

Winter, 2016 / 2017

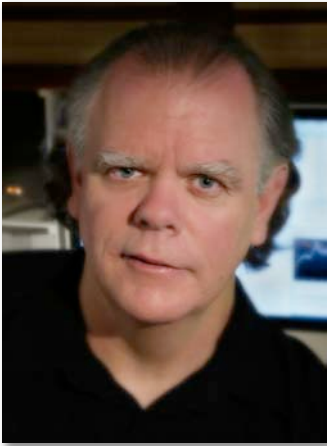
Newsletter of the Lesbian and Gay Psychotherapy Association, Southern CA, Inc. • LAGPA@sbcglobal.net

CALENDAR OF EVENTS

- **January 13-15, 2017** — Finding Freedom Workshop booth (in Palm Springs)
- Spring 2017—Many educational workshops. Watch for announcements.
- Spring 2017—Many social events. Watch for announcements.

NEWSLETTER CONTENT

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Prove Being Gay!

Recently, one of our members asked for a letter of recommendation to join a national business organization. I gladly provided the letter from LAGPA. After the letter was submitted, the organization required us to sign an “affidavit” proving that this person was openly gay! I balked at the request. Actually, I was livid that such a request was being made. Immediately, I imagined concentration camps and black booted soldiers slapping lavender triangles on our prison shirt. I know this image is excessive but it is how I felt. This business organization is following the “minority”

model of offering grants to minority or women owned business and that they have to prove 51% of the owners are of that minority. But this is missing the point. Yes, racial and ethnic minorities and women have been underrepresented in corporate America and government contracts. So have openly LGBT persons. But setting quotas is the wrong approach. Remember, gay rights would not progress without the support of our allies. We represent such a small percent of the population that the only way to change laws and policies is to teach and embrace allies to our cause. And what is the “gay agenda?” It’s really simple. EQUALITY. And to achieve equality we need our straight allies. Being “open” is important and the academic research confirms that straight people become more accepting once they know two or more openly gay people. So, yes being open is very important. So are our allies. What’s most important are all the people who support our cause and spread the message of equality. Personally, I believe this national business organization is misguided and has no real understanding of the gay rights movement. They should recognize and approve all people and businesses that promote equality and reduce the impact of the privileged class. Proving that one is gay is impossible; and requiring businesses to be 51% openly gay owned is not material and only smacks at marginalization and divides us from our allies.

LAGPA has equality as its core belief. Over the years, our board has been comprised of all genders and sexual orientations, besides many ethnic and racial groups. Our current membership is 47% women and 53% men (contrary to the common misconception that LAGPA is a “boy’s club”). Our bylaws require both female and male co-chairs; and we have had transgender co-presidents. We’ve even had a straight woman co-president for a couple of years. The point being is that we understand the plight of LGBT people and join in their struggle. We are here to help therapists (of all kinds) understand the issues that concern the gay community and our LGBTQI+ clients. By understanding their needs, we become better therapist.

The Annual LGBTQI Psychotherapy Conference is a great way to bring understanding to our members and therapy community. This year’s conference was bigger and better. Almost 160 people attended (up from 100 last year). The big boost in attendees came from an influx of students from Mt. St. Mary’s, Philips Graduate University, Antioch University Los Angeles, and USC. Welcome students. We hope you become active members of LAGPA.

Since the summer pool party (thank you Liliane for use of your house again), LAGPA has hosted a booth at LACPA Conference, staffed a booth and handed out 1400 cards at Model of Pride at USC, and held two educational workshops at Twin Town Treatment Center. Perhaps you would like to participate more in LAGPA. You are always welcome to add your name to the ballots for elections. Chuck

Acceptance. NO EXCEPTION.

Antioch University Los Angeles celebrates LGBT history and culture during Pride month!

- Antioch University Los Angeles offers a pioneering graduate level program training the next generation of LGBT-Affirmative psychotherapists and activists.
- The LGBT Specialization in Clinical Psychology founded two clinics:
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 - Antioch Alive in partnership with Being Alive serving HIV-impacted communities.

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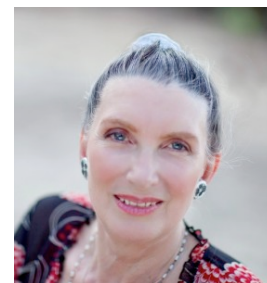
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Activities for Use in Counseling,
Training, and Psychotherapy

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Outlook from the Editor I: Perspectives

by Mary Guillermin, LMFT



In looking over the previous issue to see if I gave my editorial a snappy title I could use again, I saw these words: *“I have touched but lightly on the frightening aspects of this attack on our community – though not ignoring the reality of hatred and destruction entirely – as I have assumed that we all have some knowledge of the dark aspects of this recent event and don’t need to be taken into a negative space. Instead I have chosen to share things that recognize the progress of the last few decades and the support of a wide community for LGBT people – those things we can justly celebrate. Let us never forget the hatred and violence that our brothers and sisters suffer and fear. Yet let us also never forget the power of our voices to create change and bring greater self-acceptance and happiness to many in our community.”*

Much of this quotation about the Orlando shooting resonates with the darkness our community faces just prior to the Unthinkable, T...p as President. Yet there is one sentence that stands out as something one can no longer take for granted, or at the least, a confident assumption that has been picked up and shaken by its roots: “I have chosen to share things that recognize the progress of the last few decades and the support of a wide community for LGBT people.”

The morning of November 9 was one of shock, horror, and disbelief for millions of people all over America. And that earthquake is a “gift that keeps on giving” as we watch (or in my case, read about – no television news for me since Nov 9) the Cabinet appointments and billionaire cronyism.

As the Electoral College result became clear, I suffered a depth of humiliation as a woman I had never experienced before, a rush of deep shame that more white women voted for T...p than for Hillary, and a sense of being hated just for being a woman. As a member of an extended family where the women were strong and the men were gentle, and as a bisexual, who discovered her sexuality in the exciting early days of the Gay Liberation Front in the ‘70s in the UK, who thus had not grown up with homophobia, nor absorbed it later – this was, indubitably, my first and only experience in sixty plus years of feeling hated just for being a woman.

It didn’t take me long to realize that if this was my first ever experience of feeling hated for being female, this was yet another proof of my white middle class privilege. For what person who has known they were gay or lesbian or transgender from a young age not experienced and inbreathed self-hatred? What minority or immigrant? What people of color? Had not many of these communities with which I intellectually made common cause suffered from a daily awareness of being hated? Just for being Muslim. Just for being Black. Just for being a refugee immigrant. This heightened awareness was almost unbearable, as I took in the horror of the idea of feeling hated daily just for being who you are. I am aware of my privileged position, but please accept my admiration for your strength and resilience, your power to cope with something that just shouldn’t be there, but is.

