



March, 2015

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

CALENDAR OF EVENTS

**Come help us put on events of interest to YOU! Watch for announcements.
Many details given in this newsletter.**

March 19	LGLA Gala to which LAGPA is invited
April 19	Educational Workshop – “ <i>Lesbian Love Addiction</i> ”
May 2	Lesbian Themed Movie Night Social
May 23	Gay Male Themed Movie Night Social
June 7	Educational Workshop – “ <i>PrEP & PEP</i> ”
June 14	Participate in CSW parade
June 28	Spring Fling sponsored by Rob Weiss
July 12-22	Outfest – Community Supporter
August 9	Annual Summer Pool Party with SCLMA and LGLA
October 24	LACPA Conference where we host a booth.
November	20 th Annual LGBTQI Psychotherapy Conference

NEWSLETTER CONTENT

- 1. EXECUTIVE DIRECTOR’S REPORT: 2015 March** (page 2)
- 2. EDUCATIONAL WORKSHOPS 2015** (page 7)
 - *Lesbian Love Addiction*, by Lauren Costine (page 7)
 - *PrEP & PEP*, with panel (page 9)
- 3. ARTICLES** (pages 11 – 16):
 - *HIV Pills Before And After Sex Prevents Spread Of HIV In Gay Men: Study*, by Dianne Depra
 - *PrEP is Still Pretty Effective When Taken Less Than Daily—But is it Enough?* by Raffy Ermac
 - *Psychology Today Changes Its Position On Conversion Therapy Ads*, by Lila Shapiro
 - *On Love Addiction*, by Lorna Hochstein, Ph.D.
- 4. PAST EVENTS** (page 17)
- 5. ELECTIONS** (page 18)
- 6. SOCIAL EVENTS** (page 21-22)
 - LGLA Gala to which LAGPA is invited. (page 21)
 - Lesbian Themed Movie Night Social — *But I’m A Cheerleader* (classic goodie) (page 21)
 - Gay Male Themed Movie Night Social — *The Way He Looks* (last year’s hit) (page 22)
 - Outfest (TBA) (page 22)
 - Spring Fling sponsored by Rob Weiss and the annual Pool Party this year!! (page 22)
- 7. CLASSIFIED ADS** (page 28-29)

PLEASE SUPPORT OUR SPONSORS.

1. EXECUTIVE DIRECTOR'S REPORT: 2015 March

Two Thousand Fourteen was a banner year for LAGPA. We had the greatest attendance ever for the annual conference and more sponsors than ever. Mostly we want to thank Rob Weiss and his group of companies to thank for all their support. Again, thank you.

We finished out the year with a social held at Mark and Robert's home in Van Nuys. Of course the food was catered by Eddie Morgado and was a big hit. This time we had a DJ play holiday music to add to the festive experience. Thanks Waide Riddle. The event was much smaller being only LAGPA members. SCLMA was not able to attend and LGLA held their own winter social.

LAGPA is in a better financial status than it has been in over a decade. It has completely paid off the loan I made to the organization when it collapsed in 2006 and has money in the bank. Yeah.

Two Thousand Fifteen is an important year for LAGPA. This will be the 20th year for putting on the annual psychotherapy conference. We hope to make it special. We have laid the groundwork for Sheila Kuehl to be our keynote speaker hosted at Antioch University Los Angeles. Unfortunately, Sheila isn't able to make a commitment so far in the future. Perhaps there is someone else you would like to see speak this year? Please, send me your suggestions and ideas.

PEP/PrEP is a hot topic in the gay male community right now. We are putting together a panel of experts to talk about the use of PrEP and how therapists are dealing with the changing landscape. As our second educational forum, we are scheduling a workshop hosted by Lauren Costine on *Lesbian Love Addiction*. She is completing a book on the topic so her workshop will be very current.

Of course, we are planning many more activities— LGBT movie nights at Chuck, participating in the gay parade, being a community sponsor with Outfest, our August 9 pool party with SCLMA and LGLA at Liliane's home in Beverly Hills, the annual conference, and more. Come join the fun.

On a personal note, my latest writing project — *Proud Heritage* — was released in late December. I am the editor of a 3-volume encyclopedia on LGBT history, culture, and politics for ABC-CLIO Publishers. This is my second encyclopedia and I think 5th book I've written for them over the past decade. As the editor, I wrote about 100,000 of the 560,000 words and had to round up about 70 writers to contribute essays and more. Most of them were Ph.D.s in every state and major universities. Often, it takes more effort to find the contributor than it would be for me to just write the entry. But the depth and breadth of the contributors is what adds to the authority of the work. I've placed the cover art in this newsletter. I wonder what new writing project ABC will have for me in the future?

By Chuck Stewart, PhD

www.BankruptYourStudentLoans.com

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

VOL 1 Historical Origins to 1970s



PROUD HERITAGE

People, Issues, and Documents of the LGBT Experience



Chuck K. Stewart

Acceptance.

NO EXCEPTION.

Antioch University Los Angeles offers two pioneering programs for therapists interested in providing effective, affirmative treatment to their LGBT clients:

- **The Master of Arts in Psychology program's LGBT Specialization in Clinical Psychology**
- **The post-degree Certificate in LGBT-Affirmative Psychology**

**ANTIOCH
UNIVERSITY**
LOS ANGELES

The LGBT Specialization
in Clinical Psychology

www.antiochla.edu/lgbt

TIRED OF CRUISING & GRINDING?

Recovery Starts Here...



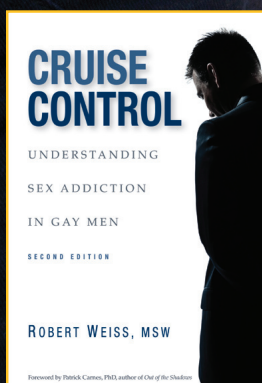
For information, call:

310.360.0130

or visit our website:

sexualrecovery.com

- Treating Sex and Love Addiction and Compulsivity since 1995
- 2-Week Intensive with Residential Component
- Evening Intensive Program
- Individual and Group Sessions
- Partner Support
- LGBT Specific Programming



The definitive
book about
understanding
Sex Addiction in
Gay Men

Sex + Love can be complicated...
maybe a professional can help.



Dr. Martin McCombs

Sex Therapist specializing in LGBT sex therapy for 25+ years
Martin McCombs, Ph.D., 310-281-7470
West LA Offices / Sliding Fee Scale / MartyMcPhD@aol.com



Susan J. Leviton, MA, LMFT

Lic. #MFC45199
16055 Ventura Blvd., Ste. 717
Encino, CA 91436

www.susanlevitonmft.com
susan@susanlevitonmft.com
818-788-7101

Individuals, Couples, Families
LGBT+



GayDivorceMediator.com

Bill Ferguson

Gay
Divorce
Mediator



Psychotherapy

Individuals, Couples & Families

Yisraela Hayman, M.A.



Licensed Marriage and Family Therapist
9171 Wilshire Blvd #680
Beverly Hills CA 90210

Phone: 310-388-7779

Email: yisraelahayman@gmail.com

Website: www.yisraelahayman.com



Lesbian Love Addiction



Presented by: Lauren D. Costine, PhD



Educational Workshop and Reception

Sunday, April 19, 2015 12-2 PM

Remember the joke about lesbians and the U-haul, the one that goes something like, What does a lesbian bring on a second date, and the knowing answer, referencing the emotional intensity of lesbian relationships, is a U-Haul. Two dates and it's a move-in. Everyone laughs. Everyone recognizes the psychology.

While it can sting a bit, the U-Haul joke is also sweet. We're close. We know how to bond, we're not afraid of intimacy—this is one of the things lesbians have to offer the world, this ability to bond in a way that is mesmerizing. From a psychological perspective, and from the lived experience of this super-closeness, we know that the U-

Haul metaphor has a terrible dark side. Sometimes it is something far from wonderful when it illustrates the problem of *Lesbian Love Addiction*. **The Urge to Merge: How to Understand and Heal Lesbian Love Addiction** makes visible the elements of love addiction that millions of lesbians suffer from. It shows why love addiction has made many lesbians incredibly unhappy.

The Urge to Merge offers ways to heal love addiction. First it demonstrates to attendees why lesbians merge: how childhood development, childhood trauma and attachment styles impact addictive tendencies in lesbian relationships, how the female brain works and why the relationship with the mother uniquely affects the lesbian's sense of self. It then uses some traditional techniques like motivational interviewing, 12-step tools, family of origin work and depth psychology. Finally, this presentation will lead attendees through lesbian-affirmative techniques that will help clinicians recognize and guide their lesbian clients toward recovery from love addiction. The goal is to help them learn healthy dating -- and eventually, the ability to sustain healthy relationships. This is precisely the thing all love-addicted lesbians crave, but often struggle for decades to achieve without help.

