

# Progress Notes.



Winter 2017

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

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## NEWSLETTER CONTENT

1. **Executive Director's Report: Fall 2017 Wrap-Up** (page 3)
2. **Editor Comment: Part I: A Brighter Outlook**  
by Mary Guillermin (pages 6-7).
3. **Part II: Food for Thought – LGBT News** (pages 8-11)
4. **Newsflash – Events & Conferences** (pages 12-13)
5. **LAGPA's 2017 Conference**
  - **LAGPA Conference Presents Diversity of LGBTQ Issues** by Terry Oleson (page 15)
  - **Students' Thoughts about the 22<sup>nd</sup> Annual LGBTQI Psychotherapy Conference** by six USC & Antioch students & Editor's footnote (pages 16-19)
  - **The Conference in Photos** (pages 20-28)
6. **Elections** (pages 30-31)
7. **Film Review of *Rebel Pointe*** by Chuck Stewart Ph.D. (page 33)
8. **Social Events**
  - a. **Winter Social with Photos** (pages 36-39)
  - b. **25<sup>th</sup> Anniversary Celebration** (pages 45-48)
9. **Job Opening for Trans Youth of Color Study** (page 43)
10. **Suicide Prevention Workshop Announcement** (page 49)
11. **Classified Ads** (pages 50-52)

**LAGPA 1992 — 2017**



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# 2017 Wrap-Up

I would say 2017 was the most ambitious year ever for LAGPA. We held more activities, more educational workshops, more social events, and the largest conference yet. It would be impossible to accomplish so much without the help of the board. Not only do they provide guidance but they also volunteer their time. Thank you all.

Which brings up that it is time for our annual board elections. Later in this newsletter you will see the board line up. Soon members will receive a ballot. Please take the time to vote and return your ballot. Have you ever thought about being on the board? There is still time for you submit your name and be listed on the ballot. Like with any volunteer organization, you participate at whatever level you are comfortable. Just contact me with a short 100-word bio and face photo to [LAGPA@sbcglobal.net](mailto:LAGPA@sbcglobal.net). I am proud that the LAGPA Bylaws require both a female and male co-president. That ensure diversity within the board that is lacking in so many other organizations. Of course, we have expanded the gender requirement to include non-binary individuals.

For the past few years, I've hosted movie nights in the spring as a free event for LAGPA members. We always get a handful of members which is fine since I can only accommodate 12 people max at my apartment. It is always fun to watch films on my 8'x6' video screen with a room of like-minded people. This year we watched *Moonlight* on one evening and then *Reaching for the Moon* on a second evening. It is a great way to informally network.

Educational forums have been a staple of what LAGPA does. This year we reprised the "PrEP/PEP" workshop sponsored by Gilead. The room was maxed out. The topic is still a very important one for the LGBTQI community. Dr. Larry Hedges volunteered his time to present "Law and Ethics for Clinicians" with a LGBT focus and, later in September, "Psychotherapy and Supervision with LGBT Focus." Larry has been a long-time supporter of LAGPA and regularly donates his time. Thank you Larry for your skill, knowledge, and expertise.

Mary Guillermin, co-president, held a fund-raiser at her SunMoon Retreat Center in Topanga Canyon. It was a blistering hot day but fun. Thank you Mary! This is an example of how one of our members steps up and suggests appropriate events for LAGPA.

The pool party was a smashing success—as always. I think people take it for granted how seamlessly the event runs and are unaware of all the effort it takes to coordinate catering, liquor, music, and more. Still, people rave about how great the party is at the home of Liliane McCain.

Finally, the annual psychotherapy conference was held at Mount Saint Mary's University and co-sponsored by L.A. Care. Please see the article about this event later in the newsletter. It was great. Many people commented that the venue was, by far, the best yet. MSMU is a beautiful college setting. I'm sure we'll be back.

Chuck



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# THE THERAPIST'S NOTEBOOK

FOR SEXUAL AND GENDER  
IDENTITY DIVERSE CLIENTS

Homework, Handouts and  
Activities for Use in Counseling,  
Training, and Psychotherapy

**JOY S. WHITMAN**

**CYNDY J. BOYD**

## A Brighter Outlook

By Mary Guillermin, LMFT & Co-President of LAGPA



I remember well attending the LAGPA Conference in 2016 a few days after the shock of the election result with all the strong feelings that astounding result event stirred up. During the year that followed as Democrats sought to unseat Republican incumbents in strongly Red areas, and narrowly failed, there was little good news for those of us who mourned the descent of the Presidency from the high-class duo of the Obamas to the tone set by their spiteful, childish and dangerous replacement.

But this year as I thanked our venue sponsor, Mount St Mary University, for hosting our Conference in its beautiful downtown LA setting, I was elated to be able to refer to the results of the 2017 November elections; elections that placed LGBT people, women and people of color in power in positions from the small and local to state senates, and everything in between. I give you a list of those LGBT victories below, edited from web articles from NPR and VOX – but please, if diversity is a theme that interests you, read the articles in full with their lists, and delightful photos that include the victories of a Liberian refugee and a turbaned Sikh.

For me as a woman who had felt humiliated for Hillary and myself, the victories of women stood out, so I include also a section from the blog of the National Conference of State Legislators entitled, “In Virginia, Women Ran and Women Won”.

One of the things that delighted me about these wins for diversity was that they were a resounding rebuttal of those journalists and critics of the Democratic Party’s commitment to inclusion and diversity who said democrats had become too wedded to “identity politics” and should work hard to be more inclusive of the disaffected white working class (males). Not that I object to reaching out to those who feel alienated, I commend it, but not at the cost of giving up the affirmation of our value of inclusiveness and respect for all people whatever their gender, race or sexual orientation. Our people are vindicated!

### ELECTION DAY RESULTS BROUGHT MANY FIRSTS FOR DIVERSE CANDIDATES NATIONWIDE

By Brian Naylor. November 8, 2017. NPR website

Tuesday's election not only brought Democratic wins in high-profile gubernatorial races in Virginia and New Jersey, but it also saw historic victories for women, minority and LGBTQ candidates in down-ballot races nationwide.

In the northern Virginia suburb of Prince William County, Danica Roem became the first openly transgender candidate to win a statehouse seat anywhere in the country. She defeated the long-time Republican incumbent, social conservative Robert Marshall. Roem outraised Marshall, who called himself Virginia's "chief homophobe," 3 to 1.



Andrea Jenkins won election to the Minneapolis City Council, becoming the first openly transgender person of color elected to office in the U.S. Jenkins was a policy aide on the city council and won more than 70 percent of the vote.

Seattle elected its first female mayor since 1926. Jenny Durkan will also be the city's first lesbian mayor.

Full article at: [www.npr.org/2017/11/08/562805932/election-day-results-brought-many-firsts-for-diverse-candidates-nation-wide](http://www.npr.org/2017/11/08/562805932/election-day-results-brought-many-firsts-for-diverse-candidates-nation-wide)

MG: In addition to these wins quoted by NPR, Vox journalist, Ella Nilsen listed the following wins:

### **THE WOMEN, PEOPLE OF COLOR, AND LGBTQ CANDIDATES WHO MADE HISTORY IN THE 2017 ELECTION**

Transgender candidate Lisa Middleton was elected to the Palm Springs, California, City Council, becoming the first transgender person elected to a non-judicial office in the state.

