

Progress Notes.



March, 2013

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

www.lagpa.org

1. **EXECUTIVE DIRECTOR'S REPORT** – Welcome all of you to a new year. Our newly elected board has been hard at work putting together the calendar of events for the coming year. Currently, we have scheduled:

March 9	Gay Men Movie Night
March 16	Lesbian Movie Night
April 7	“How to Build a Six-Figure Practice in 90 Days” 2-hour workshop presented by Tony Zimbardi, PsyD, LMFT
May 5	“Relational Interventions: Treating Bipolar, Schizophrenic, Borderline, Psychotic, and Characterological Personality Organizations” 6-hour workshop presented by Larry Hedges, PhD
June 2	“Facing the Challenge of Liability in Psychotherapy: Practicing Defensively: Law and Ethics 2013 Update” 6-hour workshop by Larry Hedges, PhD. This course meets the licensing requirements for Law and Ethics.
August 11	Annual Pool Party at the lovely home of Liliane Quon McCain
October 19	LACPA Conference—help us staff our booth at this local conference
November 3	18 th Annual LGBTIQ Psychotherapy Conference hosted by LAGPA and PGI

2. **NEWLY-ELECTED BOARD 2013**

3. **INTRODUCTION – Brian Carpenter, MA, MFTI**

4. **THERAPEUTIC INTERVENTIONS WITH TRANS AND GENDER-DIVERSE CLIENTS: Practical, Real-Life Applications – Saturday, May 11, 2013**

5. **PROMISES SSDP OPEN HOUSE – Friday, March 29, 2013**

6. **TRANSITIONING FROM LIVING MALE TO LIVING FEMALE: Late in Life and On the Job – Kendall Evans, MFT**

7. **BENEFITS OF GROUP THERAPY – Jake Myers, MA, MFTI**

8. **CLASSIFIED ADS**

1. **EXECUTIVE DIRECTOR'S REPORT: 2013 OUR BANNER YEAR**

By Chuck Stewart, PhD

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The movie nights were such a hit last year we thought it would be good to do them again. These are free events like the monthly potlucks integral to the founding of LAGPA. It's fun and a chance to socialize in a relaxed gay-friendly environment. All are welcome. There is more information on the website.

The education committee has developed three workshops on a wide-range of topics. Each offers CE credits from APA, BBS, and CAADAC. Use the registration forms found on the website.

Speaking of the annual conference, we are still working out the details to host the event at Phillips Graduate Institute in Northridge. They have a lovely new facility, and we look forward to working with them again. I know our Valley, Thousand Oaks, Ventura, Valencia, and Bakersfield members will appreciate the conference being on their side of the hill once in a while. Last year's Carmageddon on the 405 Freeway prevented many members from attending. Besides, one of our goals is to move the event around to the different schools of psychology to better acquaint faculty, students, and staff to LAGPA's existence.

I want to thank the new board for all their hard work and want to thank all our members for their continued support for LAGPA. Remember, LAGPA is your organization, and it is here to help.

2. NEWLY-ELECTED BOARD 2013

Meet your 2013 Board of Directors. Say hello the next time you see us at an event!

Alexander Yoo, MDiv, MA (Co-President, Newsletter Editor)

Athena Brewer, MA

Brian Carpenter, MA

Elizabeth Hill, MFT

Gilbert Chalepas, PsyD

Lauren D. Costine, PhD

Philip Pierce, PhD

Travis Stobbe, BFA (Secretary/Treasurer)

3. INTRODUCTION

By Brian Carpenter, MA



As a new member of LAGPA and of the Board of Directors, I would like to introduce myself. I grew up in the 1950s and 60s in Brownsville, Texas, on the Mexican border, a town whose population was about ninety percent Mexican-American. I had the rather unusual experience of being in the local minority while, at same time, being part of the national white majority. I feel very fortunate that I was exposed to another race, religion, and culture that, although different from mine, were nevertheless part of my overall cultural heritage. I went to Harvard in the late 60s, where I witnessed a major shift in American society; this was the era of the Viet Nam war and the beginnings of Gay Rights, Women's Lib, and Black Power. I returned to Texas for graduate school, attending law school at University of Texas and ultimately getting an MA in Speech/Communication. Afterwards, I moved to New York City for ten years to pursue acting. In 1987, I came to Los Angeles and continued my acting career until I enrolled in Antioch in 2010

(although I still perform occasionally). I am now an intern at the Southern California Counseling Center and have opened a private practice in West Hollywood under the supervision of Steven Isaacman.

