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# the Los Angeles psychologist

## Convention Preview



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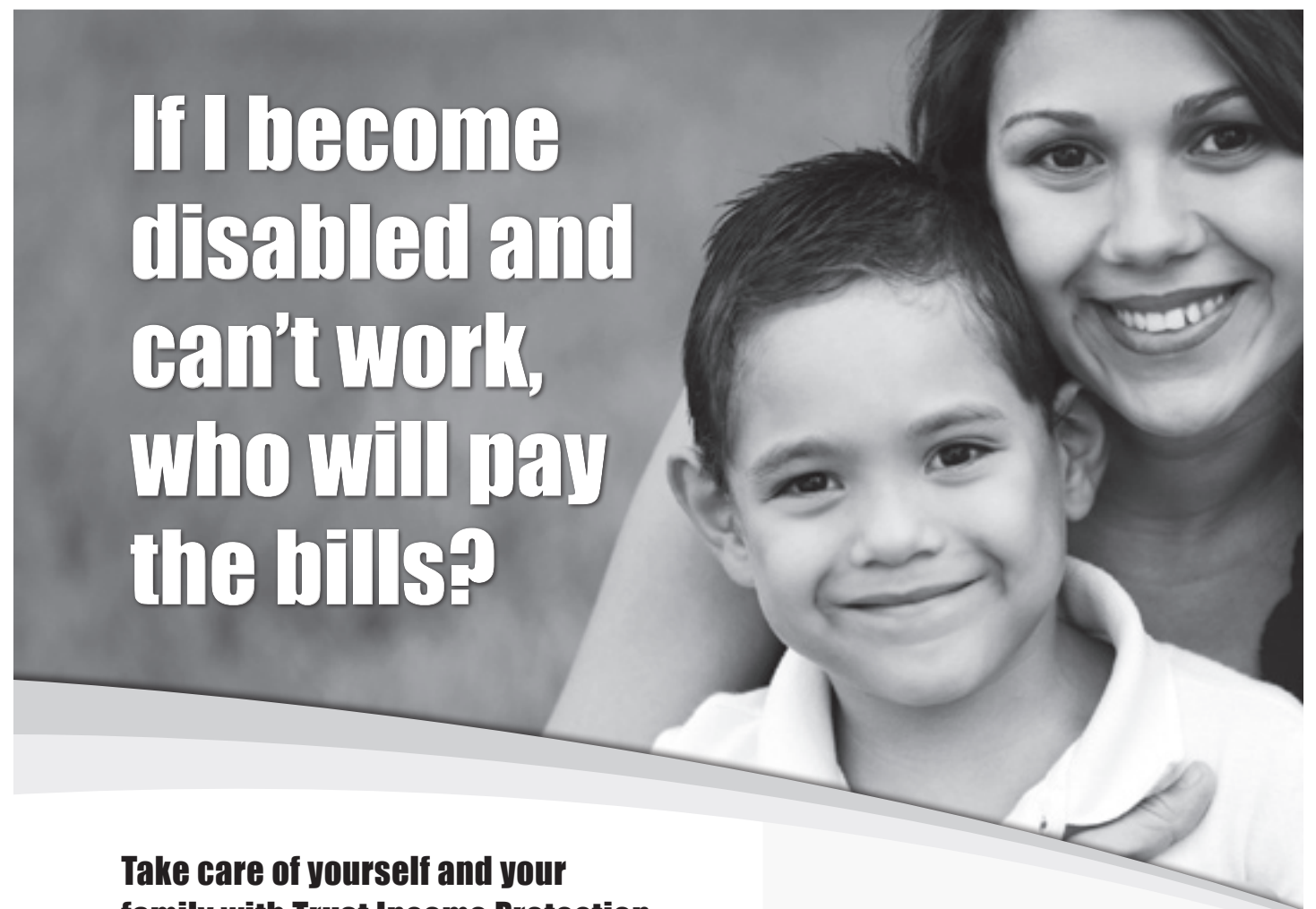
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*The Los Angeles Psychologist*  
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## President's Column

David Laramie, Ph.D.



The importance of community and social capital has been a recurrent theme in my columns this year. As inherently interdependent creatures, our well being and survival hinge on reliance and cooperation with others, and there is no better connection to the local psychological community than at the annual convention. This issue serves as your introduction to our 26<sup>th</sup> convention and the great presentations and networking that is in store. We are very fortunate that Karin Meiselman, Ph.D., returned this year as Chair of the Convention Committee. In that role, she has demonstrated her trademark competence and impeccable conscientiousness. Thank you to Karin for doing such an exemplary job. She has been working closely with her outstanding committee, which is comprised of Colleen Warnesky, Psy.D.; James Kalivas, M.A.; Jeff Tirengel, Psy.D., M.P.H.; Kathleen Fitzgerald, Ph.D.; Lynne Steinman, Ph.D.; Barbara Racy, Ph.D.; and Richard Sherman, Ph.D.

The convention has the same theme as my presidency, "Seeking Integration," which reflects a commitment to multidisciplinary and holistic thinking. We are excited to have an internationally-acclaimed keynote speaker, Sonja Lyubomirsky, Ph.D. She is a leading authority on the psychology of happiness and has devoted her career to studying how to increase and sustain happiness as part of an engaged and flourishing life.

Positive Psychology is a great test case for thinking and practicing integratively. It has been heralded as both the field's long awaited savior and maligned as naïve and superficial. I posit that both viewpoints are dangerous and short sighted. Rather, as with any development in the field, it must be understood as both a necessary development and a partial one. The recent article on Humanistic and Positive Psychology by Alan Waterman in *American Psychologist* (2013) and the lively commentaries that it inspired reveal that there is a great deal of work to do in discerning Positive Psychology's reliance upon the existing canon as well as its lasting contributions. Dr. Lyubomirsky's talk should be a perfect opportunity for you to make your own well-informed and nuanced conclusions.

As President, I will have the privilege and honor to present the annual LACPA awards. The award winners are past-president, Pamela McCrory, Ph.D., for Distinguished Service to LACPA by a LACPA Member; Jeff Tirengel, Psy.D., M.P.H., for Distinguished Service to the Profession of Psychology; and Senator Alex Padilla for Distinguished Legislator. I am confident that you will enjoy the award presentations and the acceptance speeches, as all three individuals are exceedingly deserving and special members of the Los Angeles community.

Even before convention in October, LACPA will be ramping up its fall programming with some great offerings in September. The Governmental Affairs Committee will be reprising the extremely popular Healthcare Reform event from last year. Also, LACPA member Carol Falender, Ph.D., one of our field's leading figures, will be giving a full day training on clinical supervision. Yes, you will get the required hours needed to provide supervision, and even more importantly, you will benefit from getting dynamic and top-notch training. She will be presenting on the heels of her sizeable presence at the APA convention, where she has presented four separate times. Come benefit from our neighbor's great wisdom.

I look forward to being together with you all at the convention. Please approach me to say hello, tell me about your experience, and celebrate our professional community. ▲

References available on request from the LACPA office, lacpsych@aol.com.

## LACPA CALENDAR OF EVENTS ~ 2 0 1 4 ~

### Monday, September 1

Labor Day  
LACPA Office closed

### Thursday, September 4

LACPA Executive Committee Meeting  
7:30 p.m.  
LACPA Office Conference Room

### Friday, September 5

Couple Therapy Special Interest Group  
LACPA Office Conference Room  
12:00 p.m. – 1:30 p.m.  
RSVP Nancy Gardner, Ph.D.  
nangardner@sbcglobal.net

### Saturday, September 6

**LACPA Governmental Affairs/  
Continuing Education Program**  
“Navigating Your Practice Post Healthcare Reform”  
Presenters: Amanda Levy; Michael Ritz, Ph.D.  
Gary Baldwin, Esquire  
3.0 CEs  
1:00 p.m. – 4:00 p.m.  
Hotel MDR  
Marina del Rey  
Please see page 18 for more information and  
registration or register online at [www.lapsych.org](http://www.lapsych.org).

### Saturday, September 13

**2014 Program Series**  
“Clinical Supervision:  
Skills for Enhanced Competence”  
6.0 CEs  
9:00 a.m. – 4:00 p.m.  
The New Center for Psychoanalysis  
2014 Sawtelle Boulevard  
Los Angeles 90025  
Presenter: Carol Falender, Ph.D.  
Please see page 18 for information and registration  
or register online at [www.lapsych.org](http://www.lapsych.org).

### Monday, September 15

Mindfulness & Spirituality Special Interest Group  
LACPA Office Conference Room  
9:00 a.m. – 10:30 a.m.  
RSVP Michelle Le-Chau, Psy.D.  
mlechau@mindful-connection.com

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UNDER EVENTS.**

### Tuesday, September 16

Eating Disorders Special Interest Group  
7:00 p.m. – 8:30 p.m.  
Office of Stacey Rosenfeld, Ph.D.  
RSVP Stacey Rosenfeld, Ph.D.  
drstaceyla@gmail.com

Networking Committee Meeting-Encino  
LACPA Office Conference Room  
7:30 p.m. – 9:00 p.m.  
RSVP Amy Rosett, Ph.D.  
dramyrosett@earthlink.net

### Thursday, September 18

LACPA Board of Directors Meeting  
7:30 p.m.  
LACPA Office Conference Room

### Sunday, September 21

LACPA Membership Committee  
Fall Fiesta-Annual Fall Party  
1:00 p.m. – 4:00 p.m.  
West Los Angeles  
Registration required.  
Please see page 19 for more information  
and registration.

