

Progress Notes.



Winter 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)

Help us develop our 2019-2020 Calendar! Send us your suggestions.

NEWSLETTER CONTENT

1. Executive Director's Report: Winter 2019 (page 2)

2. Editor Comment and Articles: Winter 2019

Mary Guillermin Comments (pages 3)

Student Comments on the 2019 LAGPA Psychotherapy Conference (pages 4-9)

- CSUN (page 4)
- Mount St. Mary's University (page 5)
- USC (page 5-9)

Entertainment News (pages 9-11)

- The "L Word" is Back (page 9)
- From Crazy to Sane – Or Am I? A Tale of Feminine Mysticism, Magic & Madness (pages 10-11)

Articles (pages 12-17)

- *A Somatic Perspective on the trauma of Growing up Gay* by Payam Ghassemlou MFT, Ph.D. (pages 12-14)
- *Advantages of Teletherapy* by Alexander Yoo, LMFT, MA, MDiv (pages 14-17)

3. In Memoria: Richard Gollance (page 17)

4. Booths at LACPA and CCAPP Conferences (pages 18-19 with lots of photos)

5. 24th Annual Conference (pages 22-36 with lots of photos)

6. Elections: Meet the Candidates (pages 37-39)

7. Winter Social (pages 45-54 with lots of photos)

8. Job Openings (pages 59-60)

9. Classified Ads (pages 62-63)



The end of the year is always a great time to review all of the activities LAGPA has enjoyed.

The social events were fun and varied. We held two movie nights in the spring: showing the classic lesbian-themed comedy “But I’m a Cheerleader” and then a month later we watched the very heavy but important film about forced conversion therapy in “Boy Erased.” The events were held at Chuck’s apartment with a potluck first and then the movie on his 8’x6’ video screen and surround-sound system. They were free events and an informal way to meet other LAGPA members. In July we hosted a movie for Outfest meeting many of our members at our booth. The pool party in August is always a big hit at the lovely home of Lilian Quon McCain in Beverly Hills. She is one of the past presidents of LAGPA and still

a supportive straight ally to our cause. Thank you, Liliane! The event was catered by Eddie Morgado and bar provided by Leslie of Pacific Wine and Spirits. It was a lovely day for a swim. Finally, we are wrapping up the year with a winter social being held at the architecturally important mid-50s home of Rob Weiss in Santa Monica. Most of our social events are joint events between the LGBT physician group— SCLMA, and the LGBT attorney group—LGBT Bar. We feel it is important to bring together the three groups to facilitate networking. Often clients need legal, medical, and counseling services. Hope to see you at one of our future social events.

One of the major functions of LAGPA is to provide cutting-edge educational workshops on topics of interests to our members. Because we are APA certified, we can offer CE credits to participants. It costs us almost \$4,000 a year to maintain our APA certification— considering all the required documentation, staff hours, and more. We are probably the only LGBTQI-centered organization to offer APA CE credits. We feel this is very important to maintain. In May, we hosted a panel on PrEP/PEP at Twin Town Treatment Center. The panel consisted of Diana Oliva from Gilead (who sponsored the lunch), Aaron Fox of the LGBT Center, Raul Quintero from the John Wesley Health Centers, and Sara Childers from APLA. Thank you all and special thanks to Gilead and Twin Town. In September, Larry Hedges conducted a 6-hour workshop on suicidality. Larry volunteered his time thereby allowing LAGPA to make some money off the event. This workshop not only met the requirement to take a separate course on suicide but also met the requirements for Law and Ethics. Thanks Larry. Always excellent. This time Twin Town not only provided the space but paid for the breakfast and lunch. Thank you. Really, I want to give a special thanks to David Lisonbee of Twin Town for his continued support all these years. LAGPA survives through the support of its sponsors.

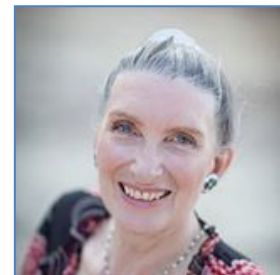
As usual, the conference was our big educational event for the year. It costs us about \$15,000 to put on the event and sponsors are an integral part of making this happen. We had a scare this year because in early November the event was canceled by Mount Saint Mary’s University administration. The Getty fire damaged their Brentwood campus forcing two colleges to share the downtown Doheny campus. As such, classroom space was limited, and all extra-curricular activities were canceled—including our conference. But, through the advocacy of Bernadette Roberts at MSMU, our conference was saved five days before November 17. About 105 people attended the event and everyone seemed pleased. Thank you, Bernadette. You saved LAGPA.

Which brings me to 2020. LAGPA is your organization. My function is to assist in making the board desires come true. But guidance comes from the board. In this issue is the slate of people running for the board. Now would be the time to come forward and volunteer to help LAGPA. Chuck Stewart

EDITOR COMMENT and ARTICLES: Winter 2019

By Mary Guillermin, LMFT & Co-President of LAGPA

Mary Guillermin, currently the Female Co-president of LAGPA and Newsletter Editor, an LMFT and a newly-minted solo show performer, loves being a part of the LGBTQ community and is happy to continue to be of service to LAGPA by serving on the Board.



Since the Fall newsletter, LAGPA has held its annual conference in the beautiful ground and spacious classrooms of Mount St Mary's University. As Chuck has told us above, the Conference was a great success. I really enjoyed the workshops I attended, as well as the great breakfast and lunch our chosen chef, Eddie, provides. I find it hard to cook scrambled eggs to such a moist consistency in small quantities at home! I was truly impressed. This year the students who attend at a discounted rate were fulsome in telling us how much they enjoyed the Conference. You can read their comments right after this editorial.

I had a transforming moment at the Conference which was due to an imaginative comment by Jacob Rostovsky who gave a presentation with John Sovec on "Affirming Spaces: Creating Transgender Affirming Practices". I felt comfortable from the beginning of the workshop because John Sovec created a very safe space. He encouraged us to, "put Judgment outside the door", and to feel free to bring up any thoughts. I took a risk and shared on the lines of what I put in my last editorial, which I quote here; "I admit that I am a lover of archetypes. I believe in Plato's Ideal Forms in the unseen world and that we reflect archetypes here below. So, in the case of human gender expression, I mean I enjoy femaleness and maleness. I have always embraced trans people who feel irresistibly drawn to the other gender. If someone identifies with the archetype of feminine or masculine, they definitely have my emotional and practical support." But, I admitted, I found it less easy to understand or fully embrace the blurring of maleness and femaleness in gender fluidity.

Jacob came up with what I thought was a stunning response. He spoke to my love of archetypes and said of gender-fluid people that they do indeed represent an archetype – one we find in ancient myths and video games – the archetype of the Shape Shifter. I felt an almost seismic response inside my body. That's right, I thought, that makes absolute sense! The Shape Shifter is a very ancient archetype that appears in myths all over the world; the soul that delights in taking different forms and expressions.

I was, and remain, very grateful for Jacob's imagination and sensitivity. His ability to tune into what would make sense to me will help him be a really good therapist. I had been given a way to understand people who had felt a little "other" to me when I didn't want to be feeling that way. I wanted to be able to accept all members of our Rainbow Community.

I have written about this here, not because I think others will feel about archetypes the way I do, but because this anecdote illustrates how we can have our minds opened if we want to be receptive and change any narrowness we may have. If you as a reader are aware of awkward or hesitant feelings towards any members under the umbrella of our community, please, absorb the inclusive spirit of the season and open your hearts and minds to all the colors of our glorious rainbow comrades.

Student Comments on the 2019 LAGPA Psychotherapy Conference

Editor's Comment: We had a great response from psychotherapy students who attended November's Conference. LAGPA offers psychology or social work students of several universities the chance to come to the Conference at a reduced rate in exchange for writing something for this newsletter. Some students submitted anonymously, and some gave their names. I decided to identify students by college and not individually. A big thank you to all of you who sent us your thoughts. I was impressed with your thoughtful and intelligent input.