I am delighted to be a member LAGPA, which has provided me with a wonderful chance to socialize and network with my gay and lesbian colleagues. Already, as a result of the kindness of some members, I have landed a couple of interviews for paid internships. And being on LAGPA's Board offers an opportunity to reach out to other LGBT organizations as well. I like the idea of identifying and capitalizing on interests we share with others in our community. As a member of SAG-AFTRA for more than thirty-five years, I am excited about the idea of working with the SAG-AFTRA National LGBT committee. I hope we will be able to find a way to co-sponsor film screenings that will allow us not only to enjoy seeing a great film, but, afterwards, to discuss its psychological components as well. The Board is also considering teaming up with Outfest in order to provide screenings that might be of mutual benefit. And, as a member of the Gay and Lesbian Ivy Network (GLIvyN), I would like to explore ways to coordinate our interests and come up with joint projects.

Personally, because I have been a therapist for a relatively short time and an actor for a very long time, I have decided to rely on my expertise and start up a support group for actors in my private practice. Actors have to deal with plenty of hardships in their careers. It is common for actors to beat themselves up after a bad audition or to get depressed because of the difficulties of making a living or finding a good agent. And low self-esteem can prevent actors from promoting their careers or possibly lead them to sabotage their own performances. We will talk about all these issues, as well as any others that might come up, depending upon the desires of the members. I am now in the process of interviewing for a group to be held in West Hollywood on either Wednesday or Thursday evenings for 12 weeks. I will be charging a low \$20/session fee and will give a discount if all sessions are paid in advance. I am asking anyone interested to give me a call to set up an initial, free consultation.



**THERAPEUTIC INTERVENTIONS
WITH TRANS AND GENDER-DIVERSE CLIENTS**
Practical, Real-Life Applications

3 Continuing Education Units
\$50.00

Saturday, May 11, 2013
10:00 a.m. – 1:00 p.m.

A continuation of “WPATH Standards of Care/Trans Sexuality and Relationships,” this workshop will discuss how to do actual therapy with Trans and Gender-Diverse clients in real-life situations with case files and vignettes. Participants are encouraged to bring their own cases for group discussion. You are also invited to submit your questions in advance to therapy@alexanderyoo.com

Presented by:
Rev. Alexander Yoo, M. Div., M.A.*
PCE #4868

Alexander is a nationally recognized gender consultant and expert legal witness. Clients include Los Angeles County DMH, the Cal State University system, and LAUSD. Yoo founded GenderQueer Revolution (genderqueerrevolution.org) celebrating genderqueer, gender-gifted, gender diverse individuals and communities worldwide, and Tuesday Nights for T, a medical clinic for the trans community in Los Angeles.
www.alexanderyoo.com

*Registered Marriage and Family Therapy Intern (IMF73015) supervised by Kendall Evans, MFT (MFC18694)

RSVP by 5/6/13
310 854-4694 or openpaths@earthlink.net

Open Paths Counseling Center
5731 W. Slauson Ave., Suite 175
Culver City, CA 90230
(Please visit openpaths.org for directions)

Course meets qualifications for 3 Hours of Continuing Education Credit for LMFTs/LCSWs as required by the California Board of Behavioral Sciences. Refunds are available if attendance is cancelled prior to 48 hours of scheduled workshop. On-site parking available.

PROMISES

TREATMENT CENTERS

You're invited!!! To SSDP Open House

We Look forward to seeing you...

Please join us for our New Facility Grand Opening!

SSDP (Sexual & Stimulant Disorders Program)!