Transgender candidate Tyler Titus won a seat on the school board in Erie, Pennsylvania, becoming the first transgender person elected to office in the state.

As Vox stated: "Tuesday was a big night for Democrats — and these historic "firsts" show that the party can run a diverse slate of candidates and win."

Full article at: [www.vox.com/policy-and-politics/2017/11/8/16622884/women-minorities-lgbtq-candidates-made-history](http://www.vox.com/policy-and-politics/2017/11/8/16622884/women-minorities-lgbtq-candidates-made-history)

MG: And Katie Zeigler wrote on the NCSL Blog, Nov 8: **IN VIRGINIA, WOMEN RAN AND WOMEN WON.**

The election in Virginia has proven to be a tipping point for women in state legislatures.

A record number of women, primarily Democrats, were on the ballot for the 100 seats in the House of Delegates. Those 52 Democratic and Republican women are among the thousands of women around the country who have expressed interest in running for office by attending campaign trainings and accessing online support provided by both partisan and nonpartisan groups.

Last night's election was the first chance to see if the adage, "when women run, women win" holds true in our current political climate.

Women won. Pending final certification of results, there will be 28 women in the Virginia House next year, 23 Democrats and five Republicans. Including the 10 women serving in the Senate, which did not have elections, the 38 women will make up 27 percent of Virginia's legislators. This is a significant increase from the pre-election numbers, of 27 women, or 19 percent of the legislature, and the most women ever to serve in Virginia.

Women won several special elections scattered around the country, as well. All of these results combined means that in 2018 there are likely to be about 1,854 women serving in the 50 states, an increase

over 2017. This is a high-water mark and means that the share of female legislators nationwide will finally reach 25 percent (without rounding).

As filing deadlines approach for the 2018 legislative races, we will have a better sense of whether the Virginia surge of female candidates will be replicated in other states. If it is, expect more shakeups to come.

Full article at: <http://www.ncsl.org/blog/2017/11/08/in-virginia-women-ran-and-women-won.aspx>

I was planning on ending my editorial comment here, but I am churned up by the #MeToo movement among survivors of sexual assault and abuse. I own that hashtag too. From fifteen to eighteen years old, I was groomed and then seduced into sexual contact I thought of as consensual by a married schoolteacher twenty-two years my senior. One does think one is very grown up when one is fifteen.

Why does this issue belong here? Because LGBTQI people carry the White Male Gaze of power in our minds. And we can tend to hold, sub-consciously, varying degrees of shame, disdain and dislike for Femininity in general, and/or our own gentler, compassionate sides, as it is narrowly interpreted by the Dominant Masculinist Culture.

As I sort my feelings and thoughts out, I offer a new section with passages that provide.....

## “Food for Thought”

### **WHEN OUR TRUSTED STORYTELLERS ARE ALSO THE ABUSERS**

By Katie Rogers. November 30, 2017. New York Times.

Regina Lawrence, a professor at the University of Oregon who studies gender, media and elections, said people like Mr. Lauer have become stark examples of how powerful men can enforce a culture of abuse while having substantial control over what the public sees, consumes and ultimately feels....

“[T]hese are things that men have been doing in the course of their professional work: Mistreating, denigrating and objectifying women,” Ms. Lawrence said. “If they would objectify people that they work with and know, how much might they objectify women that they cover?”

She said it is also worth considering what the public was told about Mr. Trump — a man accused of assault by at least 10 women — during interviews and commentary as delivered by men who would go on to be named as abusers.....

With the departure of several powerful men who explained Mr. Trump’s candidacy and eventual presidency to the public, the focus is turning to the storytellers who will fill the vacancies. Among other big stories, they will be responsible for covering the thousands of women currently interested in running for political office.



Like other industries, newsrooms have often compelled less powerful employees to assimilate to an internal status quo to survive. The next hurdle in what feels like a national reckoning will be grappling with a white-male-dominated structure that allows — and in some cases, directs — decisions about news coverage.

“I would find it hard to believe that Charlie Rose and Matt Lauer, Garrison Keillor and the people accused of these things, that they spoke fundamentally differently about Hillary Clinton or Sarah Palin than the rest of the male-dominated media” while on the air, said Kathleen Dolan, a professor of political science at the University of Wisconsin-Milwaukee.

“I think as sick as that sounds, that’s just baseline misogyny,” said Ms. Dolan, who studies gender, politics and behavior. “That’s just basic male privilege that doesn’t even tap into their predatory behaviors.”

*Full Article:* <https://www.nytimes.com/2017/11/30/us/politics/sexual-harassment-media-politics-lauer.html>

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### **WHEN GAL GADOT AND PATTY JENKINS GET TOGETHER, IT’S A LOVEFEST – BUT THEY’VE EARNED IT.**

By Michael Ordon. November 21, 2017. The Envelope, LA Times.

“She’s super-talented,” says Gadot of her director [Patty Jenkins].... “When we met for the first time,... we were talking about life and the fact we have this tool — the title of ‘Wonder Woman’ — and so many people cared so much about this character, and we would have a lot of exposure. And she didn’t just want to do an entertaining movie; she wanted it to make a statement. And we live in such a cynical world now, where the jokes are with a wink-wink, we wanted to say something that is truthful and real and super-needed now”.....

There are many reasons why the beloved Amazon took 75 years to reach the big screen, but in an era when \$150-million budgets are commonplace, it’s hard to politely explain why no woman had been given the reins to such a blockbuster until now. Jenkins is the first, and the first female director to have a live-action film gross more than \$800 million.... “Wonder Woman” is one of the best-reviewed films of the year. To say it was made with a lighter touch is like comparing shiatsu to the caress of an anvil. But it wasn’t just the humor and absence of dark green filters: The heroine herself represents an idealism lacking from her dour predecessors.

Says Jenkins, “That is something Gal and I believed in — a superhero who’s tough and powerful and all those things, but also loving and thoughtful and kind.”

Gadot adds, “She had never lived under any social mentality that men are better or stronger and women are less. Nobody wanted to bring a character who was preaching and angry, but she’s oblivious to the whole gender thing.

“Many times when you go to see movies, the strong woman is tough and cold and distant. We wanted to make her real. Women have always been strong and independent, but they [have also been] warm and loving and kind.”

Full article: <http://www.latimes.com/entertainment/envelope/la-en-mn-wonder-women-20171120-story.html>

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*What do you think about this touch of political Sanity from Across the Sea?*

## **PRIME MINISTER THERESA MAY VOWS TO SUPPORT LGBT-INCLUSIVE SEX ED AT PINKNEWS AWARDS**

By Nick Jockey and Josh Jackman. October 18, 2017. Pink News

Prime Minister Theresa May has vowed to make sex ed LGBT-inclusive in a speech at the PinkNews Awards.

Mrs May became the first serving Prime Minister to make a personal appearance at the PinkNews Awards, which was also attended by Labour leader Jeremy Corbyn and Mayor of London Sadiq Khan.

Speaking at the Awards, the Prime Minister said: "We need to keep up our action, so we are pressing ahead with inclusive relationship and sex education in English schools, making sure that LGBT issues are taught well. We're determined to eradicate homophobic and trans-phobic bullying."

