

Progress Notes.



Spring 2019

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

CALENDAR OF EVENTS

(Educational Events in Red) (Socials in Green)

See inside this newsletter for details on all these events.

- | | |
|----------------|---|
| April 6 | Lesbian-Themed Movie Night/Social. FREE. <i>"But I'm a Cheerleader"</i> (1999) |
| May 18 | Gay Male-Themed Movie Night/Social. FREE. <i>"Boy Erased"</i> (2018) |
| May/June (TBD) | <i>"PrEP/PEP"</i> workshop. FREE to members. 3 CE credits. |
| July 18-28 | Outfest (watch for details) |
| Aug (TBD) | Annual Summer Pool Party — Largest social event of the year co-hosted with SCLMA and LGBT Bar with almost 200 people in attendance. |
| Sept 22 | <i>"The Call of Darkness: Managing Suicidality in Clinical Practice"</i> workshop. FREE to members. 6 CE credits |
| Oct 19 | LACPA Conference booth (all are welcome to help staff our booth and promote your private business) |
| Nov 17 | 24th Annual LGBTQI Conference co-hosted by Mount Saint Mary's University |
| Dec (TBD) | Winter Social (watch for details) |

Help us develop our 2018-19 Calendar!

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We are proud to sponsor the 23rd Annual
LGBTQI Psychotherapy Conference.

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Spring 2019

We have made it through another year and, should I add, “successfully!” Thanks to all of those who have helped. We had a very active board last year and I anticipate they will be very helpful in 2019. We are putting together our calendar of events for 2019.

I really want to thank David Lisonbee of Twin Town Treatment Center for providing us a space for our board meetings, workshops, and winter social. Often, Twin Town also sponsors the workshops by covering the cost of catering and food. Their sponsorship helps LAGPA to the tune of thousands of dollars a year. Really, THANKS.

I also want to publicly thank Dr. Lawrence Hedges for the workshops he has conducted for LAGPA over the years. I think the first time I became aware of Larry was when he conducted the Law & Ethics workshop that was held at Phillips Graduate Institute in Sherman Oaks in 2009. We had a turn-out of about 40 people. Most importantly, Larry does not charge us for putting on these workshops. LAGPA makes a small profit off the events (which really help pay for maintaining our standing with APA). A BIG THANKS to Larry. If other LAGPA members are interested in putting on educational workshops throughout the years, please contact me with the details and I'll forward the information to the board.

I want to give some insight about LAGPA's position as an APA educational provider. Years ago, we used to offer CE certified through MCEP. A lot of effort went into this by Stuart Altschuler, Liliane McCain, and others. It seemed the applications were always challenged and did not help all our members. It was decided to apply for APA. Their CE certificates would be more widely accepted and by a broader range of licensing levels of attendees. The initial application was 800 pages long and we had to provide four hard copies. I remember the postage alone costing \$60. We obtained the right to offer APA credits and have kept that certification up all these years. It costs \$500 each year for renewal and the applications are long. It has not been smooth sailing with APA and they have often challenged our workshops. The most bizarre challenge came last year when they claimed we had not provided evidence that we address the issues of diversity in workshop titles and presenters. I laughed and cringed at the accusation. I cannot think of an organization that is more diverse than LAGPA. And our workshops are truly a testament to diversity. The multiple challenges took over a year to get them to understand how diverse we are and how we reach out to a diverse audience with diverse workshops presented by experts who are, themselves, diverse. I really don't think they read the applications but rather rate them on the length of the document. All told, we hope LAGPA members appreciate the effort and cost we endure to offer CE credits authorized by APA.

I also want to thank the LAGPA board members. They help guide the organization and provide the staff to make many of our events flow evenly. We are always looking for new board members. If you want to serve, just contact me and I will present your candidacy to the board. It does not need to take up much time. Mostly we are after your ideas and direction. I know I say it often, but LAGPA is your organization. If there is some event, or speaker, or workshop you would like to see LAGPA host, just let us know. Let us help you and your practice.

Lastly, we are arranging to host our 24th Annual Conference at Mount St. Mary's University in November. Please send me your suggestions for keynote speaker. Thanks.

Chuck Stewart



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Here is What I Learned*

Joe Kort, PhD, LMSW
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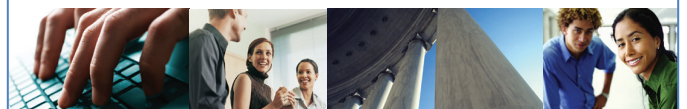
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By Mary Guillermin, LMFT & Co-President of LAGPA

When I am reading the news – yes, I still choose to read rather than watch – I keep an eye out for encouraging or uplifting stories about our community that I can share with you here. Of course, there are many painful and distressing stories, and if we follow the news at all, we are going to be acutely aware of setbacks (and much worse) in the lives of LGBTQ people around the world.



Some recent articles about transgender troops illustrate this perfectly. You probably know about the oppressive actions to ban transgender troops by the current administration, despite much disagreement from within the armed forces leadership who are generally supportive. And sadly, as the last of the injunctions against the ban has just been lifted, things are looking bad. But here's something that surprised and pleased me. A panel of transgender troops were called to testify to the Armed Services Congressional Committee, and they spoke about the support and acceptance they had found in their units from the troops they served with. You can see and hear for yourself in this recording on YouTube -- www.youtube.com/watch?v=fV0tFciRCZs – I found it really moving – or read some personal experiences here -- www.nytimes.com/2019/03/09/us/transgender-troops-military.html. The article heading sums the situation up: “Transgender Troops Caught Between a Welcoming Military and a Hostile Government”.