The early days of coping with the result were made more painful by feeling the fear from and on behalf of all these groups where just one day earlier we could safely feel “the progress of the last few decades and the support of a wide community for LGBT people” and other minority groups among not just progressive people, but the greater proportion of the people of America.

Everything was turned upsidedown. It didn't take long for people to realize that if they cared, then they must take action, they must find common cause, they must look to the Light, whatever that means for them.

I have been a bit off the rails for the past couple of months, struggling with not getting depressed day by day, full of personal self doubt – yet aware that this was situational, prompted by devastating external events.

So in gathering material for this newsletter, I looked for hopeful things, validations from like-minded commentators, evidence people cared and were looking for ways to unite and protect each other. And I found them. Now as I emerge from my darkened days, I am yet very conscious that the gift that keeps on giving is with us all for a minimum of four years. This feels like low resolution Post Traumatic Stress. Can I do this week after week, month after month, year after year? Well yeeesss—but it won't be easy.

Yet we are a people of resilience. We can find many ways to protect, preserve, fight for our rights, unite with other communities, contribute, share, be inspired and find, yes, an old fashioned word, our solidarity.

Within this issue of the newsletter, you will find Stuart Altschuler's essay on Post Election Depression as a new diagnosis, written after the 2000 election with a preface that draws the parallel with current events. And you will find inspiring moments drawn from print and online articles as people struggle to contribute and find hope. Because there *is* a positive backlash, even as many of us struggle with the unbelievable reality; there is a sense that change can come from this darkness, light can triumph in the end. And for me, at least, there is a sense that the time for complacency and inaction has ended. Now is the time to stand up for what is right and good and link arms. Now is the time to reverberate with and learn from those elders of the movement who remember what it felt like to be really scared of being gay or lesbian or transgender and knowing you were not liked (to put it mildly) at that time by the majority of Americans. The people in power currently do not like us in the main, but there is still a majority of Americans who support gay marriage and accept the ideal of equality for our people.

There is no doubt there are frightening and dark years ahead, but this very darkness gives us an opportunity to step into our power and our strength and the support we can give to others who are also suffering fear. Unity and community are two of the most powerful ways to dispel isolation and fear. Now is the time to heed the call.

I have not turned my television on since that morning.

A Voice from our Own Community—Don't mourn. Fight like hell.

Statement by Lorri L. Jean, CEO of the Los Angeles LGBT Center.

I know the results of last night's election are shocking to most of us.

I read a headline this morning that said:

"Don't mourn, fight like hell. Old hatreds won the day. But they can and must be vanquished."

That's not a bad way to think about where we find ourselves this morning.

This election cycle we experienced a battle between the two leading candidates for president unlike any other. And yesterday the country elected a president unlike any other: a man who preyed on the worst fears of our society, a man who proudly vowed to use a religious test to keep people from entering the country, and a man who ran on the most anti-LGBT platform in the history of the Republican or any party.

As tempting as it may be, fleeing the country is not a solution. Nor can we become paralyzed with grief or fear. Now, more than ever, is the time for progressive and fair-minded Americans of all parties to stand tall, strong, and together to fight for our values, for the inalienable rights to which we are all entitled, and for the well-being of the most vulnerable in our society.

At the Center, we are doing several things. We know that the consequences of the election both for our diverse LGBT community (and many other communities and values that were demeaned and threatened during the campaign) and our Center are serious. So, we are assessing the landscape if President-elect Trump makes true on his many promises. That will better enable us to develop strategies for protecting our community and our Center. And this will certainly require strengthening alliances with other progressive organizations whose missions and values are also under attack. Fortunately, the Center has been doing that work for years, but now it must be done with greater urgency and focus.

The same applies to all of us as individuals. In her concession speech, I thought Hillary Clinton said it quite well:

Our constitutional democracy demands our participation, not just every four years, but all the time. So let's do all we can to keep advancing the causes and values we all hold dear...For people of all races, and religions, for men and women, for immigrants, for LGBT people, and people with disabilities. For everyone.

Beginning today, the work of the Center may be more important than it has ever been. If Obamacare is overturned, we'll continue to offer affordable medical care for those abandoned by their government. If hate crimes rise, we'll continue to offer counseling and legal advocacy. If members of our community feel depressed or emotionally distraught, we'll continue to offer affordable mental health counseling. And we'll continue to provide life-sustaining care for the most vulnerable in our community, including homeless youth and seniors, while vigilantly fighting for and defending our full equality.

The Center is always here with you and we are always here FOR you.

I do not want to give you false hope. But let me assure you that I DO have hope. First, I can't forget that a majority of Americans actually voted against Donald Trump and what his campaign represented. I find some solace in that. Second, our community has faced terrible challenges before and

we have not only survived, we have thrived. We have to draw on those reserves now. If there was ever a time for people who share our values to come together, it's now. We must resist division. We must resist falsehoods. We must resist all efforts to turn our country back.

Sincerely,

Foni

Link to another interesting article on the Vanguard website.

<https://vanguardnow.org/voices/291-love-will-trump-hate-we-are-on-the-right-side-of-history>



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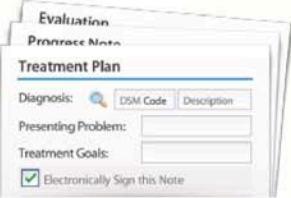
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Dr. Christina Zampitella, FT, Licensed Clinical Psychologist

Just want to say that I truly love the system!

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Kathleen Bremex, PCC-S

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A scenic photograph of a golf course with palm trees in the foreground and a range of mountains in the background under a clear sky.

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A little bit about some of our LGBT affirmative staff members:

Justin Shubert, Psy.D., Founder.

Justin is a Clinical Associate at the New Center for Psychoanalysis and founder of Silver Lake Psychotherapy. He completed his doctoral project on "Affirmative Psychotherapy with Gay and Lesbian Clients" and has been both a trainee and a supervisor at The LA LGBT Center. Justin sees a variety of clients at his private practice in Silver Lake.

Tom Suberman, MD, Psychiatrist.

Tom completed his Medical Training at UPenn and is currently in fellowship at UCLA. He offers compassionate psychiatric care to those in the community and is especially sensitive to issues LGBTQ patients face.

Anais Plasketes, MFT-Intern.