**Friday, March 29, 2013
11:30am — 1:30pm
20781 Big Rock Dr – Malibu 90265
With presentation by**

**Rob Weiss, MSW, C-SAT
&
Terry Gatewood, MSW**

**Please RSVP
By Friday March 22, 2013
to Eric Johnston**

EJohnston@promises.com

*If you would like to bring a colleague,
please let us know their first name, last name and licensure when you RSVP. Thank you.*

6. TRANSITIONING FROM LIVING MALE TO LIVING FEMALE: LATE IN LIFE AND ON THE JOB

By Kendall Evans, MFT

Introduction

Being a psychotherapist is relatively unique. More than most jobs, who we are is as or more important than what we know. “Who we are” is core to how “what we do” is experienced by clients. I have tried to share my transition rather than lay out a how-to manual. I suspect there is no right or wrong way to transition; there are only different potential and unpredictable consequences for different choices. I believe that every trans and gender-diverse person has to find a unique path.

More about my professional background: I am a licensed psychotherapist working at five different small agency locations, none with HR departments. In addition, my specialty is domestic violence perpetrators and survivors.

How It Started

Before I made my transition public, I wrote my mother and said I would be transitioning to female in two years or less. At the time I had been taking hormones for 9 months. She has not responded and has told other family members she will not talk to me. On the other hand, my father has been supportive. At work, I told other staff members I was transitioning and gave the same vague “under two years” time frame. I had been dressing in a more feminine manner gradually for the previous three years. Mostly, I think my style was seen as that of an aging hippie. I wore long hair, earrings, colorful clothes, and sandals. I was surprised when dyeing my hair did not get more questions (I really like being a redhead). Almost no one said anything other than “Did you dye your hair?” or something complimentary.

I have been in therapy dealing with this issue for four years and have been attending a transgender therapy group for almost three years. It has been a very confusing time. For fifty-nine years I had accepted being nominally male, although for the last thirty years I have been trying to be androgynous, arguing against a standard version of maleness. I never felt completely “me,” or comfortable in my skin. My body did not feel like me. My image in the mirror did not look like me. But I did not have the conscious thought, “I may be a woman,” until three years ago. And it was not so much a thought as a feeling, a feeling that got stronger every time I dressed in a skirt or dress, looked in the mirror, and saw myself.

I did not “decide” to become a woman. I discovered I AM a woman, and have always been one, even though I hid it from others and myself until recently. The only decision was to stop hiding. There were many significant moments of self-discovery and new or solidifying awareness. Many involved specific people who gave support and validation at key points.

One significant moment was in spring 2012 when my friend and previous clinical director Jan Johnson invited me to her women-only birthday party as my true self. I went (that was the day I dyed my hair red). I received support and validation from others, and more importantly felt more real and present – more myself – than at any other party I can remember.

One of the things I did to explore my sense of self was to join the Los Angeles West Coast Singers – a gay and lesbian mixed chorus. I have enjoyed it thoroughly. Over time I realized I did not fit with the men (however much I liked them) as much as I identified with the women. At first, I asked to wear the women’s earrings with my tux. I pushed for color on the tux. But the big change came with attending the quadrennial GALA music festival in Denver. I spent five straight days dressed in skirts or other women’s clothes, except for the concerts where I wore a male tux, all the while singing about coming out and being yourself despite your fear. I cried throughout the concerts, and something loosened up inside.

The Clients

When I came back from the GALA music festival, the time for patient preparation was over. I could not face dressing male any more. Within three weeks I was out everywhere in my life. I was out to all my

clients. I emailed everyone I could think of, including email lists for professional networks of which I am a member.

In June, before I went to GALA in July, I had told several co-workers, especially at my main place of work, that I was transitioning and would live full time as a woman sometime in the next year or two. I mentioned at a staff meeting that I had been on hormones for eight months at that time. But I had not said "On July 23 I am coming to work in a skirt." Even I was surprised when I did.

I did not have a clear idea of what to expect while simultaneously working in a mental health clinic and transitioning. No guide, such as "How to transition for therapists" exists. I had fears of reactions of disgust or judgment, or indifference followed by rejection. I was afraid of not being taken seriously, of losing my clients' and colleagues' respect. I was very afraid of looking silly. I was somewhat confused by the lack of questions about the changes in my appearance that preceded coming "all the way out." I wanted to just be myself, whatever that was and is.

I had talked at length with my individual therapist about issues of my appearance and transition, especially in relation to doing therapy. I did not want to let any sessions become more about me than my clients. My therapist pointed out that at least unconsciously my clients probably sensed something of what was going on, but were reluctant to ask directly or were repressing any questions they had.