PRESENTER: Lauren Costine, Ph.D., Licensed Psychologist, is an educator, writer, activist & founding member of *The LGBT Specialization in Clinical Psychology* at Antioch University Los Angeles where she still teaches. She is currently the Chair of the Clinical Subcommittee and Clinical Director of *The LGBT-Affirmative Track* at BLVD Treatment Centers – an intensive outpatient treatment center in Hollywood. Lauren has dedicated herself to the field of LGBT-Affirmative Psychotherapy and is a pioneer in Lesbian-Affirmative Therapy. With a specialization in LGBT-Affirmative psychotherapy, Addictions and Depth Psychology, she is in private practice in Beverly Hills where she works with individuals and couples. She is currently writing two books: one on *Lesbian Love Addiction* and the other on the *Lesbian Psyche*. Her first book tentatively title **The Urge to Merge** delves into the serious problem of love addiction, and will be released in January 2016 by Rowan and Littlefield. Her website is drlaurencostine.com

Lesbian and Gay Psychotherapy Association of Southern California, Inc.

2 CE Credits, APA for Psychotherapists

If you want CE credits, the cost is: \$20 for members; \$35 for non-members.

Sunday, April 19, 2015 12 Noon to 2 PM.

Light refreshment.

Hosted at Twin Town Treatment Center

8739 Santa Monica Blvd, West Hollywood, CA 90069

Paid parking in basement of building or street metered parking.

RSVP – Chuck Stewart, Ph.D., at lagpa@sbcglobal.net

Payment is accepted at the door in cash, check, or credit card.

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 the psychological well-being of lesbian, gay, bisexual, transgender, intersex, queer and/or questioning individuals. LAGPA membership benefits include discounts to all LAGPA events, including academic forums, social events, professional women's events, queer events, and the annual LGBTIQ Psychotherapy Conference. In addition, members also receive LAGPA's tri-annual newsletter "Progress Notes," an LGBTIQ resource directory, membership listing on the LAGPA website (www.lagpa.org), and the online LAGPA membership directory. LAGPA is an accredited provider of continuing education for psychologists, licensed clinical social workers, and marriage and family therapists. **Visit us at LAGPA.org.**

Continuing Education Credit Disclosure

LAGPA is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. Full-time attendees who complete all required evaluations and attendance documentation are eligible to receive the maximum number of contact hours. This program is open to professional and advanced students in health related fields, and is not suitable for the general public. If your credit agency is not listed, please contact them to determine eligibility. Please note: The Board of Behavioral Sciences (BBS) has discontinued its Continuing Education Certification programs. As such, CE credits are no longer issued by BBS. The APA certification from LAGPA should fulfill your need for CE credits. Check with your licensing agency to confirm APA CEs are appropriate for your needs.



Twin Town Treatment Center, 8739 Santa Monica Blvd., West Hollywood, CA 90069

Upstairs. Near the corner of Hancock and Santa Monica. Underground parking available accessed from Hancock. Tender Greens located on adjacent corner.



PrEP / PEP

The role of PrEP and PEP in Combination HIV Prevention



Educational Workshop and Luncheon

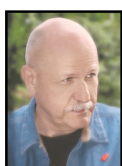
Hosted by LAGPA and Sponsored by Gilead

Sunday, June 7, 2015 12-3 PM

Why PrEP? Why PEP? Who will use them?

What would be the long-term consequences of these bio-medical interventions?

What do your clients say? What do you say?



This workshop brings together experts in the field to inform you about the medical research concerning PrEP and PEP besides explore the recommendations of mental health professionals and therapists who have first hand knowledge and experience dealing with LGBT clients. Moderated by Fred Wilkey, Ed.D., LAGPA board member and respected therapist with private practice in West Hollywood.

At the completion of the presentation, participants will:

- (a) Better understand the use of Pre-Exposure Prophylaxis (PrEP) as a new HIV prevention tool,
- (b) Be aware of current guidelines and recommendations for the use of PrEP in HIV negative individuals, and
- (c) Know how to identify candidates for PrEP and where and how to find additional PrEP-related resources.

Octavio J. Vallejo, MD, MPH Program Manager Treatment Ed. AIDS Project Los Angeles	Aaron Fox Dir. of State Health Equity & Policy LA LGBT Center	Ruben Gamundi, MD Assoc. Dir. Community Medical Affairs, Gilead Sciences
Octavio Vallejo obtained a Doctor in Medicine degree in Mexico in 1981. He holds specialties in Epidemiology and Infectious Diseases along with a Master in Public Health. Octavio Vallejo came to Los Angeles in 1994 as a UCLA John Fogarty Fellow to develop new skills in HIV/AIDS research and in the process emerged as a vital asset in the Los Angeles HIV/AIDS community--a key link between AIDS services and the growing number of HIV-infected Latinos. Octavio worked at UCLA's Center for Health Promotion and Disease Prevention in HIV/AIDS as faculty for the Pacific AIDS Education and Training Center. He also worked at Gilead Sciences, Inc. as a Medical Science Liaison and now he is the Program Manager in the Treatment Education Department at AIDS Project Los Angeles.	Aaron Fox, MPM, is the Director of State Health Equity and Policy at the Los Angeles LGBT Center. Fox focuses his work with Lesbian, Gay, Bisexual and Transgender (LGBT) and underserved communities; advocates for effective policies that continue to support access to quality culturally competent health care; and provides education to the community on changing health policies and funding streams. He continues to underscore that LGBT and Human Immunodeficiency Virus/Acquired Immunodeficiency Syndrome (HIV/AIDS) communities need continued support and increased access to care that reduces disparities and enhances community wellness. Fox serves as the Co-Chair for the California HIV Alliance, is a Steering Committee member for the California LGBTQ Health and Human Services Network, and is a Commissioner on the Los Angeles County Commission on HIV.	Ruben Gamundi, MD is Gilead's West Coast Associate Director, Community Medical Affairs. He's main role is provide accurate/scientific information in the areas of HIV Treatment, HIV Prevention, and HIV/HCV co-infection to providers and allied health care providers. He has been working in the field of HIV disease since 1990. Prior to Gilead he worked for other pharmaceutical and consultant companies as well as at AIDS Project Los Angeles, where he acted as the Treatment Education Program Manager. He resides in San Francisco and holds and MD degree from Argentina, his country of origin.

3 CE Credits, APA for Psychotherapists

If you want CE credits, the cost is: \$30 for members; \$45 for non-members.

Sunday, June 7, 2015 12 Noon to 3 PM.

Free lunch provided by Gilead. Lunch is held the first half hour of the workshop.

Hosted at Twin Town Treatment Center

8739 Santa Monica Blvd, West Hollywood, CA 90069

Paid parking in basement of building or street metered parking.

RSVP – Chuck Stewart, Ph.D., at lagpa@sbcglobal.net

Payment is accepted at the door in cash, check, or credit card.

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 the psychological well-being of lesbian, gay, bisexual, transgender, intersex, queer and/or questioning individuals. LAGPA membership benefits include discounts to all LAGPA events, including academic forums, social events, professional women's events, queer events, and the annual LGBTIQ Psychotherapy Conference. In addition, members also receive LAGPA's tri-annual newsletter "Progress Notes," an LGBTIQ resource directory, membership listing on the LAGPA website (www.lagpa.org), and the online LAGPA membership directory. LAGPA is an accredited provider of continuing education for psychologists, licensed clinical social workers, and marriage and family therapists. **Visit us at LAGPA.org.**

Continuing Education Credit Disclosure

LAGPA is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. Full-time attendees who complete all required evaluations and attendance documentation are eligible to receive the maximum number of contact hours. This program is open to professional and advanced students in health related fields, and is not suitable for the general public. If your credit agency is not listed, please contact them to determine eligibility. Please note: The Board of Behavioral Sciences (BBS) has discontinued its Continuing Education Certification programs. As such, CE credits are no longer issued by BBS. The APA certification from LAGPA should fulfill your need for CE credits. Check with your licensing agency to confirm APA CEs are appropriate for your needs.



Twin Town Treatment Center, 8739 Santa Monica Blvd., West Hollywood, CA 90069

Upstairs. Near the corner of Hancock and Santa Monica. Underground parking available accessed from Hancock. Tender Greens located on adjacent corner.