### Wednesday, September 24

Rosh Hashanah

### Friday, September 26

Divorce Special Interest Group  
LACPA Office Conference Room  
10:00 a.m. – 11:30 a.m.  
RSVP Victoria Goldfarb, J.D.  
Vgoldfarb@hushmail.com

### Thursday, October 2

LACPA Executive Committee Meeting  
7:30 p.m.  
LACPA Office Conference Room

### Friday, October 10

Divorce Special Interest Group  
LACPA Office Conference Room  
10:00 a.m. – 11:30 a.m.  
RSVP Victoria Goldfarb, J.D.  
Vgoldfarb@hushmail.com

### Monday, October 13

Article deadline for Winter 2014-2015  
(December/January/February)  
*Los Angeles Psychologist*

### Saturday, October 18

LACPA 26<sup>th</sup> Annual Convention  
Registration begins at 7:45 a.m.  
Sessions: 8:30 a.m. – 4:45 p.m.  
Maximum 6.0 CEs  
DoubleTree by Hilton • Culver City  
Please see insert for more information and  
registration or register online at [www.lapsych.org](http://www.lapsych.org).

### Monday, October 20

Mindfulness & Spirituality Special Interest Group  
LACPA Office Conference Room  
9:00 a.m. – 10:30 a.m.  
RSVP Michelle Le-Chau, Psy.D.  
mlechau@mindful-connection.com

### Tuesday, October 21

Networking Committee Meeting-Encino  
LACPA Office Conference Room  
7:30 p.m. – 9:00 p.m.  
RSVP Amy Rosett, Ph.D.  
dramyrosett@earthlink.net

### Friday October 24

Divorce Special Interest Group  
LACPA Office Conference Room  
10:00 a.m. – 11:30 a.m.  
RSVP Victoria Goldfarb, J.D.  
Vgoldfarb@hushmail.com

## UPCOMING EVENTS

### Saturday, November 1

Advertising deadline for Winter 2014-2015  
(December, January, February)  
*Los Angeles Psychologist*

### Saturday, November 15

**2014 Program Series**  
“Working with Emotionally Defended Clients:  
Dynamic Emotion Focused Therapy (DEFT)”  
4.0 CEs  
9:00 a.m. – 1:00 p.m.  
Hilton Garden Inn  
4200 Admiralty Way • Marina del Rey  
Presenter: Susan Warren Warshow, LCSW  
Please see page 18 for information and registration  
or register online at [www.lapsych.org](http://www.lapsych.org).

### Saturday, January 31, 2015

Biannual Risk Management Program  
Presented by  
The Trust and LACPA  
“Hot Topics in Ethics and Risk Management in  
Psychological Practice”  
Daniel O. Taube, J.D., Ph.D.  
Please see page 21 for more information and  
registration form or register online at [www.lapsych.org](http://www.lapsych.org).  
Must be 2014-2015 member of LACPA to receive  
discounted member price.

## Editor's Corner

John Geirland, Ph.D.



I love LACPA's Annual Convention. The LACPA Annual Convention is the one place and event where I feel the most connected to my profession and my community—I'm tempted to say my *tribe*.

Private practice can be lonely. Even if there are a significant number of psychologists in your building, as there are in mine, it can feel like you live on a small island in a far-flung archipelago. Psychologists who share the same office often come and go at different times and may be too preoccupied to interact much with each other. Even working in a mental health agency, as I have, can feel isolating to some degree, inasmuch as the agency may be staffed by psychologists with similar specialties and serve a specific catchment area.

Any sense of isolation ends when I pull into the parking lot at the DoubleTree Hotel. There is a nice mix of familiar and unfamiliar faces and just enough social anxiety to make things interesting. I like reading name tags so that I can put faces to all those names I see on LACPA's Listserv. The convention is a wonderful place to meet new people and to strengthen professional friendships. I often end up seated at the luncheon table with my fellow Editorial Committee member Beth Leedham, Ph.D., who has the best laugh of any psychologist I know.

I will always cherish the memory of meeting Hedda Bolgar, Ph.D., at a LACPA Convention a few years ago when she was 101 years old. I had interviewed her over the phone at length for an article celebrating the 65<sup>th</sup> anniversary of the Association. She was spry and cognitively robust on the phone, as I recall, but I was struck by her vitality and youthfulness in person. Here was a woman who attended a lecture given by Sigmund Freud at the University of Vienna in the early 1930s and commented on how weak his voice was after multiple surgeries for cancer of the jaw. Amazing.

The keynote speech by Kay Redfield Jamison, Ph.D., also stands out for me. Perhaps the profession's leading authority on Bipolar Disorder, she is the author of *An Unquiet Mind*, a beautifully written memoir of her own struggle with the disorder. Her presentation was every bit as stimulating and entertaining as her book. I liked that she shared her preference for "manic depression" over the current terminology. She had a radiant smile and talked about how nice it was to be back on her old turf—she worked for many years at UCLA before taking a position at Johns Hopkins University.

State and national conventions can be thrilling and have their own special energy and celebrity status. I met B. F. Skinner at one APA Convention and once shook hands with the Dalai Lama at a Neuroscience Convention. But if there is one word that sums up, for me, the experience of attending the LACPA Convention, it is *intimacy*. The LACPA Convention is small enough to feel you are among friends but big enough to rekindle your excitement about our profession. I always enjoy the sessions and leave with pages of notes and lots of ideas.

I urge you to attend.

A final note: As of this issue, *The Los Angeles Psychologist* will begin publishing four times a year instead of the customary six times. Printing this magazine takes a lot of paper and creates a carbon footprint that is bigger than it should or could be. By taking this symbolic step, *The Los Angeles Psychologist* will be operating in the spirit of similar publications, such as *The California Psychologist*, that have also cut back on their publication schedules in order to be environmentally responsible. Let me assure you that we on the Editorial Committee will continue to produce the best magazine we can for the Association's membership—for you. ▲

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## CONVENTION PREVIEW

### SEVEN MYTHS ABOUT HAPPINESS

Karin Meiselman, Ph.D.  
Chair, 26th Annual Convention



Karin Meiselman, Ph.D.

Nearly all of us buy into what I call the myths of happiness—beliefs that certain adult achievements will make us forever happy and that certain adult failures or adversities will make us forever unhappy (Lyubomirsky, 2013). Overwhelming research evidence, however, reveals that there is no magic formula for happiness and no sure course toward misery. Rather than

bringing lasting happiness or misery in themselves, major life moments and crisis points can be opportunities for renewal, growth, or meaningful change. Yet how you greet these moments really matters.

#### I'll Be Happy When I'm Married to the Right Person

One of the most pervasive happiness myths is the notion that we'll be happy when we find that perfect romantic partner—when we say “I do.” The false promise is not that marriage won't make us happy. For the great majority of individuals, it will. The problem is that marriage—even when initially perfectly satisfying—will not make us as intensely happy (or for as long) as we believe it will. Indeed, studies show that the happiness boost from marriage lasts an average of only two years (Lyubomirsky, 2013). Unfortunately, when those two years are up and fulfilling our goal to find the ideal partner hasn't made us as happy as we expected, we often feel there must be something wrong with us.

#### I Can't Be Happy When My Relationship Has Fallen Apart

When a committed relationship falls apart, our reaction is often supersized. We feel that we can never be happy again, that our life as we know it is now over. However, people are remarkably resilient, and research shows that the low point in happiness occurs a couple years before the divorce. As early as four years after the break up of a troubled marriage, people are significantly happier than they ever had been during the union (Lyubomirsky, 2013).

*Sonja Lyubomirsky, Ph.D., will give the keynote presentation at LACPA's 26th Annual Convention on October 18 in Culver City. She is internationally known as a speaker, researcher, and author in the area of positive psychology. Her books, The How of Happiness: A Scientific Approach to Getting the Life You Want and The Myths of Happiness: What Should Make You Happy but Doesn't, What Shouldn't Make You Happy, but Does have been published and enthusiastically reviewed in many countries around the world. Please join us at Convention by going to [www.lapsych.org](http://www.lapsych.org) to pre-register.*

#### I Need a Partner

Many of us are positive that not having a partner would make us miserable forever. However, multiple studies show that single people are no less happy than married ones, and that singles have been found to enjoy great happiness and meaning in other relationships and pursuits (Lyubomirsky, 2013). Unfortunately, believing in this myth may be toxic: Not recognizing the power of resilience and the rewards of singlehood may lead us to settle for a poor romantic match.

#### Landing My Dream Job Will Make Me Happy

At the root of this happiness myth is the misconception that, although we're not happy now, we'll surely be happy when we land that dream job. We encounter a problem, however, when acquiring that seemingly perfect job doesn't make us as happy as we expected and when that happiness is ever so brief. What explains this unwelcome experience is the inexorable process of hedonic adaptation—namely, the fact that human beings have the remarkable capacity to grow habituated or inured to most life changes. Unfortunately, if we are convinced that a certain kind of job would make us happy (and it doesn't), then misunderstanding the power of hedonic adaptation may compel us to jettison perfectly good careers. Hence, a critical first step is to understand that everyone becomes habituated to the novelty, excitement, and challenges of a new job or venture. The fact may be that we are simply experiencing a naturally occurring, all-too-human process.