CSUN STUDENT COMMENTS:

It has been a great experience attending the 2019 LAGPA Psychotherapy Conference as a CSUN grad student this November. I met so many intelligent and well-spoken colleagues and licensed practitioners. It was so beautiful witnessing the vast diversity of the professionals who have committed themselves to bettering the mental wellbeing of those in the LGBTQ+ community. Personally, I think this conference was very well organized and successful. I fully enjoyed each of the 3 workshops I attended.

Thank you for this wonderful opportunity to be able to attend the 24th Annual LGBTQI Psychotherapy Conference! The workshops I attended were; "Is 'Coming Out' Still Relevant?" with Dr. Alonzo & Dr. Buttitta; "Love Thy Neighbor: The Harmful Juxtaposition of Religion and LGBTQI Individuals with Cristine Chastain; and "Creating Transgender Affirming Practices" with John Sovec & Jacob Rostovsky. I found the topics to be helpful to me both personally as well as professionally. I felt that the presenters provided relevant and thoughtful personal disclosures that integrated well into their presentations. I appreciated all the attendees and presenters from different backgrounds who provided an insightful human quality when discussing sensitive topics. This conference was informative, interesting, and I got a lot out of it.

This is a response for the discounted ticket price. I found my time at the conference to be very enjoyable and informative. The presentations I attended were professional and were able to communicate the research on their topics clearly and concisely. The presenters themselves were friendly and open to questions and comments. The event seemed overall well organized making the schedule of events clear and making it easy to see where to go for each presentation. Mount Saint Mary's University has a beautiful campus which I think enhanced the atmosphere of the conference and made the whole experience pretty memorable. I also greatly enjoyed the catering that was provided, it allowed me to be refreshed and better engaged in the conference. Overall, I think it was a great conference and I look forward to the next one.

I want to first thank you for making this conference accessible to students at a low cost. This was truly an enriching experience and I gained more out of it than I could have imagined. The conference itself was well structured and the speakers were extraordinary. I myself do not identify as LGBTQIA+, but many of my close loved ones do and this is a population I hope to work with in the future. I learned valuable information that I can take with me moving forward in my education as a clinician and within my own group of colleagues. The topics that were touched on throughout the conference were extremely unique

and relevant within multiple aspects of the human experience. The presentation on the juxtaposition of religion in LGBTQIA+ individuals was eye opening and was advocated for appropriately and beautifully. The presentation on cultivating empowerment and preventing suicide within the LGBTQIA+ community was extremely informative and adaptable to multiple populations. I gained much insight and knowledge on very important topics that I can apply in multiple areas of my future practice. Thank you so much for allowing us to be part of this experience! I hope to attend more conferences like this in the future!

MOUNT ST MARY'S STUDENT COMMENT:

Thank you for inviting the Mount community to the conference.

Attending the 24th annual LAGPA conference was an amazing experience. I liked that the conference had community outreach for LGBTQI, information for families, available resources, and workshops on various topics such as addressing bias discrimination. The different workshops acquainted me with tools, present-day information, and techniques that I can use in my marriage family therapy program and for the future. Specifically, I learned about hypersensitivity and that hypersensitivity is innate in people which can have lifelong effects. In addition, I learned that I am a hypersensitive person after taking the questionnaire. I also learned the history of the LGBTQI community which I found helpful and I thought was great to know. Overall, the conference was very informative, and I enjoyed networking with other people and professionals.

USC STUDENT COMMENTS:

I really enjoyed the LAGPA conference today, especially the first speaker and the keynote speaker. The first speaker, who presented on ChemSex and the coupling of meth use and compulsive sex, created a comprehensive view of her work as she described the basic cycles of shame and use as well as helpful treatment tips for her clients. For example, she utilized a cord from the projector in order to physically demonstrate the Window of Tolerance, a concept that I had only previously seen delineated on a white board or PowerPoint slide. Using her body to convey the concept of social engagement ability was extremely helpful in understanding what that looks like for people who struggle with a narrow "window." The keynote speaker seemed brilliant and extremely dedicated to the subject. I enjoyed the pace at which he presented the slides, which was a bit faster than most presenters. It was as if he respected the intelligence in the room and knew when to expound on certain notes and when to simply mention them and move on. The statistics he presented were particularly staggering, and I appreciated the multicultural components, which seemed scarce in other workshops.

I wonder if LAGPA screened some of the presenters, particularly the workshop on religion and the LGBT identity. This presenter was very biased and presented religion in a sarcastic, almost dismissive way. I would be surprised if the board heard her presentation and still allowed her to present the material as it was presented to us. I also wonder if perhaps next year, each speaker could deliver a quick elevator pitch at the beginning of the day in the auditorium. This way, we could be a little more informed of content behind the various workshops and the vibe of each presentation. Had we the opportunity to observe each speaker before committing to our schedule, I probably would have chosen differently. I noticed there was little mention of the "L" in LAGPA. Workshops on the lesbian community might be of interest to some folks. All in all, I had a wonderful time today and thoroughly enjoyed it. I learned so much and I am grateful for the opportunity to participate in a professional conference that specializes in a population so dear to me.

Editorial Comment: Thank you to this student for raising these questions and suggestions. The LAGPA Board puts out a call for papers to potential presenters well in advance of the Conference. We choose as diverse a range of topics and presenters as we can based on the submissions we get. Speaking for myself, I'd be really glad if the L for Lesbian was better represented, but that does depend on who submits to present. We do encourage interns to present as well as established therapists and academics, so please feel free to submit a proposal before you get your license. Having a pitch before the workshops would be good if there was time. However, the day is fully packed already and I don't think there is time to accommodate this suggestion.

I am so glad I attended this conference. Along with networking with other individuals, it was an honor to learn more about the experiences of LGBTQIA folks directly from members of the community and what to be aware of when working with clients from this population. The "Trauma-Informed Approach to Treating Gay men with Chem-sex and Addiction workshop" had a sufficient amount of psychopharmacological information on meth. The presenter gave an excellent visual representation of the cycle of addiction and provided attendees with a brief demonstration of how trauma and prolonged meth use affects the window of tolerance. Also, I loved their twist on the three stages of the stress response: "Fight, Flight or Fuck." They also talked about how individuals who are addicted to meth have a depletion of dopamine and, therefore, cannot accurately read facial expressions, engage in the joining process of therapy and spend time intensely gauging trust of the therapist/therapeutic environment. Further, I enjoyed the experiential process of the Introduction to Body Psychotherapy for LGBTQ Clients, we were provided with detailed information on developmental trauma and LGBT clients, somatic regulation and worked in dyads to practice guiding a proprioceptive experience. I'm incredibly interested in healing trauma through physiology via body psychotherapy and Gestalt techniques as well, so this workshop was very relevant to me.

I enjoyed participating in the conference today. The content of the two workshops I attended was intriguing and informative. The first workshop discussed the act of "coming out," which is now seen as commonplace but still creates challenges for LGB clients. I did appreciate that the presenters explained much of the relevant history so that the development of this discourse was presented in a continuous fashion. The second workshop covered the topic of religion and its relationship with LGB individuals. It was fascinating how the presenter explained the contexts of all six verses in the Bible that mentioned the concept of homosexuality, a construct that does not exist in either Hebrew or Greek languages. On the other hand, it seemed to me that the second workshop was less content-heavy, but I would like more information about how other religions than Christianity relate to LGB people. Overall, my experience was very positive.

I went to two workshops, 1B (coming out) and 2B (religion), and the speaking on meth. Overall, it was a great experience of meeting with many therapists and students and learn and expand my perspective on the LGBTQ population and its therapeutic issues. I truly enjoyed all the experiences I had today, especially since I was not too familiar with the population. I personally found the "coming out" workshop most informative and relevant to my work; I liked how it touched upon the timeline of the issue focusing on minority stress, internalized sexual stigma, and intersectionality. I learned how to address/approach these issues to my clients and even to my acquaintances. Since substance abuse is a big societal issue, Dr. Fawcett's presentation was very informative as well. I never linked the substance use with this population

previously, and now I can see the connection of such high use and risk of substance abuse (not only meth) and this population.