She also vowed to "streamline" the Gender Recognition Act, to make it easier for transgender people to transition.

She said: "We've set out plans to reform the Gender Recognition Act, streamlining and demedicalising the process for changing gender, because being trans is not an illness and it shouldn't be treated as such.

She added: "David Cameron says that legislation was one of his proudest achievements as Prime Minister, and it is one of my proudest achievements as Home Secretary. But we need to keep up our action, so we are pressing ahead with inclusive relationship and sex education in English schools, making sure that LGBT issues are taught well.

"We're determined to eradicate homophobic and transphobic bullying."

May also listed her government's achievements, saying: "We've completed one of the largest LGBT surveys anywhere in the world so the government can understand LGBT people across the UK.

"We're implementing a world-leading blood donation policy for gay and bisexual men.

"On the world stage, we're standing up for LGBT rights, and challenging those governments that inflict discrimination.

"I'm proud to lead a Cabinet with two out members, David Mundell, the first out gay man in a Conservative cabinet, and Justine Greening, the first out gay woman in any cabinet.

Full article and interesting video of Awards Ceremony: <http://www.pinknews.co.uk/2017/10/18/prime-minister-theresa-may-addresses-pinknews-awards/>

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*And lastly, on a lighter note:* Personally I find this blonde and brunette pairing sweet, though I understand the images may not be to everyone's taste. However, I do feel it is good for children with two moms to see their family represented.

## **BARBIE OFFICIALLY COMES OUT IN SUPPORT OF LGBTQ, MARRIAGE EQUALITY**

By Wagatwe Wanuki. November 28, 2017. Social media correspondent on Daily Kos.

While a lot about Barbie has remained the same since its creation nearly 60 years ago, it seems that the company behind the iconic doll isn't afraid to diversify and (try to) keep up with the times.

The latest evidence comes from a recent Instagram post showing Barbie wearing a "Love Wins" shirt along with the doll version of the shirt's designer Aimee Song, who released the t-shirt in June of this year for LGBTQ Pride Month.

In a blog post, Song explained she created the t-shirt to raise money for LGBTQ youth.

"As an ally, and someone who really believes that love wins, I created this tee shirt to benefit [The Trevor Project](#)—a non-profit organization focused on preventing suicide among LGBTQ youth. It absolutely breaks my heart that some kids take their own lives because they can't see that it will get better in the end, and I'm happy that The Trevor Project exists to help those who need it."

"Love wins" was a common celebratory refrain after the June 2015 Supreme Court ruling that made all bans on marriage equality unconstitutional.

Full article: <https://www.dailykos.com/stories/2017/11/28/1719254/-Barbie-officially-comes-out-in-support-of-the-LGBTQ-community-marriage-equality>



~~~NEWS FLASH~~~



**JOIN US: Los Angeles Equality Town Hall!**  
RSVP here: [action.eqca.org/latownhall](https://action.eqca.org/latownhall)

Dear Mary,

Equality California, in partnership with Health Access, Los Angeles LGBT Center, Community Clinic Association of Los Angeles County (CCALAC), Children's Hospital Los Angeles (CHLA) and APLA Health, are proud to announce the **Los Angeles Equality Town Hall: Addressing Disparities in LGBTQ Health and Well-Being**.

Members of the LGBTQ community in Los Angeles County and elsewhere experience significant disparities in measures of health and well-being that prevent them from reaching their full health potential. To improve health and well-being in the LGBTQ community, it is essential that our health care providers, policymakers and community members understand these disparities, as well as learn about possible solutions to advance health equity.

This event is open to the public and will serve to inform our community, health professionals and policy makers on how best to advance the health and well-being of California's LGBTQ community. The keynote speaker is **Assemblymember Mike Gipson**. For more information on the event panelists or agenda, [click here](#).

Mark your calendars! The town hall will be held on **Wednesday, December 20th** from **10am to 12pm** at **The California Endowment**. RSVP here: [action.eqca.org/latownhall](https://action.eqca.org/latownhall)

If you have any questions please contact me at [john@eqca.org](mailto:john@eqca.org) or [323-848-9801](tel:323-848-9801). We hope to see you there!

In Solidarity,

John Madrigal  
Program Associate, Equality California

~~~NEWS FLASH~~~

**Editor note: LAGPA members are being offered a 10% discount for the Summit for Clinical Excellence**

## UPCOMING CONFERENCES

The Institute for the Advancement of Behavioral Healthcare ([www.iAdvanceBehavioralHealthcare.com](http://www.iAdvanceBehavioralHealthcare.com)) is producing two conferences in the region:

### SUMMIT FOR CLINICAL EXCELLENCE

The Summit for Clinical Excellence on East Meets West: Multiple Perspectives on Trauma and Addiction will be March 1-2, 2018, in Orange County. Featured speakers include Ronald D. Siegel, PsyD; Christine A. Courtois, PhD, ABPP; and Christine A. Padesky, PhD. Up to 15 CEs are available. Among the workshops are specialized training on:

- \* Wellness and Ethics: Effective Therapeutic Care that Works for Clinicians
- \* Sex, Responsibilities, and Education: Understanding Obligations and Professional Responsibility for HIV/AIDS/Hep C Clients and the Clinical, Ethical, and Legal Complexities

For more information and to register, visit <http://www.iabhc.com/orangecounty2018>. Use code **LAGPA18** to save 10% (new registrations only).

### NATIONAL CONFERENCE ON ADDICTION DISORDERS

The National Conference on Addiction Disorders will be in Anaheim/Disneyland August 19-22, 2018. Specialized tracks include education on treating the LGBT population, ethical clinical decision making, and marijuana public policy. For more information and to register, visit [www.ncadcon.com](http://www.ncadcon.com).

### SPEAKING OPPORTUNITIES

Interested in speaking at an upcoming Institute event? Visit [www.iadvancebehavioralhealthcare.com/events-resources](http://www.iadvancebehavioralhealthcare.com/events-resources) to submit a presentation for consideration.



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## LAGPA Conference Presents Diversity of LGBTQ Issues

By Terry Oleson

The Lesbian and Gay Psychotherapy Association had the opportunity to hold our 22nd Annual Psychotherapy Conference at the beautiful, downtown, Doheny Campus of Mount Saint Mary's University, on Sunday, November 12, 2017. The exceptional support from the Mount Saint Mary's staff allowed a very comfortable environment to hold the varied workshops on lesbian, gay, bisexual, and transgender topics that were presented at the LAGPA conference. Founded by the Sisters of St. Joseph of Carondelet in 1925, it was retrospectively ironic that this Catholic college for the academic education of women demonstrated such remarkable openness to changing concepts of gender and sexual identity in our culture. Approximately 150 attendees, presenters, and sponsors the opportunity to attend workshops that included such diverse topics as bisexual affirmative counseling, biopsychosocial health of African-American LGBTQ men, racial discrimination in Queer communities of color, and human rights issues for LGBT immigrants in our current hostile, sociopolitical climate.

Other topics at the conference included the the rising relevance of Gay Divorce Mediation as examined by mediator Bill Ferguson, LGBT Trauma Healing Recovery as seen by LCSW David Cato, Queers in Search of Refuge explained by Payam Ghassemlou, Issues in the Transgender Community by John Sovec, and Psychologically Support of Resistance Activism presented by Lauren Costine & Linda Santiman.