3. ARTICLES

HIV Pills Before And After Sex Prevents Spread Of HIV In Gay Men: Study

By Dianne Depra, Tech Times | February 25, 8:50 AM

More than 35 million people around the world have HIV but experts estimate that new infections in gay men can be curbed by 25 percent through pre-exposure prophylaxis (PrEP), preventing up to a million new cases in the group in a 10-year period.

PrEP helps those not yet infected by HIV but at high risk of acquiring an infection with a simple pill. Containing emtricitabine and tenofovir, the pill keeps the virus from permanently taking hold after an individual is exposed, preventing HIV from fully developing. In a UK trial, researchers tested the Gilead drug Truvada and found that as a preventative measure, the pill can cut up to 86 percent of HIV risk.

"These results show PrEP is highly effective at preventing HIV infection in the real world," said Sheena McCormack, a clinical epidemiology professor from University College London and the lead investigator for the study.

In the clinical trial, 545 men were enrolled at 13 sexual health clinics throughout England, randomly chosen whether they will be given PrEP immediately or after 12 months. The difference in when PrEP is first administered gave the researchers a means of comparing effects on those who have taken Truvada and those who have not.

The results of the study was presented at the Conference on Retroviruses and Opportunistic Infections, which the UNAIDS, the Joint United Nations Program on HIV/AIDS, gladly welcomed.

According to Michel Sidibé, UNAIDS executive director, the results of the study represent a significant breakthrough in the effort to advance preventive methods for HIV for serodiscordant couples and men who have sex with other men. A serodiscordant relationship is one where a partner has been infected with HIV and the other not. It may also be referred to as a mixed-status or magnetic relationship.

"The results are timely and important and will advance global efforts to end the AIDS epidemic by 2030," he added.

Patients currently on PrEP are advised to return to their healthcare providers every three months for a follow-up and an HIV test. Those who are don't have exposure to ongoing substantial risk of an infection but are instead interested in preventing acquiring the virus after a single high-risk event, like sexual assault, sharing needles or unprotected sex, should talk to their healthcare providers about postexposure prophylaxis (PEP). PEP has to be administered, however, within 72 hours of the possible exposure. It also involves the use of antiretroviral drugs.

+++++

STUDY: PrEP is Still Pretty Effective When Taken Less Than Daily—But is it Enough?

There may be some catches, but a new study on PrEP suggests that anti-HIV medication can still effectively fight infections even if they aren't taken on a daily basis.

BY RAFFY ERMAC FEBRUARY 26 2015 5:00 AM ET

The results of the recent French IPERGAY study on Truvada as pre-exposure prophylaxis, or PrEP as it is most commonly referred to, were made available to the public this week and proved what many experts have long believed about the much-debated treatment. Taken correctly, PrEP is very effective in

the fight to prevent HIV and it may continue to protect users even when taken at levels different than what is currently prescribed.

At the 2015 Conference on Retroviruses and Opportunistic Infections in Seattle, ANRS (Agence Nationale de Recherche sur le Sida et les hepatites virales, the French research agency that conducted the IPERGAY trials) tested a PrEP regimen that included taking the pill a few days before and after sexual encounters, as opposed to the recommended daily usage that is currently approved by the US Food & Drug Administration.

Researchers announced that the shortened dosage reduced the risk of HIV in gay and bi men by an average of over 86 percent. But don't think that means it's an on-demand drug, or a before and after pill, as was previously reported in the media last year.

Currently PrEP is only approved for daily use, and if taken as studied in the IPERGAY and PROUD trials some experts warn users could be putting themselves at risk for contracting HIV.

"We don't want people to potentially put their lives at risk from taking the wrong kind of PrEP regimen," said Jennifer Horvath, deputy director of news media at the Centers for Disease Control and Prevention. Horvath also stresses that PrEP is used in IPERGAY after sex, it is not to be confused with post-exposure prophylaxis, or PEP, which is a type of medication you must take within 72 hours and for 28 days after one has potentially been exposed to HIV.

According to a statement by the CDC, during the IPERGAY study, over 400 enrolled participants took a dose of two pills between two to 24 hours before they were planning on having sex, and another two pills 24 to 48 after the last pre-sex dose. This type of occasional medication schedule was used per each sexual encounter to test the effectiveness of an infrequent PrEP regimen.

"The IPERGAY trial provides the first evidence that an event-driven regimen is effective among high-risk MSM with frequent sex," said Dr. Jonathan Mermin, director of the CDC's Nation Center for HIV/Aids Prevention, in a statement.

In a separate U.K.-based study called PROUD, researchers at the U.K. Medical Research Council also found PrEP results that were just as efficient as the ones found in IPERGAY, with an 86 percent rate of lowered HIV risk in those participating in the study.

Mermin says it's worth noting that it isn't known whether or not PrEP will be effective if only taken a few hours (or even days) before unprotected sex. He states that it may take days for PrEP drugs to reach the best levels of medication in the body that are needed to prevent infection.

The 86 percent rate of lowered HIV risk on an intermittent regimen was found using IPERGAY's placebo controlled trial (random participants were given the PrEP drugs and others were given a placebo). That lowered risk is significantly lower than the 94 percent effectiveness rate when taken daily, as previously reported.

Despite the caveat, many activists and health care workers welcomed the results of the IPERGAY and PROUD studies as experts work to bring down still escalating rates of HIV among gay and bi men.

"Fantastic results on #HIV pre-exposure prophylaxis (#PrEP) coming out of the #CROI conference in the US," activist Paul Kidd tweeted. "We can end this epidemic."

+++++

This shows watch gay activism can do today!!! Join LAGPA to help keep the future safe.

Psychology Today Changes Its Position On Conversion Therapy Ads

By Lila Shapiro

lila@huffingtonpost.com

Huffington Post, Posted: 03/04/2015 2:46 pm EST Updated: 03/04/2015 2:59 pm EST

Therapists who offer the gay “cure” will no longer be allowed to advertise their services in the directory pages of Psychology Today, a magazine and website that includes profiles of tens of thousands of mental health professionals.

The news, announced Wednesday, is something of a turnaround for the company. On Tuesday, Charles Frank, who runs the organization’s directory of therapists, informed The Huffington Post that “We take care not to sit in judgement of others by allowing or denying individual participation” in the directory. While Psychology Today was not a “fan” of conversion therapy, Frank said, “the Therapy Directory cannot pick winners.”

The Human Rights Campaign, a gay rights group, first pressed Psychology Today in February to remove all advertisements that purported to help gay people become straight through counseling, a practice that is roundly condemned by the mainstream mental health community. “By offering a venue for these medically-debunked practices, Psychology Today is lending them a veneer of credibility -- propping up a fraudulent industry that takes advantage of vulnerable individuals, including children and families,” HRC spokesman Fred Sainz wrote in a letter to the CEO and publisher of Psychology Today.

Until Tuesday, the Human Rights Campaign’s letter and subsequent phone calls had gone unanswered. But on Tuesday morning, HuffPost published a story on the saga. Less than four hours later, Frank announced the new company policy in a statement on the website: “The Therapy Directory has removed the individual whose profile included a discussion of conversion therapy. We have informed all Directory professionals that those whose profiles offer conversion therapy will be delisted.”

Frank has since removed five profiles that mentioned "reparative therapy," another name for conversion therapy, from the directory's nearly 80,000 profiles. "It took me a while to track them all down," he told HuffPost in an email.

+++++

On Love Addiction

by Lorna Hochstein, Ph.D.

Love addiction? What is love addiction? How can I be addicted to love? Perhaps this is what some of you are thinking as you read the title of this essay. Others of you might well be moaning, "Not another addiction. . .! Please God, not another 12 Step program." I understand. There have been moments when I have thought all these things myself. But while I am not unalterably convinced that such an entity as "love addiction" actually exists, it is true that I also find the idea quite helpful when I think about women's relationships and the way we get into and remain in relationships. Genuine addiction or not, the concept of "love addiction" certainly provides insights into common, if unsatisfying ways we relate to both being single and being in partnership.