However, the time of each workshop felt too short to cover the topics more in depth, but it attracted my interest and I think I will look into the topics on my own now. I understand that there are no cookie-cutter interventions, however, it would've been more appealing if there were more workshops focusing more on various therapeutic approaches that we can use with our clients of LGBTQ population with different issues.

Today's conference was awesome and I am so glad I attended. I learned something at every workshop; however, I especially appreciated the morning workshop on coming out and the afternoon workshop on body psychotherapy for LGBT clients. The morning workshop's historical overview of significant LGBT events/movements and of the Cass and Jhang models were invaluable. I also appreciated the clinician's attention to intersectionality and to the fact that clients may be out in some contexts but still be "passing" in others. I'm grateful that Dr. Buttitta's shared her own experience of being accepted by her family but struggling with her identity as a gay mother. Finally, it was good to be reminded of the three factors that weigh on the LGBTQ community (and other marginalized communities): intersectionality, internalized stigma and minority stress.

The afternoon workshop on body psychotherapy was equally informative and enlightening. Mr. Lepore spoke to us about how developmental trauma disrupts the process that allows for interoception and proprioception when we are children. Somatic, or body psychotherapy, can reconnect us to our experiencing of ourselves through the recognition of bodily sensations. Mr. Lepore emphasized that the power of this kind of therapy is not the development of insight that leads to a change of behavior; but, rather, the experiencing and deeper knowing of the self that happens when bodily sensations are observed and tracked over a period of time (since feelings and experiences are stored in the body as sensations). When we broke into dyads to experiment for 5 minutes, I had a profound moment of realization that rose out of simply feeling my right hand on my diaphragm. This approach makes so much sense to me and I am excited to try it with clients.

The facilities and food were great, the speakers were informative and engaging and I learned a ton at an amazing price.

I enjoyed attending the conference and getting to know people from other organizations. Although it was a smaller conference, it was great to have autonomy in attending different workshops and getting to learn new techniques to apply to my novice skills. I wasn't a huge fan of the date and time, but I figured that a Sunday conference was easier to deal with considering the school location.

I found that learning about highly sensitive people and how they oftentimes get misdiagnosed with different disorders was very helpful in implementing into my therapeutic style. Although the overall recommendation for application was empathy and positive regard, it was great to learn about additional techniques that benefit these clients, especially the LGBTQ+ community. In this workshop, it was helpful to learn about ways in which the client needs support such as being heard, self-care skills, and a more calming

environment. I think these skills are great to implement across most populations and is good practice for a multitude of clients. My favorite workshop was about suicide. This presentation walked through steps in which we can take if a client is thinking about suicide. It was a "Do's and Don'ts" of what to say and how to react which I really liked. It was beneficial to hear that it is better to be honest than passive when talking about suicide.

Overall, I look forward to attending more conferences throughout my academic and professional career. I really like learning from different perspectives to get a better understanding of diverse populations and how to better accommodate their needs.

It was really cool being able to go to a conference with faculty and other classmates. I feel that it really shows a sense of community. My favorite workshop was from first session, which covered chemsex with gay men. With it being a niche topic, I found that a majority of the material was new for me. At the same time, I really enjoyed how the presenter applied issues from the community with the addiction model and cycle of trauma. The presenter did a demonstration of the window of tolerance, which made the presenter's conceptualization much more understandable. I also felt that the audience's questions were engaging, and it facilitated a conversation rather than just a Q&A.

The other two workshops were okay. I guess I was expecting more integration of the topic specifically to the LGBT community and understanding more of the sociopolitical implications as well. During lunch, I have a lovely time talking to a previous LAGPA board member/psychologist. He was sharing his experiences and gave some advice to the 2nd years, especially on how to be "marketable."

Feedback:

- Really appreciated how this event was so close to USC
- Catering was above and beyond
- Would love to see the keynote speaker present workshops
- Possibly test out technology before hand (there was quite a bit of technical issues)
- Some powerpoints were text heavy

In general, today's experience is really fresh and eye-opening. The first workshop I joined was about the coming-out process. I am interested in this topic because I am considering coming out to my parents one day. The workshop introduced the history that the LGB community had been through in the beginning, then the classic and current models of the coming-out process. After the workshop, I felt some of my personal concerns starting to make more sense. For example, one of my concerns about coming out to my parents is once they know that I am a lesbian, they will have a hard time thinking about how to explain to their friends, parents, and relatives. The new model validated this concern and told us it was necessary to think of that. Besides, this workshop also enlightened me to think about possible situations or stages that my future clients might be in. The most important take-home message that I learned from this workshop was "learn about their situations first" and "no pushing of coming out".

The second workshop is brand new to me because I identify myself as an atheist, and the workshop is about religion. I really loved the way the instructor presented. She was authentic and really thoughtful, and so was her speech. This workshop broke some stereotypes I had toward religious people. I used to think that people who have religion, especially Christianity, have no doubt about the Bible, and they

deeply buy-in. Her presentation shows me that there are Christian people who read carefully and think critically about the Bible, and LGBTQI individuals who are also Christian have actually suffered the most from their religion. It could be incredibly hard for them to have both a privileged identity, Christianity, and an oppressed identity, LGBTQI at the same time. I am so glad that I have joined this workshop, and I hope to join more workshops like this.

I think these two workshops are all good, and so is the conference, but I think it could be better to have some Asian speakers to share their experience and field of interest. Also, I really wish I could have joined all of them, and I am wondering if we can have the slides or resources of workshops that we have not entered.

ENTERTAINMENT NEWS: for the LGBTQ Community

First off, calling all lesbians and bi-sexual women with gender fluid people having an interest too, did you know “The L Word” is back! It’s only on Showtime – which I added to my cable channels just to see this show. It feels so good to see a story so focused on our community.



‘The L Word’ Is Back With Sex, Glamour and a Wider Lens

A decade after the pioneering original ended, “The L Word: Generation Q” includes a group of new young cast members from across the L.G.B.T.Q. spectrum. Can the series still break ground in 2019?

During its six-season run from 2004-2009, the series found success in part by adding generous (some said unrealistic) helpings of sex and glamour to its already groundbreaking concept: TV’s first ensemble cast of lesbian and bisexual characters, presented in a way that felt fun — more aspirational than angsty. It’s a quality the makers of the reboot, “The L Word: Generation Q,” which debuts Dec. 8, hope to recapture, updated for a culture and a TV landscape that have changed seismically since 2009. The sex and glamour remain. So do Beals, Hailey and Moenig. But joining them is a group of younger, more fluid, more diverse cast members (the “Q” stands for queer) who grew up with “The L Word” but in many ways grew beyond it.

In 2009, gay marriage was still banned in California. In 2019, people state their personal pronouns in email signatures and Twitter bios. The ground has shifted, and at a time marked by gender-neutral bathrooms and historic highs of L.G.B.T.Q. representation on TV, the questions arise: Can “The L Word” still speak to the current moment? Can it still break ground? Marja-Lewis Ryan, the showrunner for “Generation

Q,” argued that the younger generation still needed characters to look up to and identify with — perhaps more than ever given the lack of dedicated spaces for gay and bisexual women.

“One of the things that ‘The L Word’ was originally, that I maintained, was aspirational,” said Ryan, who was a teenager when she first saw the original. “That’s the joy of the show,” she added. “We’re riding that line between glam and reality. You should be able to see and feel moments that feel real, with just a little bit of magic.”

From November 11, 2019 in the Television section of the New York Times.

.....AND TALKING OF MAGIC (and incidentally, archetypes too): Come and see your very own Co-president in her first ever Solo Show!

“From Crazy to Sane – Or Am I? A Tale of Feminine Mysticism, Magic & Madness”.