Another spark of light from the direction of Congress comes with this news from pinknews.co.uk. For the first time, a majority of all House Democrats have joined the Congressional LGBT Equality Caucus which advocates for LGBT+ rights within Congress, a total of 155 Democrats with 18 vice chairs and 129 general members signing on to jointly work towards LGBT+ equality. (Sadly, the group lost its two Republican members and now has none). It will be co-chaired by all eight of the out LGB lawmakers who now sit in the House of Representatives: Democratic Reps. David Cicilline, Angie Craig, Sharice Davids, Katie Hill, Sean Patrick Maloney, Chris Pappas, Mark Pocan and Mark Takano. Full story here: www.pinknews.co.uk/2019/03/12/115-democrats-0-republicans-congressional-lgbt-caucus/


And from over the water in the land of my birth, in contrast to the actions of government here, the Conservative government is pushing ahead with reforms which will teach LGBT-inclusive relationship and sex education in schools in England. The sex education guidelines state that secondary students need to understand "that some people are LGBT (lesbian, gay, bisexual and transgender), that this should be respected in British society, and that the law affords them and their relationships recognition and protections." (quoted in www.accidentallyalex.com, a lesbian website).

A Department of Education spokesperson told PinkNews that, at primary school level, pupils will be taught about various family models, including same-sex families. At secondary school, the curriculum will address LGBT+ issues, including how damaging stereotypes, including those based sexual orientation or gender, can be. Full story here: www.pinknews.co.uk/2019/02/25/lgbt-sex-relationships-education-2020/

They also plan to expand trials supplying PrEP. After successful trials which expanded from 10,000 people to 26,000 after men were turned away from overwhelmed clinics, Dr. Michael Brady, who is Britain's first ever LGBT+ health adviser, wants to roll out HIV prevention pill PrEP (Pre-Exposure Prophylaxis) nationwide, as already happens in Scotland. Remember this is talking about making treatment free under the National Health Service. Of course, a big part of the Government's motivation are the monetary savings over the cost of lifetime care for people with Aids, but preventing people from becoming HIV positive in the first place is truly worthwhile. Full story here: www.pinknews.co.uk/2019/03/18/first-lgbt-health-adviser-dr-michael-brady-prep-rollout/

Lastly, a plug for Pink News videos. They appear about halfway down the first page (or on YouTube) and the young people who front them are upbeat and positive. They discuss serious subjects as well as having fun. I admit I enjoy the lightheartedness. Have fun if you visit.

And please join our Movie Nights socials, see next page.



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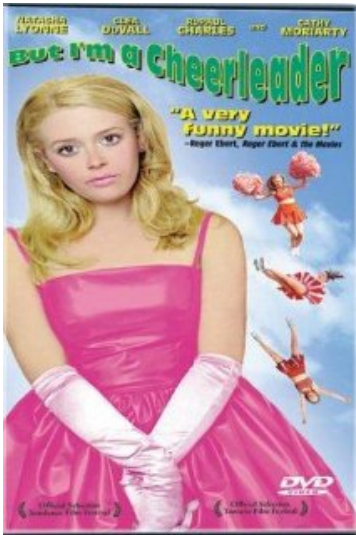
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Movie Nights

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

Remember in the early days of LGBT activism we held monthly pot-luck meetings to socialize and strategize? Well, we are going to host two meet-and-greet pot-lucks at Chuck's place and then watch a lesbian or gay male centered movie on his large 8'x6' projected screen system. Always fun! Please RSVP to Chuck at LAGPA@sbcglobal.net. He has only 10 chairs, so space is limited.

April 6 Lesbian Themed Movie Night/Social--FREE



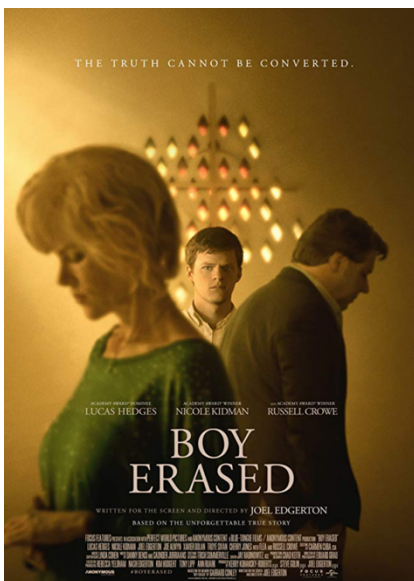
But I'm a Cheerleader (1999)

(oldie but goodie—by overwhelming requests)

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

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

May 18 Gay Male Themed Movie Night/Social--FREE



Boy Erased (2018)

The son of a Baptist preacher is forced to participate in a church-supported gay conversion program after being forcibly outed to his parents.

Director: Joel Edgerton

Writers: Garrard Conley (based on the memoir *Boy Erased* by), Joel Edgerton (written for the screen by)

Stars: Lucas Hedges, Nicole Kidman, Joel Edgerton

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

Editor's Comment: Here are two articles mined from the Atlantic and the Huffington Post highlighted in Don's newsletter, The Gay Tribal Elder. The first offers a suggestion about how we can signal inclusivity and the second is a discussion of healing ageism.



Don Kilhefner
GAY TRIBAL ELDER

"If elders are lost, adults will be lost; if adults are lost, youth will be lost." - African Wisdom Saying

The Atlantic

It's Time to Drop the 'LGBT' From 'LGBTQ'

The case for a new term that describes *all* sexual minorities

JANUARY/FEBRUARY 2019 ISSUE

Jonathan Rauch

Contributing editor at *The Atlantic*



Frank Kameny, the last century's greatest gay-rights activist, filed the first-ever Supreme Court petition challenging discrimination against homosexuals. He led some of the first gay-rights demonstrations. He was the first openly gay congressional candidate. He spearheaded the challenge to the psychiatric establishment's categorization of homosexuality as a mental illness. He fought tirelessly against sodomy laws. He did a lot more than that. But there is one thing he never did—at least to my own recollection and that of associates of his whom I consulted. He did not use the term *LGBTQ*, or any of its variations.