Let me begin by saying that the phrase "love addiction" is a misnomer. Genuine love is knowing and being known by another person. It is about building intimacy through honesty and sharing of oneself. An addiction, however, is antithetical to intimacy; an addiction necessarily involved behaviors and mental sets, which push genuine love and intimacy away. An addiction dulls both positive and painful feeling and prevents us from knowing our self. We cannot share what we do not know, and thus genuine intimacy cannot thrive where an addiction is present. Thus, a "love addiction" is about pseudo love, about the external, stereotypic appearance of love. It is not about love. While a love addict may look as if she is pursuing intimacy with a vengeance, she is, in fact, running away from intimacy as fast as she can. Love addiction is about unhealthy dependency and about poor self-esteem. It is about a fear of abandonment and about an impaired sense of identity. It is about holding on to a relationship at all costs. It is not about loving too much. We are able to depend on another too much, we are able to cling to another too much, and we are able to give another woman too much

responsibility for our life and happiness. We cannot love too much; genuine love is never bad and can never harm us.

So what is a love or relationship addiction and who is a love addict? A love addict is a woman who substitutes an unhealthy and mood altering relationship with a process (i.e. relationship) for a healthy, life giving relationship with another person. An addict is a person who puts this unhealthy relationship at center of her life. This relationship with a mood altering process is an addiction. My own rule of thumb is that a person is addicted to a relationship if being in that relationship had clear negative effects on her life and she continues in the relationship regardless of the effects.

There seem to be two basic types of love addicts. The first type of addict is a woman who addicted to the ideal of simply being in any relationship any relationship at all. This addict is hooked on the idea of being part of a couple regardless of who her partner actually is. The second type of love addict is the woman who is addicted to a particular relationship or a particular partner. This woman is able to function well when she is not romantically involved, but gets hooked on a certain woman and becomes less functional when involved with that woman. Let me give you an example of the second type.

Susan came to therapy to "end" a relationship, which had, in fact, ended months before. Susan had dated a co-worker, Mary, for several weeks when Mary decided she no longer wanted to pursue a relationship with Susan. Mary was clear with Susan that for her, it was over. Although Susan had dated Mary for only a month, she was devastated. She needed Mary. For the next year Susan followed Mary in her car. Once she skipped work to follow Mary to an out of town trip, and received a reprimand, her first, for missing an important meeting without even notifying her boss. Susan drove by Mary's house frequently and hung around her office at work just to catch a glimpse of her. Once she snuck into Mary's office and went through Mary's appointment calendar looking for possible "date." Once Susan met Mary on the street after Mary had been drinking. Mary threatened Susan and scared her a great deal. But Susan still could not stop her behavior. When Mary changed jobs and moved away, Susan felt lost. She became depressed. A year later, she still finds it hard to put thoughts of Mary out of her mind. Susan was addicted to Mary. Once she managed to break her addiction to Mary, she functioned well at home and at work. She did not feel desperate for a relationship. But she knows it can happen again.

Please understand that Susan is not crazy. She is a fine, intelligent, decent woman. She genuinely longs for intimacy. She genuinely longs for intimacy. While her behavior may seem a bit extreme, there are too many of us who, like Susan, violate our values and disrupt our lives in order to be in romantic relationship; there are too many of us who, like Susan, depend on another woman for the source of self esteem, self value, purpose and meaning in life. It's all a matter of degree.

It is important to know that love addiction is not infatuation; it is not the limerance phase of a relationship. Sometimes a love addiction initially looks like an infatuation or the simple act of "falling in love." The difference is that a woman who is simply "in love" knows she has her own life to live with or without her partner. She retains a sense of her own identity and personal power and does not look solely to her beloved for a purpose and meaning, this is not true of a woman in an addictive relationship.

What are some of the symptoms of a tendency toward love addiction? Sex and love Addicts Anonymous (SLAA) prints a pamphlet of 40 questions for self-diagnosis aimed at possible sex and love addition. Some of these questions are:

- Do you believe that a relationship will make your life unbearable?
- Do you feel that your life would have no meaning without a love relationship?
- Do you find yourself in a relationship you cannot end?

- Do you ever find yourself unable to stop seeing a specific person even though you know that seeing this person is destructive to you?
- Have you ever tried to control how often you would see someone?
- Do you feel your love life affects your spiritual life in a negative way?
- Do you find you have a pattern of repeating bad relationships?

A yes answer to any questions indicates the possibility of addiction love.

Love or relationship addiction, like all addictions, is a reliance upon someone or something external to the self in order to get emotional needs fulfilled, to avoid pain or fear and to maintain emotional balance. Something deep inside "addictive lovers makes them believe that they need to be attached to someone in order to survive and be whole" (Schaef, p.3). These love addicts are terrified of being alone; they can be suicidal when a relationship ends, they cling too long to unhealthy or even dangerous relationships rather than face their fears and pains. But why call this dependency upon another woman or relationship an addiction? Charlotte Kasl (Women, Sex and Addiction) lists five criteria of an addiction. They are:

- powerless to stop at will (Susan longed to be free of Mary, but she couldn't stop her continuing involvement by an act of the will);
- harmful consequences to the addictive behavior (Susan risked her job by missing her meeting and by snooping around Mary's office);
- unmanageability in other areas of life (Susan was nearly asked to leave her group living situation because she didn't follow through on her share of the chores. She also stopped paying her bills on time and forgot to file her income tax form);
- escalation of use (the more she saw Mary the more she felt she needed to see her to get through the day); and
- withdrawal when drug is removed (Susan became seriously depressed when she finally lost all contact with Mary).

Finally, Susan found herself violating her own values and ignoring her personal responsibilities. This, too, is an indicator of addiction. Anyone who holds onto something at the risk of losing or damaging her own physical or spiritual life is an addict. I believe that most love addictions have their root in survival skills adopted to cope with childhood neglect, abuse, victimization involves any form of neglect, abuse or betrayal which leave a child's basic needs for love, security and safety unmet. Such victimization and neglect leaves a child with an inner core of emptiness. It leaves her with a longing for love and security that becomes the driving force which underlies this addiction. Susan's father was an alcoholic and was physically abusive to her and her mother. Her mother was unable to protect herself or Susan from this violence. Susan was victimized by this violence.

When a child's fundamental needs are not met, she is left feeling angry, terrified, abandoned, and sad. Such a child comes to believe that her feelings are bad since there is no consistent response to them and since they may often be ridiculed or ignored. This child is often shamed for having any needs at all. Eventually this belief that her needs and feelings are bad shifts to the belief that she herself is bad. And thus this child becomes a shame-based person who feels defective at the very core of her being. Because her parents abandoned her emotionally, if not physically, she believes she will always be abandoned. After all, who would stay with a truly defective person?

Each of us develops our own set of skills to deal with this chronic fear of abandonment. Survival skills are necessary to counteract anxiety, shame, fear, and sadness, which the addicts' negative core beliefs generate. Love addicts tend to be people who say to themselves, "If I am just good enough, someone will take care of me." A love addict seeks to alleviate pain, anxiety, and anger through a chronic search for security. "I will die if I am alone," is the addict's core belief. "I will find someone to take care of me," then becomes the addict's core operational belief. The core belief along with the

operational belief can easily lead to a full-blown addiction. If you genuinely believe that you will die if you do not have a partner who loves you best in the world, then having a relationship becomes the most important factor in life, and you will do anything to find a partner and survive. That is addiction.

All of us have been primed to some extent to develop addictive qualities in our love partnerships. This is especially true of women. Women are still socialized to value relationships over work or power. Relationships and affiliations appear to be critical for women, in general, to have a sense of personal satisfaction and fulfillment. This is true even when a woman is not a love addict. I wonder if lesbians are more or less prone to love addiction than are straight women. Certainly a fear of being alone and defective can be reinforced by society's attitude toward us. Often family and friends abandon us when they learn about our lesbian orientation. Many, many of us do have a history of early victimization. Then again, we lesbians also learn to be independent at an early age. We learn we do not have to be in relationship (with men) in order to survive in the world. Some of us really do learn that we do not need to be attached to any one person or in any one relationship in order to survive and survive well.

The gaining of self-knowledge is fundamental to intimacy. Facing our inner shame and emptiness is essential. Learning healthy ways to deal with this pain and learning new and honest behaviors are a must. Changing the locus of security from an external person to an internal core is our intimate safety. "In order to pursue an addiction, individuals must progressively abandon themselves," (Schaefer, p.101). In order to pursue health, happiness and intimacy in a non-addictive way we must progressively claim and reclaim our own self, our own soul. This is a lifelong task. But when we pursue intimacy with our self, then we will be successful in our pursuit of intimacy with family, friends, lovers, and God.

Read more about love addiction at: Dream Chasers: The CP Addiction (Falling in Love and Dealing with a Commitmentphobic Person). You can be reading this insightful information, written especially for those who are in love with a commitmentphobic person, in less than two minutes!

