

Progress Notes.



Summer/Fall 2018

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

CALENDAR OF EVENTS

(Workshops in Red) (Socials in Green)

Oct 27 LACPA Conference booth (all are welcome to staff our booth)

Nov. 11 **23rd Annual LGBTQI Conference** co-hosted by Antioch University Los Angeles and the LGBT Specialization

Dec (TBD) **Winter Social** (watch for details)

LAGPA 1992 — 2017



Commitment to the
LGBTQ+ Community

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Summer/Fall 2018

I recently wrote a 2,000-word essay on the #MeToo movement for an upcoming encyclopedia for which I'm the editor. The current #MeToo movement builds on a long-history of women fighting against sexual harassment in the workplace and elsewhere. Really, this problem stems back to slavery (of both blacks and First People) in the United States, the emancipation movement, and women's rights efforts of the mid-1800s. Sex has often been used to exert power over subordinates.

The passage of the Civil Rights Bill of 1964 set the stage for activists to better define what discrimination based on sex looked like and how to enforce equality. It wasn't until the 1970s and 1980s through a series of lawsuits was "sexual harassment" defined and mechanisms put in place to reduce workplace discrimination. It was in 2006 that Tarana Burke, an African American social activist used the term "Me Too" on the *Myspace* social network. In 2017, a number of public accusations of sexual harassment against prominent people in the entertainment industry, politicians, and others swept through the media. There is no single "Me Too" organization.

This round of sexual harassment claims seems to be making a public impact. It seems that many people accused of sexual harassment are losing their jobs or business or high-ranking positions. But is that fair? Isn't the U.S. legal system based on the premise that a person is innocent until proven guilty?

I'm hearing from many LAGPA members that there seems to be an increase in the number of clients claiming incidences of sexual harassment. Should we believe them? What I discovered in researching my article is that claims of harassment should be believed. Accusers, in general, have much more to lose by standing up for their rights against a more powerful harasser. The U.S. Department of Justice and other organizations report that just 2-10 percent of rape accusations are false; indicating that most accusations are true (DiCanio 1993; Lisak, Gardinier, Nicksa, Cote 2010). #BelieveWomen has stressed the need of police and the public to give the benefit of the doubt to those reporting sexual harassment.

Sexual harassment can be traumatizing. Sometimes it can be very debilitating interfering with the client's ability to function, hold a job, or maintain relationships. And this is where LAGPA members can be helpful. This may seem like an odd connection, but it reminds me of the lead boy character in Spielberg's movie *Super 8*. "Joe," whose mother was killed a few years earlier and still grieving, confronts the alien and says, "sometimes, bad things happen... go home." The alien, who was held captive and subjected to experimentation, escaped and abducted and ate humans. It then focused its attention to building a spaceship and flies home. Clients stuck on some experience decades old need to put the experience in perspective and get on with life. Sometimes "bad things happen." That is not to forget the experience or even forgive the harasser but to focus on what is needed to live. Build that spaceship and go on. LAGPA is here to help expand your spaceship building skills. Our annual conference is being hosted at Antioch University Los Angeles and the LGBT Specialization on November 11. Later in this newsletter is the conference brochure. Please register soon. Space is limited to 100 people due to the limited space available at Antioch. Last year we had 140 people at Mount St. Mary's University so we are faced with capping registrations. You don't want to miss out. RSVP soon. See you there. Chuck

DiCanio, Margaret. *The Encyclopedia of Violence: Origins, Attitudes, Consequences*. New York: Facts on File, 1993.

Lisak, David, Lori Gardinier, Sarah C. Nicksa, and Ashley M. Cote. "False Allegations of Sexual Assault [sic]: An Analysis of Ten Years of Reported Cases."

Violence Against Women 16, (12) (2010): 1318-1334.



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THE THERAPIST'S NOTEBOOK

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Activities for Use in Counseling,
Training, and Psychotherapy

JOY S. WHITMAN

CYNDY J. BOYD

By Mary Guillermin, LMFT & Co-President of LAGPA



For a few days I have been trying, on and off, to write about bi-sexuality for this editorial. It is after all, my own personal sexual orientation, and the subject of the keynote speech at the 23rd LGBTQI Conference at Antioch in a few weeks.

But I couldn't find my tone or pace, and taking a break to read the New York Times just a few days after the shameful spectacle of the all-male Republicans in the Senate Judiciary Committee apologizing to Brett Kavanaugh after Dr Christine Blasey Ford's believable testimony, I was overcome by the unfairness of it, the invisibility of those women who have suffered, the deadly pain of witnessing the self-righteous white male denial.

Reading, and watching, Maria Gallagher, who with her friend, also a survivor of sexual assault, stood in the elevator yelling at Senator Jeff Flake, **"You're telling all women that they don't matter, that they should just stay quiet** because if they tell what has happened to them that you're going to ignore them!" [From an article by Rebecca Traister, author of, "Good and Mad: The Revolutionary Power of Women's Anger", entitled "Fury Is a Political Weapon". (Sunday, September 30, 2018). <https://nyti.ms/2Of13yP>]

In the NYT's front-page article today about the fight over the nominee, the writers quoted Senator Kirsten Gillibrand who called the hearing "a 'very dark moment' for women. 'They saw men in power who were believing other men in power over women who suffered gravely.....They saw that disbelief and dismissiveness of women and they felt disbelieved and dismissed themselves' " ["Fight Over Kavanaugh Shows the Power, and Limits, of #MeToo" by Kate Zernike and Emily Steele. <https://nyti.ms/2QjZT0N>]

As a psychotherapist in training I worked for several years with male perpetrators of domestic violence and I watched their almost universal and plausible denial only slowly dissolve over the lifespan of the 52-week court-mandated course for batterers. Every DCFS case where I worked with the mother, the father, a possible, indeed likely, DV perpetrator, gained custody of the child. My hunch is the blatant plausible denial always won out over the mother's show of feelings.

And today, feeling the pain in my heart of how power begets power, the power to ignore and stonewall being high on the list of male power attributes, I could not help but be aware that as a white woman of privilege this pain of not being heard, of being asked to behave differently from men, who can freely be angry where women often pay a price for speaking out, was my sole oppression.

I might feel some lack of acceptance, for example, from lesbians more even than straight women, for being bisexual, but this is mild in comparison with the multiple layers of oppression felt by our sisters and brothers who struggle with internal and external oppression for being gay, or lesbian or transgender, with our sisters and brothers of color, who are affected by the subtle (and open) racism many whites won't even admit to, with our sisters and brothers of misunderstood religions or countries.

Although I felt pained and angry as a woman, **all** those whom the mostly white, mostly male establishment wants to ignore and silence, need to open our hearts to each other, and open our ears. Men to really listen to women's experiences; whites to really listen to and care about the experiences of people of color, especially the women; the rich and privileged to really listen to what it is like to hang on barely surviving economically.

That is the good side of seeing all this fury and pain chronicled, our awareness is heightened, if we let it be – if our ears, eyes, hearts and minds are open, or begin to open – then there is hope for the future.