Anais Plasketes graduated from Antioch's LGBT-Specialization program in 2014. She trained at the COLORS LGBTQ Youth Counseling Center and at the Lifeworks program at the LA LGBT Center. Anais is building her private practice and enjoys working with LGBTQ youth.

SUMMER POOL PARTY

Thanks Liliane for use of your lovely home for the annual pool party. SCLMA and LGBT Bar participated in the event with almost 180 people in attendance. Catering was by Eddie Morgado and music by DJ Extraordinaire Waide Riddle. See you all next year.













MODELS OF PRIDE

LAGPA hosted a booth at the Models of Pride event held at USC in October. Approximately 2,000 young people from local junior and senior high schools attend the daylong event. We passed out about 1400 cards with information about how to locate a LGBT friendly counselor. Great outreach event.



Editorial Comment: The article below was written in the aftermath of the Bush-Gore election by Stuart Altschuler, who was a LAGPA Board member and co-president during the 1990s and early 2000s. In 2007, Stuart moved north to Humboldt County where he teaches Addiction Studies at the College of the Redwoods Community College. He also has a small private practice. He writes; "I am pleased and impressed to see how LAGPA has grown and improved since my time there. I am grateful to all my old friends for the fond memories I hold of that time with you. If you are ever in Humboldt County or my sweet little town of Ferndale, say hello".

Preface: Post November 2016 Election

After this recent election I have been swirling with a multitude of emotions, like many of you. The rage, the fear, the sadness, the grief, and disbelief have been consuming me for the past few weeks. It all reminded me of an article I wrote in 2001 for this newsletter.

All of those emotions led me into my own activism, then and again now. I thought to share this article with you and hope it moves you in some way. How different the world would likely be if there had been a President Gore. We can only imagine also what a President Hillary Clinton would have done to bring acceptance and compassion into our universe as opposed to the terror I am already feeling at the prospect of putting the title President before the name, Trump.

DSM IV – 000.00 ELECTION RELATED DEPRESSION: A NEW DIAGNOSTIC CODE

By Stuart Altschuler, MFT

"History is not an accident. History is a choice."
Bayard Rustin

I am as moved to anger as I was on January 20, 2001. If you recall, this was the day that a governor was invited to live in the White House and pretend that he was elected president. I admit that since last November, on Election Day, I have been struggling with a depression and sadness that I have seen in many of my clients. This is not because Al Gore did not gain the presidency, but because for the last eight years I have been feeling a sense of hope and well-being that I am living in a country that is finally beginning to honor who I am as a human being and that the basic fabric of our society was doing the decent and humane thing by its own people.

I heard this quote just a few moments ago while watching HBO's new film, "Boycott". It was about the 13-month bus boycott in Montgomery, Alabama, that began a movement to get this country to start the slow process of righting centuries of wrongs done to our "Negro" citizens. These courageous African Americans came together as a community, as one voice, and achieved changes. More important than the changes that were implemented in the community, were the changes that happened within their souls.

In the Fall of 1968, I remember being a naïve and true American. I remember being a Freshman at Harpur College (now Binghamton University in NY) and defending my government and my president because I was raised to believe that they would always tell the truth and that the system always worked. We had a right and just purpose to be in Vietnam because we were told this by our government. I remember standing in the dorm lounge arguing this with a 6'4" militant sophomore named John and thinking he was crazy to be that agitated and opinionated. This was a time of turmoil in our country. Civil rights, women's rights, students trying to teach our elders as much as to learn from our professors and in 1969, Stonewall. It was a time of activism for many but for me, always the cautious one, I watched and felt uneasy. I began to feel things and that frightened me.

But I am grateful to have been a part of history that molded my sense of conscience and taught me what was possible when the cause is just and my heart finally screams out at a volume that I cannot ignore. I try now to listen to my heart even when the voice is quieter. I have learned that my heart is always right and my head understands that it must find a way to follow through on the heart's urgings.

It took many semesters, and the invasion of Cambodia, to get me to finally listen to my heart and march, protest, hand out flyers to the workers at IBM in Endicott, NY. I marched to Albany for Gay rights. I attended rallies. I was angry and scared of my anger and scared for my country. I remember doing this, not as a leader, but as a timid man still afraid that I was doing something bad. There was power in these actions that came from within that was unfamiliar to me, but it felt good.

The last election has had a profound effect on the emotional well being of many in this country, Black and White, Gay and Straight, men and women. People were disenfranchised, disrespected, made to feel powerless, unworthy, hopeless and pessimistic for the next four years and wondering if the last eight had even been real. It is not unfamiliar to an eight-year drug high and the crash as the euphoria starts wearing off. I am writing this to urge you, my colleagues and friends, to not ignore the symptoms of this "Election Related Depression". I thought to call it Bush Related Depression. However, in all honesty I have endured the loss of my favored candidate in other elections when it was a clear victory. I would have accepted Bush, however begrudgingly, had he won with all votes counted and a clear consensus. I am actually quite surprised by my inability to move on. I will not move on as if nothing had happened and as if nothing needs to be done.

On January 20, 2001, I knew what had to be done and where I needed to be. Like many people in other cities across this nation, I was in Pershing Square, downtown Los Angeles at a rally and march protesting the election and the "inauguration". I was with a few thousand others suffering from this same condition. I was doing something empowering to get myself activated in a constructive way. I saw clients and friends who were there for the same reasons. I saw a crowd of the elderly, others from my generation of activists, high school students, and parents with their teens and young children. I felt strong again, and I felt us all being strong together. I knew I was right that I was not alone in this and that I was not wrong in feeling frozen in my grief, anger, fear and hopelessness. I felt less of all of this. What is stronger in me also is the fear that my life has a new calling. In some form, I must continue to keep my power activated and it is a political calling. I do not mean running for office, I mean keeping myself involved in the process in many ways. This message is just one of them. I used to be a news junky but now I can hardly watch or listen so I mostly just read the news. It is too disturbing to see his face and hear his voice. But this gives me more time for other, more constructive, endeavors.

By writing this, I do not mean to give the impression that LAGPA takes a political stand on issues. We are here to focus on the psychological and emotional well being of our clients and our community. This is not about the politics as much as it is about the psychological and emotional impact events have on human beings. It is extremely important that we, as therapists, do not underestimate the overt and covert impact this has on individuals and relationships. Current events have an impact on one's ability to feel depression, happiness, joy, grief, love, to work, play, sleep, drive, and live life.