This is partly because he was a creature of his era, born in the 1920s and active in an age when the whole argot was different. But he lived until 2011, well into the age of *LGBTQ*. He had plenty of time to make peace with the term, but his friends say he abjured it. "My recollection is *LGBT* or its derivatives were expressly disliked by Frank," one of them told me. "He would use *gay* to cover the full range; or *gay and lesbian*." Another said: "Frank was quite indignant about the alphabet soup. When it started in the '80s with *gay and lesbian*, he correctly predicted that there would be no end of it."

Kameny especially prized, among his many accomplishments, his slogan "Gay is good!"—a proud claim that homosexuals are heterosexuals' moral as well as legal equals. He wasn't excluding anyone by using the word *gay*. He didn't mean that gay is good but lesbian, bisexual, and transgender are not. He believed he was fighting for the values that define all Americans—the values he had fought for in combat during World War II. Gay rights, to him, meant American rights. *Human* rights.

A generation younger than Kameny, I came of age accustomed to the phrase *gay and lesbian*. Later, when *LGBT* arrived, it seemed cumbersome and artificial, but its inclusive aspirations struck me as honorable. So I learned to live with it.

In the past couple of years, however, I have come to believe, at long last, that Kameny was

right. The alphabet-soup designation for sexual minorities has become a synecdoche for the excesses of identity politics—excesses that have helped empower the likes of Donald Trump. It's time to retire the term and find a replacement. I propose a single letter: *Q*.

Like a lot of historical wrong turns, *LGBTQ* means well. As gay people fought the stereotype of brokenness, *homosexual* came to be seen as clinical and pathologizing. Gay, by contrast, had a long linguistic history and no pseudoscientific baggage. In Kameny's heyday and my youth, that seemed just fine. But the male and female homosexual populations differed in some ways, and so *gay* became gendered to complement *lesbian*. By the early 1990s, when some of us founded a group for homosexual journalists, we didn't think twice about calling it the National Lesbian and Gay Journalists Association.

Meanwhile, as recognition grew that trans people faced discrimination and ignorance comparable to what homosexuals endured, the addition of *T* made gradual inroads. By 2007, when gay-rights advocates decided to make their support for a federal antidiscrimination bill conditional on the inclusion of protections for transgender people, it was clear that the gay-and-lesbian and trans movements had become politically joined at the hip; including the *T* made undeniable sense. Bisexual people, concerned that their issues would be overlooked, also sought acknowledgment, and their initial was stapled in too.

And so the unwieldy four-letter acronym reigned. It had its advantages. It signaled factional inclusion to those inside the movement, and factional solidarity to those outside the movement. In that sense, it was good politics and good symbolism. But it wasn't stable. Factionalism rarely is. As activists and theorists sought to cover every base, they recognized asexuality and intersexuality and various other identities by coining *LGBTQIAA+*, *LGBTTIQQ2SA*, and other telescoping designations. Lately *LGBTQ* seems to have become the norm, on the assumption that *Q*, for *queer*, can stand in for all the rest.

To some extent, the very artificiality and awkwardness of the acronymic acrobatics speak to their ecumenical aspirations. Unlike designations popularized by oppressors (*Negro*, *Oriental*) or based on national or ethnic particularism (*Italian*, *Jew*, *wasp*), *LGBTQ* is pointedly coalitional and inclusive, and we chose it ourselves. In that respect, its intended message is admirable. But it carries an unintended message as well: an embrace of the identity politics and group separatism that have soured millions of Americans on progressivism and egalitarianism.

Once activists started listing identities and groups, they realized that anyone not specifically included might feel specifically excluded. Their solution has been to keep expanding the list. But no matter how many letters are added, one group is still pointedly excluded: the cisgender heterosexuals who make up the vast majority of the U.S. population. Not surprisingly, many members of that group resent civil-rights claims that are presented as a succession of carve-outs for minorities, to the benefit of everyone except themselves. Imagine if the religious-liberty movement instead styled itself the CJMHBSBA+ (Catholic-Jewish-Muslim-Hindu-Buddhist-Sikh-Baha'i-Animist-plus) movement. The symbolism ceases to be about equality for all Americans and becomes instead about naming particularistic claimants. And the very act of asking ordinary Americans to drag themselves through a list of initials is redolent of special rights, not equal rights.

For me, the ugliness and unwieldiness of *LGBTQ* add insult to injury. As does the fact that it is not a label that accurately describes me or any other American. It describes a coalition, yes, but not any actual person. Even as it seeks to explicitly include groups, the concatenation of initials implicitly blots out individuals.

In his 2017 book, *The Once and Future Liberal: After Identity Politics*, Mark Lilla, a humanities professor at Columbia, makes a powerful case for returning to an earlier, more broadly inclusive vision of citizenship and civil rights. “Identity liberalism banished the word *we* to the outer reaches of respectable political discourse,” he writes. Lost was the vision of civil-rights leaders, like Kameny and Martin Luther King Jr., who always insisted that they were fighting for the equality, and the benefit, of all Americans. In Kameny’s 1961 Supreme Court petition (challenging the federal government’s ban on the employment of homosexuals), he built his argument on the Declaration of Independence’s promise that the pursuit of happiness is an unalienable right. He insisted that “our government exists to protect and assist all of its citizens,” and he rested his claim on “the interest of the public at large and of the nation as a whole.” By contrast, writes Lilla, “in movement politics, the forces are all centrifugal, encouraging splits into smaller and smaller factions obsessed with single issues and practicing rituals of ideological one-upmanship.” It is hard to think of a clearer instance of that sort of balkanization than a string of initials like *LGBTQ*, much less an absurdity like *LGBTQIAA+*.

