

Progress Notes.



Winter & Elections 2018

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

CALENDAR OF EVENTS

(Workshops in Red) (Socials in Green)

Help us develop our 2018-19 Calendar!

LAGPA 1992 — 2017



Commitment to the
LGBTQ+ Community

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Acceptance.

NO EXCEPTION.

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Winter 2018

We have made it through another year and, should I add, “successfully!” Membership is holding steady at about 100-110 people; a number we have seen for the past few years. The board often discusses ways to increase membership. With L.A. county having about 30,000 registered therapists, we are attracting less than 1% of the possible pool of members to join. That seems low. However, we are aware that fewer people are joining any organizations. For example, my sister was on the board of CARS (California Association of Research Specialist). A decade ago it had 10,000 members and a robust monthly newsletter mailing. Now, it has less than 300 members and an online newsletter sent out a few times a year. I hear the same thing with LGBT organizations. Only when there is controversy does membership rise. For example, now that we have achieved same-sex marriage, the “marriage equality” organizations are scrambling to re-define themselves since they achieved their stated goal. LAGPA holds great social events, great educational forums, and a truly unique conference. We advertise, and our online directory is visited by 13,000 unique visits each month. Yet, our membership holds steady at about 100 members. Do you have any ideas to help LAGPA grow? Really! Just let us know.

The conference was a success this year. About 85 people attended along with twelve sponsors rounding out for almost 100 professionals at the event. Antioch University Los Angeles and the LGBT Specialization were our hosts. Thank you very much Antioch. Years ago, the board decided to move the conference between the different schools of psychology instead of holding it at a hotel. That gave greater exposure to the existence of LAGPA to students, faculty, and others. The schools benefited because our presence help legitimize their own LGBT educational efforts. Holding the conference at the schools is a win-win situation. We have held the event at Mt. St. Mary's University, University of S. California, Philips Graduate University, and the LGBT Center. We don't seem to have contacts at UCLA, CSUN, CSULA, or other schools. It would be great to visit other campuses in the future. Do you have contacts that could help us mount a conference at the other schools? Of course, the event could not happen without the support of our sponsors. Their ads are found in this newsletter and our website. Please support our sponsors.

Elections are coming up again. In this issue are pictures and bios of those running for the board. Ballots will be sent out later in December. Please keep a watch-out for the ballots and return them before January 15. Holding annual elections is required by our bylaws and state regulations. It is still not too late to be added to the ballot. Just let us know. All are welcomed. Help guide LAGPA in 2019. Remember, LAGPA is your organization and we try to meet the needs of our members. Your suggestions and input are welcomed. Board meetings are always open to the public.

On a personal note, I was just informed by ABC-CLIO (a publishing company that I have worked for over a decade as writer/editor of library reference materials) that the multivolume reference that I wrote and edited in 2017 and released in 2018— *Lesbian, Gay, Bisexual, Transgender Americans at Risk* — won the **American Book Fest LGBT non-fiction** award. Sixteen-thousands books competed, and the award is considered a big honor. Yeah. Alexander Yoo, LAGPA past president and who is rejoining the board, contributed one of the articles. Thank you, Alexander. Together we helped make the winning combination. The reference may be obtained from ABC-CLIO at: <https://abc-clio.com/ABC-CLIOCorporate/product.aspx?pc=A4408C>. Chuck



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By Mary Guillermin, LMFT & Co-President of LAGPA

In this post-Conference newsletter I expect to be able to share a little of my experience of the Conference, the highlight of our LAGPA year. Alas, this year that was not to be. The effect of mandatory evacuation from my home because of the disastrous and destructive Woolsey fire just before and after zigzagging the Atlantic because of the illness and death of two close relatives combined to make me miss it.



I was however present to enjoy the Winter Social held this year at Twin Town Treatment Center – you can see photos of the social and Conference further down this newsletter. So instead I will share a few stories about our community that have caught my eye.

The percentages below are still small but at least they are growing in the right direction!

From the New York Times, an excerpt from an article by Sara Aridi, published October 25, 2018.

Full article here: www.nytimes.com/2018/10/25/arts/television/lgbtq-tv-characters.html

L.G.B.T.Q. Representation on TV Improves, GLAAD Finds

“The Red Line,” “Jane the Virgin” and “Crazy Ex-Girlfriend” are among the series that have raised the bar for diversity on network television this season, according to [a report released by GLAAD](#), an organization that tracks representation of lesbian, gay, bisexual and transgender people in the media.