#### I'll Be Happy When I'm Rich and Successful

Many of us fervently believe that, if we're not happy now, we'll be happy when we've finally made it—when we have reached a certain level of prosperity and success. However, when that happiness proves elusive or short-lived, we weather mixed emotions, letdown, and even depression. When we've achieved—at least on



## CONVENTION PREVIEW

paper—much of what we have always wanted to achieve, life can become dull and even empty. There is little around the corner to look forward to. Many prosperous and successful individuals don't understand this natural process of adaptation and may come to the conclusion that they need even more money to be truly happy. They do not realize that the key to buying happiness is not in how successful we are but, perhaps, what we do with our success.

### I Will Never Recover from a Dire Medical Diagnosis

When our worst fears about our health are realized, we can't imagine getting beyond the crying and despairing stage. We can't imagine experiencing happiness again. Yet our reactions and forebodings about this worst-case scenario are governed by one of the myths of happiness. Much can be done in the face of positive test results to increase the chances that our time living with illness will not be all misery and purposelessness—indeed, that it can be a time of growth and meaning.

Science shows that we have the power to decide what our

experience is and isn't. Consider that during every minute of your day, you are choosing to pay attention to some things and opting to ignore, overlook, suppress, or withdraw from most other things. What you choose to focus on becomes part of your life and the rest falls out. You may have a chronic illness, for example, and you can spend most of your days dwelling on how it has ruined your life, or you can spend your days focusing on your gym routine, or getting to know your nieces, or connecting to your spiritual side.

### The Best Years of My Life Are Over

Most people believe that happiness declines with age, falling more and more with every decade until we reach that point at which our lives are characterized by sadness and loss. Thus, we may be surprised to learn what research conclusively confirms that older people are actually happier and more satisfied with their lives than younger people (Lyubomirsky, 2013). They experience more positive emotions and fewer negative ones, and their emotional experience is more stable and less sensitive to the vicissitudes of daily negativity and stress. In a sense, we become emotionally wiser as we age. ▲



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## CONVENTION PREVIEW

# Connecting Adolescents to Learning Mindfulness

Stefanie Goldstein, Ph.D. & Elisha Goldstein, Ph.D.



Stefanie Goldstein, Ph.D.

Adolescents are experiencing stress at unprecedented levels (American Psychological Association, 2013). They are faced with the unrealistic expectations and pressures to get above a 4.0 grade point average while taking all advanced placement classes, be a champion athlete, rock an instrument, star in the school play, volunteer for a good cause, find and follow their passions, and still have free time to be with their friends.



Elisha Goldstein, Ph.D.

During these years, the adolescent brain is rapidly changing and chronic stress without the ability to cope effectively can negatively affect this development. When stress is too high, it hampers the ability to learn and can quickly turn into depression, anxiety, decreased self-esteem and/or externalizing behaviors such as doing drugs and alcohol. It seems more important than ever to help

teens navigate these overwhelming times.

In the field of psychotherapy, mindfulness is being used as an intervention for stress, anxiety, depression, addiction, and even trauma (Alexander & Goldstein, 2014; Bowen et al., 2009; Davidson et al., 2003, Farb et al., 2010; Goldstein, in press). Mindfulness is commonly understood as “paying attention in a particular way: on purpose, in the present moment, and non-judgmentally” (Kabat-Zinn, 1994, p. 4). In other words, mindfulness gives us the ability to bear witness to our thoughts, feelings, and physical sensations as well our as moment-to-moment reactions without judgment. The capacity to do this helps create enough space to cultivate a wider perspective, more opportunity for choices, and, ultimately, greater acceptance of ourselves and our situations.

Jon Kabat-Zinn secularized mindfulness and meditation from its Buddhist roots in 1979 with the creation of the Mindfulness-Based Stress Reduction (MBSR) program. There has been much less research on teaching mindfulness to adolescents, but the research that does exist has been very promising. For example, in 2013, Willem Kuyken and his colleagues published a study that took 522 teens, ages 12-16, across 12 different schools and randomly assigned half to a nine-week Mindfulness in Schools Program (MiSP) and the others to their regular school schedule. After the nine weeks, the MiSP students reported significantly lower depressive symptoms compared to the non-MiSP students. At a three-month follow-up during heavy exam periods, the MiSP students showed significantly less stress, less depression and greater well-being.

Drawing on thousands of years of wisdom and modern science and research, we created CALM—Connecting Adolescents to Learning Mindfulness, an eight-week program that adapts the fundamentals of MBSR and integrates them with social and emotional learning tools. CALM helps teens handle life situations with less emotional reactivity, strengthen their ability to pay attention and focus, learn effective strategies for making wiser decisions, communicate more effectively, and increase compassion for themselves and others.

### Emotional Regulation

Practicing mindfulness can help give teens the opportunity to pause when they are experiencing intense emotions before they react in ways that might be regrettable later and instead have the space to choose a more thoughtful response. Here’s an example:

Early in the program, we give each participant a smooth stone with the word “Breathe” written on it to assist in teaching them deep belly breathing. “Brandon” described getting into a big fight with his parents over the weekend. Feeling misunderstood and angry, he ran into his room and slammed the door. He looked over and saw the “breathing stone” on his bookshelf. He decided that he had nothing to lose, so he grabbed it, lay down, and started to deepen his breath. After a short while, he was able to go back to his parents to talk about what had happened, but this time from a more balanced place.

### Attention and Focus

Mindfulness helps teens pay attention and focus better in school (Kuyken et al., 2013). Many of the students in our classes are similar to the ones that we described above - overachievers, overbooked, and, ultimately, overwhelmed.

**CHARLYNE GELT, PH.D.**  
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## CONVENTION PREVIEW

They feel as if every moment is in preparation for the ultimate goal of getting into a good college.

“Michelle,” a senior in high school, has struggled with learning disabilities for most of her life while at the same time trying to live up to her parents’ high expectations. She described her relationship with school as constantly painful and stressful. Toward the end of the program, she shared, with tears in her eyes, that since practicing the Body Scan Meditation she has been able to focus more easily so that she can now complete a test without crying—something she never thought was possible.

### Communication

It is not uncommon for teens to have difficulties communicating how they feel or even at times to know how they feel. An important part of the CALM program is giving them the tools to identify how they are feeling and what they need in any given situation.

“Julie” was a sophomore in high school and had a history of lashing out in her close relationships. One day, she was walking with her boyfriend and, for whatever reason, he tripped her, and she dropped her cell phone down a sewer drain. In that moment she could feel the anger swelling, but she was also able to remember to pause, take a few deep breaths, and check-in with herself. Instead of yelling at him as she normally would, she told her bewildered boyfriend in a calm voice, “I need to call the fire department to get my phone back. Can you help me do that?” Her ability to be aware of her emotions and clearly communicate her needs floored her boyfriend (and us as well).

### Wisdom and Self-Compassion

The ability to think through one’s choices is not always an easy task, even for us adults. Teens often struggle with slowing down enough to connect to their own inner wisdom and then trust and care about themselves enough to listen to it.

“Paola,” a junior in high school, had a history of cutting when difficult emotions arose. Towards the end of the program, she recounted an experience when she was at school feeling agitated and was fantasizing about cutting when she got home. She stated that, for the first time, she was able to catch her mind in the fantasy. In that space of awareness, she could think through the choice to cut. Instead of cutting, she chose to show herself some compassion and understanding by placing her hand on her heart and saying to herself, “This feeling sucks, but I know it will go away.”


In the CALM program, we are witnessing inspiring stories like the ones you’ve just read and hope that they serve as a catalyst for positive changes for teens during this critical time of brain development. We have to wonder, what would the future hold if more teens developed the skills to

cultivate mindfulness, compassion, and wisdom? It gives us great hope for the future. ▲

*Elisha Goldstein, Ph.D., is a psychologist who has authored a number of books including The Now Effect, and co-authored A Mindfulness-Based Stress Reduction Workbook. He is also the co-creator of the Connecting Adolescents to Learning Mindfulness (CALM) program for teens and tweens. Dr. Goldstein is also the author of Uncovering Happiness: Overcoming Depression with Mindfulness and Self Compassion (Atria Books, January 2015).*

*Stefanie Goldstein, Ph.D., is a psychologist whose passion is working with adolescents, adults, couples, and families struggling with daily life, helping to support them on their path towards healing and growth. She is the co-creator of the Connecting Adolescents to Learning Mindfulness (CALM) program for teens and tweens.*

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## CONVENTION PREVIEW

# Ethical Paperwork in Private Practice

Maelisa Hall, Psy.D.



Paperwork ranks as one of the top items on many lists for therapists—Most Despised Items To Do, Most Confusing Business Practices, Favorite Procrastination Items, etc. Every psychologist knows having solid documentation is crucial to maintaining a private practice. However, when looking at business practices, paperwork is often an afterthought for many therapists. Clinical

documentation may not be as exciting as setting up a Website, scheduling new clients, or attending networking events, but it is just as critical for your practice to maintain sustainability.

The APA has established *Record Keeping Guidelines* (American Psychological Association, 2007) to help psychologists determine what is advisable for documentation. The guidelines are intended to serve as a framework; even though they offer an excellent summary of what to consider as the standard of care, they do not offer specific details about how to proceed in private practice. There is a reason for the lack of specificity: each state has different requirements and

each specialty has different needs. This requires the individual practitioner to do some research about what is the acceptable standard in his or her state and specific area of practice.