None of this would matter much if today were, say, 2015, when identity politics seemed like a low-cost enterprise. Now, however, we see its price. So long as the libertarian right and the progressive left fail to speak to the country’s yearning for a transcendent identity, and majorities feel they are being ignored or disfavored, someone is bound to fill the resulting political vacuum. Political analysts and researchers find that resentment of political correctness and identitarian excess drove a lot of voters, including a lot of nonbigoted voters, toward Trump’s toxic version of national identity. When Steve Bannon, one of the Trump movement’s leading strategists, said, “If the left is focused on race and identity, and we go with economic nationalism, we can crush the Democrats,” he knew what he was talking about.

No, I am not blaming Trump’s presidency on *LGBTQ* (or even *LGBTQIAA+*). Trump himself uses *LGBTQ*. But the term has become symptomatic of the parochialism that is alienating white, straight, male America from the claims of the civil-rights movement. Every time lesbian and/or gay and/or bisexual and/or transgender and/or QIAA+ activists demand the recitation of a string of initials, they implicitly tell a story about seeking equality and betterment for groups, not for individuals, and not for that other set of initials, *U.S.A.*

In short, if there ever was a time when sexual minorities were served by reminding the world of their factionalism, that time is past. Kameny’s preference for a single, simple, overarching designation was well founded. It deserves to be rediscovered.

Today, however, that designation can no longer be *gay*, which, apart from being gendered, won’t do for transgender people. *Queer* is inclusive, but its radical baggage and derogatory undertones have precluded its mainstream acceptance. And so, herewith, my modest proposal: *Q*.

If you like, you can think of it as short for *queer*. Or, if you don’t like, just *Q*. Give it any etymology you wish. Regardless, the term would be understood to encompass sexual minorities

of all stripes. When we speak of ourselves as individuals, we would use *gay* or *lesbian* or *transgender* or whatever applies. When we need a blanket term, we would simply call ourselves *Q*. As in: *the Q population* and *Q equality*. *Q* is simple and inclusive, and carries minimal baggage. When we speak of *Q* equality, we are saying that discrimination against sexual minorities—or for that matter sexual majorities—is not the American way.

In that respect, although I am not LGBTQ, I am certainly *Q*. I think Frank Kameny might have been, too.

Don Kilhefner, Ph.D, is a pioneer Gay Liberationist and has spent the past 50 years on the frontlines as a gay community organizer in Los Angeles and nationally.

Contact: donkilhefner@sbcglobal.net

The logo for HuffPost, featuring the word "HUFFPOST" in a bold, white, sans-serif font. The letters are set against a black rectangular background. On either side of the text, there is a teal-colored vertical bar.

Healing Ageism in the LGBT Community

By Jesse Brune-Horan
(May 29, 2014)

The idea for “Ask the Elders” came when a colleague told me about a women’s retreat she attended through her spiritual center. One evening, the reverend’s wife, who was leading the retreat, brought all the grandmas to the front of the main hall and addressed the group by saying,

“Ladies, you have questions and these women have answers.”

An intimate Q&A unfolded as the elders offered guidance on topics like how to move through menopause with grace, how to handle a child suffering from drug addiction, and how to recover from a painful divorce. “It was the coolest thing on that retreat,” my colleague shared,

“Why don’t we do the same thing for the LGBT community?”

I’m the spiritual director of Project: Service L.A., a non-profit spiritual community for LGBT’s that meets weekly in a bar in West Hollywood. I’m always looking for fresh ways to engage our community and I loved the idea of working with LGBT elders but there was a problem, I didn’t know any gay seniors. This was the first time I was introduced to my social irresponsibility. Why didn’t I know any older gay people? The myth that all elderly LGBT’s move to Palm Springs until they die couldn’t actually be true. I’ve spent thousands of dollars on life coaches, shrinks, gurus, and yoga retreats; why didn’t I ever think to just reach out to someone in my own community that’s already walked the road? I’m too liberal and open-minded to be an ageist... aren’t I?

My co-founder and I did some research and discovered the “The Gay Elder Circle”, a local non-profit consisting of LGBT activists of a certain age headed by Dr. Don Kilhefner, a legendary activist and community leader known for his brilliance and bite. The members of this organization are men and women who are still active in the community and working to see that we continue to move forward while harvesting the wisdom of our past. We pitched the idea for “Ask the Elders” and they bit. They were interested in having a multi-generational dialogue and we were interested in hosting a Q&A so we could hear the perspective of LGBT trail-blazers.

Working with the elders was a crash course in community leadership. There wasn’t much tolerance for flakiness and if I wanted to be heard I was going to have to stand my ground. I was working with men and women that rioted after the Stonewall raid and walked in the first pride march. They were the first activists to petition, protest, and pass legislation to fight discrimination against gays and lesbians. They were the faces of the Gay Liberation Front, the founders of activist groups with names like “The Radical Fairies”, and survived thousands of friends and colleagues that died in the AIDS epidemic. They’ve been there, they’ve done that and they’ve survived to tell us about it. So why aren’t we listening?

In many tribal cultures elders are considered a valued commodity; the mentors and guides for the adults. “Ask the Elders” became an experiment to see if L.A.’s LGBTQI community had the capacity to align with similar ideals. Instead of rejecting or avoiding the seniors in our community could we see them, honor them, and apply the teachings they offered us? Could our experiment extend the shelf-life of the gay adult?

Since our first gathering in 2012 there have been several “Ask the Elders” events throughout the Los Angeles area. Having a room full of diversity is refreshing, the participants are multi-cultural gay, lesbian, and transgender people that have come together to learn something new and get insight on situations that feel too perplexing to decode. Popular areas of discussions are marriage equality, racism in the gay community, sex and monogamy, and the evolving role of LGBT’s in a new America. We even hosted an event for the gender studies program at Cal State LA and let college students (of all sexual identities) ask the elders questions about coming out, breaking up, and healing gay-shame.