Details of the premiere performance below in SOLOFEST, the largest one-person show festival on the West Coast. Solofest runs from January through March at the Whitefire Theatre on Ventura Blvd in Sherman Oaks. The themes are very diverse and there are several solo shows that I know of written and performed by lesbians and one by a gay man, Jacob Seidman.

Check the Solofest website or my director’s website to see which shows you might like to see. Any and all of the shows are interesting for therapists as people interested in the challenges and triumphs of ordinary people’s lives. In the telling, those lives become extraordinary.

Solofest details @ www.whitefiretheater.com

And for details of my show and others directed by and developed with the talented Jessica Lynn Johnson see, www.jessicalynnjohnson.com -- “Upcoming Solo Shows” under the Events tab on the menu bar.

FROM CRAZY TO SANE... OR AM I?

A TALE OF FEMININE MYSTICISM, MAGIC & MADNESS

WRITTEN AND PERFORMED BY
MARY GUILLERMIN

DIRECTED BY AND DEVELOPED WITH
JESSICA LYNN JOHNSON



WEDNESDAY
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AT 8PM

SOLOFEST 2020
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A Somatic Perspective on the Trauma of Growing up Gay

By Payam Ghassemlou MFT, Ph.D.

For almost three decades, I have immersed myself in the life stories of many people of the LGBTQ community who had painful homophobic and transphobic upbringings. Many of the gay men's personal narratives that I have heard are not very different from my own. Regardless of national origin, we are part of a tribe with similar stories of growing up in a homophobic and heterosexist world where our gayness was repeatedly assaulted. We are everywhere, and unfortunately so is homophobia.

Many gay men have shared with me that as long they could recall they always felt different. They were unable to articulate why they felt that way, and, at the same time, they did not feel safe to talk about it. Some knew this feeling of being different was related to something forbidden. "It felt like keeping an ugly secret that I could not even understand," described one person. Other gay men have disclosed to me that this feeling revealed itself in the form of gender nonconformity, which could not be kept secret. Therefore, it made them more vulnerable to homophobic mistreatment at school and often at home. Gay men of color reported even worse experiences due to the additional stress of racism and racial bullying.

Many school-age children organize their school experiences around the notion of not coming across as different, in particular, queer. Any school-age child's worst nightmare is being labeled faggot, which was commonly experienced by many gay individuals who did not flow with the mainstream. Educational institutions felt like a scary place for many of them who were scapegoated as queer growing up. Therefore, they had to cope with a daily assault of shame and humiliation without any support. This is a form of child abuse on a collective level, and it needs to stop.

So much has been written about the devastating impact of homophobia on gay people's psychological functioning but not enough on the biological impact of it. It is important to understand how repeated hateful acts toward gay youngsters can impact the way their bodies and minds function, including the functioning of their nervous system. Unfortunately, this also applies to any child who is a target of hate and abuse. As Peter Levine, the founder of Somatic Experiencing, stated, "Trauma is not in the event, but in the nervous system." Based on my personal and clinical work, I also concur that trauma becomes embodied during a person's life and can affect the working of the autonomic nervous system ("ANS"). Much of the healing from this trauma needs to happen through the body. In particular, the nervous system needs to be regulated.

The ANS is the part of the nervous system that governs the [fight, flight, or freeze instinct](#) and is responsible for the unconscious bodily functions like breathing, digesting food, and regulating the heart rate. It also plays an important role of supplying information from our organs to our brain. The ANS can become dysregulated due to the thwarted responses of fight, flight, or freeze in the aftermath of trauma.

The ANS is central to our experience of safety, connection with others, and our ability to bounce back from life's overwhelming experiences. This ability to recover defines resilience and requires the help of our ANS to keep us in our "window of tolerance", which has been defined in the book *Nurturing Resilience* by trauma specialists Kathy Kain and Stephen Terrell "as the zone where we effectively

process environmental signals without becoming too reactive or too withdrawn, given the circumstances.” The window of tolerance as a framework is very helpful to understand where we feel safe, unsafe, and how to expand our optimal arousal zone.

Stephen Porges’, Bessel van der Kolk’s, and Peter Levine’s research and writings have significantly re-worked my understanding of how the nervous system responds to threat and trauma. Drawing from their work and my decades of experience, it is my understanding the ongoing stress from homophobia can activate a youngster’s nervous system and “unresolved activation will be stored in the body as bound energy and manifest as trauma symptoms.” In other words, under a daily homophobic assault, a child’s sympathetic system (“stress response” or “fight or flight” response) gets overly activated. Often during such stressful situations, neither fighting nor fleeing can resolve the overwhelming situation, and the thwarted or incomplete fight and flight responses can become “trapped” within the body and dysregulate the nervous system. Such a dysregulated nervous system is more likely to get stuck on “high” or hyper-arousal. Anxiety, panic attacks, rage, hyperactivity, mania, hypervigilance, sleeplessness, exaggerated startle response, digestive problems, and many other symptoms are the result of a dysregulated nervous system that is stuck on “high” or hyper-arousal.

According to many studies, gay individuals who experienced homophobic related stress showed increased production of the stress hormone cortisol compared to peers in safer environments. This experience of being stuck on “high” continuously activates a person’s stress response system, which leads to the release of stress hormones. Research in this area has shown overexposure to cortisol and other stress hormones leads to numerous health problem including headaches, oversensitivity to touch or sound, weight gain, heart disease, concentration impairment, and sleep disturbance.

On the other hand, there are gay men whose nervous systems are stuck on “low” or hypo-arousal, which can result from being terrorized growing up with no hope of protection. Faced with isolation, confusion, physical violence, not being valued, and carrying a secret that the youngster connects with something terrible and unthinkable is too stressful for any child to endure, especially when there is no empathic other to help him sort it out. Such experience is often beyond the youngster’s “window of tolerance.” This is when the dorsal vagus can shut down the entire system, and the mistreated youngster can go into freeze. In other words, the youngster suffers in silence with numbness or dissociation as his only available survival mechanism.

Stephen Porges, the founder of Polyvagal Theory, has expanded our view of the vagus nerve, one of the largest nerves in the body and a major part of the Parasympathetic system. The word “vagus” means wandering in Latin. The dorsal vagus is a branch of the vagus nerve which is a much older part of the nervous system. Dorsal vagus regulates organs below the diaphragm. Dorsal vagus is instrumental in activating the “shutdown” of the body as discussed in cases of overwhelming fear which can result from homophobic mistreatment. This automatic survival mechanism can become a long-standing pattern of how individuals might cope with fear and stress in life. For example, people whose nervous system is stuck on “low” or hypo-arousal when faced with life stresses can default to shutting down, disassociation, chronic isolation, detachment, numbness, and suicidal thoughts.

In my counseling work, I have noticed when the nervous system gets stuck on freeze, when numbness and detachment become a gay man’s dominant state, he is more likely to engage in risky behaviors as a temporary relief from inner deadness. Thrill seeking behaviors such as sexual acting out, excessive

gambling, and crystal meth (crystal methamphetamine) use are ways some gay men escape the emotional flatness that results from experiencing the hypo-arousal state. The same behaviors can also be used to cope with ongoing activation of the fight or flight response. One person might turn to substance abuse to escape his inner deadness and another person might use it to dampen his anxiety that often results from being stuck in a state of hyper-arousal.

As Peter Levine stated, “Trauma is a fact of life. It does not, however, have to be a life sentence.” For those of us who have had painful struggles with homophobia, life after the closet needs to include dealing with memories of homophobic mistreatment that can lie dormant in our body. Recovery from it needs to start with resourcing and then progressing to completing the thwarted responses of fight, flight, or freeze. Such healing can reset the nervous system and restore inner balance. In *Body Keeps the Score*, Dr. Bessel van der Kolk writes about a body-centered approach to healing which allows “the body to have experiences that deeply and viscerally contradict the helplessness, rage, or collapse that result from trauma.”

How far the LGBTQ community has come in our struggle for equal rights reflects how brave we are as a community. Our bravery can continue by facing traumas we experienced growing up in oppressive environments that did not nurture our true essence. Not every LGBTQ person felt traumatized growing up, but those who did can benefit from the vitality and the sense of liberation that comes with incorporating somatic work as part of the healing process.