For this reason, psychologists often purchase forms for their private practices. This eliminates time-consuming research and development and is usually less expensive than having a lawyer review forms once created, although it can still be beneficial to have counsel regarding purchased forms. While the hesitation to take time to create an entirely new form is understandable, psychologists in private practice can greatly benefit from actively participating in at least reviewing and revising purchased forms. When ethical dilemmas or legal problems arise, a psychologist's most disliked task becomes his or her saving grace! The paperwork psychologists keep will speak on their behalf and for the client in a legally binding way, so putting some thought into it ahead of time is advisable.

For psychologists, there are two main things to consider when presented with an ethical dilemma: consultation and documentation (Reamer, 2010). We first consult with colleagues to determine an appropriate course of action and get a difference of opinion. This helps to ensure we are not blinded by our own opinion or involvement with a case and also serves to get expertise from individuals who may be more familiar with a certain area of practice than we are.

Then we document our decision and actions. When presented with grey areas, the key is documenting our rationale. If someone else is able to read our notes and see the reasoning for the decision, we are much more likely to be supported in this decision. However, when there are questions about why an action was taken, that leaves room for doubt about the practitioner's intention. Consider the following scenario:

*A psychologist is at a fundraising event for a local cancer research organization. This particular event had a high entrance fee and has attracted a few local celebrities and many wealthy business owners. The psychologist is surprised to see a current client in attendance. The client comes over and says hello to the therapist and her husband and introduces them to a local celebrity with whom the client is friends. The psychologist keeps the conversation very brief and leaves with her husband about 30 minutes later. The psychologist feels a bit resentful for two reasons. Firstly, her husband is wondering how the client knows the celebrity and is having difficulty understanding the psychologist's limitations for conversation due to confidentiality. Secondly, she is resentful because the client had requested a reduced fee about six months earlier and the psychologist had complied, thinking of the client as a sliding scale case due to the client's reported financial hardship.*

There are quite a few ethical and clinical considerations in this scenario. Should the psychologist document this meeting



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with the client and how so? Should the psychologist discuss with the client her current financial situation and if so, how should she bring this up? Should the psychologist seek consultation regarding her resentment and how to approach the discussion with the client? If so, should this be documented?

Generally speaking, the more consultation and documentation around ethical dilemmas, the better. There is no one right answer to the above questions. There are guidelines most psychologists know but these could be interpreted different ways when discussing how to specifically implement the guidelines. The key is to evaluate your rationale, discuss with colleagues, be willing to challenge your current way of thinking, and document your decision. However, documentation can also serve as a preventive measure.

One way to avoid the dilemma around the financial situation in this scenario is to have a clear definition of sliding scale as a part of the informed consent process. Many psychologists use sliding scale on a whim, based on their feelings for certain clients and their needs. This can create feelings of resentment within the psychologist and present ethical dilemmas such as the scenario described above. The psychologist can define the sliding scale on paper and choose to have a certain number of sliding scale clients.

Psychologists may choose to request documentation of financial need (e.g., a paystub) or to trust the client at their word but need to

identify clearly which criteria they will use as a “business rule” and consistently follow the rule they set. Lastly, their sliding scale policy can include a timeframe, such as three or six months. This allows the psychologist and client to anticipate another discussion about financial need and re-evaluate the client’s sliding scale. This process for informed consent can also apply to other potential ethical dilemmas such as bartering.

Ethics and paperwork go hand in hand in the field of mental health and especially in private practice. By making an effort to consider best practices, consult with colleagues, follow APA’s *Record Keeping Guidelines*, and adhere to state law, psychologists can provide good care and reduce their liability. When in doubt, keep in mind my favorite phrase for good documentation practices: If it’s not written down, it didn’t happen! ▲

*Maelisa Hall, Psy.D., is a licensed psychologist who provides consultation and training on clinical documentation through her business, QA Prep. Her Private Practice Paperwork Checklist is available at [www.qaprep.com](http://www.qaprep.com).*

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## CONVENTION PREVIEW

# Multiple Attachments and Divorce: Evolving Concepts and Measures

Angus Strachan, Ph.D. & Mary Elizabeth Lund, Ph.D.



Angus Strachan, Ph.D.



Mary Elizabeth Lund, Ph.D.

As psychologists who have focused our practice on clinical and forensic work with families going through the transition of separation and divorce, we have seen the field go through a revolution in the last 20 years. Before that, most professionals and judges thought that after separation children did best when they lived primarily with their principal caregiver, usually the mother. However, since then, there has been an emerging consensus that children do best when they have “frequent and continuing contact” with both parents.

### The changing concept of attachment

Part of the reason for this paradigm shift is the changing concept of attachment. “Attachment,” as Bowlby (1982) defined it, refers to a child having a secure emotional base that enables safe exploration of his or her world. The parent contributes to attachment by tuning in to the child’s security needs and encouraging exploration within limits: it is a bi-directional concept. The model assumes that the early experience of a secure attachment will have long-term effects on the development of personality and relationships.

The relevance of this concept to post-separation arrangements seemed obvious: namely that we should endeavor to maintain the child’s relationship to the primary attachment figure after separation and avoid disruptive overnights. However, subsequent research found serious flaws in this mode.

First, most research in child development up to the 70s focused on young children and their mothers. This was convenient because most families were characterized by the tradition arrangement in which dad works and mom stays at home. It was hard (and thought unimportant) to study fathers. Articles were written about “maternal deprivation,” whereas the authors were really talking about “maternal and paternal deprivation.” (Rutter, 1972)

In the 70s, studies began to focus on fathers as well. Researchers found, for instance, that children normally develop attachments to multiple caregivers at around six or seven months and that the attachments to parents are independent of the time each parent spent with the child (Lamb, 2012). Prior to that, babies’ developmental needs for the first six months are mainly for stability, security, and nurturance during which parents build their own attachments to the child.

Recent research contradicts traditional assumptions about primary and secondary parents—the idea that an infant’s connection with a mother is more important than with a father. Time with the father is highly correlated with positive outcomes for children of divorce (e.g., Amato and Dorius, 2012). Furthermore, attachments also form with grandparents or stepparents, depending on the constellation of the family system.

### Overnights strengthen attachment

The growing consensus is that children benefit from developing and maintaining attachments to both parents after separation, when there are two competent parents. Overnights with both parents strengthen attachments by providing time for the intimacy of snuggling, bathing, and reading at bedtime. The issue of overnights with both parents for babies and young children is one of the most highly debated topics in family law, and there are arguments on both sides of the debate. Of course, there may be valid reasons for not moving straight to overnights for very young children, especially when there is a limited pre-existing relationship between one parent and the child. In this case, gradually increasing time and overnights will build attachment.

We believe the time-share arrangements for children after separation should be sensitive to the children’s attachments and how to maintain them. Parents often cannot assess how strong their children’s attachments are to each of them individually. As mediators and custody

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evaluators, we recognized a great need to provide some objective, neutral information to the parents and, if necessary, to the court about family relationships from the child's point of view.

Additionally, a reliable and valid child instrument may help to give children a voice in the custody process, a right they deserve according to the United Nations Convention on the Rights of the Child (UN, 1989).

### Measuring children's views of multiple relationships

How do you measure qualities such as attachment in elementary-school children? The median age of children at separation is about six. The challenge is moving from a measurement of attachment that was developed for infants (Ainsworth, 1991) to analogue measures for older children. Attempts have been made with questionnaires and projective tests (Kerns, 2008). Few of the measures for middle childhood address the categories of attachment: the ones that do have been used primarily in research and not in clinical and forensic settings.

Over the last 20 years, we have developed a methodology for assessing children's perceptions of their family relationships to get a quick snapshot of the family. We thought that it was important to create a method that worked with young children because they are the hardest to interview. We have called it the Structured Child Assessment of Family Relationships (SCARF). It engages children between ages four and 12, by having the child select silhouettes to represent multiple family members, then using colored stamps to indicate in a booklet how statements apply. Children love to stamp and it gets them talking, which helps establish rapport for further questioning.

We measure three aspects of what we call "Emotional Security," which mirror the factors identified by Bowlby (1982) as components of attachment in middle childhood. These are seeking comfort when distressed, physical affection, and emotional responsiveness. In addition, we assess a number of dimensions of Positive Parenting, Negative Parenting, and Co-Parenting. In about 30 minutes, we can get a snapshot of how multiple family members are seen, including parents, stepparents, siblings, grandparents, nannies, etc.

We have conducted reliability and validity studies (Strachan, Lund & Garcia, 2010). In our presentation on October 18, we will summarize the research on attachment and overnights, describe alternative methods for assessment and give tips on how you as psychologists can use these concepts and measures when working with families, whether intact or separating.