I do not write this to condemn those who voted for Bush or Nader. In fact, LAGPA has a registered Republican on our board of directors. One of our members, Charley Lang, a psychotherapist and occasional actor, played a Gay Republican Congressman on "The West Wing" in a way that so moved me that I actually can more fully understand how a Gay or Lesbian could be a Republican. It is injustice and oppression that moves me to action. It is injustice and oppression that causes the problems we see in our offices daily. It is injustice and oppression that affects our own lives and we must stay conscious and vigilant of our own demons if we are to continue to be a compassionate and guiding light to our clients and community.

It is events in our clients' lives that drive them to seek therapy. Those events could be personal childhood abuse, death of a loved one, history of addictions and so many other things that scar and damage the psyche, the heart, the mind and the soul. Despite Bayard Rustin's statement that "history is not an accident", that history is not a choice in a practical sense. History as "choice" is the conscious decisions we make today that is creating our future history. The powers that be in Florida and the Supreme Court, I believe, let us down. We have a system that really does work even if it loses its way from time to time. We have minds and hearts that really can take care of us, even if they lose their way from time to time. As therapists, we are there to be conscious lights to help people rediscover their way, whatever that may be. As human beings, part of a society, I feel I have a similar charge.

Outlook from the Editor II: Perspectives from the New York Times and other sources

The following excerpts have a couple of goals in mind: to face reality in its current starkness yet to embrace that which is fine and good in ourselves and to light a flame of hope.

The quotations below lay out some of the ways that people are choosing to practice survival self-care, or to fight back, to keep the flame alive for what they believe in and to act to support populations at risk from T....pism. I heard just today from my teacher, Peter Fleming, who has trained me since the late '70s that a friend of his in Ann Arbor is starting a training course that teaches people how to safely intervene if they see a Muslim being attacked. I know no more than that, but if these dark times inspire acts of unity and community with spurned populations, then light will shine through the darkness. I encourage and challenge us not to be disheartened into inaction. Whether we take action in the personal sphere with survival-based self-care, volunteer or donate or become involved as political activists, or turn to spirituality and project love into the world, "It's all good, really it is", as a friend of mine likes to quote. But it is not the time to do nothing. For myself, the next few workshops and retreats at my SunMoon Retreat Center are all inspired by offering support and growth directly addressing our "collective trauma" needs in early 2017. Peter Fleming teaches how we heal by contributing from our hurt. Let us hold ourselves and each other to the standard of contributing to our ideals of unity and tolerance and embracing diversity in our community and society at large. Let us all keep the flame alive.

Snippets on Self-Care and Taking Action:

"In the days after the presidential election, Jessa Blades, an herbalist and makeup artist in Brooklyn who supported Hillary Clinton, was devastated. "All I could think to do was blend a tea to control my stress," she said.

Ms. Blades, 37, mixed three pounds of lemon balm, nettle, chamomile, rose and oats together "for soothing the nervous system, calming, giving the right amount of boundaries and opening the heart" and put it in brown paper bags with "love for you and the world" written on the front. She gave them out to friends with instructions to use the combination for self-care.

The current usage [of the term self-care] is often traced back to the self-described “black, lesbian, mother, warrior, poet” Audre Lorde, who wrote in an essay published in her 1988 book, “A Burst of Light,” that “caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare.”

Self-care has long had political undertones, primarily pertaining to activist burnout, said Yashna Padamsee, who works for the National Domestic Workers Alliance and has written about the term. “Audre Lorde’s quote refers back to an act of preservation and act of survival for people at the margins,” Ms. Padamsee said. “Self-care is an act of shoring up and resourcing ourselves to bring a stronger self to the movement. That’s the school of thought I come from.”

At Indiana University,a week after the election, Jeanne Vaccaro, a postdoctoral fellow in the department of gender studies, handed out phone numbers to students to call their political representatives. “I said, ‘If you haven’t had a chance to do these things, I’m giving you this dedicated time,’” Ms. Vaccaro said. “I think self-help these days is more about providing a collective scene to hold the chaos rather than going off into a quiet corner to decompress.”

From “Soak, Steam, Spritz: It’s All Self-Care by Marisa Meltzer. NYT, December 11, 2016.

And from an article about gay and lesbian couples marrying before the Inauguration by Alison Leigh Cowan. NYT, December 11, 2016

In a bid to help those feeling anxious, there is now a website, LoveTrumpsHatred.com, started by Mitzie Whelan, a self-described “straight, Midwesterner,” which showcases vendors willing to offer free services for same-sex couples wishing to marry in the next few weeks.

Ordained as a Universal Life minister last year, Ms. Whelan has only performed two weddings, both times for friends. But wanting to help those who are concerned about their future under the new administration, she announced on Facebook that she was available for any same-sex couple in Ohio wishing to marry between now and Inauguration Day.

“There’s not a lot I can do, but that is something I can do,” Ms. Whelan said.

Other businesses have since piled on. Now, viewers to her website can browse listings from 26 states, including 17 that are traditionally Republican. One Texas business, An Itch to Stitch, is offering free alterations, while the Hippie Chick Bakery in New Hampshire has volunteered wedding cake for “up to 44 people.” Other listings dangle free legal services, floral design, photography and live music.

Lastly, from a story by Debra Birnbaum. Variety, November 29, 2016

As the reality of Donald Trump’s presidency sets in, a new wave of activism has taken hold in Hollywood. Mourning over Hillary Clinton’s loss has given way to soul-searching and a renewed sense of commitment.....

“Since the election I’ve had so many people reach out to me expressing their feelings of frustration,” says film-maker Ryan Piers Williams... “The one consistent question I kept getting is, ‘What can I do? How can I take action?’”

Williams reached out to leaders across various communities – LGBTQ, black, Latino, Muslim, women, native American – to find out which organizations are making a difference right now. His strategy? Create a website as a hub for people to learn more, and to provide immediate opportunities to take action through donations of time or money. The result – Harness.space – lists a range of causes, from the Trevor Project and the ACLU to supporting Louisiana Democratic Senate candidate Foster Cambell in his run-off election Dec 10.

The site is pared down and simple, with little sense of the celebrity muscle powering it. “I see it as down-and-dirty activism,” says Williams. “There is nothing glamorous about it. I’m just trying to offer a tool for people to be inspired, to funnel their energy to positive change with the issues that they care about.”

Editorial Comment: I love this passage from an article by a left-wing professor named on a new website called the Professor Watchlist, “created by a conservative youth group known as Turning Point USA. Talk about feeling my passion rise as I read it.