Dr. Lawrence Hedges' examination of "Sexual Pleasure in Light of Intersubjectivity, Neuroscience, Infant Research, Relational Psychoanalysis, and Recognition Theory" was as challenging and complicated a presentation as the complex title of the talk would suggest. As presented by Dr. Hedges, contemporary neuroscience has demonstrated that the foundations of sexual pleasure seem to be laid down in earliest infancy as the brain and neurological systems actually organize themselves according to available interpersonal experiences. Right-brain to right-brain mutual affect regulation between infant and caregiver organizes the early pleasuring centers while the poly-vagal nerves which set limits on what is viewed as safe versus dangerous. Early development sets the stage for the cultivation of sexual pleasure in later life by couples as an intersubjective psychological experience that can be meaningfully distinguished from other forms of sexual experience. Intersubjective theory is a variation on psychoanalytic relational theory which distinguishes two subjects in the process of interacting and recognizing each other from one subject observing or influencing another. The main experience of intersubjectivity is one of being with rather than one of observing and interpreting.

The highlight of the conference was the keynote address by Lorri Jean, Chief Executive for the Los Angeles LGBT Center. She was highly informative as well as inspiring in her personal history as an LGBT activist. She also outlined more recent accomplishments of the multisite locations for the LGBT Center provided an integrative experience. Presenters Peter Chirinos and Caroline Shahbaz delineated the issues of overcoming stigma and discrimination in the kink community. They outlined the role of psychologists in working with clients who practice BDSM and facilitate understanding this non-pathological expression of sexuality. Acceptance of BDSM behaviors seems comparable to the gay rights movement's history at the time of the Stonewall Riots in the early 1970s.

*Editor's Note: Please think about coming next year – it's not only educational but great fun*

## Thoughts on the 22<sup>nd</sup> Annual LGBTQI Psychotherapy Conference:

### Views of the Conference from Students of USC & Antioch.

I was pleased to see the relative diversity of the workshops that were offered. I was particularly interested in attending *Intersectionality and Identity of Queer People of Color*, *Mitigating Stigma & Discrimination in BDSM: Exploring Therapists' Social Justice Responsibilities*, and *Resistance! How to Psychologically Support Activism in these Troubling Times Without Losing Your Mind*.

I am glad that issues of racial and ethnic diversity were topics included in the conference, as people of color face unique challenges within the queer community. I am also glad that BDSM, a topic which is still not fully socially accepted inside or outside the queer community, was a topic included in the conference. BDSM and kink are not addressed enough within psycho-therapy training, and thus many therapists are not prepared to deal with clients who are involved in this community. Additionally, including a workshop on dealing with burnout when supporting activism seems like a particularly appropriate topic for today's political climate.

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This was my first time attending the LAGPA Psychotherapy conference. I didn't know what to expect, but I enjoyed my time.... Lorri Jean's keynote speech...[and] the casual and honest nature of her talk [was] refreshing and informative. It was helpful to learn so much about the LGBT center from someone with such intimate knowledge of the inner workings, statistics and services offered by the center.

Dr. Lauren Costine and Linda Santiman, MA held a very powerful and informative session in their class about *Resistance! How to Psychologically Support Activism in these Troubling Times Without Losing Your Mind*. .....[H]earing ways to effectively hold space for clients who feel drawn to activism and an oppression within the current political environment was helpful. Personally, as someone approaching an activist role for the first time in my life this was especially powerful and empowering and will, in the long run, make me a better therapist for clients who are deeply involved in LGBTQ activism, or activism in any arena. .... I feel I have more tools for myself and for clients alike. Learning to balance the psyche when one cares so deeply about social justice and intersectionality is an issue from which many in our field can benefit greatly.

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For our PSY 5930FF LGBT Clinical & Psych Wellness course, I was lucky enough to have the opportunity to attend the 22<sup>nd</sup> Annual LGBTQI Psychotherapy Conference....I was able to sit in on two very insightful and enlightening workshops, one of which focused on feminism and the other focused on the stigmatization and discrimination that comes with practicing BDSM. Both of these workshops I chose based on my own personal interests and areas in which I hoped to gain more imperative and beneficial knowledge in order to be a competent and informed LGBTQ+ affirmative therapist in the future.

The first workshop I chose to attend for this conference [was] *Transcending Binary Gender with the Solar Feminine: Women Reclaiming Strength & Power through Female Archetypes*.....I found this workshop in particular to be incredibly beneficial and ideal for both current and future mental health practitioners seeking guidance when working with the LGBTQ+ community and how individuals can properly express their innate feminism. As it states [in the] description for this workshop, “in modern society, strength and power are defined by masculine qualities”.

At the beginning of this workshop we were asked to choose three images from a rather large pile [and w]e then took turns going around the room explaining why we felt drawn to choose these images and how they portrayed the feminine power, sun power, or warmth to each of us. One comment from the group leader that stuck with me in particular was as follows, “To be fierce and warrior-like, there needs to be balance.” I found this statement to resonate on such an immense level because as a woman, a member of the LGBTQ+ community and someone who often times feels conflicted with the masculine and feminine sides of me, it brought me a sense of overall comfort.

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I truly enjoyed my time at the 2017 LAGPA conference. It was hard to choose between the many different workshops, as I was interested in so many of them. Below is a list of the presentations I had the pleasure of attending.

- “Bisexual Affirmative Counseling and Mental Health” by Mimi Hoang
- “Sexual Pleasure in Light of Intersubjectivity, Neuroscience, Infant Research, Relational Psychoanalysis, and Recognition Theory” by Dr. Lawrence Hedges
- “Racial Battle Fatigue Syndrome & the Biopsychosocial Health of LGBTQ African-American Men” by Dr. Yamonte Cooper

Each of these workshops was insightful and informative. They each left with me new perspectives to consider. My only critique is that 2 out of 3 workshops I attended did not focus on or mention LGBT issues. I found this to be disappointing given the invisibility of the LGBT experience in psychology.

I was especially appreciative of the Keynote address by Lorri Jean. I think having an LGBT public health perspective was essential given the current political climate. Her keynote address made the conference even more inspiring.

\*\*\*\*\*

I found this conference to be both educational and enjoyable. I attended three workshops, two of which I found to be of value in my current position as a MFT trainee working with a LGBT population impacted by the HIV/AIDS pandemic. The first workshop was very informative regarding this population struggling with trauma, addiction, dual diagnosis, and co-occurring disorders. The second workshop presented the latest research on neuroscience showing that the foundations of sexual pleasure are formed in earliest infancy as the nervous system organizes itself according to available interpersonal experiences and that the need for attachment and the ensuing intersubjective relationship with the primary caregiver is innate and genetically driven.



The third workshop concerned combating stigma and discrimination in the kink community—specifically those who practice BDSM. It was 90 minutes of shaming clinical therapists—as opposed to community psychologists—to work within this community to organize overcoming the stigma attached to this non-pathological expression of sexuality. Today, this community lacks the collective memory, commemorative and mnemonic capacity that was available to the gay community at the time of the Stonewall Riots—considered the defining event in the gay rights movement’s history, a “year zero” that in the public’s mind and historical memory is the start of the gay liberation movement.