I did make a conscious effort to tell all my clients I was transitioning before seeing them in women's clothes. I did not completely succeed. I experienced the difference between being seen by people who were not warned, and people who had some idea what to expect. The surprise element was not all bad. One person looked surprised and then smiled broadly, but said nothing until I addressed her. Another looked shocked, and seemed to have no words until after I explained – but smiled. Others resented being surprised and would have preferred a warning. There were generally better reactions from clients and colleagues who were warned ahead of time. (Actually I had been wearing women's clothes for some time, but I thought I was appearing male enough because I always wore pants and androgynous shirts. I wore my hair in a male-style ponytail. It turns out some people noticed, but no one asked anything.)

Reactions to my coming out varied, but mostly ranged from neutral to very positive. There have been a few mildly negative reactions. In one therapy group a person wrote "fagget" (sic) on a receipt in a non-traceable way. Another person wondered if other women might be uncomfortable with a "man" using the women's restroom (they did not recognize that I would be a woman using the women's room). Two clients who were marginally committed dropped out, but they possibly would have anyway. That was the extent of negativity that I experienced so far.

Nevertheless, most of the clients and colleagues I had been working with showed very little reaction, and the work proceeded. Most people's reaction has been basically neutral to mildly positive. A typical reaction has been, "Oh. Congratulations. I am glad you are happy," and then on to the next topic. Or, "Oh, OK; you're not leaving, are you?" I told members of one batterers' group for men while dressed androgynously about my plan to transition. They told me how impressed they were with my authenticity and courage. The next week, when I dressed in a skirt, they stood up and cheered and clapped. I was completely surprised.

One client told me he was relieved I told him what was going on. He said he had been sensing something for several weeks, and it was bothering him to the point he was not sure he could continue in therapy. He is a survivor of massive trauma and hyper-vigilant. Therefore, his sense that I was hiding something was threatening to him. Another client told me her brain was having a problem because I "felt" like a woman to her, but I looked like a man (prior to coming out), and the discontinuity was distracting. Subsequent sessions seem to have been accompanied by a lessening of this problem. In fact, being open to discussing her feelings in the moment seems to have assisted her in going deeper into her issues than she had previously. One abuse survivor I have been seeing for twenty years told me she is glad that my voice has not changed (yet), because it is comforting to her. She called me "lady with a deep voice."

Several clients reported some version of, "Yeah, I knew," "Well, Duh!" or, "Yeah, I noticed, but I was afraid to ask; I thought that would be too personal." Others expressed surprise. One said "I just think of you

as ‘Kendall.’” Many clients have expressed congratulations, and a few women have welcomed me to womanhood. Remarkably, a year ago one woman wished me a happy Mothers’ Day, and made sure I knew she meant me. I was not out yet, or so I thought.

Being Me

Truthfully, I do not know how to take comments like, “You are so brave.” I do not feel brave. I am just doing what I have to. On the other hand, a Trans group I have been attending reminded me how afraid I was to go public for at least a year, afraid to jeopardize my professional reputation. Over the past few weeks it has mattered less and less. I just could not dress “male” anymore. I also remembered the saying, “I would rather be hated for being myself than be loved for being someone else.”

The whole transition process has been a transition from living in my head and making **logical** decisions to **feeling** my way, to **experiencing** my questions and answers. I had to dress as a woman to experience seeing myself in the mirror for the first time, to feeling that deep comfort, that deep satisfaction, to know how important it was.

And then, I had to experience knowing that wearing men’s clothes did not make me a man. After all, women wear jeans and flannel shirts. At that moment of awareness, the clothes I had on were being worn by a woman – me. I had to experience that I did not WANT to be a woman; regardless of what I want, I AM a woman. I experienced just how much of my life was lived outside of my conscious thinking and decision-making. I did not decide who I am, I discovered – or uncovered – who I am.

Transition Intricacies

Some advice to transsexual women I have seen in other careers has been to practice “passing” as a woman on weekends and evenings and only come out after electrolysis, voice coaching, and lots of practice. Often the advice is given to start a new job or move to a new location when starting the full-time transition at work. The idea is to be as so-called passable as possible before coming out.