Article published by Tigress Luv & Glass Slipper publishing, the Breakup Gurus. For more breakup advice and forums please join us at the Lifted Hearts Breakup Support Forums & Community at <http://liftedhearts.com>.

4. PAST EVENT

December
2014

Winter Social at Mark and Robert's Home in Van Nuys



5. ELECTIONS RESULTS

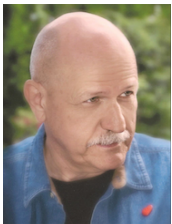
All members on the ballot were elected for another year onto the LAGPA Board. Thank you all for your support. Price Marshal was elected to the board but decided in February to not continue on due to time commitments. If you are interested in being on the board, just attend a board meeting and let your desires be known. The sitting board has the power to approve more members to the board.



Robbert Schalekamp, MFT, PsyD, (current President) is working as a psychotherapist in the Clinical Counseling Center in Sherman Oaks with a variety of clients. He is also the assistant clinical director of the counseling department of the Hollywood Sunset Free Clinic in Silverlake, where he did his internship prior to being licensed as an MFT in 2001. He received his PsyD in 2005 from the California Graduate Institute. He is from Holland and has lived in the USA since 1994. He lives in Santa Monica with his partner Jay. Robbert has served on the LAGPA board for one year and is currently Co-President.



Travis Stobbe, BFA (current Secretary/Treasurer) Travis is a native of the San Fernando Valley and graduate of California Institute of the Arts (1999). His current career is real estate management. His real love is motion picture art. He has been involved with PFLAG, Toast Masters International, and various classic car clubs. Travis is a big supporter of LAGPA because of the important work the members perform for the LGBT community.



Fred Wilkey, EdD (current board member). A licensed clinical psychologist, Fred has a solo private practice doing cognitive behavioral psychotherapy in West Hollywood. Fred has been counseling as a licensed practitioner for over thirty years, has been on the LAGPA board for three, and is currently the Secretary/ Treasurer.



Damien Gonsalves, MFTi, (current board member) born and raised on the East coast. Damien completed his undergraduate studies at West London College UK and graduated from Emerson College with a BA. In June 2013 he graduated from Antioch University with a Masters in Marriage Family Therapy and a specialization in LGBT affirmative psychotherapy. Damien completed his clinical traineeship working with clients at Being Alive in West Hollywood has been an active member in the Sober community for over 25 years. Damien presently works at Promises Treatment Center where he has been for over the past 4 years as the S.A.I.D. (Substance Abuse Intimacy Disorders) Clinical Case Manager since May 2013 and joined the LAGPA board in January 2014.

Christopher McKeown (current board member)

www.BankruptYourStudentLoans.com

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

YOU CAN HELP SAVE YOUNG LIVES!

Visit **TheTrevorProject.org** for job postings and volunteer opportunities.
You can also refer the young people in your care to the **Trevor Lifeline** at
1-866-488-7386, TrevorChat.com or TrevorSpace.com.



QUESTIONS? PLEASE EMAIL: **INFO@THETREVORPROJECT.ORG**

The Trevor Project provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender and questioning young people ages 13-24.

THE TREVOR PROJECT



The Institute for
Sexual Health

ISH wishes to thank LAGPA for hosting educational conferences for the past 18 years in support of the LGBTIQ psychotherapy community.

The Institute for Sexual Health
400 S. Beverly Drive, Ste 316
Beverly Hills, CA 90212

310-286-1300 (telephone)
310-286-1330 (fax)

Seal Beach Therapy

Couples Counseling & Individual Therapy

Serving the LGBT communities of
Long Beach & Orange County

Help in finding, building, or rebuilding healthy relationships

Depression, stress & anxiety issues

Life Transitions, Life & Career Coaching

Spirituality and gay/Christian conflict issues



Erik Edler, LMFT



Located on PCH at 5th in Seal Beach

newcenturycounseling.com

erikedler3@gmail.com

[949-735-1725](tel:949-735-1725)

join **CAMFT**
today!



**CONNECT
ENRICH
ACHIEVE**

California Association of Marriage and Family Therapists

Highlights of Member Benefits:

- Legal, Ethical, and Licensure Consultation by Phone with the CAMFT Legal Team
- Unparalleled Representation & Advocacy
- Bi-monthly Publication — *The Therapist*
- Professional Liability Insurance Discounts
- Informative Website — www.camft.org
- Clinical & Prelicensee Resources
- Educational & Professional Development Programs
- Consumer Resource Listing — www.CounselingCalifornia.com
- CAMFT Specialty Certification

Visit us online or call to join today!

(888) 89-CAMFT | www.camft.org



6. SPRING SOCIALS

March 19 LGLA Gala to which LAGPA is invited.

REGISTRATION NOW AVAILABLE FOR LGLA GALA KICK-OFF PARTY AT BLOOMINGDALE'S!

Join LGLA at Bloomingdale's Beverly Center on Thursday, March 19 at 6:30 PM. Celebrate with LGLA supporters and friends as you indulge in complimentary beverages, hors d'oeuvres, and fashionable fun as you shop for this very important cause. Check out the hottest styles for Spring 2015 to get you ready for the big event as you enjoy DJ beats, special gifts-with-purchase and more! All LGLA members and their colleagues, friends, and family are welcome!

Your \$25.00 reservation fee is redeemable in a Bloomingdale's Gift Card to be used on your favorite purchases!

Click here or go to <http://lgl.com/event-1862156> to register now!

The first 100 guests to RSVP will receive a complimentary goodie bag filled with special gifts!

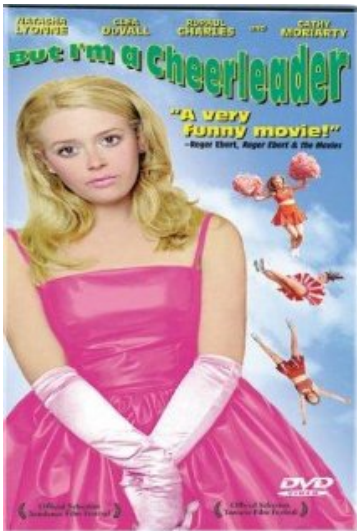
Thursday, March 19
6:30-9PM
Beverly Center
Bloomingdale's

Bloomingdale's will proudly donate 10% of the proceeds from the tracked, storewide purchases made by LGLA members and guests at Bloomingdale's Beverly Center to the LGLA*.

+++++ MOVIE NIGHT SOCIALS +++++

Remember in the early days of LGBT activism we held monthly pot-luck meetings to socialize and strategize? Well, we are going to host two meet and greet pot-lucks at Chuck's place and then watch a lesbian or gay male centered movie on his large 8'x6' projected screen system. Always fun! Please RSVP to Chuck at LAGPA@sbcglobal.net.

May 2 Lesbian Themed Movie Night/Social

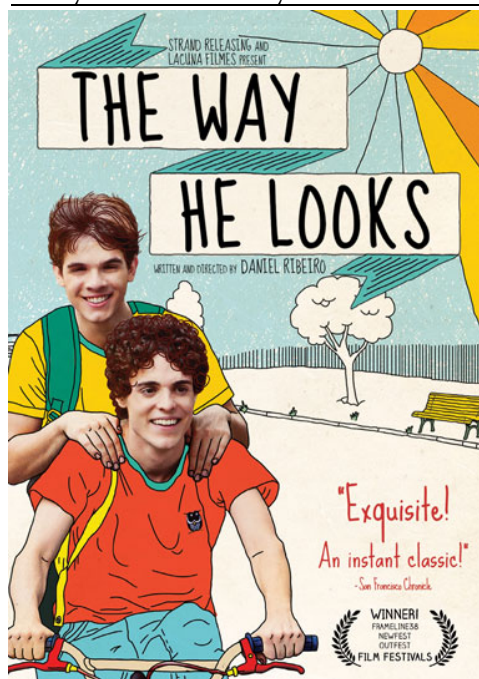


But I'm a Cheerleader (oldie but goodie)

Megan is an all-American girl. She's a cheerleader and has a boyfriend, but she doesn't like kissing him very much, and she's pretty tactile with her cheerleader friends, and she only has pictures of girls up in her locker. Her parents and friends conclude that she *must* be gay and send her off to "sexual redirection" school, full of admittedly homosexual misfits, where she can learn how to be straight. Will Megan be turned around to successful heterosexuality, or will she succumb to her love for the beautiful Graham?