Surveying Clinicians Experiences

NEW-- Hello! My name is Julianne Balestrier, and I am a fifth year clinical Psy.D. student at William James College conducting research for my doctoral project. I am interested in surveying clinicians' experiences in working with adolescent clients, as well as their personal beliefs about sexual orientation. Should you choose to participate your identity will remain completely anonymous and you may chose to discontinue the survey at any time. Thank you so much for your consideration. If you are interested in participating in my survey or would like more information about my project, please contact me at [ju-
lienne_balestrier@williamjames.edu](mailto:julienne_balestrier@williamjames.edu).



SOCIAL EVENTS

August 5 pool party at the home of Liliane Quon McCain in Beverly Hills was another smashing success. About 100 people attended. Always good food, good drinks, and good company. Hope to see you next year. Don't miss out. Joint event with LGBT Bar and LAGPA.



















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AN INTERVIEW WITH LAGPA'S NEWEST BOARD MEMBER

By Mary Guillermin, LMFT & Co-President of LAGPA

Recently, Alexis Pivnicny was elected to the LAGPA Board. We first connected when Alexis wrote to ask me for an interview for a Women's Empowerment website she was writing articles for. After the interview, I asked her if she would be interested in being on the Board of LAGPA and was delighted when she said yes. A few weeks later Alexis and I met at the independent coffee shop, M Street in Studio City, and enjoyed our first conversation. The following interview was conducted by email and the questions are based on our conversation in the coffee shop.



MG: Can you tell us a bit about yourself, and what prompted your interest in being on the LAGPA Board?

AP: I'm an active member of the LGBT community as well as a writer. As of late, I have found a way to intersect the two and have been writing more LGBT stories and articles. I came across LAGPA in my research for an article and really find it to be a valuable resource. Being on the board gives me a great opportunity to be a part of something I wouldn't ordinarily have access to.

MG: When you and I met in person recently for the first time, I was favorably impressed with your passion and activism about our LGBTQ community. Do you agree with that description? Why do you think you have this activist energy? Have you always been an activist?

AP: I feel like I have always had some of the activist fire inside me. I really have embraced it, however, within the last few years. I have found that waiting around for someone else to do something is frustrating, so I have made a point to try and get out there and make things happen for myself.

MG: What are your personal and socio-political interests and hopes as a lesbian?

AP: My hopes really are to help right the wrongs caused by the current administration. The clock is being turned back on women's rights, and the LGBT community doesn't feel safe or welcome. I really just want equality and safety for all.

MG: What changes for our community do you see in recent years, for better or worse?

AP: The current administration has enabled hate, not only against people of color and immigrants but against the LGBT community at large. They use their religion as a crutch for their antiquated opinions.


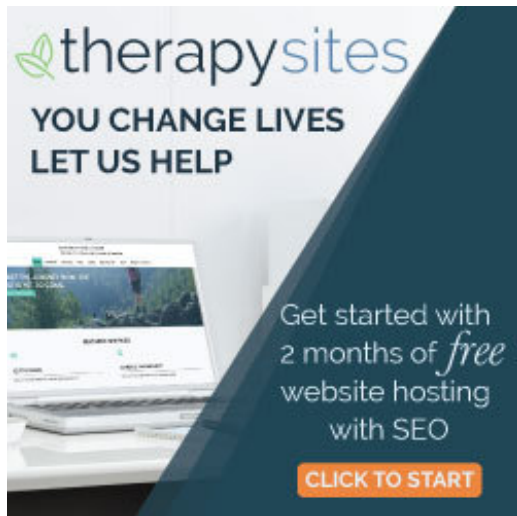
In Los Angeles specifically, within the last 10 or 15 years I have seen every lesbian bar in the area shut down which gives lesbians/queer women no place to call home. In addition, WeHo has become more trendy with straight people, almost making a gimmick of the culture. It's a bummer that LGBT women don't have a place any more.

MG: What changes would you like to see for you in a personal sense?

AP: [I] would love to see more women in the community. Once gay/bi/queer women get in a relationship they tend to nest and we never see them again. I want there to be an outlet or place for these likeminded folks to gather. Towards the end of our first meeting, Alexis and I floated ideas about creating a Meetup group for lesbians and bisexual and transgender women to connect and socialize. I wondered whether a Salon-type meeting, perhaps with a

short presentation on a relevant topic, followed by a discussion and potluck dinner would be an attractive option. Michael Shiffman of the Insight Center offers Sunday Afternoon Salons with the format described above for the psychotherapy and psychoanalytic community. There is no charge for the Salon. I have attended about five of these Salons and found them immensely valuable. Any therapist interested to know more can contact Michael at shiffman@insightcenter.org or go to the website www.insightcenter.org

Any woman interested in the idea of connecting with other LGBTQ women and/or with ideas of what would interest you, please contact Mary Guillermin: 310 422 7915 or Alexis Pivnicny: 818 314 8712.



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Is Gay Community Resuscitation Possible?

BY DON KILHEFNER



Don Kilhefner and Morris Kight in 1971

Photo by Anthony Friedkin

In Los Angeles, as elsewhere, it has been the presence of a visible, organized, and strong grassroots gay community which has allowed the incredible strides gay people have made since the 1969 Stonewall Rebellion to be possible. In 1971, when Morris Kight and I expanded the militant work of the Gay Liberation movement in Los Angeles, our objective was the creation of a “gay community” where none had ever existed before.

Our primary vehicle for that social revolution was the creation of the pioneering “Gay Community Services Center” (now called the LA LGBT Center) with each one of those words in its title carefully chosen.

“Gay.” We didn’t use closet words in the name. We were always upfront and in your face about who we were.

“Community.” It was clear that without a community, which was visible, organized, and in which we openly assumed responsibility for each other, our liberation would be more difficult, if not impossible.

“Services.” Gay people have suffered a long history of deadly violence and have self-destructively internalized a great deal of hetero supremacy nonsense, resulting in what Gay Liberation called “oppression sickness.” Human services were created specifically to meet the unique needs of gay and lesbian people—a largely wounded, numb, self-hating and fearful people at the time.

“Center.” We were creating a “center” around which a pioneering gay community could coalesce and in which gay people could be openly and constructively engaged.

The plan worked flawlessly. Our time had come. By the end of the 1970s, a visible and organized gay community existed in Los Angeles for the first time and GCSC was the largest such organization in the world. Today, the Center operates with an annual budget of \$121.5 million, 700 employees and 1800 active monthly volunteers, a truly stunning achievement.



GCSC at 1614 Wilshire Blvd. in 1971

Photo by Walt

Blumoff

Since the LA LGBT Center opened its current headquarters in Hollywood, at its doorway were the words “Gay Community Services Center,” inlaid with attractive mosaic tiles on the south wall, honoring an important milestone, indeed, where the gay community and the Center began, a visible reminder of our history.

Let’s fast forward to today. Lamentably, recently the GCSC words were cemented over, as if GCSC never existed.

Another example of the rewriting of gay history is the USC library’s ONE Gay Archives which has a de facto blacklist against Stonewall/Gay Liberation Front of Los Angeles. It surrealistically wants us to believe Gay Liberation did not begin with Stonewall in 1969 but with the conservative, assimilationist, don’t-rock-the-boat-and-behave-and-

heteros-will-accept-and-emacipate-us, Republican-led, L.A.-localized homophile effort (1953-1969), a claim lacking in intellectual honesty and historical integrity.