I’d like to share just a few take-aways from my time with the elders. Some of these gems are things they’ve shared and others are just my observations. You might disagree with some of

these and that's totally great, in productive dialogue there can be more than one idea expressed.

My take-aways:

- According to the Gay Elder Circle there's a difference between an elder and an older. An elder is someone who remains active in the community as a mentor, activist, or volunteer; offering wisdom and insight when necessary. An older is simply someone who's older.
- Just because you're old, doesn't mean you're wise. (That one's mine.)
- A romantic relationship will never, EVER save you.
- Across the board the elders agree that it's criminal to charge so much for a college education.
- In order for the community to continue to evolve we must create opportunities to mentor one another. The elders should mentor the adults and the adults should mentor the youth.
- Country line dancing is not only fun but it's a great way to get some cardio vascular exercise.
- Sex evolves with age... but don't worry, it's still happening in your seventies.
- "They" want us to stay distracted. Make sure you're paying attention and voting.
- Don't ever be afraid to say "NO, that's not okay and we won't stand for it."
- There should be a much stronger emphasis on inner-development. Technology, though necessary can stifle your mental, emotional, and spiritual growth. In other words, "put down your smart phone and read a book, engage in meaningful conversations, and take a walk in the park... without head-phones on."

This just scratches the surface of the pool of knowledge, humor, and ideas the elders have given me. Please tap into a vital resource and reach out to the elders in your community. Developing these relationships not only has the potential to expand our collective perspective, it offers the possibility of a future rich with wisdom.

[Click here for the Gay Tribal Elder announcement archives](#)

[Click Here for "Gay Tribal Elder with Don Kilhefner"
Archive of You Tube Talks and Appearances](#)

First Talk: "What Is A Gay Tribal Elder and Who Is Don Kilhefner?"

Second Talk: "Ancestors and Ancestoring"

Third Talk: Elders and Eldering

**Please forward this article to your personal or organizational email list.
Let's make the LGBTQ community a grassroots and netroots community.**

Animae Communitatis Colendae Gratia

(For the sake of tending to the soul of the community)

Don Kilhefner, Ph.D.

JUNGIAN DEPTH PSYCHOLOGIST

1324 North Stanley Avenue • Los Angeles, CA 90046

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"Gay elders don't whine, they organize"



Gay Men's Therapy Group

A focus on self-awareness,
understanding relationships,
personal growth & well-being.

Jim De Santis, PhD, CGP, Glendale, 818.551.1714

Licensed Psychologist #PSY10315

Certified Group Psychotherapist



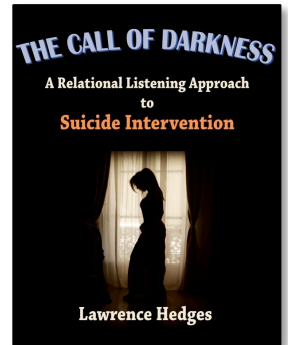
Lesbian and Gay Psychotherapy Association of Southern California, Inc.

6 CE Credits
Available



New BBS Mandate and Ongoing BOP Mandate
Note: this single class satisfies both the California licensing board's mandated suicide prevention class as well as the law and ethics requirements.

LAGPA
In cooperation with
The Listening Perspectives Study Center
presents



THE CALL OF DARKNESS: MANAGING SUICIDALITY IN CLINICAL PRACTICE

Sunday September 22, 2019 (see back for registration details)

Instructor: Lawrence Hedges PhD, PsyD, ABPP

Course Description:

This intermediate to advanced course for mental health professionals begins with the awareness that our ability to predict suicide is little better than chance and that at present there are no consistently reliable empirically validated treatment techniques to prevent suicide. However, Dr. Hedges will demonstrate that in the past three decades much has been learned about the dynamics of suicide and many promising treatment approaches have been advanced that are slowly yielding clinical as well as empirical results. Dr. Hedges will present the groundbreaking work on suicidality of Freud, Jung, Menninger and Shneidman as well as the more recent work of Linehan, Kernberg, Joiner and the attachment theorists along with the features in common that these treatment approaches seem to share. He will put forth a Relational Listening approach regarding the origins of suicidality in a relational/developmental context and will consider their implications for treating and managing suicidality.

Learning Goals:

At the conclusion of this class participants will be able to:

- Define what is meant by "psychache."
- Describe Joiner's interpersonal approach to understanding and managing suicide.
- State why reliable suicide research has not been possible.
- Explain the difference between "mourning" and "melancholia".
- Explain how a "split in the ego" can lead to suicidality.
- State how the attachment-abandonment dynamic can lead to instrumental suicidality.
- State how the connection-withdrawal dynamic can lead to lethal suicidality.
- Explain what can be learned in a "suicide autopsy".
- List four key elements in documenting suicidality that limit your liability.
- Define what is meant by "telescoped memory".
- Discuss why so many creative and famous people suicide at the peak of their careers.
- Explain why suicide is thought to be always dyadic despite the appearance of isolation and loneliness.
- Define "suicidal career"
- State the difference between "a cry for help" and "a cry of pain."