The annual study, released Thursday, looked at original scripted prime-time programs across cable networks, broadcast television and streaming.

It found that 8.8 percent of series regulars on broadcast television in the 2018-19 season are lesbian, gay, bisexual, transgender or queer characters, a record high since GLAAD’s reporting expanded to count all broadcast series regulars 14 years ago. It is also a significant increase from 6.4 percent last year. Men and women are equally represented among those characters, whereas men made up 55 percent of the characters last year.

The report also found that, for the first time, L.G.B.T.Q. characters currently include more people of color (50 percent) than white people (49 percent). Strides have been made in the number of bisexual, transgender and H.I.V.-positive characters as well.

“Not only do stories that explore the rich lives and identities of L.G.B.T.Q. people move the needle forward culturally, but they pay off in ratings,” said Sarah Kate Ellis, the president and chief executive of GLAAD. “Shows like ‘Will & Grace,’ ‘Supergirl,’ ‘Empire’ and ‘How to Get Away With Murder’ all attract millions of viewers weekly and demonstrate that audiences are hungry for new stories and perspectives.

The most improvement can be seen on streaming services. The total number of L.G.B.T.Q. characters on Amazon, Netflix and Hulu has more than doubled, growing to 112 from 65. Of the three platforms, Netflix is home to the most of these characters.

And here's an excerpt from the New York Times Style magazine called,

How a Group of Gay Male Ballet Dancers Is Rethinking Masculinity

by David Ebershoff, Nov. 5, 2018. Photo by Bon Duke.

The best part is the one minute video of “the thrilling duet” described below; short but beautiful.

Here's the link to the video: <https://youtu.be/Omcr2SJMAI>

The link to the full article is here: www.nytimes.com/2018/11/05/t-magazine/gay-male-ballet-dancers.html



On a muggy afternoon in Harlem, [Preston Chamblee](#), 23, a member of New York City Ballet since 2015, says to me, “I hope to be part of a generation that can change the boundaries of what ballet can do, a generation that says we’re going to represent everyone, not just the stories that have been told before.”

We’re looking at a Facebook video of Chamblee and his fellow company member Taylor Stanley, 27, in a romantic pas de deux in the choreographer [Lauren Lovette](#)’s “[Not Our Fate](#).” The ballet depicts a love story between two men of color not as subtext but as central narrative. When it premiered last fall at New York’s David H. Koch Theater, it sent a jolt of relevance through an art form that often feels mired in another era. It’s a thrilling duet, both men in white T-shirts and black pants moving toward and away from each other, embracing and rejecting and succumbing to desire and love. Rather than putting a man into a woman’s role, Lovette choreographed the piece for two men; the audience can see the dancers negotiating their positions, just as queer couples negotiate theirs. (I showed the clip to a gay friend, who said, “That basically sums up my relationship with my boyfriend.”)

Men have danced together before in ballet, typically in expressions of friendship or rivalry, such as the death duet between Tybalt and Mercutio in “Romeo and Juliet,” first choreographed in Czechoslovakia by Ivo Vana Psota in

1938. We've seen choreographers invert genders, often casting men as Cinderella's evil stepsisters for a laugh. Yet Chamblee had never performed a pas de deux explicitly depicting two men in love.

And lastly, my fun facts from the Midterms: from a New York Times article by Christina Caron, November 7, 2018. It may be older news, but it is worth celebrating again!

Full article here: www.nytimes.com/2018/11/07/us/politics/lgbt-election-winners-midterms.html

In 'Rainbow Wave,' L.G.B.T. Candidates Are Elected in Record Numbers

More openly lesbian, gay, bisexual and transgender people were elected [in the midterms] than in any previous election, signaling a shift in cultural attitudes even as the Trump administration has [chipped away](#) at [L.G.B.T. rights](#).

The results are [still rolling in](#), but at least 153 have won so far, said Elliot Imse, a spokesman for the Victory Fund, a nonpartisan political action committee devoted to electing L.G.B.T. candidates. The group endorsed 225 candidates in this election cycle, nearly all of whom were Democrats.

L.G.B.T. candidates ran for office in [record numbers](#) this year. "Success breeds success," said Annise Parker, the president and chief executive of the Victory Fund and former mayor of Houston.

"We're not going out and pleading with people to run," she added. "These are people who say, 'I want to go out and do this and bring my whole self to the campaign.'"