But truthfully, I still cannot pass consistently as a cis woman now and will not be able to for some time to come. Ultimately, I could not wait. I thought my in-between state was beginning to be an issue for clients who sensed my inner conflict. I was divided between opposing considerations. My goal is to be authentically myself, not to copy some artificial standard. On the other hand, people say “Sir” when too many gender markers are male. I want to be seen as female, so being called “Sir” is disappointing. I cannot depend on others’ opinions or perceptions to determine how I should be, but I cannot ignore them either.

Nevertheless, my gradual change seems to have worked to smooth the process out. Changing gradually meant the final transition was a short distance that elicited recognition as much as surprise. And every change felt authentic, if incomplete. I was practicing what felt right. I do not think anyone, (other than my mother) was significantly shocked or outraged.

While I was going through my gradual change, some clients were uncomfortable with things that seemed too feminine for even an aging hippie. Some were uncomfortable with my discomfort. Others noticed, but did not care. How well I was able to interact with them was more important to them than who they perceived me to be on the surface. Generally clients and colleagues said later that they felt inhibited from asking what was going on, or it was not that important to them.

Part of the tension seems to be between who we are inside and our outside presentation, and the match, or lack of match, between outside and inside. The more comfortable I was with my changes at any given moment, the more comfortable my clients seemed to be with me. Also, the more comfortable I was with my gradual changes, and with my confusion and uncertainty, the more present I was able to be with my clients.

Personal vs. Professional

My therapist asked if I thought my clients really were not at least unconsciously picking up on changes, and – at least unconsciously – having reactions. I decided she probably had a point. Eventually, I decided I

could not wait until I was ready to pass under all conditions. Clients would be wondering, and I would not be at my best. Over time dressing “male” felt increasingly deadening – the mismatch between my inside and outside was getting worse.

It has been a balancing act. Transitioning is intensely personal. I have wanted everyone to notice and compliment me every step of the way. It takes longer to coordinate an outfit than it does to “just throw something on,” and my inner thirteen-year-old girl wants the effort recognized. I am learning new things, just as any early teen girl has to, and going through hormonal changes as well. I am finding a balance between not making every moment about my transition, while also not ignoring it either, and this has been confusing, difficult, and important.

The dilemma has been that generally, professional behavior includes keeping personal issues and personal business private. You cannot transition privately, however.

Eventually I came out. Then, like it or not, will it or not, everyone I have had contact with has been pulled into experiencing my transition to some extent. It is not just my transition. Just by being myself, I have been educating everyone with whom I have contact, even people who did not give informed consent, so to speak.

One challenge has been learning some of the subtler boundary issues all over again. I knew how to be a male supervisor and therapist. I do not know how to be a female supervisor or therapist. How much self-disclosure is appropriate? Can I compliment a blouse? Can I admit to using make-up and talk about what kind? How about accepting fashion tips? Talk about shopping for bras? Or even more important, talk about transitioning? I am having to experiment with some things, such as what “professional casual” means for a sixty-two year old lady.

Transitioning has helped me feel more personal power at the same time as making me feel how little control I actually have over my own or others’ thoughts and feelings. Transitioning has also forced me to deal with how others have their own stuff to deal with, and my changes, which are earth-shaking to me, barely ripple over their consciousness. I laugh at myself. I want it to be “old hat” and not that big a deal; but when it is, I am disappointed at the lack of attention!

Therapist as Self-Aware

One barrier over the years has been the incorrect but compelling idea that as a therapist, I should have discovered this major thing about myself a long time ago. How can I help clients if I do not even know myself? I have handled this in different ways. Like recovery, self-discovery is actually never-ending, and I help my clients best when I am open to growing myself. I also believe that my years of androgyny and working to change male socialization were part of the journey. I was always on the journey, and I still am. Being on the journey authentically is the best thing we can do for our clients. Once we think we have arrived we can no longer be as helpful.

Final Thoughts

Going through transition gradually seemed to work well up to a point. It gave me a chance to explore and adjust. It helped others change their experience of me gradually, at least unconsciously. Giving people time to adjust seems to help. On the other hand, eventually there came a time to stop waiting and just go for it.