\*\*\*\*\*

The 2017 LAGPA Conference is the first one I have ever attended. As a first year MFT student, I walked in with a very open mind, and wished that I could be in three places at once so that I would not miss the other workshops. I attended the following workshops: Bisexual Affirmative Counseling and Mental Health, Sexual Pleasure in Light of Intersubjectivity, Neuroscience, Infant Research, Relational Psychoanalysis, and Recognition Theory, and Mitigating Stigma and Discrimination in BDSM: Exploring Therapists' Social Justice Responsibilities.

In the Bisexual Affirmative workshop, I think I finally saw the "B" in LGBTQ clearly. I quickly learned that I had a very shallow understanding of the internalization of shame, especially since there is criticism from both the heterosexual community and the gay community. Here, we had the opportunity to identify some of the stereotypes associated with the bisexual community, as well as break them down and explore what members of this community feel as a result. I learned that they are actually the majority within the LGBTQ community with 52% of individuals identifying as bisexual. This workshop exhorted me to examine the reasons why someone might not want to "come out" as a bisexual, and what that experience means for that individual on both the individual and systemic levels.

In the Sexual Pleasure workshop, there was plenty of research that was presented which touched on the foundations of attachment theory while adding onto it an adult inter-relational component. I think this workshop helped to connect attachment style to lasting inter-relational dynamics in adulthood, and in what ways clinicians can be cognizant of this when treating clients, especially couples and families.

I also chose to participate in the BDSM workshop with the hope of gaining more knowledge about the struggles members of this community face. I was astonished to see the stigma addressed not in greater society, but within the scope of mental health professionals ourselves. From the BDSM workshop, I also learned that there are too many practitioners who have in both covert and overt ways made someone feel bad about this part of their identity. Furthermore, I was able to gain insight into some of the conflicts present within the BDSM community, including lack of effective community organization.

---

*Editor Footnote:*

I thoroughly enjoyed the whole conference and the workshop that had the most profound effect on me was Dr Hoag’s presentation on Bi-sexuality. She answered many questions of mine, some conscious, some hidden even from myself.

I learnt that it was alright to think of myself as bi-sexual whether or not I had a sexual partner. Yay! I can self-identify with what feels true to my real self, and that's okay. I learnt that my guilt at not being a straight-forward lesbian was a common concern, that bi-sexuals feel in the middle of a doubly disapproving gaze – from heterosexuals and from our own community, especially my internalized lesbian friends from my Gay Liberation Front Days.

Learning that I had a valid reason to call myself bi-sexual, and that my private angst was shared by many gave me a warm glow of community and a sense of place I had not had before. Previously I had felt on the sidelines, the outskirts, not really good enough. Now I knew I was not alone in my thoughts and that there are resources for bi-sexuals I hadn't known existed.





































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## 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) is an Assistant Professor at Mount Saint Mary's University and a licensed Clinical Psychologist. Dr. Habibi's main research interests are in the areas of cultural differences with a focus on gender. She is trained as a Cognitive Behavioral Therapist and currently owns a private practice in Encino.



**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.

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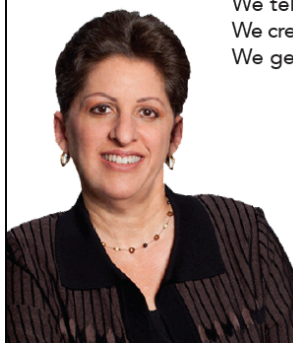


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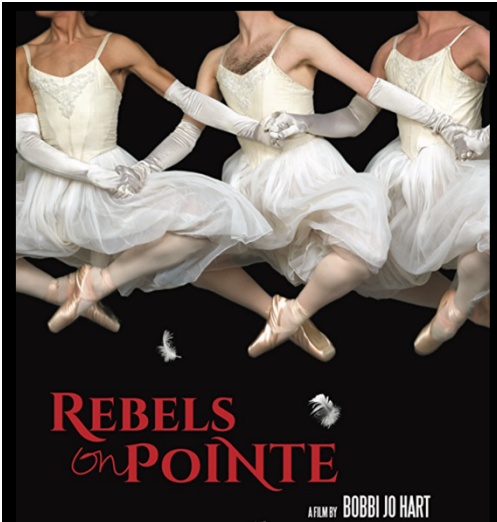
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## ***Rebels on Pointe***

by Chuck Stewart, Ph.D.

"You don't have to fit in, but you must function."

Les Ballets Trockadero de Monte Carlo is an all-male, drag ballet company founded over 40 years ago in New York City. The "Trocks" have toured the world and are on the road for about 200 days a year performing comedy interpretations of famous classical ballets. They parody the conventions and clichés of classical and romantic ballet. Their longevity reveals the deep respect and admiration they foster everywhere they perform.

The company was founded in 1974 when a group of male dancers put on tutus and danced en pointe as a comedy routine for late-night shows. A favorable review in *The New Yorker* by Arlene Croce propelled the Trocks to a wider audience. The timing of the company's creation perfectly matched the burgeoning gay-rights movement. In a few short years, they performed on television with Shirley McClain to a national audience.

Director Bobbi Jo Hart created a well-crafted and wonderful documentary of the Trocks in *Rebels on Pointe*. The film juxtaposes behind-the-scene access and relationships, performance shots from around the world, personal stories of individual dancers, interviews, and more.

But what does all of this have to say to readers of *Progress Notes* of the Lesbian and Gay Psychotherapy Association? The current director of the Trocks, Tory Dobrin, discussed how the company truly cares for each member. He explained that the role of the male dancer in traditional classical ballet is always with the prince seeking and dancing with the princess. That role is too limiting for some male dancers who may lash out and engage in dysfunctional behaviors; both in and out of dance class. Some men want to wear pointe shoes, tutus, and dance the traditional women's role. Yet most dance schools, until recently, disallowed men from wearing pointe shoes and never let a man dance the women's role. Tory's mantra was that "you don't have to fit in, but you must be functional." He emphasized that it was the diversity and uniqueness of each dancer that made the company. The company dancers are tall, short, thin, muscular, hairy, smooth, and multi-racial and multi-ethnic; something not seen in most ballet companies. Audiences adored the individual personalities on stage. But, the dancer must adhere to schedules, travel, make performances, and more; that is to be functional.

Sounds familiar? As therapists, we are constantly faced with clients who engage in dysfunctional behavior as a means of lashing out. Clients who are coming out often drown their sorrows in alcohol, meth, sex, wild clothing and hair, acting out, and other diversions that can lead to loss of employment, loss of friends and family, and more. The Trocks has provided an avenue for some men in ballet to express themselves in a nurturing environment that celebrates their identities and uniqueness. *Rebels on Pointe* is worth your time to see. *Rebels on Pointe* is now playing at select theaters.