I Am a Dangerous Professor

From the *New York Times* by George Yancy. November 30, 2016

Honestly, being a black man, I had thought that I had been marked enough — as bestial, as criminal, as inferior. I have always known of the existence of that racialized scarlet letter. It marks me as I enter stores; the white security guard never fails to see it. It follows me around at predominantly white philosophy conferences; I am marked as “different” within that space not because I *am* different, but because the conference space is filled with whiteness. It follows me as white police officers pull me over for no other reason than because I’m black. As Frantz Fanon writes, “I am overdetermined from without.”

But now I feel the multiple markings; I am now “un-American” because of my ideas, my desires and passion to undo injustice where I see it.....

[I]n my classrooms, I refuse to remain silent in the face of racism, its subtle and systemic structure. I refuse to remain silent in the face of patriarchal and sexist hegemony and the denigration of women’s bodies, or about the ways in which women have internalized male assumptions of how they should look and what they should feel and desire.

I refuse to be silent about forms of militarism in which innocent civilians are murdered in the name of “democracy.” I refuse to remain silent when it comes to acknowledging the existential and psychic dread and chaos experienced by those who are targets of xenophobia and homophobia.

I refuse to remain silent when it comes to transgender women and men who are beaten to death by those who refuse to create conditions of hospitality.

I refuse to remain silent in a world where children become targets of sexual violence, and where unarmed black bodies are shot dead by the state and its proxies, where those with disabilities are mocked and still rendered “monstrous,” and where the earth suffers because some of us refuse to hear its suffering, where my ideas are marked as “un-American,” and apparently “dangerous.”

Well, if it is dangerous to teach my students to love their neighbors, to think and rethink constructively and ethically about who their neighbors are, and how they have been taught to see themselves as disconnected and neoliberal subjects, then, yes, I am dangerous, and what I teach is dangerous.

Editorial Comment: *Growing up in the UK, with a queen that was crowned the year I was born, I know personally the subconsciously powerful effect of having a woman, (albeit a figurehead, rather than the most powerful leader in the world), in an elevated place in society. I was very, very sad on November 9 for the little girls who thought they were going to experience this, and found they weren't.*

What Women Lost

By Susan Chira, a senior correspondent and editor on gender issues for the New York Times. Sunday, January 1, 2017.

This was supposed to be the year of triumph for American women.

A year that would cap an arc of progress: Seneca Falls, 1848. The 19th Amendment, 1920. The first female American president, 2017. An inauguration that would usher in a triumvirate of women running major Western democracies. Little girls getting to see a woman in the White House.

Instead, for those at the forefront of the women's movement, there is despair, division and defiance. Hillary Clinton's loss was feminism's, too.

A man whose behavior toward women is a throwback to pre-feminist days is now setting the tone for the country. The cabinet that Donald J. Trump has nominated includes men — and a few women — with public records hostile to a range of issues at the heart of the women's movement. A majority of white women voted for him, shattering myths of female solidarity and the belief that demeaning women would make a politician unelectable.

More broadly, there is a fear that women's issues as the movement has defined them — reproductive rights, women's health, workplace advancement and the fight against sexual harassment, among others — could be trampled or ignored.

Many veterans of the women's movement bristle at the thought that the election was a rejection of feminism. Hillary Clinton won the popular vote by the largest recorded margin for a defeated candidate and won the majority of all women's votes. Eleanor Smeal, president of the Feminist Majority Foundation, cites a poll commissioned from Lake Research Partners conducted on the eve of the election. It found that 59 percent of women voters over all, and 59 percent of younger women, identify as feminists, up from 2012.

Heather Booth, long active in the movement, notes that polls consistently show majority support for child care, equal pay, prohibitions against sexual discrimination and the right to abortion. Ms. Smeal's and many other groups have reported intensified mobilization, donations and volunteerism after the election.

Editorial Comment: *I chose to include excerpts from this article because I liked the way the concept of Collective Trauma offered a window of understanding into the feelings and thoughts of the Trump voters. As therapists, hurt, fearful and enraged though we may be, feeling empathy for the Other is something we should practice, or at the least, aspire to. To quote Michelle Obama, "When they go low, we go high".*

Is this Collective Trauma?

From the *New York Times*. Grey Matter by Neil Gross. December 16, 2016

We're all familiar with the notion of psychological trauma — damage to an individual's psyche caused by an extremely distressing event. But there's also another kind of trauma: a collective disturbance that happens to a group of people when their world is suddenly upended.

Émile Durkheim, a turn-of-the-20th-century French sociologist, [argued that] collective trauma occurs when an unexpected event severs the ties that bind community members to one another.

As we're seeing in the United States, mass job loss itself can be damaging to a collectivity. [In the past] factories and mills were more than sources of income. They were local institutions. People built relationships and organized their lives around them.

As factories closed or were automated, ...men who used to be role models found themselves out of work. Many took low-wage service sector jobs they perceived as demeaning. Drug and alcohol use rose. There was talk about how things had changed for the worse. This was the realization that a social world was gone.

Last month's presidential election has collective trauma written all over it. For working-class white people whose communities had been hollowed out by the decline of manufacturing, the rhetoric and promises of Donald J. Trump's campaign offered a salve. He vowed to restore the world they had lost.

But those who voted for Hillary Clinton may now be experiencing collective trauma of their own. In the aftermath of the election, they have been walking around in a daze. Some of this is because forecasts based on problematic polling strongly predicted a Democratic win. Some is fear or uncertainty about the future. But there's more to it than that: For progressives, moderates and "Never Trump" Republicans, the political order they long took for granted — defined by polarization, yes, but also by a commitment to basic principles of democracy and decency — is suddenly gone.

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3. ELECTIONS

It's that time again to hold elections to the LAGPA board. There is still time to put your hat in the ring. Just contact Chuck.



Orlando Alvarez, MA, MFTi (current board member) graduated from Mount Saint Mary's University in Los Angeles and currently is a full-time psychology professor there. Aside from seeing clients at the Hollywood Sunset Free Clinic, he is also the program coordinator of MSMU's Counseling Psychology *¡Enlaces!*, which trains future therapists to work with Spanish-speaking peoples in clinical settings. Originally from Miami, FL., Orlando has been living in Los Angeles for 6 years. He currently resides in Hollywood with his cat, Moo, and blind Shar Pei, Buddha.