Being confident of my identity and my path seemed to be part of being ready to move into being out 24/7. Being complete has not turned out to be as important. I am not deciding to become a woman. I AM a woman, deciding to be out as such, in spite of having lived as a man for 59 years. I have some so-called male habits and some unusual behaviors for a woman (such as my voice), but they do not define my gender identity.

I think I have found giving people time to adjust to how my transition affects them without too many expectations or too much of an effort at controlling their feelings or reactions for them has worked for me. It may have been helpful to make a short written announcement at work, as well as the oral announcement

I made. Eventually, anyone I have continued contact with seems to be adjusting with much less effort than I expected. To be myself authentically, this journey is necessary. I believe it ultimately has also resulted in my being the best therapist I can be.



Kendall Evans, MA, MFT has specialized in working with perpetrators and survivors of relationship abuse and violence since 1987 when she co-founded Another Way. She also provides general psychotherapy at Open Paths Counseling Center. Kendall trains and supervises interns at Open Paths, as well as presenting workshops for therapists on domestic violence dynamics and treatment and other topics at various agencies and at Phillips Graduate Institute. She is an active member of the Association for Batterer's Intervention Programs as co-chair. Kendall has authored two book chapters and a journal article on domestic violence.

7. BENEFITS OF GROUP THERAPY

By Jake Myers, MA

Growing up as a young gay person in suburban Southern California and then Savannah, Georgia, I felt utterly alone. I felt that my only chance for survival was to hide my identity as a gay person in order to fit into society and be accepted. I had no gay role models, no gay friends, and no openly gay family members. Coming out freed me and allowed me the chance to be who I was, but I still found it very difficult to connect with people, especially with other gay men. Entering adulthood, I simply didn't know how to connect in a healthy way and constantly worried about rejection or lack of acceptance.

Only when I began my journey in LGBT group therapy at the Gay & Lesbian Center in Los Angeles, and subsequently a gay men's group in a private practice, did I begin to be able to observe how I felt in the presence of gay men in a healthy environment. I began to work through my impulse to shut down around others and my debilitating fear of intimacy and the risks that accompany it. I started to develop a positive sense of myself as seen through the eyes of my peers, and a new sense of connection and community with others began to emerge.

Group provided me a setting where I felt safe enough to slowly "come out" as my authentic self, and I began to allow myself to be "seen." The power of this holds no bounds, especially as a boy who felt invisible growing up in a heterosexist and homophobic culture and family and had very little or no mirroring as a gay man.

Going through this process with other gay men was especially healing. In some way or another, these other men had gone through some version of what I had gone through, and that common experience was binding. I was also able to fully explore the various and complicated feelings that exist between gay men, from addressing my own internalized homophobia through transference towards other members, to the powerful and spiritual Eros and sexuality that can exist between gay men. All of these topics were once taboo to me and now were being explored deeply. The healing from this has helped shape me into the person I am today.

Group therapy gives us – and our patients – the ability to notice reactions they might have to others, some positive and some negative, and helps us understand where these reactions might be coming from. It also allows us to realize the power of choice they might have over their reactions, or even their feelings. Group also gives patients the platform to try as best as they can to identify and express their feelings and be heard. As a microcosm of the outside world, a gay men's group can provide an experiential ground for exploring how we relate to others, both gay and otherwise. It can allow for the exploration and healing necessary to generate positive and fulfilling relationships in one's life, whether in romantic partners, friendships, work relationships, and family.

We live in a world of relationships and interacting with others. As a therapist working in this field, I now regularly bring up the topic of group therapy with my patients when the time is right. If I did not, I would feel as though I was withholding something of great value to them. Although individual therapy is so essential, I have grown to realize that group therapy can be just as powerful, or possibly even more so. Many gay men did not have a sense of belonging or a healthy opportunity to develop naturally as their true selves in relation to others. They therefore especially need and deserve the healing power of group therapy.