The Somatic Experiencing Trauma Institute offers trainings and seminars on the biology of traumatic stress reactions. They also offer tools on how to bring the body-mind-spirit back into balance. Participating in their trainings has enhanced my ability to help others who are interested to tap into the wisdom of their bodies for healing and growth. There are many other institutes that offer body-centered approaches toward healing which reflect the increased popularity of such work.

© Dr. Payam Ghassemlou MFT, Ph.D. is a Licensed Marriage and Family Therapist (Psychotherapist), in private practice in West Hollywood, California. www.DrPayam.com ,

Advantages of Teletherapy **By Alexander Yoo, LMFT, MA, MDiv**

What is Teletherapy? Also called distance therapy, teletherapy uses technologically-enhanced ways to deliver psychotherapeutic treatment. This most often includes video but can also mean messaging, phone, email, and chat. We have more opportunities through telehealth to deliver better, more immediate, more successful care to our clients. If you haven't yet utilized teletherapy, I'd like to introduce you to the strengths and merits of teletherapy over traditional in-office therapy.

The questions fellow clinicians will often ask when approaching telehealth: “Isn't it impersonal? Don't you feel like you lose some of the connection necessary for the development of the therapeutic relationship?” thinking that with distance therapy you lose whatever strengths come from being in the same room, breathing the same air, and being in the immediate presence of the client.

I have found that rather than diminishing therapeutic efficacy, telehealth improves it. Telehealth, in fact, offers greater intimacy than in-office therapy. Through video, I am up close to the client's face, often mere inches away. I can see and hear more of them than I would in an office, their breathing, the subtleties of eye movements, detailed expressions, furrow of the brow. **I assert that when we say “face-to-face therapy,” we are actually describing video therapy, not the traditional model of therapist and client sitting some distance from each other in an office.**

Even with phone, we are essentially cheek-to-cheek. I'm right in their ear, pressed up to their face. I can catch the changes in breathing, the tension in the vocal cords, the nervous swallow.

With video therapy, I can see their home environments, the way they live. The room behind them, the amount of clutter, the levels of light. I see them interact with their pets and therapy animals. They can use their therapy blankets, scents, and other self-soothing methods *while in session*. The client can also engage with you anywhere they feel comfortable during video, and of course chat, messaging, and text. They can talk from their cars, or while walking in the park. I ensure as much confidentiality as possible on my end, for example, soundproofing my home office, and it's the client's choice as to where they do the session, with an understanding of the confidentiality agreement (more on how to customize your virtual office later).

With both video and phone, I am a voice in their ear, giving me so much more breadth of expression to convey empathy and presence. Clients will often feel freer to share because of the familiarity of using video, phone, text, and chat – the same communication methods they use with their coworkers and friends – and the comfort of being in their own bed in their sweats. More vulnerability leads to fewer barriers to communication overall.

I encourage clients to use whatever way they can to put words or expression to thoughts and feelings, for example, drawing, writing it out, typing, pantomiming, or waiting for a mute period to end, whatever helps the client in the moment. Video therapy is very conducive toward this practice. Sometimes if a client can't find the (spoken) words, I'll encourage them to use the chat feature in the app, and then the words can flow, *while* I observe their facial reactions.

Video therapy offers even more of what in-office therapy cannot, such as consistent, accessible treatment for those from far reaches of the state, those needing discretion, or those with busy professional lives, physical disabilities, severe anxiety, or lack of transportation. Examples of the kinds of people for whom I have provided distance psychotherapy (often overlapping categories):

- Clients in remote, rural areas
- Cis men embarrassed to seek therapy, some in farming communities
- Medically underserved communities
- Trans, gay, queer adults/adolescents/college students in isolated communities without competent LGBT healthcare in the area and for whom being exposed as LGBT would have literal life-and-death consequences
- Individuals and communities that even in the wider gender and sexuality spectra encounter lack of understanding and derision, closets-within-closets
- Lack of public transportation and hours-long drives
- Clients with severe PTSD manifesting as agoraphobia or extreme distress when driving
- Clients who work overnight and cannot come into an office during conventional hours

- High-profile individuals
- Clients with busy, high-stress jobs in STEM, attorneys, other professionals
- People in relationships or members of a family living in different parts of the state
- Chronically ill clients or Elders who are home-bound, in residential facilities, or who have limited mobility and transportation
- Holidays and other stressful interactions with family of origin – especially queer/trans clients – when clients need more frequent sessions to manage family abuse

Here's an example of what I'm talking about. A couple, both individuals trans+, lived several counties away from Los Angeles. They were forced to plan their whole day around the in-office therapy appointment. They could not find therapists with sufficient competency in their mostly rural and sparse community. Having choices in competent, skilled healthcare is a basic human right, and no one should have to settle for poor treatment. Through teletherapy, they were able to find relief, support, and resources without upending their lives.

I can say with absolute certainty that the availability and usage of teletherapy has helped to save lives, at least in my practice (I wouldn't initiate telehealth with someone actively suicidal). Statistics abound warning of the relatively higher incidences of mental illness for LGBTIQ+. Our own stories tell us how in an already systemically and acutely oppressive world, how much worse it is for queer/trans folks and people from other marginalized groups.

I've been incorporating telehealth in my practice for well over a decade, and the methods of execution and philosophy around its use change frequently, inexorably. Be aware of current language and linguistics (memes), the role of social media in political movements, and the changing nature of community and family structures. Many clients whom you will treat through telehealth will by default live in an interconnectedness that we haven't seen before.

Flexibility is my greatest strength. I have a different schedule week-to-week, a combination of real-time chat, video, phone, and in-office psychotherapy. All of this is totally time-flexible and moveable.

This flexibility saves so much time, money, and most importantly, physical, emotional, psychological, and physical health, it allows tele-therapists to see more reduced-fee clients comfortably. We can reach more underserved people *without* sacrificing making a living!

Additionally, flexibility benefits both clients AND therapists with chronic illness, invisible disabilities, neurodiversity, and high sensitivity (HSP). Many of us are wounded healers, and with our creativity we model alternatives to the archaic and harmful 40-hour workweek. We don't have to force ourselves to fit into artificial constructs out of fear of not making a living or making a life. After all, that's part of why we're OUT therapists, whatever that means for the individual, so we can live authentically and freely.

I use high-powered, professional computing devices, high-speed internet, and a soothing visual setup to ensure the most effective and accessible face-to-face psychotherapy. Spend time putting it together – plenty of websites have tips on how to optimize video conferencing and create a video-professional home office. Put some effort into it! Respect the work, the therapeutic process, the clients. You also need to give yourself time to check everything before you start the session. What about technical difficulties? Make sure you're using as best tech as you can, but keep in mind, most of the people who use

tech as their main method of communication take as normal the occasional lag. In whatever environment, use the best you can and be as professional as you can.

You might be thinking about compliance with laws, ethics, and best practices. You can find multiple HIPAA compliant versions of video, phone, email, messaging, attachments, and file transfer. EHR management systems already bundle any number of these services into packages. Compare services or cobble together a system that works for you. We can't be afraid to learn new things for fear of potentially breaking a boundary. Be able to explain the reasoning behind any choices you make. Make it clear in your consent form of what to expect and reasonable risks of teletherapy. Ultimately, we're in the business of helping and healing. Don't let fear or inexperience get in the way. Learn and improve. Providing innovative and creative treatment takes us closer in the direction of doing the most good and improving best practices.

Are you ready to customize the teletherapy component of your practice? I offer consultation on the cutting-edge complexities of telehealth, queer/trans+, underserved sexualities, genders, and families, spirituality, and one's relationship to the body. Find me on social media, email me at therapy@alexanderyoo.com, or call/text me at 323-834-9828.