In summary, our research supports findings that many

children have strong attachments to both mothers and fathers, that high parental conflict is associated with distortions in attachments, that young children can give reliable and valid information about parenting behavior, and that this information can flag problematic parental interactions. ▲

*Angus Strachan, Ph.D., and Mary Lund, Ph.D., are in practice together in Santa Monica (see [www.lundstrachan.com](http://www.lundstrachan.com) & [www.scarf123.com](http://www.scarf123.com)). Our practice focuses on divorce and separation. We do family therapy, mediation, collaborative divorce, parenting plan coordination, and custody evaluations. Mary Lund is the current President of the California Chapter of the Association of Family and Conciliation Courts and frequently trains family law professionals and judicial officers. Angus Strachan is a UCLA Assistant Clinical Professor in Psychiatry and was awarded the Silver Psi Award by CPA in 2005.*

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## CONVENTION PREVIEW

### The Bedroom

Jeffrey Young, Ph.D., CBSM



If you think that the title of this article sounds like an oddly understated and shadowy introduction to a hair-raising drama, you're spot-on. The bedroom is the place where the high-stakes drama of chronic insomnia plays out. It is a place of fear and frustration, worry and isolation. For people with chronic insomnia, the *bedroom* devolves into the place where sleeplessness resides.

As a psychologist specializing in the treatment of sleep disorders, particularly chronic insomnia, I have heard variations on this bedroom drama recounted many times over. For these chronic insomnia patients, the bedroom, once a reliable stimulus for sleep, has now been rendered into a stimulus for cognitive and physiologic arousal. How did this great bedroom drama get started, and why does hang it about for so long? Much of the answer is rooted in conditioning principles, both operant and classical.

Generally, the story unfolds like this: before insomnia took hold, the patient slept reliably well and the bedroom itself never provoked any concern. "Never provoked any concern" means that the bedroom was a stimulus that triggered sleep-compatible and sleep-promoting behaviors (operants) such as shutting down the lights, entering the bed, lying down, placing one's head on the pillow, and closing the eyes. Reinforcers for these operants are found in the pleasant experience of falling asleep quickly and the pleasant feeling of waking refreshed in the morning. For some people, this healthy "hit the pillow and sleep" pattern may have carried on effortlessly for many years until there emerged some unfortunate point in time when reliable sleep started to unravel.

In recounting their insomnia history, patients will often ascribe the initiation of their insomnia to a stressful life event that caused severe worry and anxiety. They will go on to describe how the stressor contributed to a sequence of restless nights spent in the bedroom with little sleep. This begs the question: if you're not sleeping in the bedroom, what are you doing? If you're like most people with insomnia, you probably spent much of that bedroom time in bed trying to sleep. A common rationale for doing this is based on the false premise that resting in bed can confer some of the benefits of sleep.

What you will learn in my upcoming talk, in the section on sleep physiology, is that only sleep can confer the benefits of sleep and that there is really no middle ground to be had. So, if resting cannot even approximate sleep, all that resting in bed and trying to sleep serves only to create a bedroom environment that has been paired many times over with sleeplessness. Eventually, this leads to frustration, demoralization, and heightened physiologic and cognitive arousal via classical conditioning effects. The principal lesson of the bedroom story is that one should take everything that is not sleep (or sex) out of the bedroom. This lesson provides the foundation for Stimulus Control Therapy (Bootzin, 1972) which is among the most well-researched and effective behavioral treatments for insomnia and is regarded by the American Academy of Sleep Medicine as a first-line treatment for chronic insomnia (Morgenthaler et. al., 2006).

As a concept, stimulus control maintains the notion that one stimulus (e.g., bedroom) can elicit any number of responses (e.g., sleep, frustration, TV watching, reading, sexual activity, drowsiness, lying down) and that the kind of responses elicited depends on the conditioning history associated with that stimulus. A complex conditioning history produces some probability that a number of responses might be elicited in the presence of the stimulus (see above) and a simple conditioning history produces some probability that, perhaps, only one or two responses (e.g., sleep, sex) might

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be elicited in the presence of the stimulus. As a treatment, stimulus control is concerned with creating and maintaining the bedroom stimulus as a discriminant stimulus for sleep by narrowing the allowed bedroom behaviors to one (sleep) or two (sleep, sex). Implementing this approach serves to tighten the association of the stimulus (bedroom) with the response (sleepiness and sleep). As stimulus control is implemented over time, classical conditioning effects begin to influence the bedroom environment by repeated pairings of the now strengthened sleep stimulus, the *bedroom*, with the physiologic state of sleep. In the end, the goal is to have the bedroom become a friendlier place where sleep-related behaviors are readily elicited and where relaxation and sleepiness is a conditioned response.

What else might be going on in stimulus control that can be helpful to patients? Consider the effect of this stimulus control instruction: You are to leave the bed and bedroom if not asleep within 15 minutes or at the first sign of frustration in bed. Patients will often react to this instruction by complaining that they won't be in bed when sleep comes so they stand to be even more sleep-deprived as a result. They are correct at one level, because staying in bed might produce some additional sleep, but this is done, as we know, at the expense of counterproductive conditioning. For many patients, it's important to appreciate that clinging to the bedroom and staying in bed, hoping for sleep, is a safety behavior designed to cope with their fear of sleep deprivation. What better way to cope with sleep deprivation than to use it as an exposure exercise? Most of the time, patients will report that no great disaster happened as a result, and once they have a sense that they can handle it, they start to lose the need to control and chase sleep. What happens when you stop chasing sleep around the bedroom? Sleep finds you!

My talk at the October 18th LACPA Convention will cover in greater detail these conditioning principles along with sections on sleep physiology, functions of REM AND Non-REM sleep, assessment and diagnosis of insomnia, sleep restriction, and cognitive approaches to the treatment of insomnia. ▲

*Jeffrey Young, Ph.D., CBSM, is a psychologist specializing in the treatment of sleep disorders. He is certified in Behavioral Sleep Medicine by the American Academy of Sleep Medicine and is an Assistant Clinical Professor in the department of psychiatry at UCLA.*

References are available on request from the LACPA office. lacpsych@aol.com.

## LACPA WORKING FOR YOU

### LACPA Book Clubs

Sondra Goldstein, Ph.D.

Lynne Steinman, Ph.D., has served as Book Club Coordinator for the past three years and has been instrumental in doubling attendance. Dr. Steinman will be stepping down as Book Club Coordinator and will become LACPA Secretary. Thanks, Lynne, for all that you have done to support and grow LACPA Book Clubs. Sondra Goldstein, Ph.D., (former LACPA President) will become Book Club Coordinator on September 1, 2014. Currently serving as leader of the Encino Book Club, Dr. Goldstein looks forward to working with other Book Club leaders and members in the coming year. The book for Fall Book Club meetings is *Lowlands* by Jumpa Lahiri. A member of the Encino Book Club, Judy Sherman, wrote this review:

“The Fall LACPA Book Club selection is *Lowlands* by Jhumpa Lahiri, a National Book Award finalist. *Lowlands* is Lahiri's second novel. She previously wrote a book of short stories which the LACPA Book Clubs read: *Unaccustomed Earth*. Lahiri is also the author of *The Namesake* which was adapted into a popular film by the same name.

“Lahiri writes about people of Indian descent living in both India and the United States. In *Lowlands*, Lahiri writes a story spanning several generations and taking place in both India and the United States. It is an intriguing tale of two brothers who come of age during 1950-60 in Calcutta and a woman in their lives. To share further details would spoil the story.

“I found that in *Lowlands* (and in Lahiri's other works), her vivid characterizations and the story she tells really held my interest. I think that many of the story's details will make for interesting discussion.

“For those who don't mind reading story details, I refer you to the review on Amazon. But be forewarned. Reading the details of that review spoils some of the excitement of the story.”

Dates and locations for Fall Book Club meetings will be announced on the Listserv. Please join us in discussing *Lowlands*. You will enjoy both the camaraderie of other psychologists who like to read and the lively discussions with unique psychological insights.

Any LACPA member is welcome to join a Book Club meeting. Contact the leader with a meeting location (and time\*) that works for you.

- 1) Encino – Sondra Goldstein, Ph.D., sgold@ucla.edu  
\*Sunday afternoon
- 2) Playa del Rey – Sandy Plone, Ph.D., dr.splone@verizon.net  
\*Sunday afternoon
- 3) Woodland Hills – Ann Schofield, Ph.D., annschofieldphd@aol.com  
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- 4) Santa Clarita – Lynne Steinman, Ph.D., LASteinman@aol.com  
\*Saturday morning

Hope to see you at the next Book Club meeting to discuss *Lowlands*. We welcome new Book Club members. ▲

## LACPA WORKING FOR YOU

# LACPA Foundation: An Interview with Wanyu Chang, Ph.D.

Jason Cencirulo, M.A.

In the July-August issue of *The Los Angeles Psychologist*, we posted an interview by LACPA Foundation Board member Jason Cencirulo, M.A., with the second place winner of last year's very successful Annual Convention Poster Session. This month, Jason's interview is with 1<sup>st</sup> place winner Wanyu Chang, Psy.D., a recent graduate of the Department of Clinical Psychology, California School of Professional Psychology, Los Angeles.

Dr. Chang's poster was titled, "Relationships Between Sensory Processing and Theory of Mind in Children with Pervasive Developmental Disorders." Her research explored the potential relationship between impairment in sensory processing and deficit(s) in Theory of Mind, or "mindreading," which she defines as, "the ability to process sensory information...a critical step that allows humans to process another's intention, feelings, and emotions..." Her study involved 20 males aged three to 15 years, 11 months who were diagnosed with Pervasive Developmental Disorders.