In Kansas, [Sharice Davids](#) won a seat in the House of Representatives, becoming the first lesbian congresswoman from the state and one of the first two Native American women elected to Congress. In addition, Brandon Woodard, who identifies as gay, and Susan Ruiz, a lesbian, were elected state representatives.

In Colorado, Jared Polis defeated a Republican opponent to become the first openly gay man elected governor in any state.

L.G.B.T. people of color won several seats in state legislatures. They included Sonya Jaquez Lewis of Colorado, who is Latina; Shevrin Jones of Florida, who is black; and Malcolm Kenyatta, who is black and the first openly L.G.B.T. person of color elected to the Pennsylvania state legislature.

At least 399 L.G.B.T. candidates at all levels of government — including 22 for Congress and four for governor — appeared on the ballot, the highest number recorded in the Victory Fund's 27-year history. Most were Democrats, though there were 18 Republicans and seven independents.

WINTER SOCIAL

We had a great turn-out for our annual Winter Social on Sunday December 2, 2018. It was held at Twin Town Treatment Center in West Hollywood who also underwrote much of the expense. Catering was by Eddie Morgado. Hope to see you all at our social events in 2019.







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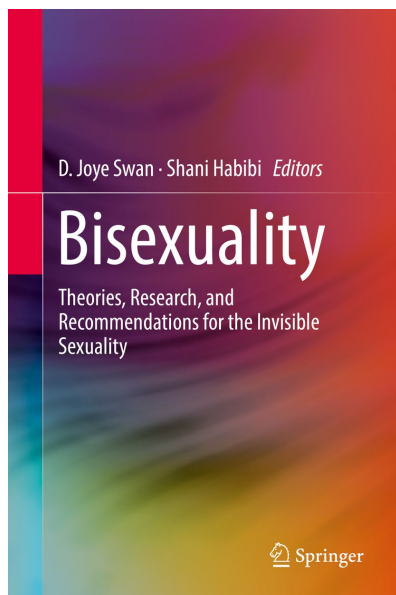
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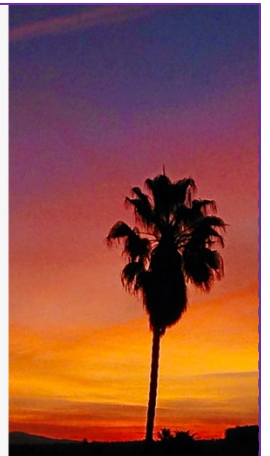
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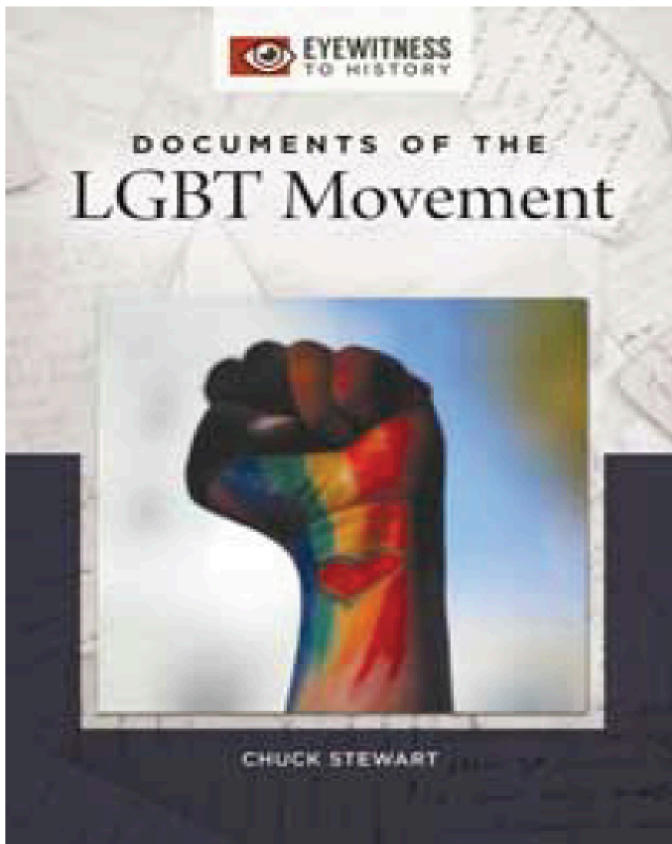
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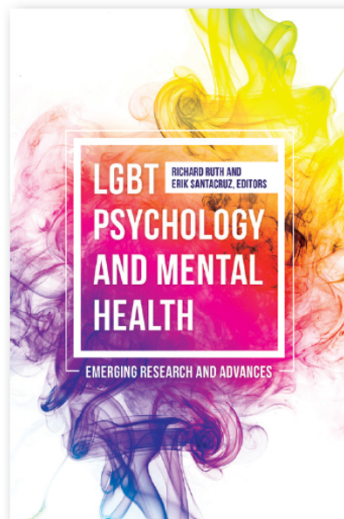
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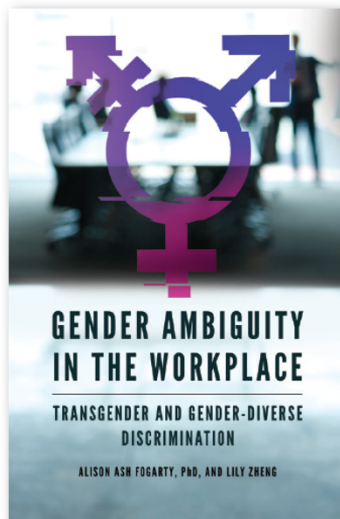
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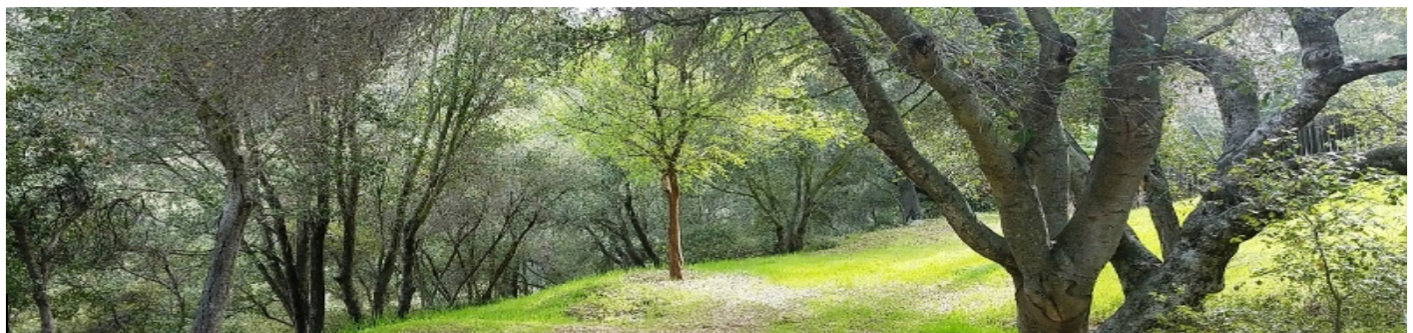