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BOOTHS AT LAGPA AND CCAPP CONFERENCES



LAGPA sponsors a number of booths at other conferences in the S. California area. It helps spread our name to other organizations and potential members and sponsors. Sometimes, our member volunteers help staff the booth giving them the opportunity to promote not only LAGPA but their own private practice. Have you thought of helping with one of our outreach booths?

In November, we hosted a booth at the L.A. County Psychological Association held in Culver City. LAGPA is the longest-running sponsor of their conference. Board Member Christopher McKeown had a great time speaking with the attendees.



Also in November, we hosted for the first time a booth at the California Consortium of Addiction Programs (CCAPP) in Newport Beach. Board Member Travis Stobbe staffed the table and picked up almost 40 leads to potential sponsors for our conference. Way to go Travis.







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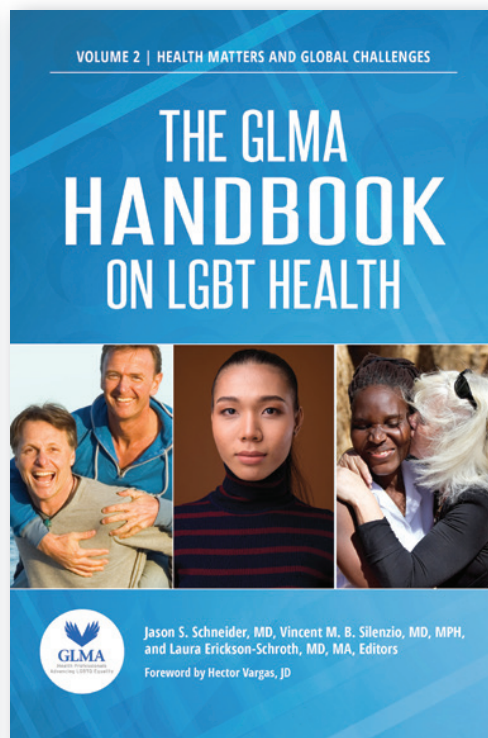
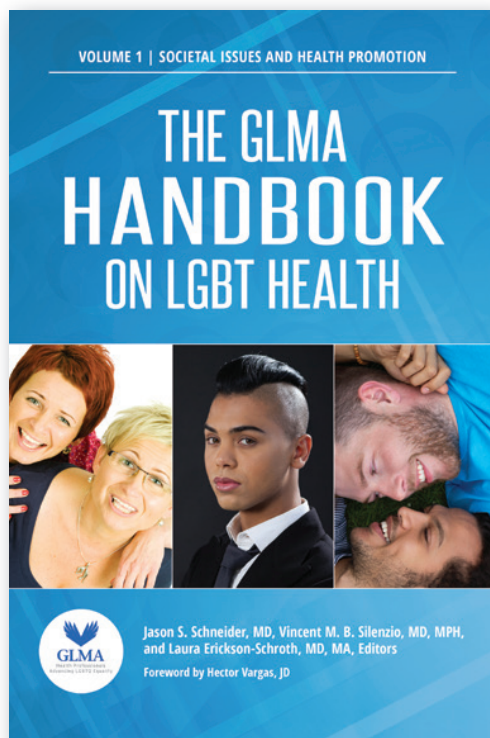
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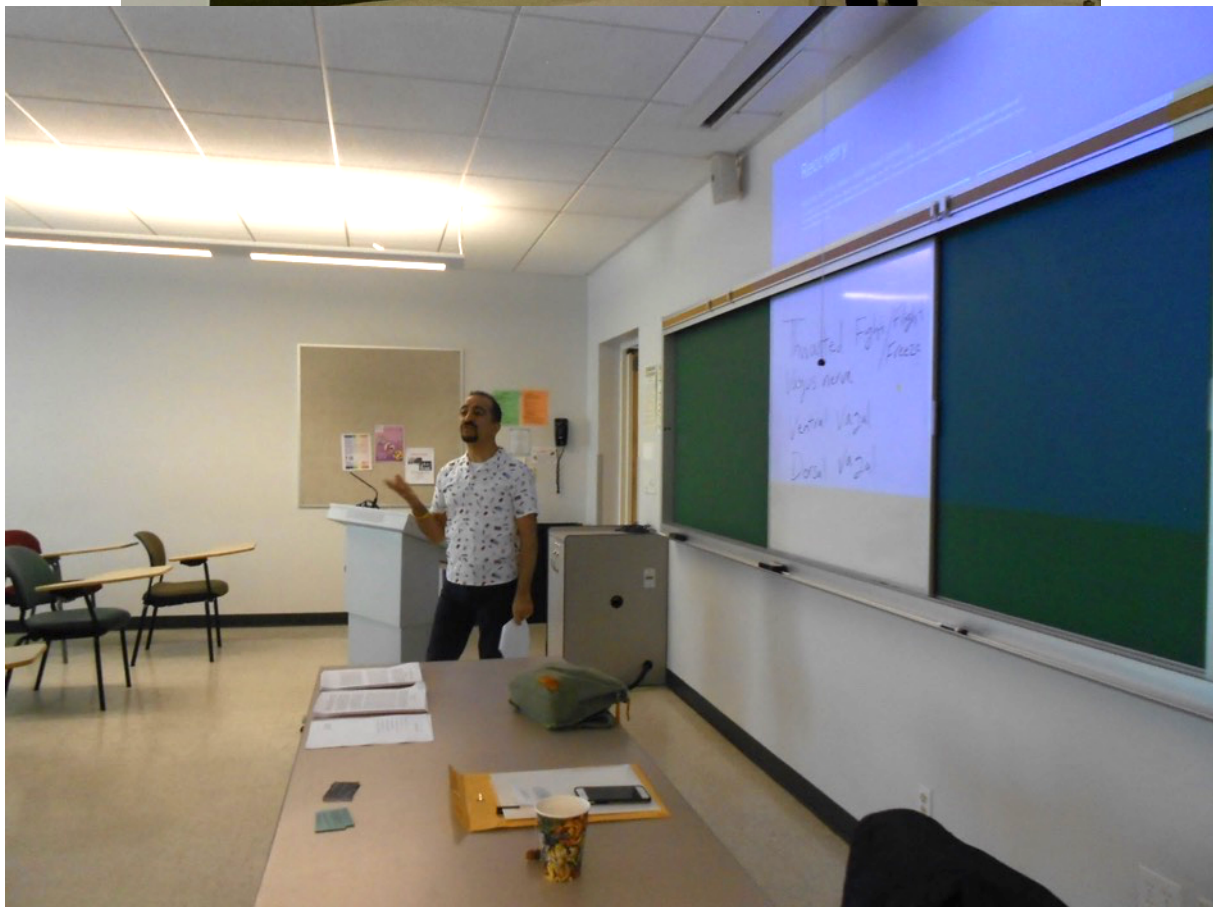
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24th Annual Conference

LAGPA's 24th Annual LGBTQI Psychotherapy Conference hosted by Mount Saint Mary's University was very successful. About 105 people attended and the reviews were wonderful. We truly have to thank Bernadette Roberts and Maryann Nguyen for saving the day. What you probably don't know is that MSMU has two campuses—the Doheny campus downtown near USC and where the conference was held and a second one in Brentwood near the Getty Museum. Unfortunately, the Getty fire damaged some of the Brentwood campus. Administration decided to transfer all the students and classes from the Brentwood campus to the Doheny campus. Basically, two schools needed to squeeze into one facility. At one point, administration declared that all extra-curricular activities were canceled. The LAPD and Fire Department had to cancel their events. Our event was canceled! It wasn't until five days before our conference on November 17 did we learn that Bernadette was successful at convincing administration to allow our event to continue. Whew! Really, if LAGPA had to refund all the pre-paid registrations we would have been wiped clean. The event costs us about \$15,000 to put on and canceling would have destroyed us financially. So, big cheers to Bernadette and her staff. Of course, we also want to thank our Keynote speaker David Fawcett and all our sponsors. Without the financial help of our sponsors, the event could not be mounted.

Here are some photos from that event. All photos may be viewed at LAGPA's Facebook page.