Jake Myers, M.A., MFTi graduated from Antioch University, with a Specialization in LGBT Affirmative Psychotherapy. He currently has a private practice in the Beverly Center area under the supervision of Keith Rand, MFT, CGP, FAGPA. Keith has been a big supporter of group therapy for over 20 years in Los Angeles, and Jake currently is one of the members in his consultation group for group therapists. Jake is also an active member in GPALA (Group Psychotherapy Association of Los Angeles), and is on the membership committee. He recently returned from the AGPA (American Group Psychotherapy Association) annual conference, where he was the Donald T. Brown LGBT Memorial Scholarship Recipient. Jake also runs groups weekly at Aurora Las Encinas Hospital in the outpatient program, and has also interned at the Los Angeles Gay & Lesbian Center and the Southern California Counseling Center.

8. CLASSIFIED ADS

The **Classified Section** of the Progress Notes allows members and non-members to advertise available therapy services, employment and office space. This section is free for members and \$15 for non-members.

SEEKING CONSULTATION or SUPERVISION

Wanted: Psychologist supervisor that can bill Medicare in Tarzana, CA: 420074

Hello, I am interested in starting a small psychotherapy clinic in Tarzana, CA. I am looking for a licensed psychologist that can provide supervision and bill Medicare. Please let me know if you or someone you know is interested.

Thank you, Natalie

nataliejoon99@yahoo.com

Seeking Consultation

I am a member of LAGPA and I am very interested in joining a clinical consultation group.

Best, Raymond Lamb, LCSW lambcsw@gmail.com

THERAPY

Actors' Support Group

I am forming a 12-week group for actors, providing support for career-related issues such as anxiety, depression, low self-esteem, and dealing with rejection. The group will meet Wednesday or Thursday evenings (TBD), 7-8:30PM, each session is \$20 with a discount if all sessions are paid in advance. Contact Brian Carpenter, MA, MFTi (IMF 73607), at 323 863-5638. Supervised by Steven Isaacman, PsyD FIPA MFC 29803.

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. \$35 per 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

(West Hollywood)

Now accepting new participants!

Meets every Wednesday evening from 8:00 to 9:30 PM; \$50 per session. Group therapy is a helpful adjunct to individual therapy. Consider the benefits for your clients: learning to directly and healthfully express feelings; building self confidence and self esteem; feeling more comfortable in groups, relieving feelings of shame and isolation. Contact: Mark Reina, MFT, CGP at 310-366-5494

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)

SASS Group (Sexual Abuse/Assault Survivor's Support Group)

Group for women who have been sexually abused, experienced incest, raped, sexually assaulted, exposed to adult sexuality too young, used in child pornography, or who have been or who are currently being stalked. Closed group of 6 or less. Must be willing to make a minimum of a 6-month commitment to the group and attend on a regular basis. Group meets every other Sat 1-3. Call Cindie Henrie at 323-829-3548

Extreme Abuse Survivor's Group

Group for women who have posttraumatic stress disorder and are survivors of childhood/adult abuse and/or other traumatic events. This group is a process group for women who have survived multiple abuses that were violent in nature. Excellent for getting support and learning effective coping skills and strategies. Closed group of 6 or less. Must be willing to make a minimum of a 6-month commitment to the group and attend on a regular basis. Meets every Wed 8pm. Call Cindie Henrie at 323-829-3548

TransWoman Support Group

Group for transsexual women who are in the process of transitioning from male-to-female who are at different phases of their transitioning process. This is a highly supportive process group! Closed group of 6 or less. Must be willing to make a minimum of a 6-month commitment to the group and attend on a regular basis. Meets every other Sat from 10am-12pm. Call Cindie Henrie at 323-829-3548.

Significant Others Support Group (SOS Group)

Group for women whose significant other has a gender identity issue or is gender variant. Partners may be transsexuals, transgender, intersexed, cross-dressers, gender-queer, or transvestites. They can be either male-to-female or female-to-male. Group meets every 2-3 weeks depending upon availability of group members. Closed group of 6 or less. Must be willing to make a minimum of a 6-month commitment to the group and attend on a regular basis. Call Cindie Henrie at 323-829-3548.

Healing and Freedom from Critical and Controlling Parents and/or Partners

Group for women who were raised by critical, controlling and/or narcissistic parents or who are in relationship with critical and controlling, narcissistic partners. Most women in the group have found that their self-esteem has suffered tremendously as a result of being emotionally and verbally abused, criticized or controlled in their lives. Excellent group! Closed group. Must be willing to make a minimum of a 6-month commitment. Meets every other Sat from 3pm-5pm. Call Cindie Henrie at 323-829-3548.