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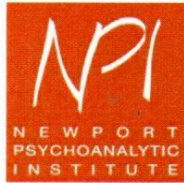
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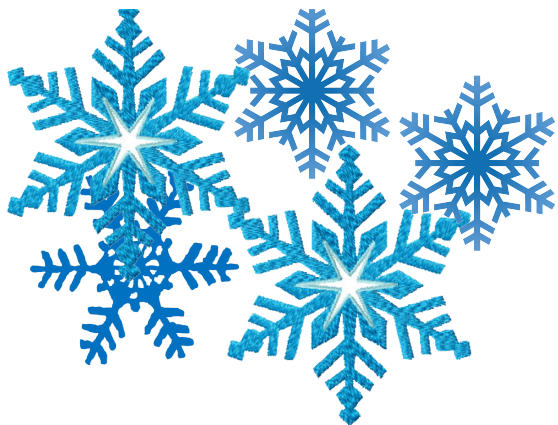
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## LAGPA, SCLMA, LGBT Bar Winter Social

The annual Winter Social was held at Don's home in Beverly Hills on Saturday December 2. Great turn out on the chilly night. And great way to network between psychotherapists, physicians, and attorneys. Enjoy the photos. See you at the Summer Social.













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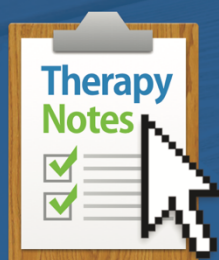
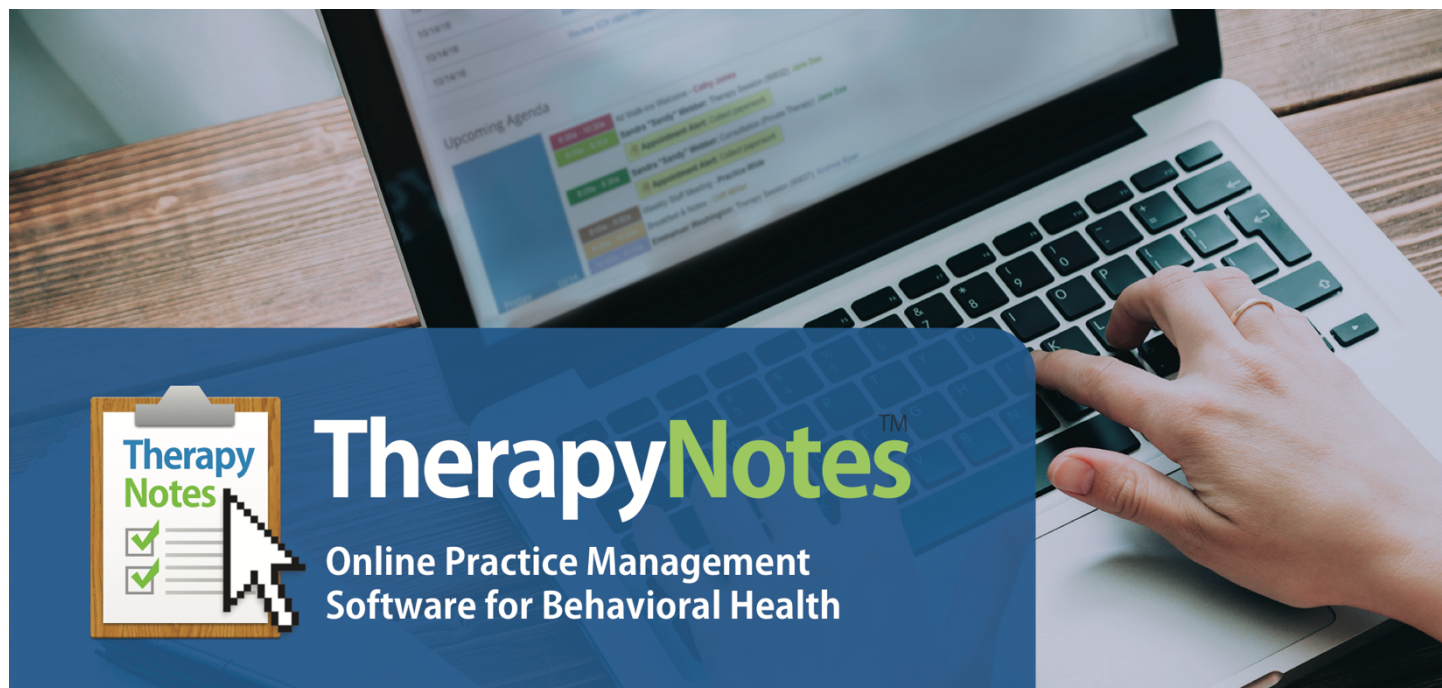
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- .... Maintain written documentation of all recruitment, enrollment and other research activities.
- .... Maintain confidentiality of study participants and data and adheres to all procedures related to the protection of subject's rights.
- .... Support the collection of bio-specimens for data collection.
  
- .... Conduct semi-structured interviews and/or focus groups.
  
- .... Enter qualitative and/or quantitative data into project databases and ensures integrity and accuracy of data and participates in data cleaning.
  
- .... May assist in the development of research instruments and strategies and perform literature reviews and searches. Assist in reporting of project progress.
  
- .... Participate in team meetings and required training.

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**Progress Note**  
**Treatment Plan**

Diagnosis: DSM-5 **anxiety**

Presenting Problem: F40.10 Social Anxiety Disorder  
F41.4 Generalized Anxiety Disorder  
F41.8 Other Specified Anxiety Disorder

Treatment Goals:

☒ Electronically Sign this Note

## Robust Notes & EMR

Document your clients' growth with powerful form-based notes, each uniquely designed for behavioral health. Go paperless by uploading your patient files into TherapyNotes. All of your data is secure, encrypted, and backed up automatically.

**Claim for John with Acme**

|  |       |       |
|--|-------|-------|
| <input checked="" type="checkbox"/> 12/2 | \$100 | 90791 |
| <input type="checkbox"/> 12/9            | \$75  | 90832 |

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Acme Insurance Company

## Electronic Billing

Streamline your billing with seamlessly integrated electronic insurance claims, ERA payment posting, credit card processing, and more. Submit insurance claims with a single click. Easily generate patient statements, superbills, revenue reports, and more.

## ...AND MANY MORE FEATURES!

### Automatic Reminders

Automatic text, phone, and email reminders to reduce no-shows and decrease expenses

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TherapyPortal, your own custom client portal for appointment requests

### Unlimited Support

Superior, unlimited phone and email support included with your TherapyNotes account

## Special Offer!

Just for Lesbian and Gay  
Psychotherapy Association  
Convention Attendees!

Sign Up and Receive Your First  
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Use Promo Code: **LAGPAConv17**

Offer Expires 1/1/2018



**“My experience with TherapyNotes has been fantastic!”**

Firstly, the system is easy to navigate, thorough, flexible, and extremely clinically intuitive. Secondly, technical and customer support has been efficient, fast, and very personal. I am leaving another EHR system for TherapyNotes...gladly. I'm very happy that you've created such a quality product. Thank you!

Dr. Christina Zampitella, FT, Licensed Clinical Psychologist

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## SOCIAL EVENTS — 25<sup>th</sup> Anniversary Reception

LAGPA 1992 — 2017



Commitment to the  
LGBTQ+ Community

LAGPA was founded in 1992. This 2017-2018 season represents the 25<sup>th</sup> year of operation. What a great accomplishment! The 1990s were not a good time for LGBT people let alone therapists serving that population. Dr. Simon LeVay released his research suggesting that biological brain structures determined sexual orientation, gay people were denied the right to march in the New York City's St. Patrick's Day Parade, voters in Colorado approved Amendment 2 prohibiting gay rights legislation, ACT UP staged many demonstrations, contracting HIV was still considered a death warrant, and Exodus International along with coalitions of right-wing Christian groups claimed sexual orientation was a "choice" and, as such, LGBT people did not deserve equal rights and could be "cured" of their homosexuality.