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



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).

• I have been helping people heal for most of my life. As a psychotherapist, I have witnessed my clients remake themselves and perform extraordinary feats, and I have been impressed time and again by the resilience and creativity of human beings. My experience as a hospice chaplain and clergy have informed and enhanced my psychotherapeutic work treating C/PTSD, trauma, abuse, domestic violence, and grief. I see elders, adolescents, young adults, complex relationship units, and families. A

trailblazer in LGBTIQ+, QTPOC, gender and sexual diversity, and family and relational complexity, I also address spirituality, meaning-making, and the diverse array of ways of inhabiting the body (somatic work, size acceptance, perceived and lived gender, race, ethnicity, age, disability, class, and culture).

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Jeremiah Hein, MSW, LCSW: Jeremiah wanted to join the LAGPA Board to give back to his community as well as bring in some new blood and to represent the field of social work on the board. He is interested in the development of not only himself, but of new therapists as well and in increasing the learning of therapists old and new and is proud to represent the LAGPA Board. He likes to meet his clients where they are at and help them walk hand in hand with their mental health and substance use issues in order to lead happier, fuller, and more meaningful lives. Jeremiah uses a strengths-based, client centered perspective in working with his clients with the support of their family, friends, loved ones, and the treatment team. He has worked in the field of substance abuse treatment as a therapist and as a case manager in the fields of housing, SSI/SSDI Benefits, & mental health. Jeremiah found his niche working in treatment because it was through a rehab and the help of a therapist and a substance abuse counselor that he worked through his own struggles with substance abuse. He believes people are the experts of their own stories and so tells his clients, “you are the captain of the ship, and I’m here to help you navigate through this journey we call life”. In

his spare time, he likes to play tennis, video/board/card games, go to the movies and theatre, museums, read, workout, and bodysurf.



Dinko Zidarich, MA (LMFT, CSAT) is a licensed psychotherapist in private practice in West Hollywood, CA and a Certified Sex Addiction Therapist (CSAT). He has an extensive background in addiction treatment in residential, intensive outpatient, and private practice settings. In particular, Dinko's focus has been on the compassionate treatment of gay men struggling with meth use and compulsive sexual behaviors, whether in early stages of treatment or in long-term recovery. Dinko also has substantial experience with self-help groups, providing a unique blend of professional training and personal understanding.



Damien Gonsalves, MA Life events can impact us in different ways, some lasting over time. How we heal, on our own or with the help of another, oftentimes plays a recurring role in how we continue to navigate through our lives. I feel a great inspiration from people that find the strength to reach out to another for help, as well as the many individuals that struggle with finding that strength. This talks to the core of my compassion as a therapist and also to the core of my passion as a member of the mental health community, of which I have over a decade of experience. My clinical treatment experience as a Therapist ranges from dual diagnosis clients that struggle with personality disorders, substance abuse and general chemical dependence, to intimacy disorders, LGBTQ issues, Trauma and PTSD. Working across a number of organizations, including Promises Treatment Centre, BLVD Treatment Centre, Awakenings Treatment Center, Sober College, Cast Centers and Trauma Counseling Centers Los Angeles. My educational background includes a Masters' in Psychology with a LGBT Affirmative specialization from Antioch University in Los Angeles and a BS from Emerson College in Boston. I completed undergraduate curriculum at West London University in the U.K.

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Dr. Miller's topic:

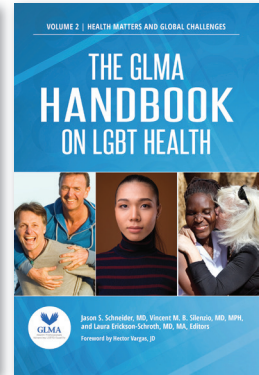
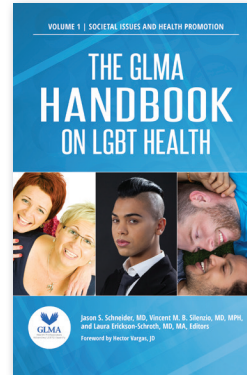
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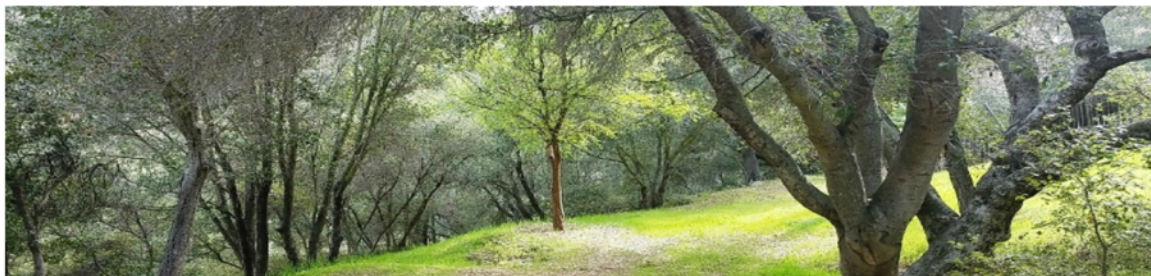
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Winter Social

We had a great Winter Social on Sunday December 8, 2019 at the home of Robert Weiss and Jonathan Westerman in the canyons of Santa Monica. Their architecturally stunning home brought a '50s flavor to the event. About 60 people from LAGPA and SCLMA attended with catering provided by Chef Eddie Morgado. Hope to see you at our next event.



designed by Richard Spencer

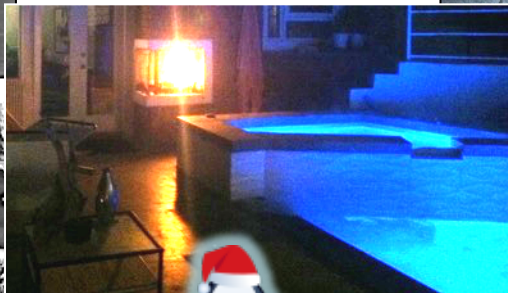
Spencer was a product-designer strongly interested in designing hillside housing. The house was constructed in 1949 in Santa Monica Canyon, nearby to other Eames, Saarinen, and Neutra case-study homes.



"On a hillside property with a 40-degree slope in Santa Monica Canyon, he wanted to build a private residence for himself and his wife with a swimming pool, a wide patio and abundant square footage of covered space. The residence comprises two sections joined through a partially roofed veranda. A kitchen, dining area, and a master bedroom and bath are located in the east wing. The opposite wing houses a 14-foot high living room (open to the terrace through a 12 x 12-foot glass screen) and a study on the upper level. Next to the carport, the entry path leads from the street level to the terrace, which functions as an outdoor setting for social activities. The concrete swimming pool serves as the anchor part of the house structure and was poured at the same time as the foundations. Dining areas, bedroom, living quarter and terrace jut out from the foundation." [Modernism Rediscovered, Pierluigi Serraino & Julius Shulman (Taschen)]

Photos are currently property of the Getty Center and were taken by the recently deceased Mid-Century Architectural Photographer, Julius Shulman.