How might we understand this gay historical vandalism? Since the Reagan revolution of the 1980s, the whole country has moved toward the conservative right, including much of the leadership of the gay community—their liberal lips and conservative feet many times moving in opposite directions.

The community's ethos has shifted from stalking freedom, community-building, gay and lesbian identity and culture, and addressing the real human needs of gay and lesbian people; replaced by assimilation striving, law reform, bourgeois conformity, superficiality, status, and fame—largely empty calories—with a top-down elite leadership based on wealth with its own salaried sycophants like politicians, talkers, fundraisers, celebrities and their kith and kin.

Part of the disconnect is also generational. Gay Liberation, with its revolutionary world view and emphasis on the restructuring of society to benefit all (today called Democratic Socialism), is an embarrassment to the gay and lesbian “me generation” shaped by the social Darwinism and self-absorption of the Reagan era and beyond.

Why is this happening? Today the dominant ideology of the community is gay assimilation, the unexamined assumption that gay people are just like straight people. Assimilationists say that we live in a post-gay world and claim gay community-identity-culture is less and less important as they become homogenized homos via ubiquitous social media.

James Baldwin has warned that whenever a minority assimilates into the dominant culture, it always does so on the terms of the dominant culture. And, inherent in assimilation theory and practice is the disappearance of the gay community and the diminution of gay-centered identity and culture.

If this disappearance is news to you, you haven't been paying attention. As extensively documented in [my writings elsewhere](#), we are seeing that come true in Los Angeles, leaving ordinary gay and lesbian people often socially alienated and spiritually impoverished—even numb and wounded again but in a new, more subtle way.

What can we do about it? David Brooks' important article in The New York Times, [“Where American Renewal Begins,”](#) examines one new model of community revitalization, in Baltimore, moving beyond the left and right intellectual prisons we often get caught in.

While historical circumstances in the gay community are different than Baltimore, what is happening there is inspiring. It shows us community renewal is possible, but a new consciousness, paradigm, language and leaders are required.

Critical for the renewal of the gay community are the visionaries, dreamers, warriors, shamans, priests, teachers and public intellectuals among gay and lesbian millennials and the i-generation after them. Our future as a gay people depends on them being spiritually awake and politically astute, but in a radical, new, gay-centered way. It's why Harry Hay and I called the Radical Faeries into being.

Real movements and community always occur from the bottom up—today grassroots coupled with netroots—never from the top down, like we have in the gay community today, a time of no movement, a time of gay elites protecting an ephemeral status quo.

I ask, “Is gay community resuscitation possible?” I answer emphatically, “Yes!”

But it will take a new generation that connects with the heart and soul of those who have gone before. It will take the birthing of a new gay-centered consciousness, a new community model, a new public language and new, inspiring, soul-led leaders. Gay Liberation shoulders cry out to be stood upon.

Don Kilhefner

Don Kilhefner, Ph.D., has served for the past fifty years on the frontlines as a gay community organizer in Los Angeles and nationally. Contact: donkilhefner@sbcglobal.net

An Editorial comment: Mary Guillermin

While I am generally in sympathy with the activist tone of this article, and agree that it is important to encourage a gay-centered grass roots movement that is about more than being “as good as” straight people, I would like to offer the perspective that to speak out in any way as a gay person was a brave act in the 1950s, that the ONE archive has preserved documents that would otherwise have been lost, and that though some of us might wish people to be striving for more than fitting in with the dominant culture, that it is only fair that those gay people who wish to should be able to marry and have families if they choose. I believe all of these things had, or have, their place, that people have a great variety of needs and desires and that what is important to some is of differing importance to others. Let us not be diluted only into assimilation, but let us be tolerant and inclusive of the diversity of humanity within our wider community.

THE SOLDIER'S PROJECT

MY STORY WITH THE SOLDIERS PROJECT: PAYING IT FORWARD

By Fred Wilkey, EdD

Fred Wilkey is a long-time member of LAGPA and has twice served on its board for 5 years each time. He is a clinical psychologist in private practice in Los Angeles. He has been counseling for about 45 years and has no interest in retiring. He strongly believes all psychotherapists have an ethical responsibility to do pro bono service work. He was recently selected as Therapist of the Month for The Soldiers Project newsletter and was asked to write his story.

Coming from a fortunate upbringing, it has always seemed right to give back, to pay it forward. So many people have helped, supported, educated, validated and enriched me on my way to age 74, I have always tried to walk my way in gratitude. By the time I left aerospace computer programming at age 26 and returned to school to become a psychologist, I had already begun volunteer counseling work, continuing up to the present day. That said, in spite of my efforts to give back, I have always received far more than I have given. If one truly listens, there is a resultant breadth and depth to understanding the world and people that could never come just from one's own life. More gratitude!

I began with counseling at a free clinic in Pasadena, working with individuals and groups. When I realized at age 30 I was gay, I did the same work at the Gay Community Services Center (now the Los Angeles LGBT Center). When AIDS hit my community in the early 80s, I began work with dying young gay men, first through AIDS Project LA, then the Los Angeles Shanti Foundation, teaching and supervising lay counselors how to deal with death and dying in the terminally ill. In 1985, I co-founded the PLUS Foundation, offering a weekend seminar in being HIV+ (this program still exists: TheLifeGroupLA.org). I continued service work in the field of AIDS/HIV for 25 years. In 2009, at a Military Culture seminar in Port Hueneme, Judith Broder MD was one of the presenters, speaking about The Soldiers Project, which she founded. I thought: I could do this – a rather bold thought for one who had never served in the military. But I knew a lot about death and massive death in young men and surviving the passage through the valley of death. I had no idea how steep the ramp-up or how challenging the work would be. But again, it has been immensely rewarding.

As a cognitive-behavioral therapist, I see three areas of psychological work for the women and men who have served. First, the impact of their military experiences on pre-existing conditions. Second, the moral injury resulting from what they have done, failed to do, experienced and witnessed while serving. Third, re-entry into the civilian world as a deeply changed person. These are not necessarily psychiatric conditions. The work involves resilience, recovery and post-traumatic growth. Everyone is capable of this, although the work might be hard and take time.

Working in The Soldiers Project has been wonderful. The clients I've met, the other volunteers I've encountered through Supervision Group, the powerful work, the sense of doing some good in the world – all have enriched and bettered my life. More gratitude!

MARY & TRAVIS AT OUTFEST





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Educational Workshops

Had a full room for Dr. Lawrence Hedges workshop on suicide prevention on Sunday June 24. Thanks to all who attended the day-long workshop and earned 6 CE from APA. And big thanks to Larry for donating his time. A shorter version of this workshop will be presented at the Annual Conference. Don't miss it.