LAWRENCE E. HEDGES, Ph.D., Psy.D., ABPP began seeing patients in 1966 and completed his training in child psychoanalysis in 1973. Since that time his primary occupation has been training and supervising psychoanalysts and psychotherapists individually and in groups on their most difficult cases. He was the Founding Director of the Newport Psychoanalytic Institute in 1983 where he continues to serve as supervising and training analyst. Throughout his career Dr. Hedges has provided continuing education courses for psychotherapists throughout the United States and abroad. He has consulted or served as expert witness on more than 400 complaints against psychotherapists in 20 states and has published 19 books on various topics of interest to psychoanalysts and psychoanalytic psychotherapists, three of which have received the Grady award. During the 1909 centennial celebrations of The International Psychoanalytic Association his 1992 book, *Interpreting the Countertransference*, was named one of the key contributions in the relational track during the first century of psychoanalysis. In 2015 Dr. Hedges was distinguished by being awarded honorary membership in the American Psychoanalytic Association for his many contributions to psychoanalysis. To learn more about Dr. Hedges and his work, go to www.listeningperspectives.com



Free Event
for members
Free Lunch

6 CE Credits Available, APA for Psychotherapists

(Note: these professional classes typically cost \$150)

- Current Members (Free to Attend):
 - do not want/need CE credits — no charge
 - want 6 CE credits — \$90 (\$15 per credit)
- Not Current Member:
 - do not want/need CE credit — Simply become a member at regular prices (\$75 students/interns; \$140 licensed professional) and attend for free. *You gain two benefits— membership and workshop — all for the price of one.*
 - want 6 CE credits — Simply become a member at regular prices (\$75 students/interns; \$140 licensed professional) AND pay an additional \$60 (\$10 per credit reduced price). *You gain three benefits— membership, attend workshop, and receive CE credits at reduced price.*

Sunday, September 22, 2019 • 9 AM to 4 PM

Free lunch provided by Twin Town Treatment Center. There will be coffee and snacks.

Hosted at Twin Town Treatment Center.

8739 Santa Monica Blvd, West Hollywood, CA 90069

Paid parking in basement of building or street metered parking.

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

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

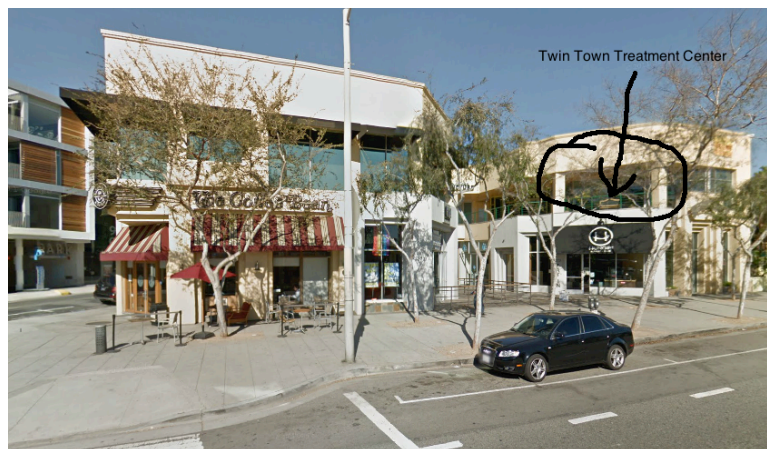
LAGPA

The Lesbian and Gay Psychotherapy Association of Southern California, Inc., (LAGPA), was established in 1992 as an organization of mental health professionals interested in the psychological well-being of lesbian, gay, bisexual, transgender, intersex, queer and/or questioning individuals. LAGPA membership benefits include discounts to all LAGPA events, including academic forums, social events, professional women's events, queer events, and the annual LGBTIQ Psychotherapy Conference. In addition, members also receive LAGPA's tri-annual newsletter "Progress Notes," an LGBTIQ resource directory, membership listing on the LAGPA website (www.lagpa.org), and the online LAGPA membership directory. LAGPA is an accredited provider of continuing education for psychologists, licensed clinical social workers, and marriage and family therapists. **Visit us at LAGPA.org.**

Continuing Education Credit Disclosure

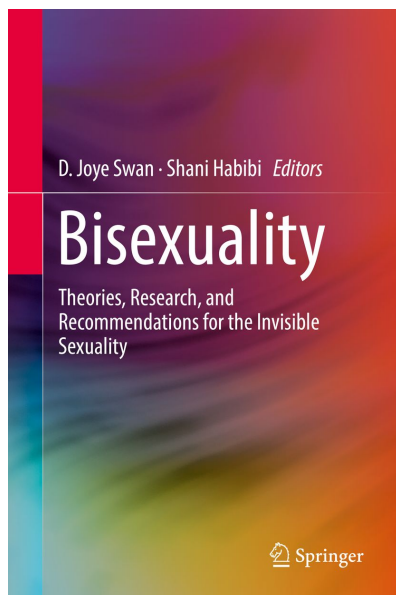
Listening Perspectives Study Center is approved to provide Continuing Education Credits for Psychologists, Marriage and Family Therapists, Social Workers, and Nurses. The exact number of credits awarded is equal to the number of contact hours for each event and is specified on the Syllabus and the Registration Form.

- APA CE Credits — Listening Perspectives Study Center is approved by the American Psychological Association to sponsor continuing education for psychologists. Listening Perspectives Study Center maintains responsibility for this program and its content.