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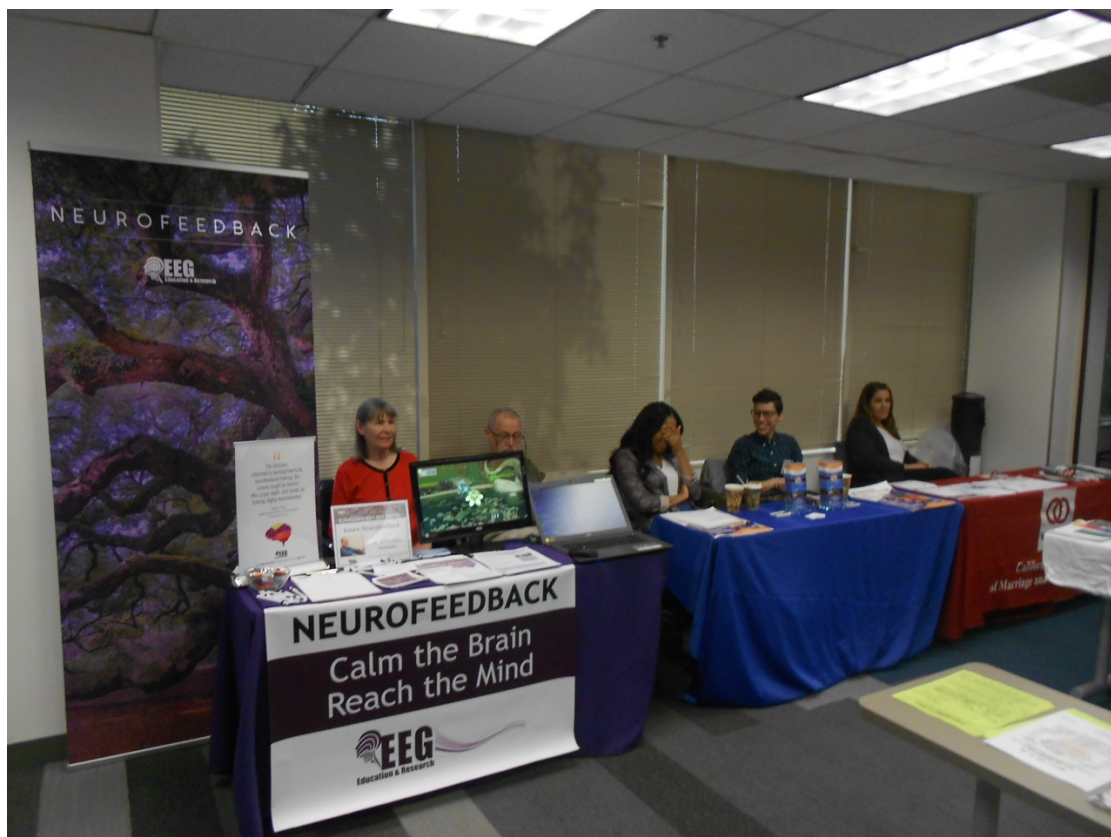
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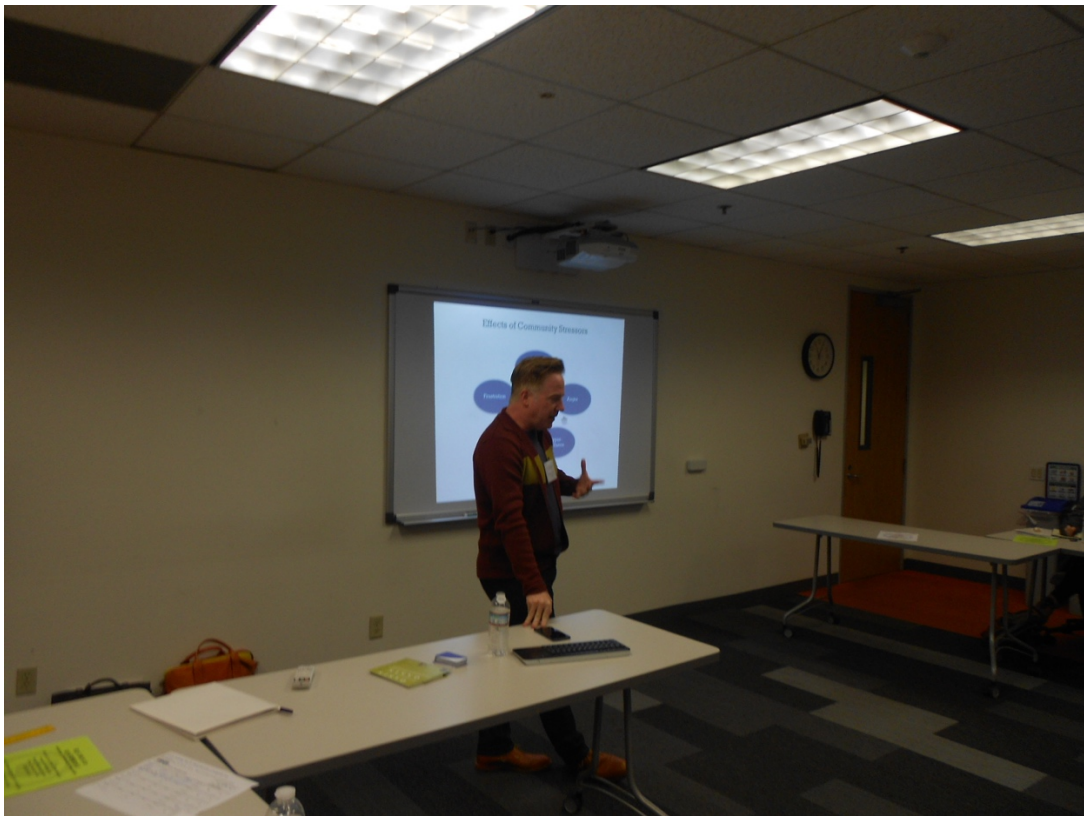
The conference was a success this year. About 85 people attended along with twelve sponsors rounding out for almost 100 professionals at the event. Antioch University Los Angeles and the LGBT Specialization were our hosts. Thank you very much Antioch. And thanks to all the presenters, volunteers and event coordinators. Enjoy the photos