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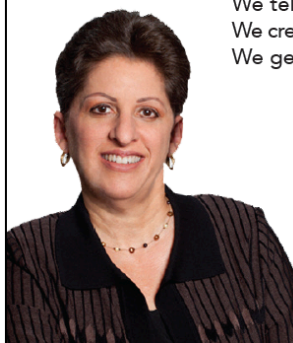


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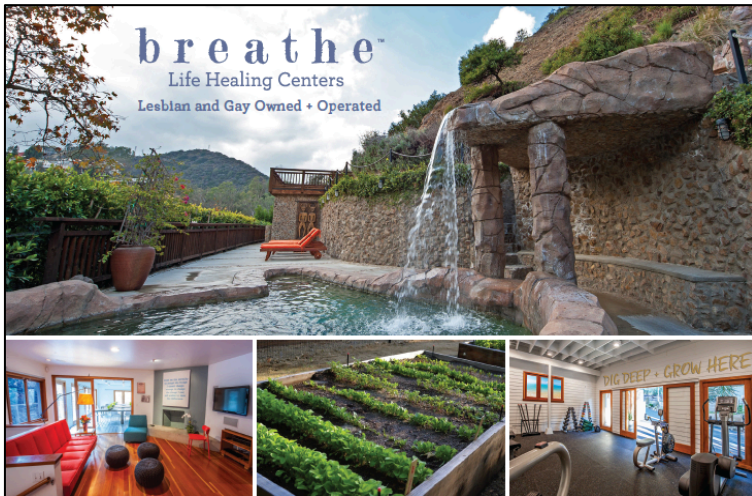


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ABC-CLIO is seeking approximately 50 academic writers to participate in a new 2-volume reference on gender and identity around the world. The book includes the male, female, and LGBTQ experiences. In a close examination of approximately 30 countries/geographic areas from a variety of world regions and with a variety of gender experiences, each gender and identity will be explored in terms of culture, education, family life, health and wellness, law, work, and activism.

Each entry will be about 11,000 words long and rough copy due by February 1, 2019. Each writer will earn access to the online copy of the reference along with minimal payment.

Interested?

Contact:

Chuck Stewart, Editor: ABC-CLIO

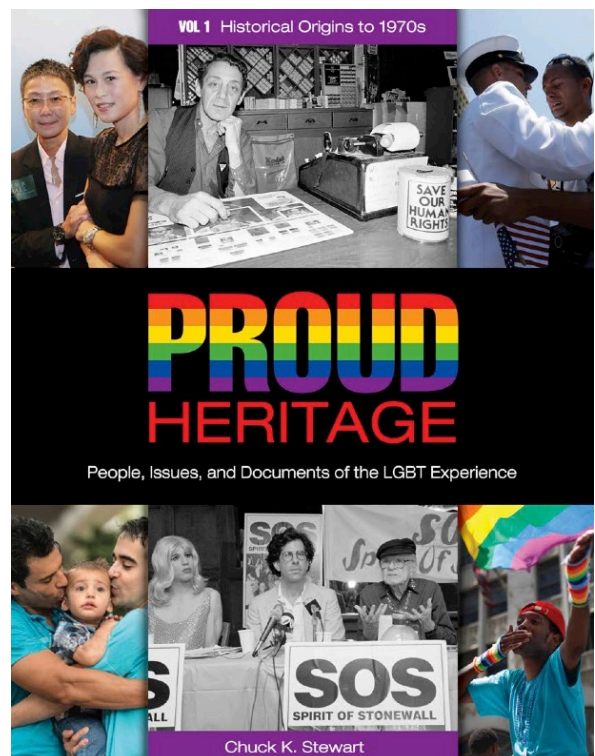
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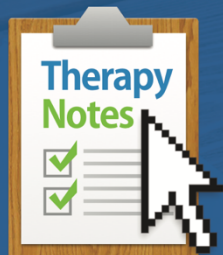
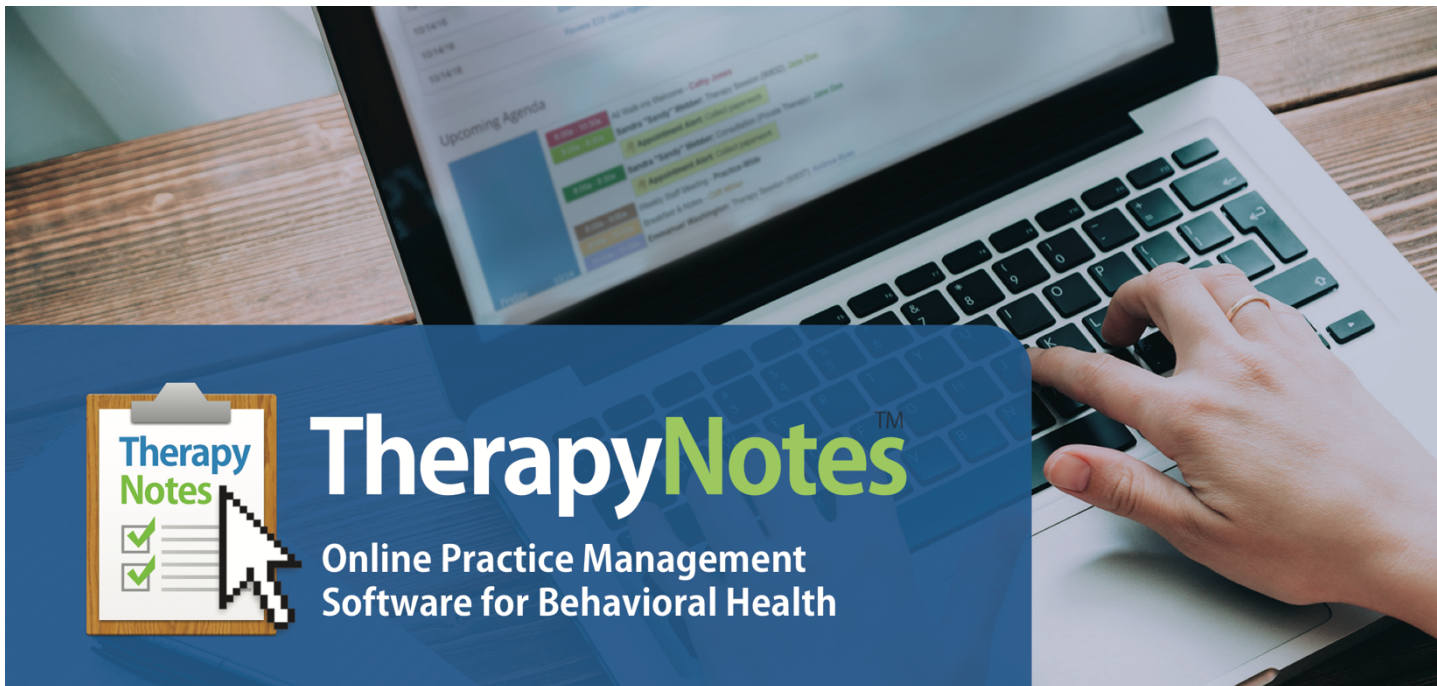
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Hot to Trot

A film by Gail Freeman

<http://www.hottotrotfilm.com>

Reviewed by Chuck Stewart

Hot to Trot, directed and produced by Gail Freedman, is a well-crafted documentary film that explores the world of same-sex competitive ballroom dance. Unknown to the general public, international ballroom competitions are limited to opposite-sex couples where the man leads the woman. In many ways, competitive ballroom is one of the last bastions of sexism and homophobia. Men must act and dress like men and lead women who must act and dress as women. Same-sex couples are still barred from international ballroom competition.