Mary Guillermin, LMFT, was a founding member of a Gay Liberation Front university group in the heady years of unity in the early 1970s in the UK. We all learned and fought together; gay men, lesbians, transwomen and bisexuals. Mary trained with Peter Fleming, Director of the Pellin Institute in Italy and the UK and earned a Diploma in Gestalt and Contribution Training in 2001. She is a Senior Pellin Practitioner. After working at Didi Hirsch CMHC as a Clubhouse Counselor for several years, she studied for her MA at Antioch University, LA and graduated in 2007. She is also a collage artist who is inspired by the Divine Feminine. She is the Founder of The Femininity Project and SunMoon Therapy. Mary recently opened the SunMoon Retreat Center in the hills of Topanga.

Shani Habibi, PhD (current board member) (no photo or bio submitted)



Christopher McKeown, MFTi, (current board member) Christopher is honored to be on the board for LGPA for many reasons the main one being to help the LGBT community in having access to therapists who are in some way part of the LGBT community. Christopher is a graduate of Antioch University Los Angeles and attained a Masters in Clinical Psychology with a concentration in LGBT-Affirmative Theory and Practice. Christopher is currently working as a pre licensed therapist/MFT Intern with Providence Community Services. Christopher is gaining 3000 plus hours to be able to take the exams to get the L(Licensed) in front of the MFT and take away the I(intern) in the near future.



RJ Molligan, Esq, MA (current board member) graduated from Loyola Law School in 1989. She is both a mediator and civil trial lawyer. RJ was Co-president of the LGBT Bar Association in 2009 and 2011 and received the Alumnus of the Year award from Loyola's Outlaw Association. She is a member of the prestigious American Board of Trial Advocates. RJ has appeared on national television in connection with her advocacy for LGBT civil rights. RJ graduated with honors and earned a Master's Degree in Spiritual Psychology from the University of Santa Monica where she returned for a third year to focus on consciousness, health and healing. In 2012, RJ launched Peacemakers LLC, a conflict resolution service that helps people resolve legal conflict in a strictly confidential environment that preserves the dignity of the person and the process.



Robbert Schalekamp, MFT, PsyD, (current co-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.

NOTICE

Therapists Needed to Address Warehouse Fire Trauma:

Alameda County officials responding to the recent warehouse fire have asked for Mental Health Professionals (already licensed) to provide pro-bono services to survivors of the fire, and family members, affected by the fire—throughout the State of California.

Alameda County does not want to be contacted directly!

Instead, please forward your info to the California Disaster Mental Health Coalition, Co-Chair, Robin Siegal, LCSW: rsiegal@usc.edu

We represent mental health professionals throughout California, dedicated to promoting training, volunteerism, and expanding service delivery in disaster mental health: <http://www.cdmhc.org>

If you can provide pro-bono services as a licensed mental health professional [NO interns or assistants], experienced in Trauma or Grief & Loss [for this project], please send the needed info to rsiegal@usc.edu Subject Line: CDMHC, by December 15th. We will collect this contact information and send it to Alameda officials, next week.

Lastly, please forward this “Call for Mental Health Volunteers,” announcement to your colleagues, and professional associations on email list-serves, LinkedIn, Facebook, and other social media?

Thank You for your Help!

We need the following Info:

Name:

City/County:

Contact Info (Email & Cell Phone):

License Type (Psychologist, LCSW, MFT, LPCC) and License Number:

They will be verifying licenses.

NO INTERNS or ASSISTANTS

What Forgiveness Can Achieve by RJ Molligan, Esq.

Sunday October 9, 2016

Good turn out that Twin Town sponsored the catered lunch by Eddie Morgado.

The power contained in forgiveness is the power to heal. Scientific research over more than three decades demonstrates the positive impact of forgiveness on one's physical, mental, emotional, and spiritual well-being. This presentation will explore the neurobiological origins of conflict, forgiveness, its manifestation in the law, as well as what forgiveness is, what it is not, and real life examples of the forgiveness phenomenon within the context of clinical, medical and legal settings.

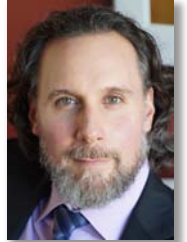


Becoming a Kink Aware Therapists

by Charoline Shahbaz and Peter Chirinos.

Sunday October 30, 2016

We had a full house with this workshop. Twin Town against sponsored the wonderful lunch created by Eddie Morgado.



Drawing on current research and ethnographic narratives from the kink community, this workshop provides psychotherapists with an introductory understanding of the culture and practice of BDSM and presents specific therapeutic concerns related to common misconceptions. This workshop is packed with practical suggestions and rich case studies applicable to the LGBTQ+ community. It de-pathologizes BDSM practices and addresses controversial psychological issues. In particular, it differentiates cutting and self-harm from masochism and explores the experiences of coming out 'kinky'. Finally, the ways in which social cultural political biases impact professional and personal perspectives will be explored.



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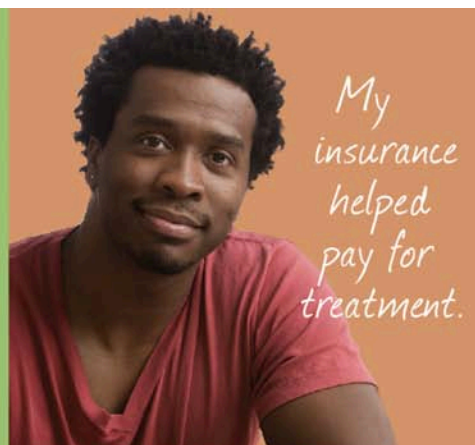
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Instructor:

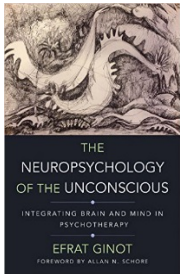
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Lawrence E. Hedges, Ph.D., Psy.D., ABPP

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10:30-12:00
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Text: Ginot, E. (2015). *The Neuropsychology of the Unconscious: Integrating Brain and Mind in Psychotherapy*. New York: W. W. Norton & Company. (Norton Series on Interpersonal Neurobiology).

Course Description:

More than one hundred years after Freud began publishing some of his seminal theories, the concept of the unconscious still occupies a central position in many theoretical frameworks and clinical approaches. When trying to understand clients' internal and interpersonal struggles it is almost inconceivable not to look for unconscious motivation, conflicts, and relational patterns. Clinicians also consider it a breakthrough to recognize how our own unconscious patterns have interacted with those of our clients.

Although clinicians use concepts such as the unconscious and dissociation, in actuality many do not take into account the newly emerging neuropsychological attributes of nonconscious processes. As a result, assumptions and lack of clarity overtake information that can become central in our clinical work. This revolutionary course presents a new model of the unconscious, one that is continuing to emerge from the integration of neuropsychological research with clinical experience.