Therapists just did not have the knowledge or support to provide services to LGBT people. LAGPA wanted to change that. Its primary mission was to provide educational opportunities to therapists (both gay and straight) about LGBT issues and research. Also, therapists needed emotional support to honestly serve a piranha clientele. We have much to thank these early visionaries.

LAGPA is planning a Reception to honor those who made LAGPA happen and grow. We ask for your help. We have limited lists of previous board members but much of it is missing or out of date.

- If you have current contact information for any of the board members listed below, please contact Chuck at [LAGPA@sbcglobal.net](mailto:LAGPA@sbcglobal.net)
- If you know the names and contact information for early board members, please contact Chuck at [LAGPA@sbcglobal.net](mailto:LAGPA@sbcglobal.net)
- Do you have photos of LAGPA members and events? If so, please scan them and send them to Chuck at [LAGPA@sbcglobal.net](mailto:LAGPA@sbcglobal.net). Be sure to identify the date, event, and names of people in the photo. We hope to put together a slide show of photos.

Please help. Once we have more information and photos, we will plan a date for early 2018. Thanks.

**LAGPA BOARDS MEMBER SINCE 2003. Do you know any of these contacts? Do you know members before 2003 and their contact? Please let us know.**

1<sup>st</sup> appearance in **BOLD**, 2<sup>nd</sup> + in *italics*

### 2003

#### Executive Committee

**Bill Mochon**

**Bonnie A. Jacobs, Ph.D.**

**Claudia Bramlett**

**Jim Michael, MA, IMF**

**Stuart Altschuler, Co-President**

#### Other Board Members

**Arthur Akkerman, ACSW**

**Beatriz Gandara, MFT**

**Bruce Cornwell**

**Christine Logan, MA, IMF**

**David Burke**

**Deborah DiGiovanni**

**Edward G. Garren**

**Gary Glickman**

**Harry Drasin, M.D., Psy.D.**

**Joni Lavick**

**Mark Davis**

**Michael Porte**

**Paula Newman**

**Payam Ghassemlou**

### 2004

#### Executive Committee

*Bill Mochon*  
*Bonnie A. Jacobs, Ph.D.*  
*Claudia Bramlett*  
*Jim Michael, MA, IMF*

Other Board Members

*Artur Akkerman, ACSW*  
*Beatrice Gandara, MFT*  
*Bruce Cornwell*  
*Christine Logan, MFT*  
*David Burke*  
*Deborah DiGiovanni, MA*  
*Edward G. Garren*  
*Harry Drasin, M.D., Psy.D.*  
*Joni Lavick*  
*Michael Porte*  
*Paula Newman*  
*Payam Ghassemlou*

**2006**

Executive Committee

**Fred Wilkey, Ed.D, Secretary/Treasurer**  
**Liliane Quon McCain, MFT, Co-Chair**  
**Rick Olson, Co-Chair**  
*Stuart Altschuler Co-Chair*

Other Board Members

**Aaron Alan**  
**Buck Dodson**  
**David Callander**  
**Larry Hymes**  
*Rick Olson*  
**Sanie Andres, MFT**

**2007**

Executive Committee

*Fred Wilkey, Secretary/Treasurer*  
*Liliane Quon McCain, Co-Chair*

Other Board Members

*Aaron Alan*  
*Buck Dodson*  
*Larry Hymes*

**Robbert Schalekamp**  
*Sanie Andres*  
**Scott Musgrove**

**2008**

Executive Committee

*Fred Wilkey, Secretary/Treasurer*  
*Liliane Quon McCain, Co-President*  
*Robbert Schalekamp, Co-President*

Other Board Members

**Alexander Yoo**  
**Bruce Watkins**  
**Jason Wittman**  
*Scott Musgrove*  
**Travis Stobbe**

**2009**

Executive Committee

*Bruce Watkins, Ph.D., Co-President*  
*Fred Wilkey, Secretary/Treasurer*  
*Liliane Quon McCain, Co-President*  
*Robbert Schalekamp, Co-President*

Other Board Members

*Alexander Yoo*  
*Bruce Watkins*  
**Dino Koutsolioutsos**  
*Jason Wittman*  
**Lauren Costine**  
**Lisa Maurel**  
*Travis Stobbe*

**2010**

Executive Committee

*Bruce Watkins, Ph.D., Co-President*  
*Fred Wilkey, Ed.D. Secretary/Treasurer*  
*Liliane Quon McCain, MFT, Co-President*

Other Board Members

*Alexander Yoo, MFT*  
*Dino Koutsolioutsos, MFT*

*Lauren Costine, Ph.D.*  
*Lisa Maurel, MFT*  
*Travis Stobbe, BFA*

## **2011**

### Executive Committee

*Alexander Yoo, MFT, Co-President*  
*Bruce Watkins, Ph.D., Co-President*  
*Fred Wilkey, Ed.D. Secretary/Treasurer*  
*Liliane Quon McCain, MFT, Co-President*

### Other Board Members

*Alexander Yoo, MFT*  
*Dino Koutsolioutsos, MFT*  
**Jen Durham, MSW**  
*Lauren Costine, Ph.D.*  
*Lisa Maurel, MFT*  
**Philip Pierce, Ph.D.**  
**Thuy Cao, LMFT**  
*Travis Stobbe, BFA*

## **2012**

### Executive Committee

*Alexander Yoo, MFT, Co-President*  
*Bruce Watkins, Ph.D., Co-President*  
*Travis, Stobbe, BFA, Secretary/Treasurer*

### Other Board Members

**Athena Brewer, MFTi**  
**Elizabeth Hill, MFT**  
**Gilbert Chalepas, Ph.D.**  
*Jen Durham, MSW*  
*Lauren Costine, Ph.D.*  
*Liliane Quon McCain, MFT*  
*Philip Pierce, Ph.D.*  
*Thuy Cao, LMFT*

## **2013**

### Executive Committee

*Alexander Yoo, M.Div., MFTi, Co-President*  
*Lauren Costine, Ph.D., Co-President*  
*Travis, Stobbe, BFA, Secretary/Treasurer*

### Other Board Members

*Athena Brewer, MFTi*  
**Brian Carpenter**  
*Elizabeth Hill, MFT*  
*Gilbert Chalepas, Ph.D.*  
*Philip Pierce, Ph.D.*

## **2014**

### Executive Committee

*Robbert Schalekamp, Psy.D., President*  
*Travis, Stobbe, BFA, Secretary/Treasurer*

### Other Board Members

**Christopher McKeown, MFTi**  
**Damien Gonsalves, MFTi**  
*Fred Wilkey, Ed.D.*  
*Gilbert Chalepas, Ph.D.*  
**Roxanne Cherry, Ph.D.**

## **2015**

### Executive Committee

*Damien Gonsalves, MFTi, Co-President*  
*Robbert Schalekamp, Psy.D., President*  
*Travis, Stobbe, BFA, Secretary/Treasurer*

### Other Board Members

*Christopher McKeown, MFTi*  
*Damien Gonsalves, MFTi*  
*Fred Wilkey, Ed.D.*  
**Nicole Gershenson, MA, MFTi**  
**Price Marshall, LMFT**