Freedman weaves the personal story of a number of dancers to relate the uniqueness of same-sex ballroom dancing. Ernesto, young muscular Puerto Rican living in New York, partnered with Hungarian national, Robbi. Unfortunately, Robbi developed a brain tumor and returns to his home land for medical treatment. Ernesto found a new partner with Nikolai; a Russian emigrant who struggled with his own gay identity. They were dance partners only. Developing a new partner, no matter how trained, takes time and dedication. Nikolai had only danced with women before and found sharing the lead with Ernesto a challenge; something opposite-sex couples do not have to contend with. The film follows their practice and performances. Ultimately, they competed in the 2014 Gay Games and took first place in ballroom dancing. Ernesto and Nikolai both developed their own personal relationships with other men each leading to marriage and children for Nikolai. Dance partnerships usually do not lead to romantic relationships.

The film also followed Emily and her dance partnership with Kieren and Katerina. Emily has childhood type 1 diabetes managed with an insulin pump. The medical monitoring and effects on her personality challenged her partners. Each pairing brought out different dynamics in her dancing and personal relationships. After not winning at the Gay Games, Kieren gave up dancing to concentrate on her dream job whereas Emily with Katerina traveled to Greece to volunteer with Syrian refugees. Dedicating so much of your life to dance can put a strain on personal relationships.

Detailing the complexities of the dancer's lives help give insight to how dance partnerships are formed and evolve. Same-sex ballroom dancing allows both men and women to lead and follow; and switch while dancing if they choose. The LGBT community also brings a playfulness around gender that is lacking in the straight world. The film is highly recommended to LGBT people and all those interested in ballroom dancing. The film premieres at the Laemmle's Music Hall on Wilshire Blvd, Beverly Hills, September 14, 2018.

Chuck Stewart, PhD, has published sixteen books and hundreds of articles on LGBT history, politics, and culture. He is the executive director of the Lesbian and Gay Psychotherapy Association of Southern California. He also founded and danced in the world's only same-sex ballroom dance troupe in Los Angeles between 2000-2006: "Out Dancing Ballroom." Photos and videos may be viewed at <https://www.chuckstewartphd.net/index.php/odb>

hottotrot

A feature documentary film about
the fascinating world of **same-sex
competitive ballroom dance**



Directed & Produced by **Gail Freedman**

Run time 88 minutes

Using the storytelling techniques of dramatic cinema, *HOT TO TROT* is an intimate account of a captivating, little-known phenomenon: same-sex competitive ballroom dance, a world where expressions of personal passion become a political statement. Away from their graceful turns on the dance floor, the characters' backstories frame their struggles. The film chronicles charismatic Ernesto, a former meth addict from Costa Rica who strives for success and love; Emily, a lifelong type 1 diabetic, who has to wear an insulin pump 24/7 to manage her disease; Nikolai, a dazzling dance champ who came out only a few years ago and longs for his Russian family's acceptance; and Kieren, who grew up in a

conservative New Zealand military environment and wrestles with how to balance career and commitment to dance.

The film follows these dancers over several years, as their relationships develop and deepen, and the spectacle of the Gay Games, the pinnacle of same-sex competitive ballroom dance, approaches. They are emblems of LGBTQ politics, writ small—but they are *living* the issues, rather than *working* them. As they evolve, they demonstrate, vividly and personally, the dimensions of the LGBTQ politics we all read about.

gfreedman@hvc.rr.com
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For festivals and screening dates, please check our website: hottotrotfilm.com

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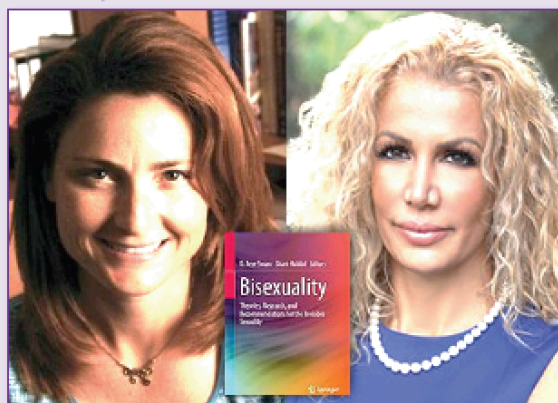


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Twenty-Third Annual LGBTQI Psychotherapy Conference

Keynote Speakers

D. Joye Swan and Shani Habibi



D. Joye Swan and Shani Habibi will be the co-keynote speakers. They are the editors of *Bisexuality: Theories, Research, and Recommendations for the Invisible Sexuality* (Springer, 2018 ISBN 978-3-319-71535-3) and recognized authorities in their field.

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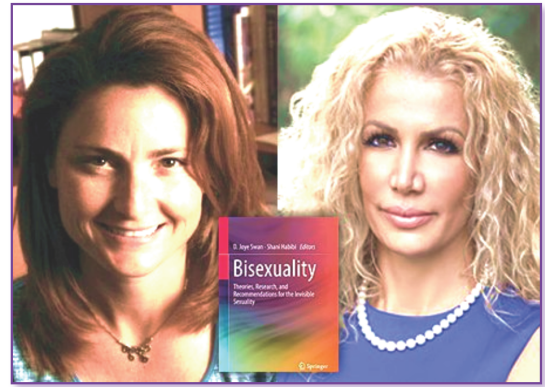
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Keynote Speaker: D. Joye Swan and Shani Habibi

We are pleased to have D. Joye Swan and Shani Habibi as keynote speakers for LAGPA's 23rd Annual LGBTQI Psychotherapy Conference. They are the editors of *Bisexuality: Theories, Research, and Recommendations for the Invisible Sexuality* (Springer, 2018 ISBN 978-3-319-71535-3) and recognized authorities in their field. Written by some of the most renowned researchers in bisexuality studies, this groundbreaking volume brings together a diverse body of sexual, behavioral, and social science research on bisexuality. Arguing for a clear, evidence-based definition of bisexuality and standardized measures for assessing sexual orientation, it spotlights challenges that need to be addressed toward attaining these goals.

The book's deep trove of findings illuminates the experiences of bisexual men and women in key aspects of life, as well as common mental health issues in the face of stigma, prejudice, and outright denial from the heterosexual and homosexual communities. Throughout, contributors examine the paradoxical invisibility of bisexuality even as society and science have become more inclusive of lesbians and gay men, and emphasize the critical role of thoughtful, respectful support across societal and mental health domains. *Bisexuality* is a substantial reference for scholars and undergraduate and graduate students in LGBTQIA+ studies, and clinicians seeking both theoretical and applied perspectives on the research into bisexuality. It also offers instructors a supplemental research-based textbook option for teaching courses related to sexuality and bisexuality. To learn more about this book please visit, <http://www.springer.com/us/book/9783319715346> If you would be interested in sample materials to create a bisexuality course for your university, please send an email of interest to joye.swan@woodbury.edu



23rd Annual LGBTQI Psychotherapy Conference

The Twenty-Third Annual LGBTQI Psychotherapy Conference presented by LAGPA presents academic research and expertise on LGBTQI issues and concerns to professionals working with these clients in their psychotherapy practices. This one-day Conference meets the educational needs of psychiatrists, psychologists, LCSWs, MSWs, MFTs, LPCCS, interns, students of psychology, and others. As a continuing education provider, LAGPA meets the requirements established through the American Psychological Association (APA). LAGPA is approved by the American Psychological Association to sponsor continuing education for psychologists. LAGPA maintains responsibility for this program and its content. LAGPA is the only organization to offer APA CEs on LGBTQI issues. Please check with your agency about acceptance of APA CEs.