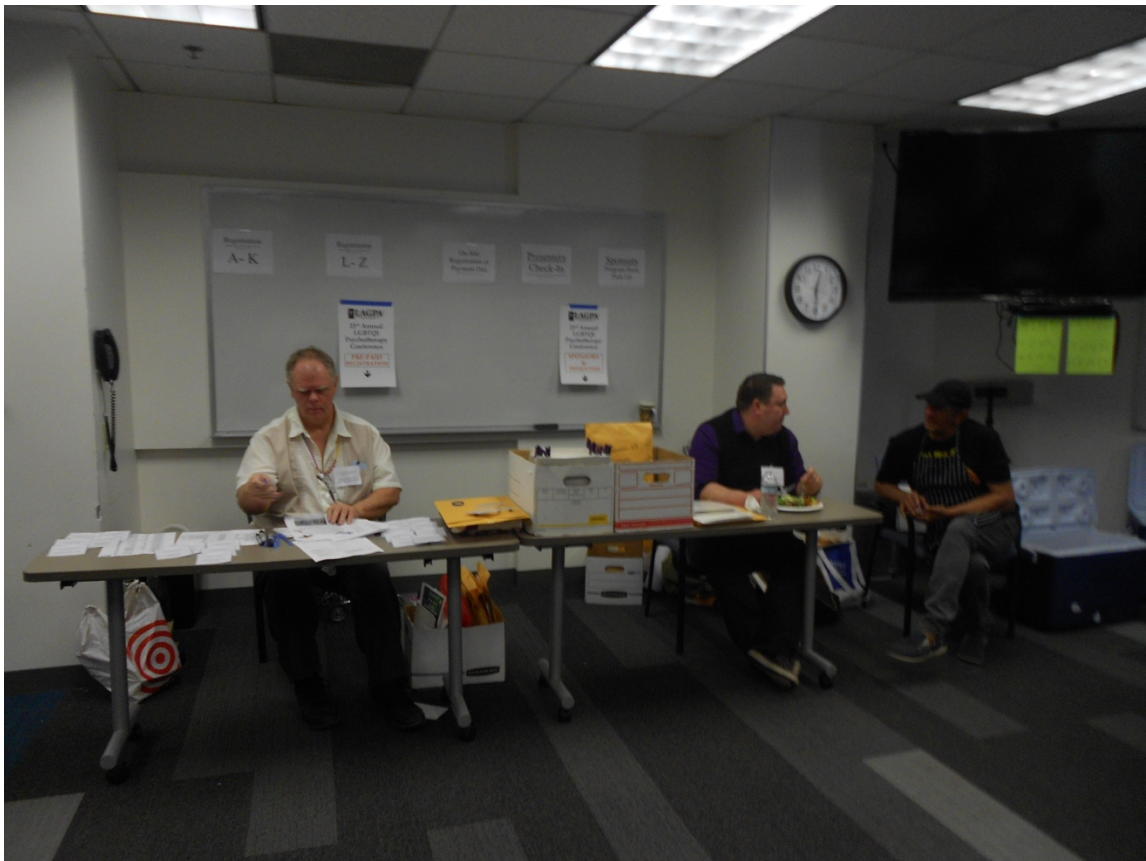










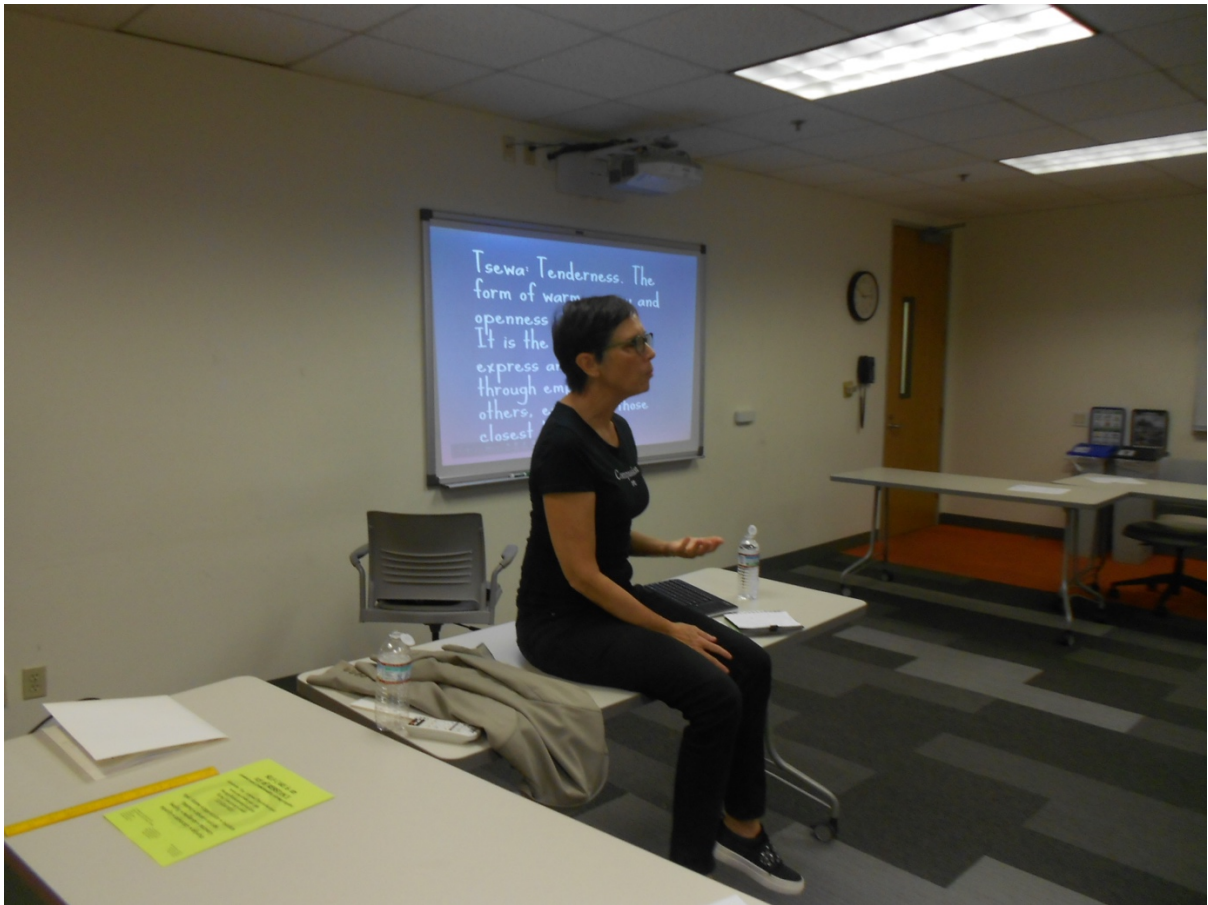
















ELECTIONS

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.



Mary Guillermin (current co-president), 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 has trained with Peter Fleming, Director of the Pellin Institute in Italy and the UK since her twenties. She is a Senior Pellin Coach using Contribution Training and Gestalt. She is also a collage artist who is inspired by the Divine Feminine and the Founder of The Femininity Project. Mary offers Full Moon Gatherings and other events for women at the SunMoon Retreat Center in the hills of Topanga.



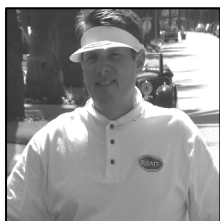
Christopher McKeown, MFTi, (current board member) Christopher is honored to be on the board for LGPA for many reasons the main one being to help the LGBT community in having access to therapists who are in some way part of the LGBT community. Christopher is a graduate of Antioch University Los Angeles 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.



Terry Oleson (current co-president), received his Ph.D. in Psychobiology from the University of California at Irvine in 1974. While a graduate student at UC Irvine, Terry helped organize the first Gay Student Union on the UCI campus and served as the GSU president from 1971 to 1973. He organized the first Southern California Conference of Gay and Lesbian Student Unions in 1972. Dr. Oleson did his post-doctoral training in the UCLA Departments of Anesthesiology, Psychology, Neurosurgery, and Brain Research Institute, where he obtained his post-doctoral Psychologist hours. Dr. Oleson obtained his state license in Psychology in 1977 and opened his private practice on the Westside of L.A. From 1978 to 2009, Dr. Oleson served as a full-time faculty member at the California Graduate Institute (CGI), taking on the role of the Chair of the Department of Psychology in 1999. Terry was one of the founding members and past president of the Lesbian and Gay Psychotherapy Association of Southern California in 1985, serving as LAGPA's third president. Terry rejoined the LAGPA Board in 2017. He has presented several series of weekly seminars entitled Gay Affirmative Psychology.