Psychotherapist Supervision/Peer Consultation Group

Supervision/professional peer consultation group for therapists who are interested in trauma, feminist therapy, gay and lesbian issues, gender identity issues, dissociative disorders, or who want to learn more and consult on cases. Lots of great information will be discussed, presented and explored! Come be creative, get support, and enjoy an intimate process group with other therapists. Date/Time TBD. Call Cindie Henrie at 323-829-3548.

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 Hollywood

As of Thursday, January 3, 2013 we will have several office vacancies available for psychotherapists looking to rent office space. Our suite is located on the top floor of 8235 Santa Monica Boulevard in West Hollywood, 90046. The offices are nicely furnished and most have south facing city views. We are at the corner of Santa Monica Boulevard and Harper Street, across from the restaurant "Eat Well." The suite is walking distance to several other restaurants and street parking is readily available. Office space will be available for rent on Tuesday and Thursday evenings, and Saturday space may also be available. Basic rent for "one week day," starting at 3pm and ending at 10pm is \$200 a month. It is possible to rent the entire day or several days. Monthly rates are pro-rated for renters who select to rent more time. During the months of January and February, we will be offering a 2-month rent discount for psychotherapists beginning or re-locating their private practices. We appreciate your effort to share this information with any psychotherapists looking for office space. For specific rental rates or to schedule a site visit, please call contact Brad Chabin at 323-369-8838.

West Hollywood (Melrose/La Cienega)

FT psychotherapy office space in West Hollywood near intersection of Melrose and LaCienega. Near Cedars-Sinai yet in a quiet garden courtyard of therapists and designers. One central air thermostat for your office only--which only you control. Stand-alone, private office and waiting room. 24/7 access to building and AC/heat. Reserved (not tandem) parking space for therapist and ample street parking for clients. Handicapped-accessible office and restroom (also near major bus routes). Windows, high-vaulted ceiling (owner willing to install sky light, if desired). Owner willing to build-out to your specific psychotherapy office needs. While square footage sounds small, it is larger than the psychotherapy office space I occupy next to yours. For details and amount of rent, contact building owner Jack Ravan at 323-782-1270

West Los Angeles /Westside Pavilion adjacent

Part-time office space available in suite designed by therapists for therapists. Full/half days in windowed and interior offices in 2-story, modern building (built in 2008). Very good soundproofing, easy parking options, call lights, separate exit, wireless. Call 310-281-8681 or email andrew@westsidetherapist.com.

Studio City/West Hollywood

Ideal office set-up for newly licensed therapist or therapists who would like to apply for networks: For a little over \$100 a month, you could have one office in LA. For a little over \$200 a month, you could have two offices in LA, one in Studio City and one in West Hollywood! And having two offices is a plus for applying for insurance panels, as is working with special communities. Call Mike Fatula, MFT 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.

Beverly Hills

Office space available for lease in medical building in Beverly Hills. Suitable for consultations, counseling, presentations, or auditions. Monthly rent: \$1333 (one year contract). Two hours free public parking in addition to street parking. Call Eric at 323-528-8206, or send email to chantalrialland@gmail.com.

Encino

Prime Encino office space now available. Newly remodeled suite in therapist-friendly building. Full and part-time space for sublet in both windowed and interior offices facing Encino Hills. Freeway-close to the 101 and the 405. Very good soundproofing, easy parking options, call light system, separate exit. Contact 310-281-8681 or andrew@westsidetherapist.com.

Studio City / Valley Village

Charming quiet garden setting office with private waiting room, bathroom, and kitchen. Bright, windows that open, air conditioning, close to freeway, and free parking. Available part-time. Please call Dr. Stacy Berlin 310-442-6466.

West Los Angeles

Charming courtyard building on Westwood Blvd., just south of Wilshire. Bright and beautifully carpeted and furnished. Call light system. Private exit. Collegial 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. Sperleng, 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 msilversteinmft@aol.com.

West Hollywood

Prime therapy office for evenings and weekends. Beautiful space is available Monday through Thursday 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
- 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/new wood window blinds
- 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.

Progress Notes

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

Spring, 2013

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