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Antioch University Los Angeles is a progressive, learner-centered university, where social justice, service to community, and lifelong learning comprise the heart of our undergraduate and graduate degree programs. The Queer Studies minor concentration in the undergraduate program advances an understanding of queer as a point of resistance to dominant paradigms in history, culture, and society. It combines a range of interdisciplinary courses and independent studies with opportunities for internships at pioneering organizations as well as a chance to earn academic credit for previous queer experience, activism, and scholarship. The Master of Arts in Clinical Psychology's LGBT Specialization is designed to provide comprehensive theoretical and practical preparation for students to provide affirmative treatment to LGBTQIA+ clients by training students to address the impact of minority stress (e.g., both institutionalized and internalized homo/bi/transphobia) that can be seen as underlying causes for the depression, anxiety, substance abuse, unsafe sex, and other psychic challenges faced by many LGBTQIA+ individuals. The LGBT Specialization launched Colors LGBTQ Youth Counseling Services, a free counseling center for LGBTQ youth under 25 and their families.

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Conference at a Glance

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| 8:30-9:00 | Morning Mingle | 12:15-2:15 | Keynote and Luncheon |
| 9:00-10:30 | SESSION ONE (see below) | 2:15-4:15 | SESSION THREE (see below) |
| 10:30-10:45 | Comfort and Networking Break | | Pick up CE certificates |

CE certificates will be distributed immediately after last session.

9:00-10:30 | Concurrent Workshops 1A, 1B, 1C, 1D

1A. Balancing Personal and Professional – Social Media & Dating App Dilemmas



Are there any ethical dilemmas for clinicians who use social media and dating apps? How can clinicians honor their intersecting identities around these social tools while maintaining professional integrity? These unresolved questions impact students and seasoned clinicians alike. Join us for an interactive dialogue in learning from our personal experiences as we examine our ethics code and theoretical orientations for guidance in assisting with the navigation of these ubiquitous technologies.

Presenter(s):

Marcos Briano, MFT, PhD is Mexican-American, bilingual, cisgender, gay male. He is currently the ECP postgraduate representative on the LACPA Ethics Information & Education Committee and Adjunct Faculty at Pasadena City College and USC MFT program. Dr. Briano clinical experiences span from community centers to working for diverse and multicultural college students.



Paul-Roy Taylor, PhD, LCP is a Caucasian, bilingual, cisgender, gay male. He is the substance abuse and mental health specialist at APLA Health, which serves the LGBTQ community and community at large. Dr. Taylor has conducted multiple research projects examining the impact of technology on the dating and romantic lives of LGBTQ individuals.

1B. Body Image Issues among Gay Men and Transgender Women: Clinical Issues and Interventions

Gay male and transgender female communities are disproportionately impacted by a variety of body image issues that can challenge self-worth and foster various clinical outcomes including anxiety and depressive symptoms. This presentation will establish a clinical rationale for the disparities in body image issues by drawing upon concepts of heterosexual masculinity, heterosexism, internalized homonegativity and transnegativity, sexual objectification, and minority stress theories. Common negative core-beliefs and clinical outcomes for gay men will be highlighted including eating disorders, broader patterns of disordered eating, body/muscle dysmorphia, and links between substance use and risky sexual behavior. For transwomen, the presenters will discuss a combination of psychological (e.g., body dysphoria, internalized transnegativity) and environmental factors (e.g., social stigma, sexism) that can have an impact on body image, and address related clinical issues, such as social anxiety, eating disturbances, self-image issues, and depression. The presentation will end by focusing on LGBTQ-affirming, strengths-focused and empowerment-based interventions.



Presenter(s):

Peter S. Theodore, PhD, Associate Professor and Rockway Fellow, Alliant International University, Los Angeles. Peter is a licensed, practicing clinical psychologist in California with expertise in the fields of HIV-prevention, substance abuse treatment, and LGBTQ affirmative therapy. His clinical and research interests include addressing health and healthcare disparities impacting various sexual minority and gender diverse communities.



Cristina Magalhaes, PhD, is Associate Professor of Clinical Psychology and Coordinator of the Certificate in LGBTQ studies at Alliant International University, Los Angeles. She is also a licensed clinician in independent practice in Pasadena; and has expertise in anxiety and trauma-related disorders, health promotion, and LGBTQ affirmative psychotherapy.

Did you know?

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1C. Somatic Aliveness, a Body Awareness Approach to Work with LGBTQ Clients



Inspired by the work of pioneers such as Peter Levine, Stephen Porges, Bessel van der Kolk, and others in the field of somatic therapy, Dr. Payam Ghassemlou MFT, Ph.D. will discuss his psychotherapy work, and how he utilizes a body awareness approach with LGBTQ clients. Using somatic psychotherapy, this work can help LGBTQ clients who were traumatized growing up to “find a voice that does not use words” and can support their movement toward healing and aliveness.

Presenter: **Payam Ghassemlou**, MFT, PhD has provided psychotherapy for over 20 years with a focus on serving the LGBTQ community. His research and training include somatic psychotherapy, Polyvagal Theory, Jungian psychology, mindfulness, attachment theory, and Eastern psychology. As a writer, speaker, and activist, Dr. Payam addresses concerns such as climate justice, women’s rights, and LGBTQ+ liberation. To learn more about him, please visit his web site: www.DrPayam.com.

1D. Practical Tools for Channeling the Fear, Rage and Unease of the LGBTQ community in the Trump Era



Coping with the pain and distress of this President and his administration’s destruction of progressive measures and socially aware ideals is a continuing struggle for many of us. This workshop introduces three tools of Contribution Training, a transformative synthesis of psychodynamic, behavioral and humanistic methods. Contribution Training looks at how we can survive and thrive despite difficult circumstances. The tools are; the Life Forces – how to understand our opponents’ spiteful use of power and how to be successfully different; The Pendulum of Emotions – how to combat fear and depression and use our positive emotions; and Positive Callousing – how to create useful protection.

Presenter: **Mary Guillermin**, MFT, Senior Pelling/CT Practitioner and co-president of LAGPA. Mary is a long-time practitioner of Contribution Training, the tools of which are responsible for the complete healing of her earlier “manic-depressive” mood swings. As editor of the LAGPA Newsletter, she has expressed her dismay and pain about the Trump administration’s LGBTQI policies and is always on the lookout for coping and thriving strategies.

