed psychotherapist. ▼

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. ▼

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
PO Box 34142
Los Angeles, CA 90034

You may also email your articles to ckstewar@sbcglobal.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 310-838-6247.

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
Fall	8/15	9/1
Winter	11/15	12/1

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	

Become a Board Member

Join The Excitement

In this issue of *Progress Notes*...

- ▶ New Co-President Report
- ▶ Article by Don Kilhefner
- ▶ Article by Jason Wittman
- ▶ Conference "Call for Papers / Presenters"
- ▶ Educational Workshop March 30
- ▶ Winter Social
- ▶ Welcome New and Returning Members
- ▶ Classified Ads
- ▶ Calendar of Events

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