The most comprehensive website with even more info can be found at: <https://www.usmodern-ist.org/spencer.htm>





















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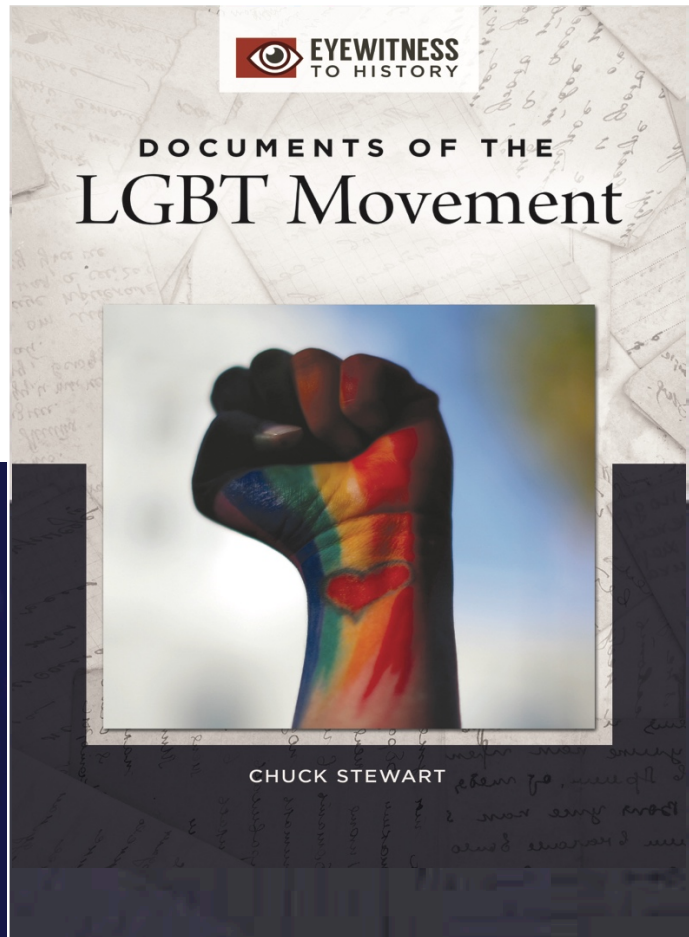
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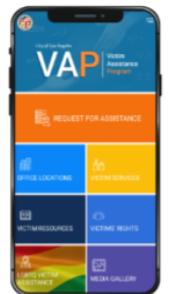
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Director/Faculty LGBT Specialization, in the Psychological Studies Master of Arts Psychology Program (MAPP)

The Master of Arts in Clinical Psychology Program (MAPP) at Antioch University in Los Angeles has reopened job announcement a full-time Director Core Faculty position that begins fiscal year 2019-20, in an unranked system. We seek a faculty member to develop and lead our nationally recognized specialization in Lesbian/Gay/Bisexual/Transgender (LGBT) Affirmative Psychological Studies within the Program, including curriculum development; administrative responsibilities and community outreach; also the ability to incorporate the various philosophies of LGBT Studies (e.g., essentialism/social constructionism; modernism/postmodernism; assimilationism/liberationist) and to deepen knowledge about the identity, culture, sexuality and spirituality of all the stakeholders (e.g., lesbian, gay, bisexual, transgender, queer, questioning, intersex, allied) and their intersectional relations with race, ethnicity, class and ability. The Director must be knowledgeable of the research in affirmative studies (the non-pathologizing approach that seeks to value LGBT ways of being, from the 19th Century to the current moment), and also how to reformulate existing counseling theories from the affirmative lens. As a national spokesperson for LGBT Studies and psychology, the Director must be able to speak to the national press and also be able to curate national figures to present at Speaker Series and Conferences. The position also includes teaching six (6) units per quarter, (some evenings and Saturdays) participation in faculty meetings, student advisement, and other assigned duties. In addition, the position oversees clinical training sites sponsored by the LGBT Specialization. The Position reports to the Chair of the MAPP.

ESSENTIAL DUTIES AND RESPONSIBILITIES:

Teaching six (6) units per quarter including some evening/Saturday teaching; leadership for the LGBT Affirmative Psychological Studies Specialization; national spokesperson to the press; writing that includes promulgating learning derived from the LGBT Specialization; outreach to the larger LGBT and psychological community; working with the Chair to hire instructors and staff and manage instructors and staff; regular communications to the student body about upcoming lectures, speakers; managing staff of associates and work-study students; producing budgets for various cost centers, including scholarship funds; managing the LGBT Specialization's Social Media venues; working with the LGBT Specialization's clinical training sites; maintaining current donors and participating in fundraising activities for the LGBT Specialization and its clinics; overseeing the annual conference at Antioch held by the Los Angeles Gay and Lesbian Psychotherapy Association (LAGPA) student advisement and review of student academic progress; and other duties as needed. Antioch University Los Angeles reserves the right to change the duties of the job description at any time.

UNIVERSITY RESPONSIBILITIES:

The Faculty member may be asked to serve on campus committees and is expected to participate in the work of the faculty.

QUALIFICATIONS:

An earned doctorate in Psychology or terminal degree in related field from regionally accredited institution required. A qualified candidate with a masters in Clinical Psychology whose primary experience and concentration is demonstrated to have been in the domain of LGBT Affirmative education and clinical practice. A demonstrated record of successful teaching experience at the graduate level, commitment to diversity and social justice. Significant record of publication and/or relevant clinical or community professional experience related to gay/lesbian/bisexual/ transgender psychological studies (e.g., clinical; community; activism; publication).

Desiderata include: Those with a doctorate in Psychology or terminal degree must have clinical licensure or license-eligible. Experience as full-time faculty member. Those with a masters in Clinical Psychology must have clinical licensure as a Marriage and Family Therapist for a minimum of 5 years. Experience at minimum as a part-time graduate faculty member for 5 years. Psychodynamic, depth psychology and/or queer theory (postmodern) theoretical orientation, with capacity to work well with diverse theoretical orientations. Program development experience.

HOURS OF EMPLOYMENT:

This is a 100% position. Evening and/or Saturday teaching may be required.

COMPENSATION:

Salary range is \$65,000 – \$75,000 per year

BENEFITS:

Benefits include medical and dental insurance, paid holidays, sick and vacation, prescription drug card, life insurance, disability option, and pension plan.

PHYSICAL DEMANDS:

The physical demands described here are representative of those that must be met by an employee to successfully perform the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

WORK ENVIRONMENT:

The work environment characteristics described here are representative of those an employee encounters while performing the essential functions of this job. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions. The noise level in the work environment is usually moderate.

Antioch University provides equal opportunity for all qualified applicants and does not discriminate on the basis of race, color, national origin, religion, sex, sexual orientation, gender identify, age, disability, veteran status, or any other protected classification.

To Apply:

Qualified applicants are required to submit:

<li">cover letter referencing the job title, resume, CV and three (3) professional references (names/phone numbers)

Documents submitted via email as attachments must be in Microsoft Word or pdf format. Please add job title on resume, cover letter and on the email subject line. Job posting will be open until filled.

Send required document to email address: hr.aula@antioch.edu

Antioch University Los Angeles reserves the right to change the duties of the job description at any time.

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LOCATION: Los Angeles, Antioch University campus

POSITION: Director/Faculty LGBT Specialization, in the Psychological Studies Master of Arts Psychology Program (MAPP)

BEGINNING: Fiscal Year 2019-2020

DEPARTMENT: Master of Arts in Psychology Program

REPORTS TO: Chair, Master of Arts in Psychology Program

CLASSIFICATION LEVEL: Core Faculty

SUPERVISES: None

PERCENTAGE OF EFFORT: 100%

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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.

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Members FREE

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1/8 page or business card	\$20.00	\$30.00
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1/2 page	\$70.00	\$90.00
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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 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 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 associate clinician opportunity offered for established office near Beverly Center. Supervisor has over 22-years experience as a clinical supervisor and over 27-years experience as an LGBT/gay men's specialist therapist; adjunct associate professor at USC School of Social Work. Associate will need to have an adult population focus only, does not need to be limited to LGBT community, but must use mainstream, evidence-based interventions only (preferably CBT, TF-CBT, PE, EMDR, Narrative, DBT, IPT, or psychodynamic) (NO "sex addiction", "porn addiction", "past life regression", "Christian counseling", "repressed memory syndrome", "rebirthing", etc.) NOTE: Motivated self-starters only who are willing to market themselves to recruit their own part-time caseload. Supervision includes private practice career coaching with a long history of "alumni" who went on to successful and lucrative non-HMO full-time private practices. Compensation is equivalent to a 50/50 fee split basis. Available immediately. Email cover 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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Tuesdays you pay \$200 for the month of Tuesdays whether there are four or five Tuesdays in the 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.

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- Windowed & skylighted private therapy office
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- 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
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- * 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 excellent 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.

Winter, 2019

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