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2A. More than 'gay for pay': New psychologies, understandings, and interventions in LGBTQ sex work

Although psychological literature has problematized sex work, recent mental health data have highlighted that there is an increase in sex workers who are presenting for mental health services and who also identify as LGBTQ. This workshop will focus on cultural humility with respect to LGBTQ-identified sex workers. Attendees will gain updated information on clinical services with LGBTQ sex workers: (a) knowledge about current understandings of treatment with sex workers, (b) skill in navigating intersections between sex work, sexual orientation, and gender identity in clinical contexts. Implications for clinical practice, supervision of pre-licensed mental health workers, and sexology will be discussed.



Presenter: **Theodore R. Burnes**, PhD, HSPP, LPCC, is an Affiliate faculty at Antioch University and is in private practice in Westwood and South Pasadena, CA. He is a fellow of the APA and has published extensively on sex-positivity. His professional interest includes: sex-positivity in psychology; clinical supervision; and social justice within mental health fields.

2B. Clinical Awareness in Transgender Care

Accessing mental health services is an anxiety producing experience for many LGBTQ people. When you add in the minority stress and associated stigma of being transgender/GNC/GNB accessing therapy services becomes even more daunting. Creating a safe space for the transgender/GNB/GNC community starts from the very first points of contact and needs to be practiced to the very highest levels of any organization. This highly interactive workshop will build on the OASIS model of community care using lecture, discussion, and skill building exercises.



Presenter: **John Sovec**, MA, LMFT is a nationally recognized expert on the topic of creating affirmative support for the LGBTQ community with his work featured on The Riki Lake Show, OWN, FOX, The Advocate, YHTV, LA Talk Radio, Broad Topics and regular columns for Huffington Post and Good Therapy. In addition, John offers trainings to organizations, schools, non-profits, and professional consultation on how to successfully support the LGBTQ community. John is an advocate and educator in the HIV/AIDS community and is the Clinical Consultant for The Life Group LA as well as adjunct faculty at Phillips Graduate University.

2C. "Excuse me Sir": Deconstructing the layers of internalized toxic shame in masculine presenting Lesbians.

"Are you a male or a female? You're Butch? You're a Soft butch!" Well, what are you then?!" In a society that loves to label, how does one keep their identity and also belong? In this workshop we will focus on issues specific to cisgender female lesbians whose presentation is considered masculine leaning, in western society. Example topics that will be discussed are issues of internalized homophobia, toxic masculinity, collective trauma, domestic violence, substance abuse and social stigma within and outside of the LGBTQI community. This workshop will conclude with a group discussion on possible interventions for clinicians and clients.



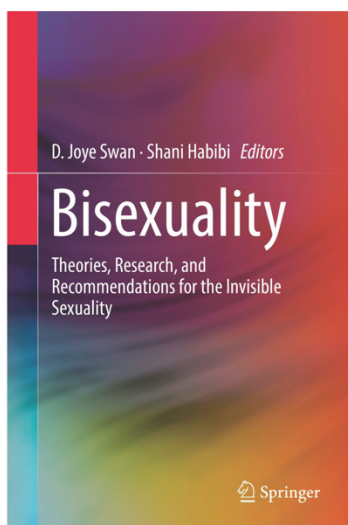
Presenter: **Kristi Starnes**, MA, AMFT holds an MA in Clinical Psychology from Antioch University. She considers herself an integrative clinician who focuses on spirituality and depth psychology. Kristi has done previous talks, most recently on the topic of self-care for activists on WBAI Radio- NYC. She self identifies as a cisgender female, lesbian and pronouns are she/her.

2D. LGBT Adoption: What You Need To Know

While only 2-3% of the population is adopted, they represent over 30-40% of the people in residential treatment centers, psychiatric hospitals, outpatient settings and drug and alcohol treatment centers. Alarming 70% of all inmates in California have spent time in foster care or have been adopted. Gay and lesbian parents are raising 4 % of all adopted children in the United States. As clinicians we need to be equipped to treat these families, know how to help them have healthy outcomes, be able to recognize the inherent psychological issues as well as to understand the normal and predictable developmental milestones for families that come together through adoption and surrogacy.



Presenter: **Tracy I. Carlis**, PhD is a licensed clinical psychologist in private practice specializing in all areas of adoption with children and adults in both international and domestic adoptions. Experienced forensic expert witness in capitol murder cases involving adoptee parricides and murder. She is a member of the adoption constellation.



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2:15-4:15 | Concurrent Workshops 3A, 3B, 3C, 3D

3A. Meth, Compulsive Sex and Trauma: An Affirmative Approach to Treating Gay Men with ChemSex Addiction

For many gay men, the irresistible, combustible combination of meth and sex ("ChemSex") can often lead to an intractable form of addiction that general principles of recovery treatment fail to sufficiently address. This workshop is designed to explore new possible healing methods, beginning by deepening our understanding of how a wounded autonomic nervous system, unresolved trauma, internalized homophobia, marginalization, and shame can fuel the addictive cycle, and all-too-often lead to relapse. Working with the lens of trauma-informed care, combined with a deep appreciation for practical aspects of containment and care during early and later stages of recovery, we will identify both theoretical and practical solutions for ChemSex addiction, sourced in an LGBTQI-affirmative and sex-positive perspective that helps clients redefine boundaries and behaviors without reshaping them about their natural desires.



Presenter(s):

Mellissa McCracken, CADCI, CSAT-C, Primary ChemSex Counselor, Breathe Life Healing Center, West Hollywood CA.

Mellissa is currently employed at Breathe Life Healing Center, a trauma informed treatment facility specializing in treatment of eating disorders, mental health, substance abuse. As a seasoned primary substance abuse counselor, a person in recovery and an active member of the LGBTQI community, she specializes in the treatment of gay men, sexual compulsion, and methamphetamine use.



Dinko Zidarich, MA (LMFT, CSAT-C-II), Licensed Marriage and Family Therapist in Private Practice, Los Angeles, CA.

Dinko Zidarich, MA (LMFT, CSAT-C-II) is a licensed psychotherapist in private practice in Los Angeles, CA. He has an extensive background in addiction treatment, and with particular focus on the compassionate treatment of gay men struggling with meth use and compulsive sexual behaviors. Dinko also has substantial experience with self-help groups, providing a unique blend of professional training and personal understanding.

3B. The Transgender and Queer Experience: Personal and Professional Perspectives



Being culturally-competent to assist the communication and navigation of relational changes can be a challenge, especially for clinicians who are triggered by their own countertransference when considering the impact of these choices in one's own life

Presenter(s):

Mary Andres, PhD is a clinical psychologist and co-director of the USC Marriage and Family Therapy program. She specializes in couples therapy both in teaching and training, and has a practice in Venice, CA.



Scottie Jeanette Madden, speaker, author, screenwriter, and adventure documentary/reality showrunner. Her memoir "Getting Back To Me" – *from girl to boy to woman in just fifty years*, is on Amazon LGBTQ biography bestseller list, and being optioned as a TV series. Married to Marcy, 29 years, they speak throughout the US.

Marcy M. Madden, speaker, director, producer, and owner of her own production companies. Her book, "Just Because my Husband is a Woman..." will be released Fall, 2017. Co-Founder of Zuzubean Press, an independent Publishing Company dedicated to creating a safer more loving world for LGBTQIA+ people and their families.