Potluck at Chuck's apartment. 7 PM, movie at 8 PM. Please RSVP. Limited to the first 10 people who respond. All people are welcomed (not just women)

May 23 Gay Male Themed Movie Night/Social



The Way He Looks (2014)

Set against the music of Belle and Sebastian, Daniel Ribeiro's coming of age tale, *The Way He Looks* is a fun and tender story about friendship and the complications of young love. Leo (Ghilherme Lobo) is a blind teenager who's fed up with his overprotective mother and the bullies at school. Looking to assert his independence, he decides to study abroad to the dismay of his best friend, Giovana (Tess Amorim). When Gabriel (Fabio Audi), the new kid in town, teams with Leo on a school project, new feelings blossom in him that make him reconsider his plans. Meanwhile, Giovana grows jealous of this new found companionship as tensions mount between her and Leo.

Potluck at Chuck's apartment. 7 PM, movie at 8 PM. Please RSVP. Limited to the first 10 people who respond. All people are welcomed (not just men).

June 28 Spring Fling sponsored by Rob Weiss. Details coming later. Mark your calendar. This event will be incentivized for women.

July 12-22 Outfest—We will be a Community Collaborator for one of the films. Watch for announcement.

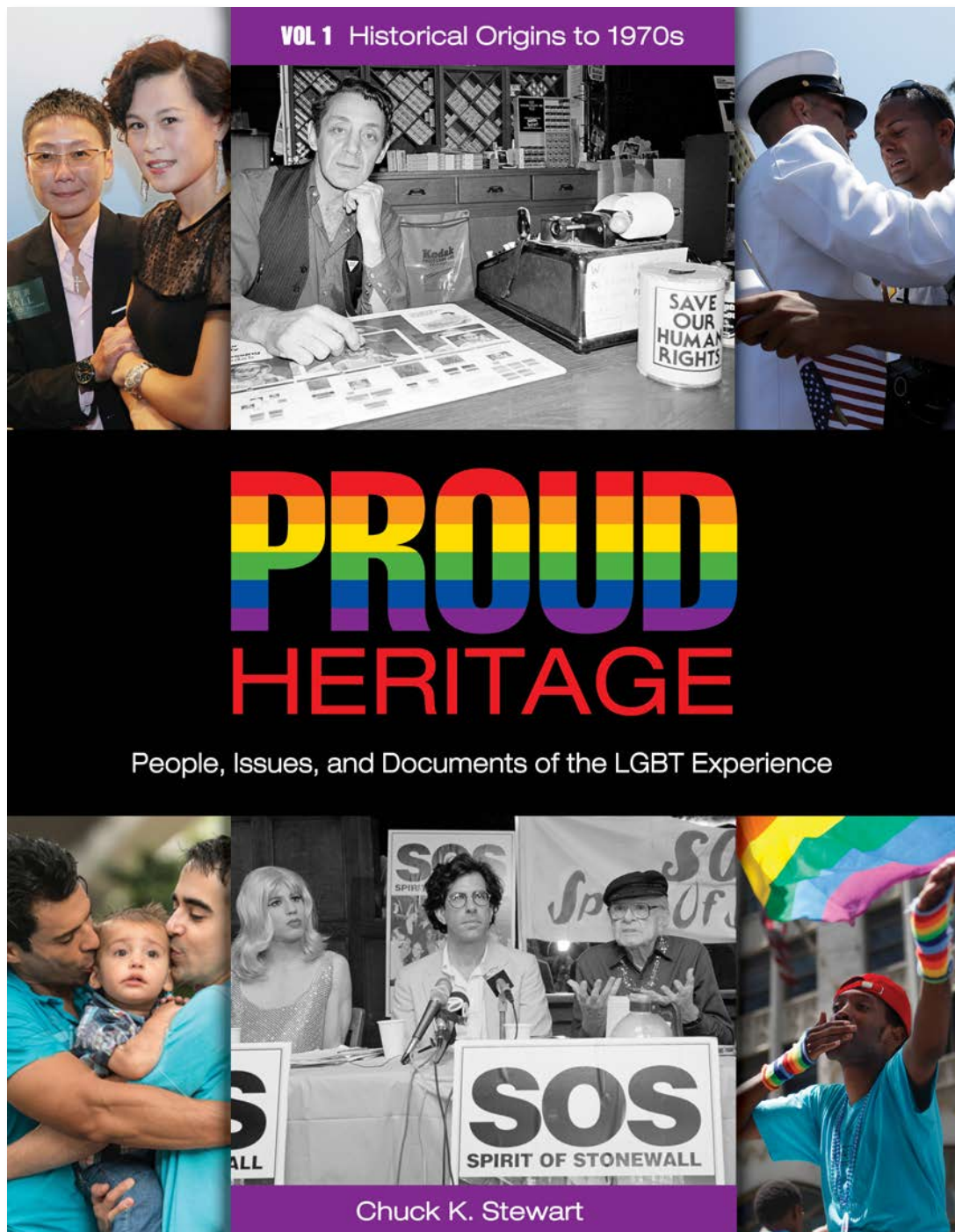


August 9 Annual Pool Party at the lovely home of Liliane Quon McCain. Joint event with SCLMA (physician group) and LGLA (attorney group). Mark your calendar.



A usual, we will be holding our annual pool party at the lovely home of Liliane Quon McCain. Typically 160 people attend. Like last year, we have obtained sponsorship from **Pacific Wine & Spirits** who will be providing professional bar tenders and FREE top-shelf alcohol. Watch for formal announcement later to RSVP.

+++++





Modern Education
and Clinical Training
in Human Sexuality
and Gender

www.theinstituteforsexualhealth.com

TWIN TOWN

Treatment Centers

866 594 8844

www.twintowntreatmentcenters.com

Intensive Outpatient and Day Treatment
Adult and Adolescent Substance Use Disorders

*Los Alamitos, Mission Viejo, North Hollywood,
Orange, Torrance, West Hollywood*

Joint Commission Accredited

State Certified

HMO/ PPO/Insurance Contracted

Now Accepting New Patients

Mark Reina, MFT

8170 Beverly Blvd., Suite 204
Los Angeles, CA 90048
310.366.5494
markreina@mfti@aet.net

My practice offers:

- Direct Billing to any PPO insurance plan
- Sliding scale fees
- Saturday office hours
- Specialization in Gay & Lesbian issues
- Convenient West Hollywood location

My professional training and certifications include:

- Los Angeles Institute and Society of Psychoanalytic Studies (Certification as a Psychoanalytic Psychotherapist)
- New Center for Psychoanalysis
- The Gay and Lesbian Couples Institute

For more information visit www.markreina.com or call me at 310.366.5494

MFC CA Lic: 45475



VISTA DEL MAR
A COMMUNITY OF SERVICES

ADOPTIONS

Infant Domestic & International
Foster to Adopt

More than 65 years of experience and
5,000 Adoptions completed.

Visit VistaDelMar.org for more information!
or Call (310) 836-1223 ext 280

(714) 633-3933
listeningperspectives.com
lhedges@pacbell.net

LAWRENCE E. HEDGES, PH.D., PSY.D., ABPP

Psychology - Psychoanalysis

1439 East Chapman Avenue
Orange, California 92866
License #PSY3567

therapysites

SUMMER SPECIAL - \$240 SAVINGS!