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

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1st ed. 2018, XVIII, 198 p.
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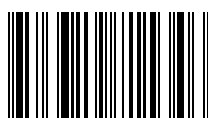
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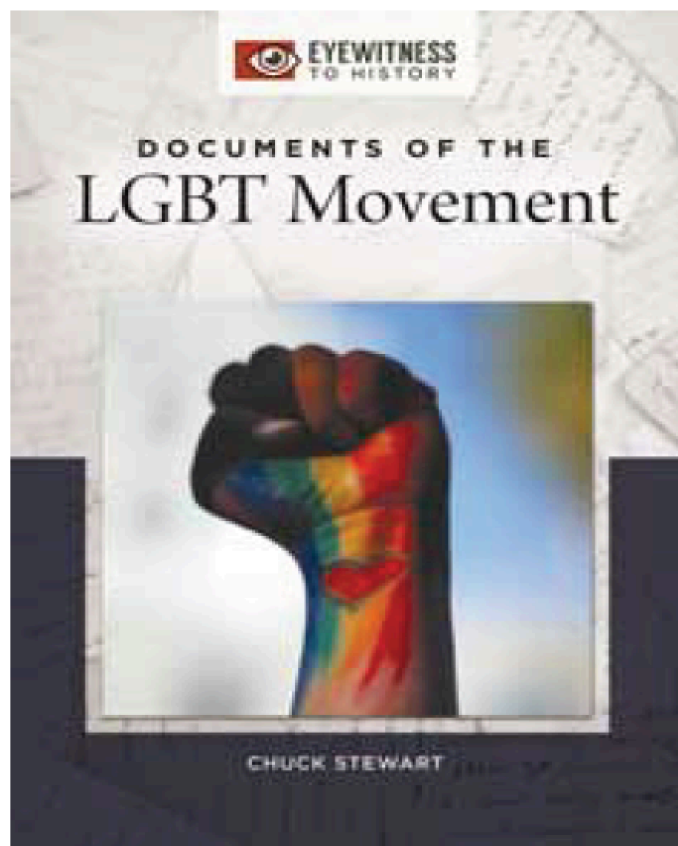
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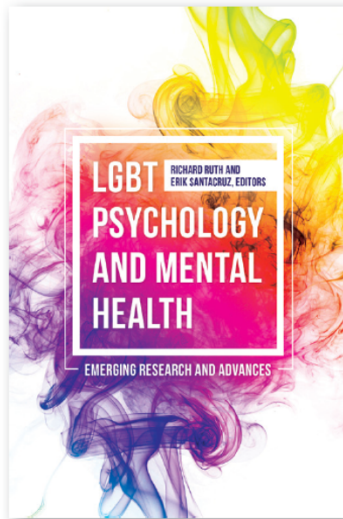
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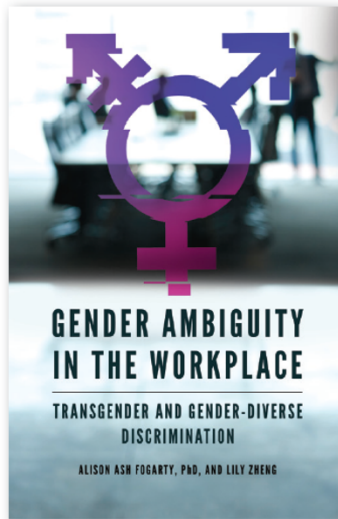
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New LGBT Research Titles from ABC-CLIO



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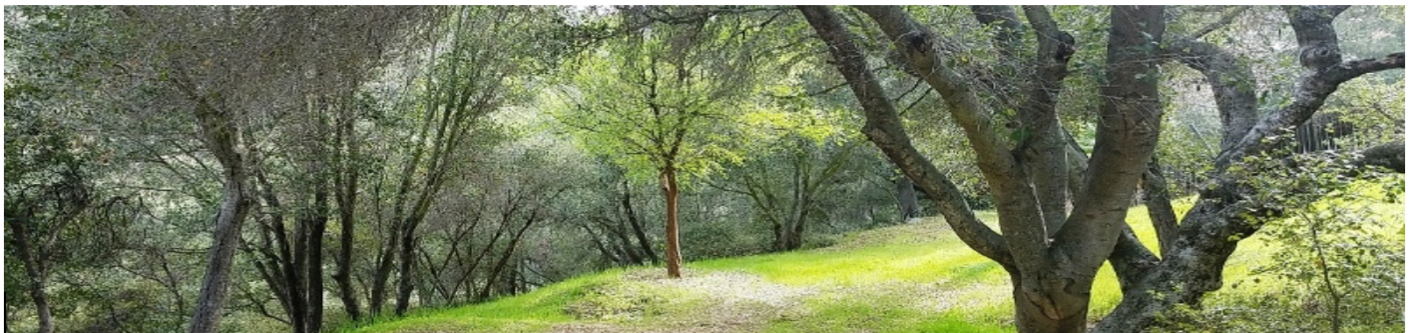


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Level

Experienced

Job Location

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Position Type

Full Time

Education Level

Graduate Degree

Job Shift

Day

Job Category

Nonprofit - Social Services

Description

POSITION SUMMARY:

Under the direction of the Behavioral Health Services Director, provide the appropriate level of behavioral health services for clients of APLA Health & Wellness. Staff will provide behavioral health services identified through a biopsychosocial assessment and promote health and wellness through services, advocacy and education with a focus on the needs of low-income LGBT adults including but not limited to people living with HIV/AIDS. Position will also provide community behavioral health services to other clients seeking services through APLA Health & Wellness.

ESSENTIAL DUTIES AND RESPONSIBILITIES:

- Complete behavioral health intakes, biopsychosocial assessments; develop a treatment plan that addresses the collaborative clinical goals of clinician and client and document treatment progress notes; provide treatment termination & case closure.
- Provide crisis counseling/intervention to clients and their social networks (i.e., partners, significant other, spouse, and immediate family member[s]).
- Provide individual, couple and group counseling, building a caseload with a goal of averaging 25 hours of billable services delivered per week.
- Provide behavioral health referrals, advocacy, and service information to clients and their support systems.
- Screen, assess, and plan appropriate interventions to minimize client risk of acquiring or transmitting sexually transmitted infections.

- Document services in eClinicalWorks and/or other charting and data collection systems as appropriate. Documentation will be performed in a timely and accurate fashion in accordance with program policies and professional standards of care.
- Adhere to all applicable professional, legal, and ethical standards of behavioral health practice in the provision of services, including but not limited to: mandated reporting, provision of effective services, case documentation, client confidentiality/HIPAA regulations, ensuring client safety, and maintaining professional boundaries.
- Attend trainings and case conference meetings as required.
- Prepare monthly reports and statistics as requested.
- Maintain client behavioral health files to ensure completed documentation required by funders and agency Quality Management Plan.