She found that "80% of the participants had definite sensory deficits, 10% met criteria for probable difference in sensory deficits, but only 10% demonstrated typical performance sensory deficits." Eighty percent of the participants

experienced impairment in Theory of Mind measures. "Furthermore," she writes, among other findings, "there was a significant relationship between a child's overall struggles with sensory deficits and impairment in Theory of Mind."

**JC:** *Tell me a little bit about what first got you interested in your subject matter.*

**WC:** One of my clinical interests is working with children in spectrum. While I was in my masters program, I was lucky to have a chance to work with children with Asperger's and Autism. I am always curious about the underlying reasons for their behavioral and emotional deficits. I chose a different topic while I was doing my masters thesis because I [didn't] have enough resources [at the time]. But while I was doing my dissertation, this topic came back to my mind again. I expressed my interest to my chair, and she was able to support my process.

**JC:** *What do you hope those who viewed your poster (and those who read about it here) will take away from it?*

**WC:** [I was hoping to] provide different perspectives to think about the pathology of this population's social deficit[s]. And, possibly stimulate some treatment ideas that can improve their social interaction.

**JC:** *What makes a good poster presentation? Why?*

**WC:** Knowing what you are doing. Having [a thorough] enough literature review. Providing "scientific finding," not just your thoughts and conclusions about something.

**JC:** *Do you have any dos or don'ts for those looking to submit their posters?*

**WC:** Talk to your professor or mentor on your project, know your topic thoroughly. Submit it after you finish your project. [Always keep in mind that] it's your professional presentation. Even though you might have to pay extra to print your poster... please do so. You want to make sure your poster looks nice and neat. It's not just a science project for kids.

**JC:** *Why should others consider submitting their posters to LACPA?*

**WC:** It is a local conference, it's friendly to students, and you don't have to spend too much time and money traveling around the states. You will learn how to present your poster in a less stressful setting. And also, it's a great opportunity to network with local providers.

**JC:** *What are you going to do (or have you done) with your winnings!?*

**WC:** I spent my money on my trip to Alaska and visited the Arctic Circle. It was an awesome trip. Thank you.

For more information on Foundation activities, please visit [lacpafoundation.org](http://lacpafoundation.org). ▲



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### Ethics on the Listserv

Evelyn Pechter, Psy.D., Ethics Committee

How do you post? Consider the mantra less is more when posting on the listserv, and remember the Ethics Code guides us in communications made during clinical consultations and listserv postings.

(Examples courtesy of the California Psychological Association) More examples and all LACPA listserv guidelines available: <http://www.lapsych.org/?page=42>.

Appropriate Posting:	Inappropriate Posting:
<p><i>Requesting: Child therapist to treat anxiety</i></p> <p>I am looking for recommendations for therapists (Los Altos preferred) who treat elementary school age children with anxiety and irritability.</p>	<p><i>Request for: 7-year-old child with anxiety</i></p> <p>I am looking for recommendations for therapists who treat second graders. I have a friend whose son is experiencing some anxiety and irritability, possibly related to school. She would rather not travel outside Los Altos.</p>
<p><i>Requesting: Sacramento area therapist who treats issues related to incest in adolescents.</i></p> <p><i>Looking for a therapist with experience treating adolescent incest survivors and expertise in substance abuse. Experience with Asian-American clients desired.</i></p>	<p><i>Request for: 17-year-old, hx of incest</i></p> <p><i>Need individual therapist for 17 year-old boy with a history of incest. 14 yo sister currently in therapy. Children have been having unsupervised visitation for the last year. Increased substance use in past 6 months, deteriorating school performance. Family is Chinese, lives in West Sacramento.</i></p>

**Confidentiality, as set forth in Ethical Standard 4.06 Consultations:**

*When consulting with colleagues, (1) psychologists do not disclose confidential information that reasonably could lead to the identification of a client/patient, research participant or other person or organization with whom they have a confidential relationship unless they have obtained the prior consent of the person or organization or the disclosure cannot be avoided, and (2) they disclose information only to the extent necessary to achieve the purposes of the consultation. (See also Standard 4.01, Maintaining Confidentiality.)*

Ethical standards guide us to choose to consult with those whose expertise we trust.

Unless we are able to consult, with full confidentiality, and a foundation of facts, we would be limiting the consultative process and it's purpose, which is to benefit our clients.

The LACPA listserv and the vast majority of listservs offer no more confidentiality than shouting across the room at the local coffee shop. It would seem that most clients, if properly informed, would not want their confidential information disclosed in such an open setting.

Visit <http://www.lapsych.org/?page=51> for more information.

References:

- 1) Ethical Principles of Psychologists and Code of Conduct (APA, 2010)
- 2) Dr. Stephen Behnke APA Ethics Director, July 2007, Vol 38, No. 7 Ethics on the Internet

**The 2014-2015 LACPA membership year is September 1, 2014, through August 31, 2015.**

To continue receiving member benefits (listserv, Online Directory, attendance at Special Interest Group and Networking meetings, Los Angeles Psychologist, etc.), act now to renew your membership.

**Renew online at [www.lapsych.org](http://www.lapsych.org).**



## Welcome New Members

### FULL MEMBER

Pegeen Cronin, Ph.D.  
Heather LaFace, Ph.D.  
Evelyn Kohan, Ph.D.  
Linda McGee, Ph.D.

### AFFILIATE MEMBER

Julia Barry, M.A.  
Nasrin Nikbin, M.Ed., LMHC

### STUDENT MEMBERS

Brittany Aliado  
Jay E. Burke  
Maria Cavucci  
Chelsie Dunn  
Jennifer Cardenas-Trowers  
Jamie B. Chess  
Mihaela Ioana Dotiu  
Allison Finch  
Maria Gonzalez  
Grace Hamilton  
Lauren Keats  
Rachel Lavian  
Brian Louie, M.A.  
Jacqueline Mendoza  
Shannon O'Connor  
Mariela Pacheco

All who join or renew their LACPA membership  
before September 12, 2014,  
are cordially invited to  
The Los Angeles County Psychological Association's

## Fall Fiesta

Sunday, September 21, 2014 – 1:00 p.m. to 4:00 p.m.  
in West Los Angeles

Connect with Friends! Meet New Colleagues!  
Enjoy the Camaraderie! Savor the Food!  
Celebrate another year of LACPA membership!

Please RSVP by September 15 to  
Los Angeles County Psychological Association  
17277 Ventura Boulevard, Suite 202, Encino, CA 91326

I plan to attend the September 21, 2014, Fall Fiesta  
and am enclosing a check for \$5.00 (member)  
or \$10 (member and guest).

Address and directions will be provided prior to the event.

MEMBER NAME: \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

## SUPPORT YOUR CPA-PAC

### Evening Reception

Saturday, September 6, 2014  
4:00 p.m. – 6:00 p.m.

The Hotel Marina del Rey  
13480 Maxella Avenue  
Marina del Rey, CA 90292

Special Guest – **Congressman Alan Lowenthal** (CD-47)

**Individual Ticket - \$50**

**Host Committee Membership - \$250**

All attendees are encouraged to purchase two tickets and bring along a graduate student or an early career psychologist.  
All proceeds go to the CPA-PAC. Contributions or gifts to this committee are not tax deductible.

RSVP to the CPA-PAC at [yyek@cpapsych.org](mailto:yyek@cpapsych.org) or (916) 286-7979, ext. 107

Generously sponsored by Sierra Tucson®



**Training Program in Affect Regulation, Attachment, and Trauma  
Level I: Affect Dysregulation, Survival Defenses, and Traumatic Memory**

**STARTING OCTOBER 10<sup>TH</sup>, 2014  
LOS ANGELES, CA**

Traditional psychotherapy addresses the cognitive and emotional elements of trauma but lacks techniques that work directly with the physiological elements, despite the fact that trauma profoundly affects the body and that so many symptoms of traumatized individuals are somatically driven, including affect intolerance, autonomic reactivity, vegetative depressive symptoms, impulsivity, and anxiety. All of these clinical issues are inaccessible or difficult to treat in a talking therapy context without a way to include the bodily symptoms in treatment.

The Sensorimotor Psychotherapy® Level I Training presents simple, body-oriented interventions for tracking, naming, and safely exploring trauma-related, somatic activation, creating new competencies and restoring a somatic sense of self. Students will learn effective, accessible interventions for identifying and working with disruptive somatic patterns, disturbed cognitive and emotional processing, and the fragmented sense of self experienced by so many traumatized individuals. Techniques are taught within a phase-oriented treatment approach, focusing first on stabilization and symptom reduction. Sensorimotor Psychotherapy® can be easily and effectively integrated into psychodynamic, cognitive-behavioral, and EMDR-focused treatments.

\*See reverse side of flyer for trainer biographies and learning objectives.



**Rebeca Farca Psict.**



**Mason Sommers, Ph.D.**



**Bonnie Goldstein, Ph.D.**

<u>DATES</u>	<u>TIMES</u>	<u>LOCATION</u>
1.) October 10-12, 2014 (Fri.-Sun.) 2.) November 7-8, 2014 (Fri./Sat.) 3.) December 5-6, 2014 (Fri./Sat.) 4.) January 9-10, 2015 (Fri./Sat.) 5.) February 27-28, 2015 (Fri./Sat.) 6.) April 24-25, 2015 (Fri./Sat.) (13 days spread over 6 modules)	Fridays: 9:00am-5:30pm Saturdays: 9:00am-5:30pm Sunday*: 9:00am-5:00pm *Oct. 12 <sup>th</sup> , 2014 only (80 contact hours)	Exact location TBA Los Angeles, CA  NOTE: Join these SPI trainers and a special cameo appearance for one session with <b>SPI Founder, Pat Ogden</b> for this Level I training.