Roxanne Cherry, PhD has been an MFT in private practice for 30 years. She specializes in working with families in which an individual is dealing with gender identity issues. These clients often have co-occurring conditions including LGB concerns, addiction, anxiety, depression and family relations. Dr. Cherry is a speaker, consultant and certified supervisor.



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3C. The Call of Darkness: Suicidality in the LGBTQ community

The White House has declared a suicide epidemic and mandated suicide prevention for all health and mental health professionals. Studies demonstrate a significantly higher rate of suicides and attempted suicides in the LGBTQ community—especially among young people. The rates escalate when bullying is involved. A series of general concerns, risks, and interventions will be surveyed in the specific context of LGBTQ community concerns. A developmental perspective will be offered that accounts for the differences between completed suicides, attempted suicides, suicidal gestures, ideation and high-risk behaviors. Dr. Hedges will discuss how psychotherapists can move forward respecting the life choices of clients while at the same time offering support for the helplessness, hopelessness, and despair that set off suicidal impulses.



Presenter: **Lawrence E. Hedges, PhD, PsyD, 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. To learn more about Dr. Hedges and his work, go to www.listeningperspectives.com

3D. #MeToo Confronts Masterpiece Cakeshop: How an Empowered LGBTQI Community Copes with Challenges to Their Legal Rights

With the advent of the #MeToo Movement, many people, including many within the LGBTQI community, feel more empowered to stand up for themselves and their legal rights. Concurrently, the U.S. Supreme Court's recent decision in Masterpiece Cakeshop may undercut, perhaps significantly, the legal rights of the LGBTQI community. Many within the clinical community will be called upon to serve clients who while wanting to feel increasingly empowered must also confront various legal and social limitations. This workshop will allow clinicians to gain a better understanding of potential legal impacts of both the #MeToo Movement and Masterpiece Cakeshop on the LGBTQI community, with a particular emphasis on the legal impact in the workplace.



Presenter: **Stuart Leviton, Esq.**, is a California-licensed attorney with 25 years of experience providing legal advice and counsel to small and mid-size companies in the areas of business and employment law. Stuart is a former Vice-Chair of the California Fair Employment and Housing Commission. Along with his business partner, Robert Weiss, LCSW, CSAT-S, Stuart is COO of Seeking Integrity LLC, whose mission is to form and nurture accessible, comprehensive, interactive communities for people seeking to understand, address, and redress with integrity behavioral health challenges wherever and however they manifest.

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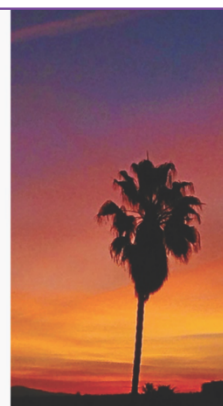
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Locations for registration, parking, and classroom will be sent to you in your registration acknowledgement.

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Those individuals, organizations, and businesses who would like an opportunity to exhibit or advertise at the conference should contact the LAGPA office at: LAGPA@sbcglobal.net

CATERING

Both breakfast and lunch are provided as part of participating in the conference. Every effort is made to meet the dietary needs of vegetarians and vegans.

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About LAGPA

The Lesbian and Gay Psychotherapy Association of Southern California, Inc., (LAGPA), was established in 1992 as an organization of mental health professionals interested in the psychological well-being of lesbian, gay, bisexual, transgender, intersex, queer and/or questioning individuals.

MEMBERSHIP INFORMATION

LAGPA membership benefits include discounts to all LAGPA events, including academic forums, social events, professional women's events, queer events, and the annual LGBTQ! Psychotherapy Conference. In addition, members also receive LAGPA's tri-annual newsletter "Progress Notes," an LGBTQ! resource directory, membership listing on the LAGPA website (www.lagpa.org), and the online LAGPA membership directory. LAGPA is an accredited provider of continuing education for psychologists, licensed clinical social workers, and marriage and family therapists.

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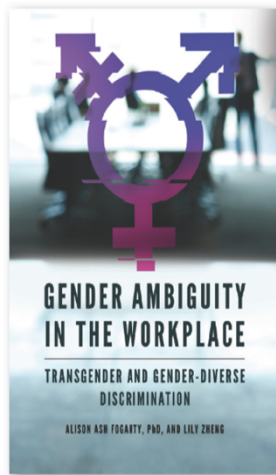
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- ★ LEADING-EDGE AWARD-WINNING INNOVATOR IN THE FIELD OF GENDER
- ★ DIVERSE SEXUALITY, RELATIONSHIPS & FAMILIES
- ★ BODIES OF ALL SIZES, ABILITIES & LIVED EXPERIENCES
- ★ ECLECTIC, SYNCRETIC SPIRITUALITY
- ★ GRIEF, TRAUMA, ABUSE, RECOVERY
- ★ CONVENIENT ASSESSMENT LETTERS FOR SURGERY & BODY MODIFICATION

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 |

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.

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.

• 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.

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.

• Seeking Associate

Private Practice Associate: 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.

BOOKS BY MEMBERS

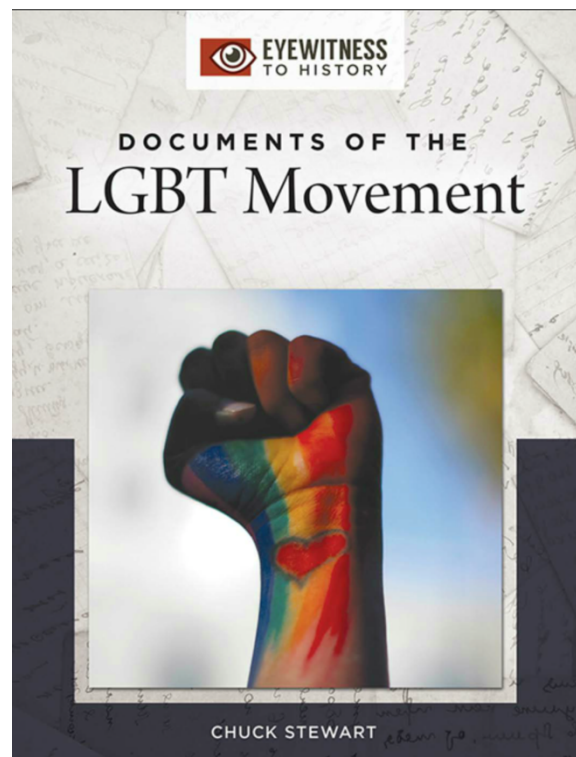
• Two books by Jeffrey Chernin Ph.D., MFT.

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. They're available on Amazon.

• WAIS-IV for Sale

• Closing practice, WAIS-IV for sale. Best offer. Barbara Sziraki, Ph.D., 310-553-3088



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.

• Exceptional West L.A. Psychotherapy Suite (2550 Overland)

Part-time office space now available in psychotherapy suite designed by therapists for therapists. Full/half days in windowed offices in 2-story, modern building. Excellent soundproofing, ample parking options, call lights, separate exit, wireless. (310) 281-8681 or andrew@westsidetherapist.com

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.

Summer/Fall, 2018

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