Thomas O' Malley, MA, LMFT, in private Practice in Beverly Hills CA. I am currently working on my PsyD. I currently treat sex addiction, substance abuse, anxiety, depression and all other mental health issues. I treat teenagers, adults, couples and individuals. I implement a constructivist perspective with keen interest in Narrative and schema modalities. Over the past couple of years, I have enjoyed building my practice and currently I accept most insurance. I am looking forward to getting to meet and know you all and until we meet Happy New year to you all.



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.



Rev. Alexander Yoo, MDiv, LMFT (returning board member) (MFT 102886). Serving the trans/queer communities 20 years through mental health, community advocacy, education, and as a vanguard of gender, queer, gender-diverse movements. Psychotherapist in private practice and organizational development consultant specializing in LGBTIQ+, QTPOC, diverse gender and sexuality, family and relational complexity, trauma, abuse, grief, spirituality, meaning-making, and the diverse array of ways to inhabit the body.

Dear Member of LAGPA,

When I announced three months ago the upcoming West Coast premiere of Terrence McNally's new play **AND AWAY WE GO!** you have shown major interest and we have immediately started receiving ticket orders. No wonder: McNally (just celebrated his 80th birthday) is not only America's #1 playwright, but also the world's leading LGBTQ playwright.

We announced a Valentine's Day Special higher price Benefit Performance, proceeds of which would be go to a home for Homeless Gay Youth, and then, on the next day, a press night and the start of regularly priced seats.

Unfortunately, my producer had since several medical issues that drained much of the money set aside for the production and had to withdraw.

I am a stage director with over 45 years of rich experience in LA, but also at major stages in Austria, Germany and the Czech Republic. I love McNally's comedy/farce about the almost 3000 years in the history of Theatre starting with *Old Greece* and ending with *Waiting for Godot*, I laugh at the actors mixing up roles and productions they are supposed to perform in. I cry at the scenes of the ill-fated gay lovers.

I do not give up easily. I am here therefore to ask you to invest in the production. My Orpheum Theatre Corporation (established in 1976) is an educational Not-for-Profit 501c-3 company and if you make any donations, they will be tax deductible.

If you would instead prefer to invest \$500 or \$1000 you would be receiving parts of box office proceeds, as they come in. You would also get two tickets to the Opening Night.

Please contact me re our bank account number or other information.

Pavel Cerny
Artistic Director of OTC
Email: filloffice@sbcglobal.net
Phone 818 599 5979



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

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

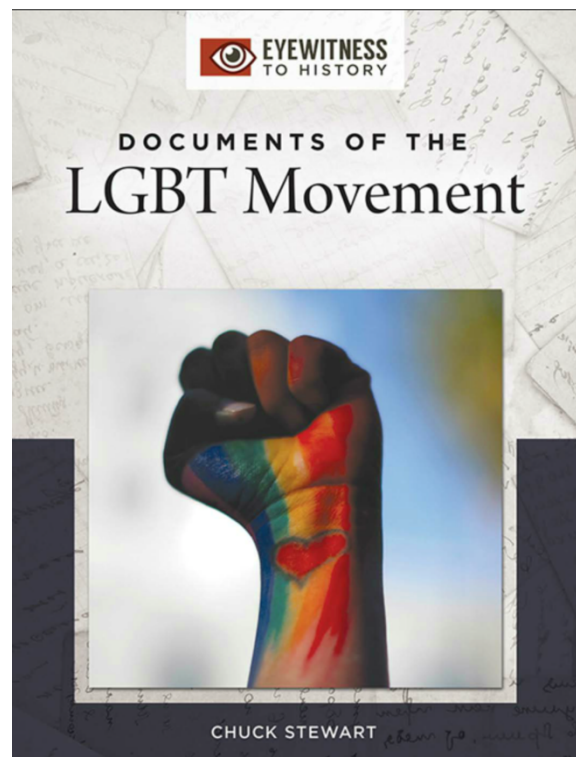
Private Practice Associate: Part-time, post-graduate position available for MSW associate or MFT intern with fewer than 1500 hours. Saturday hours required. Email CV to Andrew Susskind. andrew@westsidetherapist.com.

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.



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.

Winter, 2018

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