## **2016**

### Executive Committee

*Damien Gonsalves, MFTi, Co-President*  
**Mary Guillermin, LMFT, Co-President**  
*Robbert Schalekamp, Psy.D., Co-President*  
*Travis Stobbe, BFA, Secretary/Treasurer*

### Other Board Members

*Christopher McKeown, MFTi*



*Fred Wilkey, Ed.D.*  
*Nicole Gershenson, MA, MFTi*  
**Orlando Alvarez, M.S., MFTi**  
**R.J. Molligan, J.D.**  
**Shani Habibi, Ph.D.**  
**Terry Oleson, Ph.D.**

**2017**

Executive Committee  
*Mary Guillermin, LMFT, Co-President*

*Robbert Schalekamp, Psy.D., Co-President*  
*Travis Stobbe, BFA, Secretary/Treasurer*

Other Board Members  
*Christopher McKeown, MFTi*  
*Orlando Alvarez, M.S., MFTi*  
*R.J. Molligan, J.D.*  
*Shani Habibi, Ph.D.*  
*Terry Oleson, Ph.D.*

### **ALPHABETICAL LIST of BOARD MEMBERS:**

|   |  |   |
|---|--|---|
| <b>A:</b><br>Arthur Akkerman<br>Aaron Alan<br>Stuart Altschuler<br>Orlando Alvarez  | Beatriz Gandara<br>Edward G. Garren<br>Nicole Gershenson<br>Payam Ghassemlou<br>Gary Glickman<br>Damien Gonsalves<br>Mary Guillermin | Jim Michael<br>Bill Mochon<br>R.J. Molligan<br>Scott Musgrove |
| <b>B:</b><br>Claudia Bramlett<br>Athena Brewer<br>David Burke   | <b>H:</b><br>Shani Habibi<br>Elizabeth Hill<br>Larry Hymes   | <b>N:</b><br>Paula Newman                                     |
| <b>C:</b><br>David Callander<br>Thuy Cao<br>Brian Carpenter<br>Gilbert Chalepas<br>Roxanne Cherry<br>Bruce Cornwell<br>Lauren Costine | <b>J:</b><br>Bonnie A. Jacobs, Ph.D.   | <b>O:</b><br>Terry Oleson<br>Rick Olson                       |
| <b>D:</b><br>Mark Davis<br>Deborah DiGovanni<br>Buck Dodson<br>Harry Drasin<br>Jen Durham   | <b>K:</b><br>Dino Koutsolioutsos   | <b>P:</b><br>Philip Pierce<br>Michael Porte                   |
| <b>G:</b>   | <b>L:</b><br>Joni Lavick<br>Christine Logan  | <b>S:</b><br>Robbert Schalekamp<br>Travis Stobbe              |
|   | <b>M:</b><br>Price Marshall<br>Lisa Maurel<br>Liliane Quon McCain<br>Christopher McKeown   | <b>W:</b><br>Bruce Watkins<br>Fred Wilkey<br>Jason Wittman    |
|   |  | <b>Y:</b><br>Alexander Yoo                                    |

## Lesbian and Gay Psychotherapy Association of Southern California, Inc.

6 CE Credits  
Available

### LAGPA to offer the newly mandated Board of Psychology Suicide Assessment and Prevention course!!



A similar mandate is expected in the near future  
from the Board of Behavioral Sciences.



### **SUICIDE RISK AND PREVENTION:**

A relational approach highlighting issues  
for the LGBTQI community

Free Event  
for members  
Free Lunch

**Instructor: Lawrence E. Hedges PhD, PsyD, ABPP**

**Course to be offered in the spring of 2018, the spring of 2019, and the spring of 2020.**

**Dates, times, and locations to be announced. Contact [LAGPA@sbcglobal.net](mailto:LAGPA@sbcglobal.net)**

The California Board of Psychology has announced that all license renewal applications after January 1, 2020 must be accompanied by certification of having completed a one-time, six-hour course of formal training in suicide assessment and prevention. This requirement can be met in one of the three following ways:

- A signed certification from the director of your graduate training program attesting to your having had the required six hours of formal training.
- A signed certification from the director of your internship or other applied training center or your training supervisor attesting to your having had the required six hours of formal training.
- A signed certification from a Board of Psychology approved Continuing Education provider that you have completed the required six hours of formal training. A course taken at LAGPA meets this qualification.

**NOTE:** You can meet this requirement *ANYTIME prior to January 1, 2020*. For example, you could take an approved course today and it would count for your next licensing period and also meet the suicide prevention course requirement taking effect January 1, 2020.

### **PLAN NOW TO TAKE YOUR MANDATED SUICIDE ASSESSMENT AND PREVENTION TRAINING WITH LAGPA!**



LAWRENCE E. HEDGES, Ph.D., Psy.D., ABPP is a psychologist-psychoanalyst in private practice in Orange, California, specializing in the training of psychotherapists and psychoanalysts. He is director of the Listening Perspectives Study Center and the founding director of the Newport Psychoanalytic Institute in Tustin, California where he is a supervising and training psychoanalyst. He has been awarded honorary membership in the American Psychoanalytic Association. Dr. Hedges is author of numerous papers and books including *Cross-cultural Encounters: Bridging Worlds of Difference* (2013), *Listening Perspectives in Psychotherapy* (1983 & 2003), *Interpreting the Countertransference* (1992), *Strategic Emotional Involvement* (1996), and *Facing the Challenge of Liability in Psychotherapy: Practicing Defensively* (2000 & 2007). To learn more about Dr. Hedges and his work, go to [www.listeningperspectives.com](http://www.listeningperspectives.com)

## 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](mailto: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 |

# www.BankruptYourStudentLoans.com

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

This book is now available for **FREE** as a pdf download from the website.



## THERAPY

### 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. Dr. Chin has also added an intern to her practice that is available to offer services on a sliding scale basis. Lani Chin, Psy.D.

Licensed Clinical Psychologist PSY 24971

1328 Westwood Blvd., Unit 9

Los Angeles, CA 90024

310-344-5550

[www.drlanichin.com](http://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](mailto:andrew@westsidetherapist.com).

### Westside Mixed Adult Psychotherapy Group

Co-ed Psychotherapy Group meets Mondays 6-7:30pm 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](mailto: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](mailto: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.

## 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 20 years experience as clinical supervisor and is part-time faculty of USC School of Social Work, with over 13 years in full-time private practice and over 25 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](mailto:Ken@GayTherapyLA.com).

### Intern

Private Practice Internship: Part-time, post-graduate position available for MSW associate or MFT intern with fewer than 1500 hours. Saturday hours required. Email CV to Andrew Susskind. [andrew@westsidetherapist.com](mailto:andrew@westsidetherapist.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 January 1, 2018, 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 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.

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**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, 2017

**Editor:**

Mary Guillermin, MFT

**Co-President**

Mary Guillermin, MFT

Robbert Schalekamp, PhD

**Secretary/Treasurer**

Travis Stobbe

**Board Members:**

Orlando Alvarez, MA, MFTi

Shani Habibi, PhD

Christopher McKeown, MFTi

RJ Molligan, MA

Terry Oleson, PhD

**Executive Director**

Chuck Stewart, PhD

ckstewart@sbcglobal.net

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