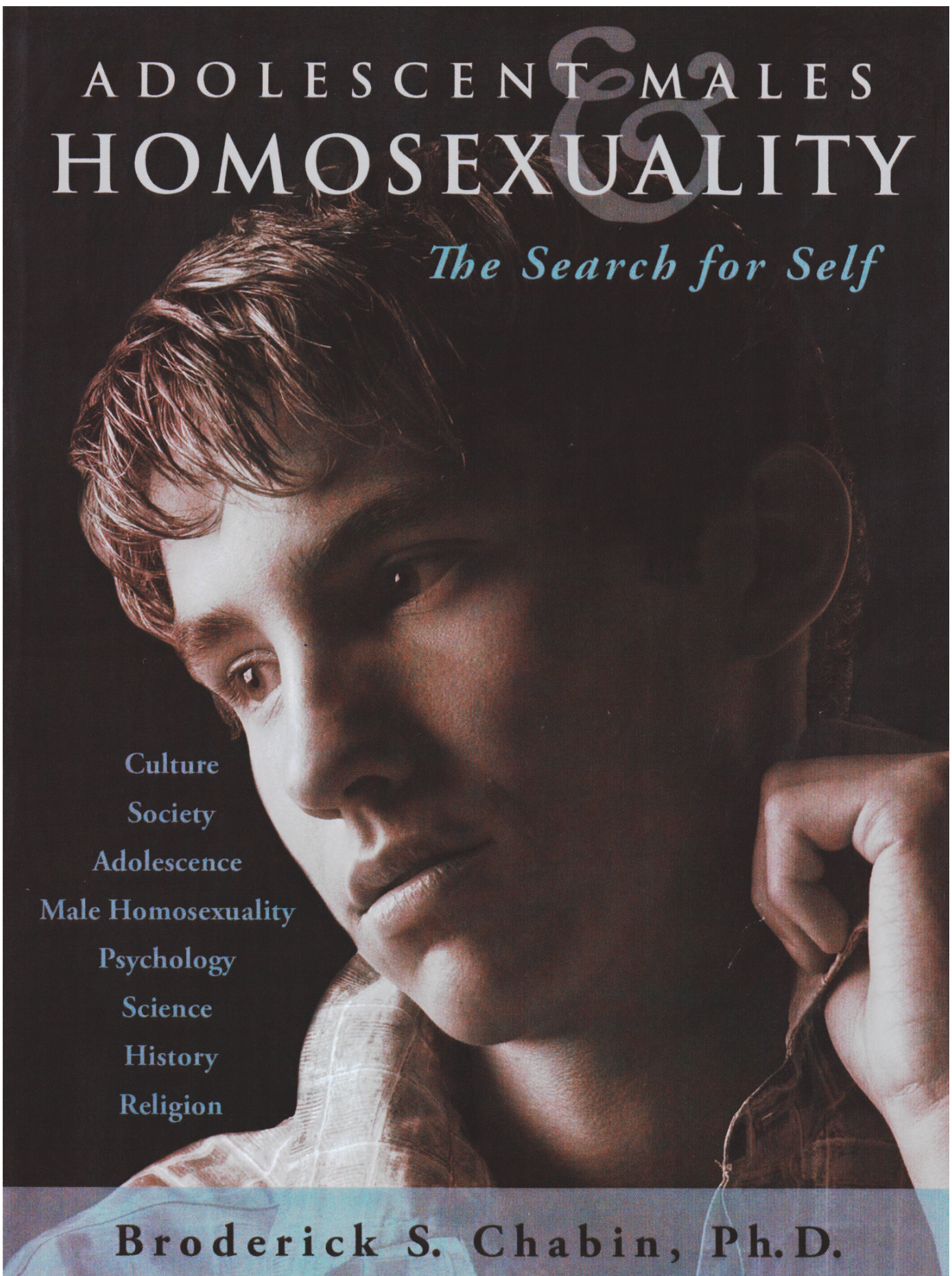
\$39/MO FOR ONE YEAR!*



Enter Promo: **Summer14**

Create My Site NOW

Hurry - Expires July 31st! New Customers Only.



ADOLESCENT MALES HOMOSEXUALITY

The Search for Self

Culture
Society
Adolescence
Male Homosexuality
Psychology
Science
History
Religion

Broderick S. Chabin, Ph.D.

PFLAG LOS ANGELES

Supporting the LGBTQ Community Since 1976

From its first meeting in 1976, PFLAG Los Angeles is a story of parents doing what they do best:
loving, supporting, and advocating for their children

See our websites for more information on

Monthly meetings in English and Spanish

Speakers Bureau for educational institutions and community organizations

Publications and resources

www.pflagLA.org AND
www.pflagEspañolSoCal.org



PFLAG | PARENTS, FAMILY AND FRIENDS OF LESBIANS AND GAYS **LOS ANGELES**

We believe that each life is
precious and unique.



We help our clients
remember that theirs is too.



Our Family of treatment centers offer
unique environments to support long-
term, sustainable recovery and overall
improvement in quality of life.

We stand united with YOU in our
commitment to provide the highest quality
clinical care for clients with addiction and
mental health issues.

Together WE can make a difference...

elementsfamily.com

Individual pictured is a model and is used for illustrative purposes only.
©2014 Elements Behavioral Health, Inc. All rights reserved.

7. 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.

THERAPY

Social Anxiety Group

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

Emotional Regulation Skills Group

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

Couples Therapy

Stop fighting each other or yourself and fight the problem! Relationship therapy for couples and individuals in Larchmont Village. Active, engaged, and passionate. Call Tony Davis at (323) 963-3183 or go to FindYourWayTherapy.com for more info. Licensed Marriage and Family Therapist MFC81838.

Group

Gay Men's Mastermind Career Support Group for support professional dreams and goals. Held on Monday evenings, 6:00-7:30 p.m., fee slides from \$50 to \$65. Approximately 25-45 age range, but flexible. Intake interview by phone required. Group is in progress. Call 310-726-4357, or email Ken@GayTherapyLA.com.

New Group in Westwood

Dr. Lani Chin is now accepting new clients in Westwood. Dr. Chin has worked with various members of the Gay, Lesbian, Bisexual, and Transgender community specializing in affirmative therapy for the treatment of anxiety, depression, substance abuse and anger management. Dr. Chin works with both individuals and couples.

Lani Chin, Psy.D.

Licensed Clinical Psychologist PSY 24971

1328 Westwood Blvd., Unit 9

Los Angeles, CA 90024

310-344-5550

www.drlanichin.com

Psychiatrist/Psychotherapist

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

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

Then please contact Dr. Adam at:

Adam Cotsen, M.D.

116 N. Robertson Blvd. #908

Los Angeles, CA 90048 310-659-8640

DrAdam.net dradamcotsen@gmail.com

EMPLOYMENT and INTERNSHIP

Intern

Paid private practice weekend internship opportunity offered to qualified Associate Clinical Social Worker (ASW) or Marriage and Family Therapist Intern (IMF) for sessions on Saturdays, Sundays, and possibly Monday mornings/afternoons at established office near Beverly Center. Supervisor has 17 years experience as clinical supervisor and is part-time faculty of USC School of Social Work, with over 10 years in full-time private practice and over 20 years clinical experience as a specialist in gay men's and HIV mental health, and men's psychology. Adult population focus only, with mainstream, evidence-based interventions (preferably CBT, DBT, IPT, or psychodynamic). NOTE: Must have existing clients or reliable referral stream. Motivated self-starters only. Supervision and private practice career coaching. 50/50 fee split basis. Available immediately. One opening. Email letter of interest and resume/CV to Ken Howard, LCSW, at Ken@GayTherapyLA.com.

Private Practice Internship Available:

Part-time, post-graduate position available within Westside practice for BBS-registered MSW associate or MFT intern. Addictions/trauma experience required. Prefer candidates with fewer than 1200 hours toward licensure. Email CV to andrew@westsidetherapist.com or visit www.westsidetherapist.com for more information.

This position is for a **Licensed Psychologist to be employed** by a small company that sees clients in a beautiful private practice setting in Silver Lake. We will provide patients, office space, billing, and a community of colleagues passionate about the work of psychotherapy. Psychodynamic orientation a plus. We're asking a 2 year minimum commitment after which time you would be free to take the client load you built with you, if you wished to leave. Good opportunity for those looking to move in to private practice work coming from a different clinical background. 20-35 hours per week, flexible hours. For an idea of our philosophy visit www.jadetree.la If interested please send a resume to: justinshubert@gmail.com

OFFICE SPACE

West Hollywood

As of March 15, 2015, we will have several office vacancies available for psychotherapists looking to rent office space in our very established psychotherapy office suite. Our suite is located at 8235 Santa Monica Boulevard in West Hollywood. (We are at Santa Monica and Harper Ave, across from the restaurant "Eat Well" and one block east of West Hollywood City Hall). We have several different offices available, at different times of the day and different days of the week. We are on the 4th floor and most offices have a south facing city view. Rates are based on blocks of time (i.e. 8am-4pm or 4pm-10pm) and discounts apply for full days (8am-10pm) or multiple days in the week. The basic rent for one block of time for a month (i.e. Wednesday from 8am-4pm for an entire month) is \$200 and discounts apply for any additional time rented. The rent includes the office, copy/fax, wifi, a mail box, office supplies etc. For specific availability or to schedule a visit, please call Brad Chabin, Ph.D. at 323-369-8838.

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

Near Beverly Center

Space available Saturdays, Sundays, and Monday morning/afternoon in a 3-office suite on San Vicente near Beverly Center. \$15 per hour. Fully furnished. No separate exit or call-light system, but good parking situation, 7-day air conditioning, and convenient location to Westside, Beverly Hills, Mid-Wilshire, and West Hollywood. Bright and light (windowed). Email Ken at Ken@GayTherapyLA.com for more information.