OTHER DUTIES MAY BE ASSIGNED TO MEET BUSINESS NEEDS.

Qualifications

REQUIREMENTS:

Training and Experience:

A Masters Degree in Social Work or PhD in Clinical Psychology; Current California license in good standing as a Licensed Clinical Social Worker or Clinical Psychologist. Ability to be credentialed as a Medicare and Medi-Cal provider.

Knowledge of:

LGBTQ behavioral health issues and effective treatment modalities; HIV behavioral health issues; ability to perform differential diagnosis using the DSM-IV; various theoretical orientations; treatment modalities; clinical techniques and interventions; treatment planning; biopsychosocial assessment; crisis intervention and reporting obligations.

Ability to:

Communicate effectively orally and in writing; organize work in an effective manner; work in a collaborative, interdisciplinary, fast paced environment; work effectively independently and as part of a team; communicate and relate to a variety of personalities, ethnicities, and sexual orientations; complete documentation in a comprehensive and timely fashion in accordance with APLA H&W policies.

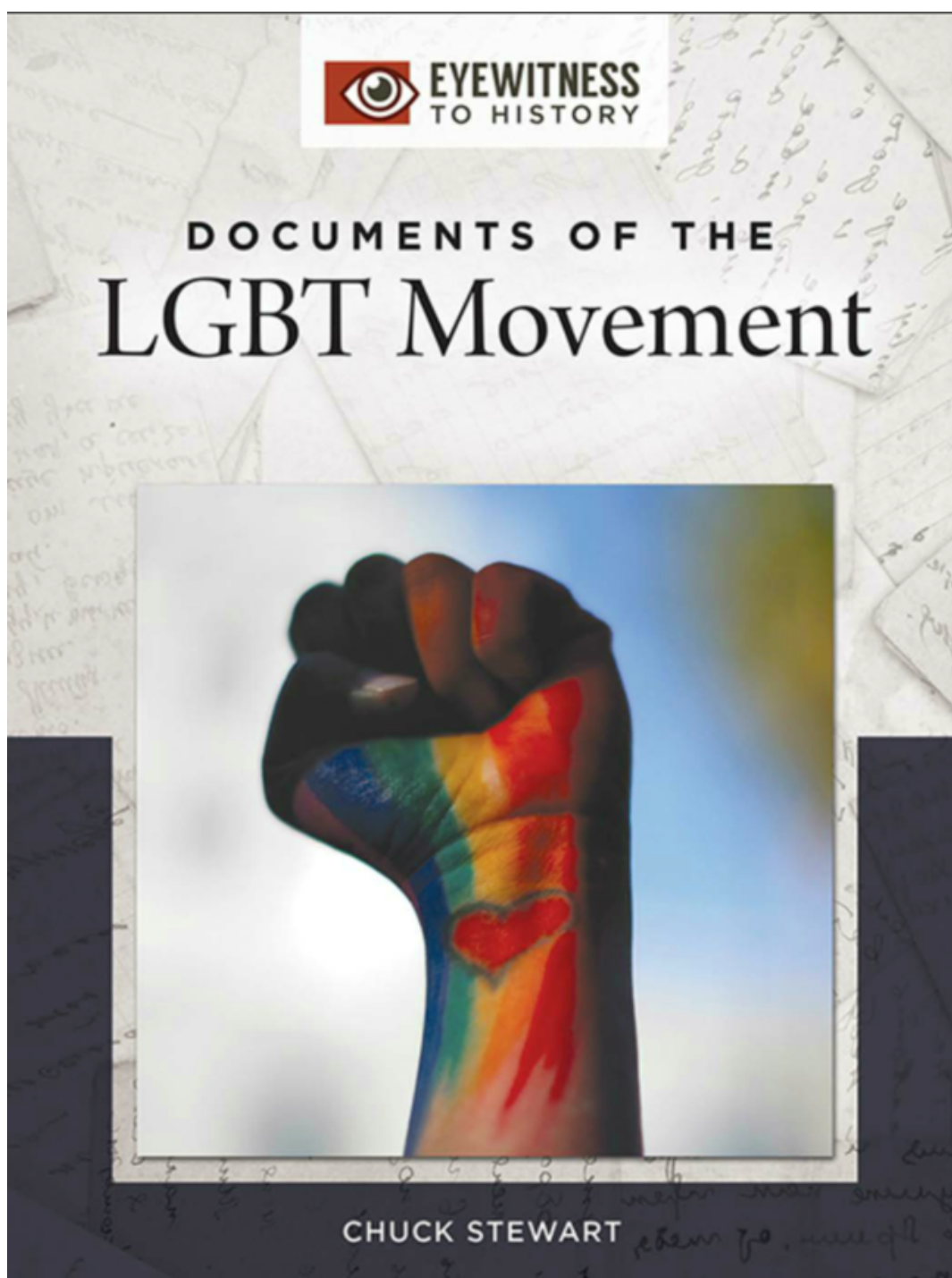
WORKING CONDITIONS/PHYSICAL REQUIREMENTS:

This is primarily an office position that requires only occasional bending, reaching, stooping, lifting and moving of office materials weighing 25 pounds or less. The position requires daily use of a personal computer and requires entering, viewing, and revising text and graphics on the computer terminal and on paper.

SPECIAL REQUIREMENTS:

Must possess a valid California driver's license; proof of auto liability insurance; and have the use of a personal vehicle for work related purposes.

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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

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Display Advertisement Rates

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

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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.

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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.

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.

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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.

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.

Spring, 2019

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