**Tuition (full): \$3000 USD**

Accepted online application and *minimum* deposit of \$500 are due to provisionally secure a seat (deposit applied towards total tuition). Interest-free monthly pay plans available.

Pay plans must be secured no later than **September 12<sup>th</sup>, 2014** to officially secure seat.

Continuing education credit for this course is co-sponsored by Lifespan Learning Institute.

**Discounts:** 5% for groups of 3-5; 10% for groups of 6 or more; 20% for groups of 10 or more employees from the same organization; 5% for current graduate (Master's level) students; 5% for attending a prior SPI organized workshop

**Financial Aid:** Limited scholarships and awards available for full time non-profit 501(c)3 or state/local government employees, prior learning experience, travel, and work study.

Contact SPI Student Services for more information on financial aid opportunities.

**Contact:** [studentservices@sensorimotor.org](mailto:studentservices@sensorimotor.org) (303) 447-3290 ext. 1

**Local Contact:** Bonnie Goldstein, [bgoldstein613@gmail.com](mailto:bgoldstein613@gmail.com)

**APPLY ONLINE: [www.sensorimotor.org](http://www.sensorimotor.org)**

Los Angeles County Psychological Association  
**2015 Continuing Education Program Series**

**Hot Topics in Ethics and Risk Management in Psychological Practice**

Date: Saturday, January 31, 2015

Time: 9:00 a.m. – 4:00 p.m.

Presenter: Daniel O. Taube, J.D., Ph.D.

Location: DoubleTree by Hilton

6161 West Centinela Ave.

Culver City, CA 90230

LACPA is proud to offer this six credit course qualifying you for:

- ▶ 15% premium discount on your Trust liability insurance for the next two years and provides a simple way to fulfill the legal and ethical requirement needed each relicensure period (BOP & BBS)

This workshop will focus on specific areas of professional conduct that have consistently surfaced during the 44,000 consultations to Trust insured over its 18-year history. After an introductory review of The Trust recommended risk management philosophy and strategies, the workshop will review a number of topic areas and include the presentation of a variety of vignettes related to each topic.

Topic areas covered during this workshop will include multiple roles and relationships, record keeping, patient suicide, limit setting and impasse resolution with clients, new challenges when working in settings where psychologists occupy multiple roles, conduct and conflict when operating in a legal arena, dealing with contentious child custody disputes, and how to reduce risk in the digital age.

***We cannot accept phone registration. You may access online registration for all LACPA programs at [www.lapsych.org](http://www.lapsych.org).***

Name (as on license) \_\_\_\_\_ Degree \_\_\_\_\_

Business Address \_\_\_\_\_

City/State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (\_\_\_\_) \_\_\_\_\_ CA Professional License # \_\_\_\_\_

Email Address \_\_\_\_\_

**IF YOU ARE NOT A MEMBER, WE INVITE YOU TO JOIN LACPA AND ENJOY MEMBER PRICES.  
 GO TO WWW.LAPSYCH.ORG TO JOIN**

PLEASE CIRCLE THE APPROPRIATE FEE	LACPA Member	Non- Member
<b>1/31/15</b> Risk Management (6.0 hrs.)	\$165	\$220

*Program fee includes: Continental breakfast, lunch, and parking.*

Los Angeles County Psychological Association  
 17277 Ventura Boulevard, Suite 202, Encino, California 91316

818-905-0410

Fax 818-906-3845

lapsych@aol.com

www.lapsych.org

This course is co-sponsored by the Los Angeles County Psychological Association (LACPA) and The Trust. LACPA is approved by the American Psychological Association to sponsor continuing education for psychologists. LACPA maintains responsibility for the program and its content. LACPA is grateful to The Trust for providing this program and its outstanding presenter. LACPA also is approved by the Board of Behavioral Science as a provider of Continuing Education Units (CEU) for MFTs and LCSWs: Provider No. PCE 276. The licensee is responsible for maintaining records of completed continuing education coursework. LACPA supplies a document that certifies the licensee was present for the entire program and earned the continuing education credits. **Program and location is subject to change.**

**IMPORTANT NOTICE:** Those who attend the workshop and complete the evaluation will receive six continuing education credits. Please note that APA CE rules require that we give credit to those who attend the entire workshop. Those who arrive more than 15 minutes after the scheduled start time or leave before the workshop is complete will not receive CE credits and will not be eligible for the 15% premium discount.

**Cancellation Policy:** To receive a refund, a written request must be received by Monday, January 26, 2015. Refunds will be processed within 30 days. A \$35 processing fee is deducted from all refunds. Should it become necessary to cancel a course, those who have registered will be notified in writing, and the full course fee will be refunded. A \$20 fee will be charged to register on the day of the program, if space is available.

PLEASE MAKE CHECK PAYABLE TO LACPA OR COMPLETE THE CREDIT CARD INFORMATION BELOW.

Visa/Mastercard No. \_\_\_\_\_ Expiration Date: \_\_\_\_\_

3 security numbers on back of card \_\_\_\_\_ Name as on credit card: \_\_\_\_\_

This credit card is mailed to this street number \_\_\_\_\_ city \_\_\_\_\_ and zip code \_\_\_\_\_

## Office Space

**Agoura Hills:** Newly constructed high-quality office space available now. Full and part-time space. Soundproofing, Wireless DSL, opening windows, free parking, reserved underground space, separate exit, wet kitchen. (818) 888-3408.

**Beverly Hills:** Newly renovated suite in Class A medical building. Beautifully furnished window office available Tuesday, Wednesday, and Friday. Unfurnished interior office available full-time—ideal for early or late career psychologist seeking affordable, quality space. Private restroom; excellent parking options; free WiFi; separate entrance and exit. Psychodynamic/psychoanalytic practitioners with adult patients are particularly good fit. Call Stephen at (310) 275-4194 or e-mail drscp@sbcglobal.net.

**Beverly Hills:** New psychotherapy offices, prime location on Wilshire and Doheny, upgraded sound proofing, full-time and part-time, terrific views, lots of parking. Call Rami Sadeghi (310) 273-7000, drsadeghi@drsadeghi.com or Jeff Blume (310) 273-1372, nowhour@aol.com

**Beverly Hills:** Furnished Office 360 N. Bedford Dr., Beverly Hills 90210. Every Monday, Wednesday, Friday all weekends and all evenings after 6:00 PM. Signal lights, sound proof, separate entry/exit. Quiet building (original home of the former Los Angeles Psychoanalytic Institute). \$575.00/ month. Parking available. (310) 550-0314, ext 0.

**Calabasas:** Beautiful new office space available for lease or sublease. Wireless DSL, free parking, waiting room with signal light, separate exit. Many additional amenities available. Located directly off 101 at Parkway Calabasas. Call Tammy (310) 801-6274 or email: tkbrandt4@gmail.com.

**Calabasas:** Full or half-time corner windowed office available in four office suite. Large closet for storage inside office. Waiting room, call lights, microwave, refrigerator, water, DSL, free parking. Country setting, beautiful waterfall at entry. Contact (818) 999-9330 or sfreedmanphd@sbcglobal.net for appointment.

**Encino:** Office space, furnished and unfurnished space available, part-time or full-time, waiting room, separate entrance, entry system, wireless cable, security building. Contact Dela at (818) 512-2717 www.TLCOfficeplaza.com.

**Pasadena:** Large, furnished office with beautiful skylight. Available half-time (two days and two evenings). In Historical Landmark Pasadena Building. Call lights, separate entrance/exit. WiFi, microwave and refrigerator. Contact Stephanie Law (626) 354-5559.

**Santa Monica:** Beautiful, spacious office in luxury 3 office psychotherapy suite available for lease. This Wilshire Blvd. Class A Medical Building has full security. The office offers excellent exterior views, waiting room, separate exit/entrance, call buttons, kitchenette. \$1750 per/ mo or possibly part time. Call Dr. Rob Grossbard, at (310) 281-7944.

**Sherman Oaks:** Sublease for full days Wednesday, Friday and Saturday available. Modern and beautifully furnished windowed large single office and waiting room with hardwood floors, water, fridge, copier. Security building. Corner of Sepulveda and Ventura. Contact: Deborah Anderson 818-235-2158.

**Torrance:** Therapy office to rent on Saturdays, and half days available. Beautifully landscaped bldg. w/ waterfalls, trees, and flowers. Three-office suite w/ private waiting room. Call Amy (310) 497-7047.

**West LA/Santa Monica** (part-time): Beautifully furnished windowed office in secure, professional building with copy/fax, play room, kitchen, lovely waiting room; Saturday, Sunday, some mornings available. 12401 Wilshire Blvd. Sandy Plone, Ph.D. (310) 979-7473.

**Westwood/Brentwood/West LA:** Let us build your next suite at 520 S. Sepulveda. Join dozens of therapists that love the landscaped courtyard, windows, soundproof rooms, unlimited free street parking, onsite reserved or valet parking. Only a few suites left from 900 - 175 sf. As low as \$525/mo for one-room office. Take existing suite or new build-out to your specs paid by landlord. Visit www.520Sepulveda.com, pariswst@gte.net, (310) 709-3540 or visit during business hours (park free and see attendant).