Office space in Studio City & West Hollywood

Ideal office set-up for licensed therapists and newly licensed therapists-- especially those who would like to apply for insurance panels or who are on panels. For under \$200 a month, you could have an office in LA. Or, for an additional rate, you could have two offices in LA: one in Studio City and one in West Hollywood! Having two offices is a plus for applying to/being on insurance panels and for always having a conveniently located office in a large city such as Los Angeles. Call Mike Fatula, MFT, at 323-876-8861 for current availability in either or both locations.

West Hollywood

"Stand-Alone" office space (i.e., not a shared waiting room) in. Quiet Garden Courtyard of therapists & designers near Cedars-Sinai

- One story building: 24/7 building access and 24/7 AIR
- Windowed, private waiting room; sound-proofing & call-light systems
- Windowed & skylighted private therapy office

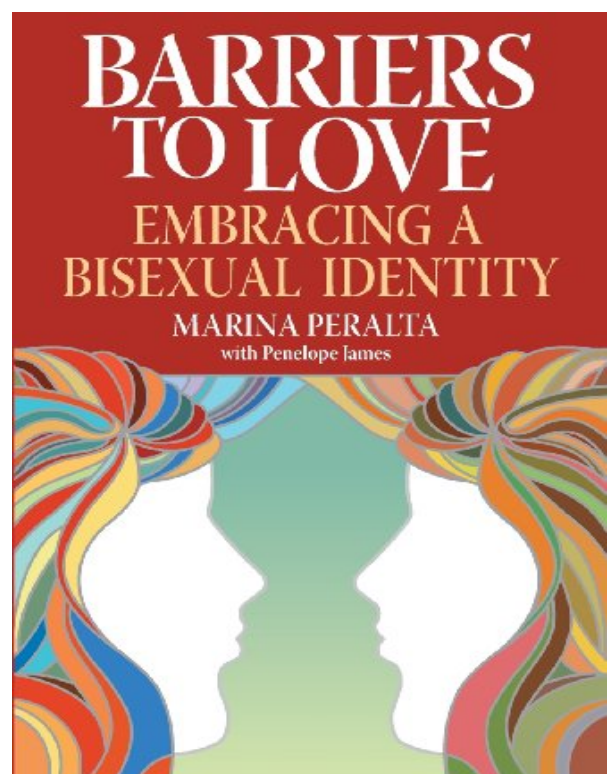
- Separate entrance-exit; separate restrooms for clients & therapists
- High vaulted wooden ceilings
- Utilities included with reasonable rent; private, covered, well-lit parking for therapists and clients
- Easy canyon access (Laurel and Coldwater) to San Fernando Valley
- * Amenities: copier, frig, microwave, tea/coffee service
- * Utilities included with reasonable rent

San Fernando Valley

- "On the Boulevard" office space -- Ventura Blvd! near Laurel Canyon in Studio City
- * Easy canyon access (Laurel and Coldwater canyons) and freeway access (101/134/170) to West Hollywood, Hollywood, Silverlake, Glendale, Pasadena, and the rest of the San Fernando Valley
 - * 2nd. Floor of 2-story building
 - * waiting room in counseling suite shared only by 2 other therapists; call light system
 - * 24/7 building access and 24/7 AIR
 - * Reserved, well-lit parking for therapists & ample street parking for clients
 - * Utilities included with reasonable rent
 - * Amenities: copier, frig, microwave, tea/coffee service

BOOKS BY MEMBERS

Two New Kindle versions of books by Jeffrey Chernin Ph.D., MFT New Kindle edition of *Get Closer: A Gay Men's Guide to Intimacy and Relationships*. Also, a new book for non-gay couples, *Achieving Intimacy: How to Find a Loving Relationship that Lasts*. Both books discuss how to overcome several kinds of challenges, with a special emphasis on developing better communication, putting an end to conflicts and emotional distance, and uncovering long-standing dynamics in order to have a long-lasting, loving relationship. Available on Amazon.



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 by email, to LAGPA@sbcglobal.net. This newsletter is emailed to over 600 current and past members. PN is published 3 times a year—Jan or Feb, June or July, October or November. Advertising and articles are due three weeks before publication. Contact us for dates.

Classified Advertisement Rates

Members FREE

Non-member \$15.00

Display Advertisement Rates

Size	Member	Non-mem.
1/8 page or business card	\$20.00	\$30.00
1/4 page	\$40.00	\$50.00
1/2 page	\$70.00	\$90.00
Full page	\$90.00	\$125.00

This includes business cards, advertisement for upcoming events you are producing, personal promotion, or anything that you may want members to be aware of.

Mechanicals

Size	
Business Card	3.5" w x 2" h
Horizontal eighth-page	3.7" w x 2.37" h
Vertical eighth-page	1.82" w x 4.8" h
Horizontal quarter-page	7.5" w x 2.4" h
Vertical quarter-page	3.7" w x 4.8" h
Horizontal half-page	7.5" w x 4.8" h
Vertical half-page	3.7" w x 9.75" h
Full page	7.5" w x 9.75" h

POLICY FOR MAILING LISTS AND FLYERS

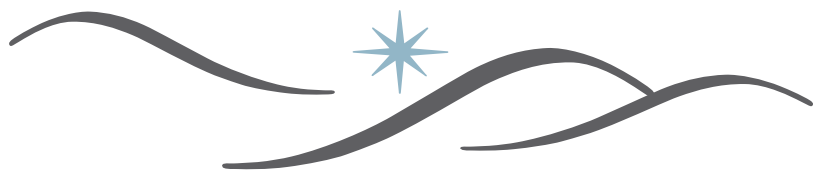
LAGPA does not sell or give out its mailing list (in any form) to any person, group, or organization. If you would like to send an electronic mailing to the membership you must send us the text, graphics, URLs, and any accompanying attachments you wish to send so our Editor, and the rest of our Board may review it. Rates for this type of service are: Members \$125.00 per mailing; Non-Members \$175.00 per mailing. We strongly suggest you place an ad in the *Progress Notes* rather than create a separate mailing. Members may bring flyers to LAGPA events and place them on tables where participants can pick them up.

The Board reserves the right to refuse to e-mail, include in the *Progress Notes*, or display any material it deems inappropriate or offensive to its membership, or in direct conflict/opposition to the purpose/ mission statement of the organization. For more information please contact our Executive Director, Chuck Stewart. The purpose of a newsletter is to provide specialized information to a targeted audience. Newsletters provide a great way to market your product or service, to create credibility, and to build your organization's identity among peers, members, employees, or vendors.

First, determine the audience of the newsletter. This could be anyone who might benefit from the information it contains, for example, employees, or people interested in purchasing a product or requesting your service. You can compile a mailing list from business reply cards, customer information sheets, and business cards collected at trade shows, or membership lists.

Next, establish how much time and money you can spend on your newsletter. These factors will help determine how frequently you publish your newsletter and its length. You should publish your newsletter at least quarterly so that it's considered a consistent source of information. Your customers or employees will look forward to its arrival. ▼

VISIONS



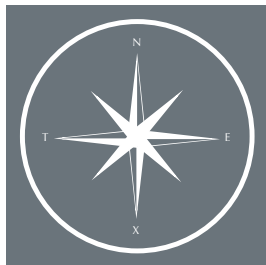
adolescent treatment centers

Successfully Providing Mental Health,
Substance Abuse and Family Treatment Since 2002.

CONTACT US TODAY!
866.889.3665
www.visionsteen.com



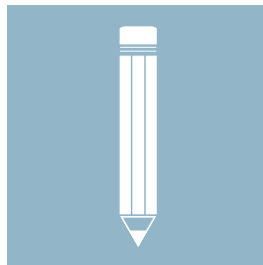
RESIDENTIAL



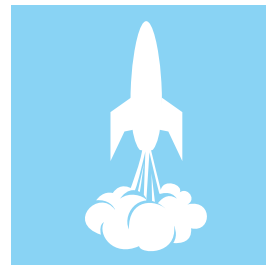
EXTENDED CARE



OUTPATIENT



DAY SCHOOL



LAUNCH

Progress Notes

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

MARCH, 2015

Editor:

Chuck Stewart, Ph.D.

Co-President

Robbert Schalekamp, Ph.D.

Secretary/Treasurer

Travis Stobbe

Board Members:

Damien Gonsalves, MFTi

Christopher McKeown, MFTi

Fred Wilkey, Ed.D.

Executive Director

Chuck Stewart, Ph.D.

ckstewar@sbcglobal.net

(310) 838-6247 (v/f)

Box 34142

Los Angeles, CA 90034

www.LAGPA.org

LAGPA@sbcglobal.net