Drawing from clinical observations of specific therapeutic cases, affect theory, research into cognitive neuroscience and neuropsychological findings, the course will present an expanded picture of nonconscious processes. The model moves from a focus on dissociated affects, behaviors, memories, and the fantasies that are unconsciously created, to viewing unconscious as giving expression to whole patterns of feeling, thinking and behaving, patterns that are so integrated and entrenched as to make them our personality traits.

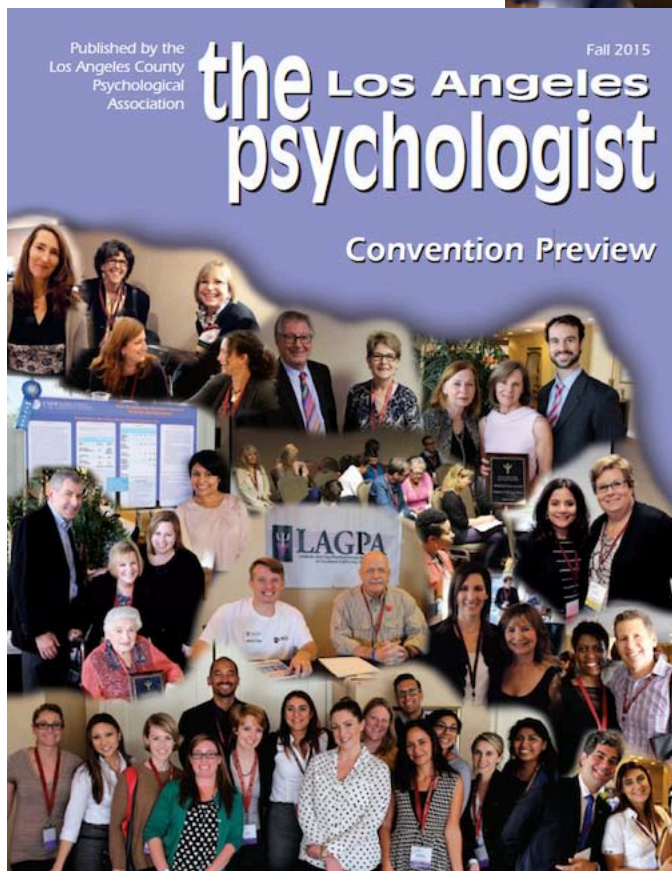
Topics to be covered include: the centrality of subcortical regions, automaticity, repetition, and biased memory systems; role of the amygdala and its sensitivity to fears in shaping and coloring unconscious self-systems; self-narratives; therapeutic enactments; therapeutic resistance; defensive systems and narcissism; therapeutic approaches designed to utilize some of the new understandings regarding unconscious processes and their interaction with higher level conscious ones embedded in the prefrontal cortex.

Larry Hedges, Ph.D., Psy.D., ABPP., began seeing patients in 1966 and completed his training in child psychoanalysis in 1973. Since that time his primary occupation has been training and supervising psychoanalysts and psychotherapists individually and in groups on their most difficult cases. He was the Founding Director of the Newport Psychoanalytic Institute in 1983 where he continues to serve as supervising and training analyst. Throughout his career Dr. Hedges has provided continuing education courses for psychotherapists throughout the United States and abroad. He has consulted or served as expert witness on more than 400 complaints against psychotherapists in 20 states and has published 19 books on various topics of interest to psychoanalysts and psychoanalytic psychotherapists, three of which have received the Gradiva award. During the 1909 centennial celebrations of The International Psychoanalytic Association his 1992 book, *Interpreting the Countertransference*, was named one of the key contributions in the relational track during the first century of



LACPA BOOTH 2016

LAGPA has hosted a booth at the LACPA conference for eight years—the longest any sponsor has participated in their event. They appreciate our support. They put us center of their cover one month. Not only do we introduce ourselves to the therapist community at large, but often we secure additional sponsors for our own conference a few weeks later.



CONFERENCE 2016

This was the largest conference yet in the twenty-one years of putting on these events. Almost 160 people attended with sixteen sponsors. The high level of sponsorship allowed for many students to be able to attend at reduced cost. We truly appreciated the speech given by Dr. Greg Cason. It was interesting and surprising and had deep implications for therapists and the country-at-large. Thanks to all who made this possible.



















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presents the
**FINDING
FREEDOM
SYMPOSIUM**

*Sharing best practices in
supporting the
LGBTQ community
with co-occurring disorders*

January 13-14, 2017

Riviera Resort and Spa Hotel
Palm Springs, CA 92262

CALL FOR PRESENTERS

We encourage the submission of workshop and presentation proposals that strengthen best practices, and bring forward relevant information for best practices in supporting the LGBTQ community with co-occurring disorders. Our intention is to offer a container for discovery and focused discussion to find effective solutions for professionals and their LGBTQ patients. We desire workshops that are research based and are contextually forward thinking.