## Special Groups

*All advertising for mental health services must include the practitioner's license number.*

**Alternative to Alanon:** Free, non-12 step based support group for family & friends of individuals struggling with substances. Mondays 6:30-8pm in Beverly Hills. Contact Dr. Marc Kern (PSY8246) at drkern@adictionalternatives.com.

**Depression Group/South Bay:** Ongoing support groups Saturdays 9:00-10:30 AM or 11:00-12:30 PM utilizing CBT and psychodynamic psychotherapy to identify and challenge factors contributing to depression. Prescreening consultation required. Gina Golden Tangalakis, Ph.D. (PSY16339), (310) 316-6670.

**Christian Co-Ed Process Group:** Provides a supportive environment for Christians with relationship and life issues. Tuesdays 7 - 8:30 PM in Brentwood. Contact Amber Rosenstock, Ph.D. (PSY22454) at (310) 949-9267.

**DBT Group:** Linehan-trained psychologist Jon Ubick, Psy.D. (PSY20344); DBT Skills Group Focus: EmoReg, Mindfulness, Interpersonal Effectiveness, and Crisis Management-weekly format (310) 629-6023.

## Women's Groups

*All advertising for mental health services must include the practitioner's license number.*

**Women's Group:** Medical trauma emotional support group for women forming. 135 South Jackson Street, Suite 204, Glendale, CA on Mondays from 12-2 PM. Low cost. Margaret Donohue, Ph.D. (PSY9038), (818) 389-8384.

**Psycho-Educational Women's Group:** For high-functioning women who are emotionally submissive in relationships. Transform what keeps you unconsciously hooked in destructive relationship patterns. For consult: Charlyne Gelt, Ph.D. (PSY22909), (818) 501-4123.

## Men's Groups

*All advertising for mental health services must include the practitioner's license number.*

**FATHER'S SEPARATION AND DIVORCE SUPPORT GROUP.** For men who have children and are contemplating, going through, or recovering from separation or divorce. Discussion includes communicating with an estranged spouse, coping with the legal process, co-parenting effectively, optimizing your relationship with your children, developing a new home life, maintaining productivity at work, dating again, and achieving personal satisfaction in life. First and third Thursdays, 7-9 p.m., Glendale. Jim De Santis, Ph.D., C.G.P., Lic. # PSY10315, (818) 551-1714, JJDeSantis@aol.com.

## Mixed Groups

*All advertising for mental health services must include the practitioner's license number.*

**Interpersonal Process Groups-Beverly Hills:** For clients with relational issues (e.g., intimacy, trust, assertiveness). Members learn to express their feelings, witness the impact of their behaviors on others, and receive support. Cara Gardenswartz, Ph.D. (PSY18399), (800) 306-2773. www.CaraGardenswartz.com.

**Growth-oriented psychodynamic therapy group;** provides a supportive environment for men and women dealing with life's issues. Meet 4-5:30 PM, Thursdays in Brentwood. Contact Ken Unmacht, Psy.D. (MFT16673) at (310) 207-1246.

**Mixed Group:** Mindfulness/cognitive behavioral therapy and aspects of meditation. Thursdays, 4:00 - 5:30 in Valley Village, 12520 Magnolia, Suite 210A (near Whitsett). \$20 per session. Call: Martin Ross, Ph.D. (PSY 8593), (818) 903-5817.

## Consultation/ Study Groups

*All advertising for mental health services must include the practitioner's license number.*

**Couple and Sex Therapy Consultation:** Dr. Berta Davis (PSY7683) is a certified sex therapist, diplomat, clinical supervisor and provider of CEs by AASECT. For further information contact her at (818) 784-3959.

**Case Consultation Group** for licensed therapists with a focus on contemporary psychodynamic perspectives. Offers the opportunity to discuss cases while learning more about contemporary psychoanalytic ideas. Contact Carol Mayhew, Ph.D., (PSY8950) at (310) 207-9902.

**Spiritual Consultation Group:** Licensed Therapists. Advanced practices for psycho-spiritual development in both the therapist and client in the clinical setting. Two Monday evenings monthly. Neil Schuitevoerder, Ph.D. (PSY11859), (818) 348-2348.

## Professional Opportunities

**Psychology Center** - Jaime Elizabeth Medvene, Ph.D. Licensed Psychologist (Ph.D. or Psy.D) Position, Moving to Agoura Hills in October, 2014. Licensed for at least five years in California. Graduated from an Accredited APA School. Must have your own liability insurance. Please send resume and references to Rachel at rachellicm@gmail.com or call at (818) 635-2161.



## DAVID J. GLASS

Attorney at Law

Certified Family Law Specialist

CERTIFIED BY THE STATE BAR OF CALIFORNIA,  
BOARD OF LEGAL SPECIALIZATION

PhD in Clinical Psychology

### DAVID GLASS JOINS ENENSTEIN FIRM AS ITS NEWEST PARTNER/SHAREHOLDER

Enenstein Ribakoff LaVina & Pham is proud to announce that David J. Glass has joined our firm as a Partner/Shareholder, bringing his robust Family Law and Probate practice with him.

Glass is a uniquely qualified family law and probate litigator. He is one of a few, select attorneys with training and experience in psychology who concentrate on child custody litigation, conservatorships & guardianships. He has practiced exclusively in family law and probate litigation for over 18 years, and he is a Certified Family Law Specialist. Prior to his legal career, Glass worked as a therapist treating adults with anxiety, depressive and addictive disorders, and worked in a psychiatric emergency room.

Dr. Glass provides his clients with something virtually no other lawyer can offer: an inside look at and understanding of the procedures employed by court-appointed mental health and psychological professionals. Additionally, his extensive experience working with business managers and financial advisors also allows him to aggressively pursue appropriate financial terms for his high net worth clients.

## Family Law & Probate Litigation

Divorce & Separation

Child Custody

Relocation

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17277 Ventura Blvd. ■ Suite #202 ■ Encino, CA 91316 ■ 818-905-0410 ■ FAX 818-906-3845 ■ lacpsych@aol.com ■ www.lapsych.org

## ADVERTISING OPTIONS WITH LACPA

### ADVERTISING DEADLINES FOR THE LOS ANGELES PSYCHOLOGIST

Deadlines have been established for submitting ads for publication in *The Los Angeles Psychologist* by noon on the date listed below. If the date falls on a weekend, then the Monday following will be the deadline date. Advertising CANNOT be taken by telephone.

Winter Issue (Dec/Jan/Feb) ..... November 1  
Spring Issue (Mar/Apr/May)..... February 1  
Summer Issue (June/July/Aug) ..... May 1  
Fall Issue (Sept/Oct/Nov) ..... August 1

### Display Ads- W x L Member/Non-member

Full Page – 7½ x 9½.....\$400/\$494  
Half Page – 7½x 4¾.....\$250/\$314  
Quarter Page – 3¾ x 4¾.....\$130/\$163  
Eighth Page – 3¾ x 2½ .....\$85/\$104

All display ads must be submitted via e-mail to (lacpsych@aol.com), we require a black and white or grayscale PDF file, please remove all hyper links. Export the file in high resolution (at least 266 dots per inch).

Receive a 15% discount on display advertising when you advertise in four consecutive issues. Total payment must be received in advance.

### CLASSIFIED COLUMN ADS:

Member: \$1.00 per word ..... Minimum charge \$25  
Non-Member: \$1.20 per word ..... Minimum charge \$35

### Specials to LACPA Members Only:

**BUSINESS CARD AD – 3 ½" x 2"** *Published in magazine only*  
\$50 an issue of \$165 for four issues with payment in advance.  
Email as PDF file or U.S. Mail business card to LACPA office.

### GROUP THERAPY ADS *Listed in both magazine and web site*

*All advertising for mental health services must include the practitioner's license number.*

One 30 word Group Therapy Ad per issue free; \$10 for any part of any additional 10 word increment. Additional Group Therapy Ad(s): \$10 for 30 words; \$10 for any part of any additional 10 word increment.

### Classified Advertising on LACPA's Web site [www.lapsych.org](http://www.lapsych.org)

We are unable to accept display advertising for the Web site at this time. LACPA's web site is updated every Friday (Monday, if holiday falls on Friday).

### Web site Only

Ad listed on Web site for four weeks, beginning with the date of upload  
Member: \$1.50 per word ..... Minimum charge \$35  
Non-Member: \$1.80 per word ..... Minimum charge \$45

### Combination Ad: Web site and *Los Angeles Psychologist*

Ad listed on Web site for eight weeks, beginning with the date of upload and in the next upcoming *Los Angeles Psychologist*

Member: \$2.00 per word ..... Minimum charge \$45  
Non-Member: \$2.40 word..... Minimum charge \$55

**Please Note:** *All advertising for mental health services must include the practitioner's license number.*

**Submit all ads to the LACPA office via email; display ads as PDFs and classifieds as text, to lacpsych@aol.com**

- Credit cards not accepted under \$35.  
*Visa or MasterCard only, no American Express.*
- Send your check made payable to LACPA at:  
17277 Ventura Blvd., Suite 202, Encino, CA 91316

**NOTE:** LACPA does not endorse any of the products, programs or services advertised in *The Los Angeles Psychologist* or in articles submitted.