Download Application
LGBTQSymposium.com
Deadline April 15th

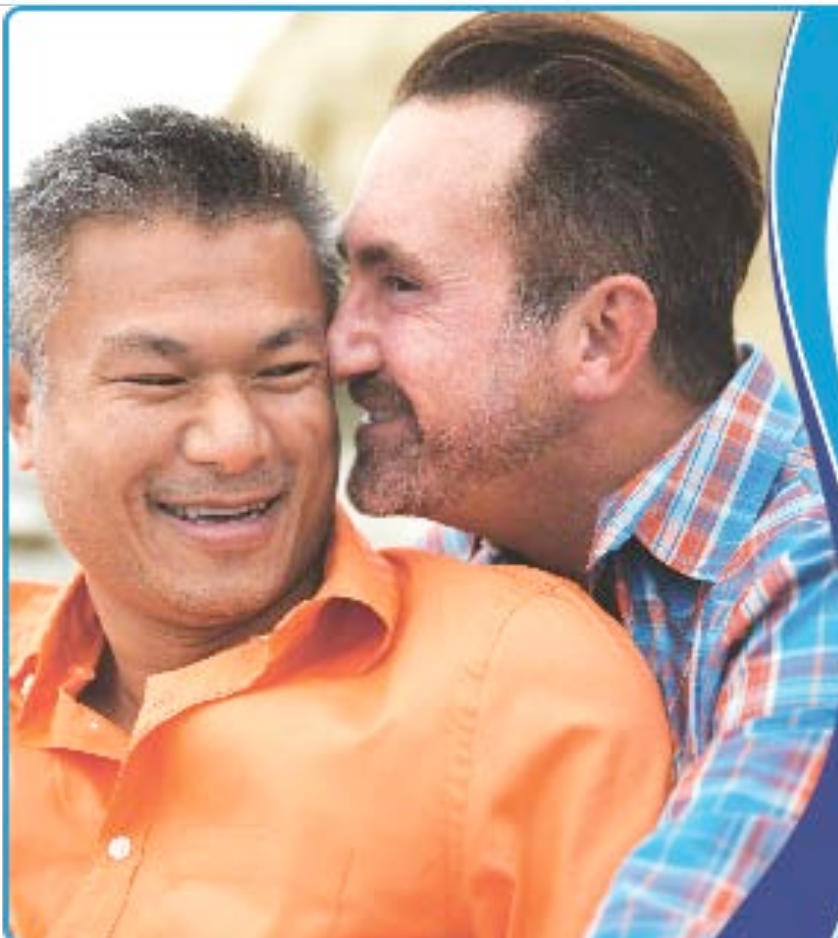


**FINDING
freedom**

2017

For more event details
including CE & registration
information, please visit
LGBTQSymposium.com

For more information,
including sponsorship
opportunities, please
contact Renee Baribeau
at 760-464.2138 or
Renee.Baribeau@frnmail.com



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*for its commitment
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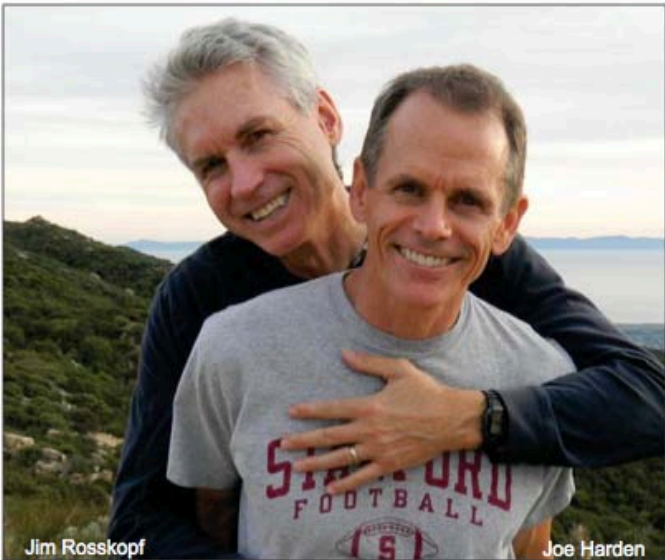
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Vista Del Mar offers a full service adoption program with three pathways to adoption. We have been bringing children and families together since 1948 and are here to help you create your family, too!

BREAKING NEWS

**Brazil opens doors to adoption
for gay and lesbian men and women.**

For more information please contact us at 310-836-1223 ext 281
or email adoptions@vistadelmar.org

WINTER SOCIAL

Lovely event held at the home of Mark and Robert in Van Nuys co-hosted by SCLMA and LAGPA, catered by Eddie Morgado and DJ extraordinaire Waide Riddle. Thanks everyone. Always a lovely event in December.





6. 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.

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. ▼

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

<u>Size</u>	<u>Member</u>	<u>Non-mem.</u>
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

<u>Size</u>	
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

www.BankruptYourStudentLoans.com

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

THERAPY

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.

Affirmative Therapy in West Los Angeles

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

Westside Men's Psychotherapy Group

Westside Men's Psychotherapy

Group meets Wednesdays 7-8:30pm near Westside Pavilion. Established interpersonal process group with a current opening. Contact Andrew Susskind, LCSW, SEP, CGP for more details. 310-281-8681 or andrew@westsidetherapist.com.

Community Event @ the SunMoon Retreat, Topanga

Sunday afternoon, from 2pm to 5pm on January 22: "An Inauguration Wake". Meet up Irish-style for grief, jokes and chatter. An event for the LGBT community and Topanga locals.

Contact Mary Guillermin for directions at 310 422 6497 or thefemininityproject@gmail.com

SunMoon Retreat Workshops in January & February:

Both workshops offer a chance to heal from election pain.

Jan 28 & 29: **Dancing out of the Darkness, Into the Light.** Women only. Learn two ancient dances with internationally-renowned dancer, percussionist and healer, Alessandra Belloni and discover how your Solar & Lunar nature can help you with Mary Guillermin, LMFT.

February 10 (eve), 11 & 12: **Courage: The Process of Adapting to Hard Change.** Led by Peter Fleming, Director, Pellin Institute International. Follow up workshop in June on **Hope**. Inquiries, contact Mary Guillermin, details above.

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.

Joining Part-Time Practice

Experienced DMH therapist working with children, adolescents and families interested in joining an existing part time practice somewhere in greater L.A. Brian Garfield, LCSW 310 383 1601.

BOOKS BY MEMBERS

Three books by Jeffrey Chernin Ph.D., MFT. The second edition of Kindle book *Get Closer: A Gay Men's Guide to Intimacy and Relationships*. Also, a Kindle book for non-gay couples, *Achieving Intimacy: How to Find a Loving Relationship that Lasts*. Both books offer ways to have a lasting, loving relationship. The books also offer help to overcome several kinds of challenges, with an emphasis on developing better communication, putting an end to conflicts and emotional distance, and

changing long-standing patterns. His first book, *Affirmative Psychotherapy and Counseling for Lesbians and Gay Men* is available in hardcover and paperback and is being used by AAMFT-CA for their LGBT certification program. All are available on Amazon.

OFFICE SPACE

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

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

• Near Beverly Center

Furnished office space available weekday mornings and Saturdays and Sundays in a 3-office suite on San Vicente near Beverly Center. \$20 per hour. 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.

West Hollywood

As of July 1, 2016, 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 mailbox, office supplies etc. For specific availability or to schedule a visit, please call Brad Chabin, Ph.D. at 323-369-8838.

The Sun-Moon Retreat Center in Topanga is set amid two acres of oaks and evergreens. The Center is available to hire at reasonable rates for groups of up to 12 for workshops, seminars, and day retreats. Facilities include group room, outside patio, full kitchen, and supplies, and shaded sitting/meditation areas in the grounds.

Practitioners who offer free or low-cost workshops to underserved LGBTQI populations can apply to use the facilities at no/low cost. Contact Mary Guillermin at 310 422 6497 or thefemininityproject@gmail.com
Coming soon: www.sunmoonretreat.com – see for rates & calendar

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.

Winter, 2016 - 2017

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