

CO-PRESIDENT'S REPORT

BY: Bonnie A. Jacobs, Ph.D.

Since the last newsletter the LAGPA Board has been very busy organizing, running and planning future events (see calendar of events this issue). The annual holiday party, held at the home of Stuart Altschuler, was a success. I would like to thank Stuart for his ongoing involvement and support of LAGPA. Our educational seminar on bullying and conflict resolution training for children, presented by Drs. Holly Pedersen and Victoria Simon, was extremely enlightening (see article this issue). Our next seminar on February 6, 2004 will be presented by Dr. Jim Green. We will soon be presenting our annual community service awards and holding our annual conference.

We continue to update our data base and clean up the errors we have found. If you have not been receiving email or snail mail, please let us know and bear with us while we revamp. Now that we have an almost full board (we still need two more women – where are you?), all committees are catching up and moving forward. If you have a new address, phone number or email address please forward it to Jim Michael at infinitejim@yahoo.com; we cannot successfully get information to you without your current addresses.

As a result of current and ongoing events regarding same sex marriage and family issues, the theme for this year's annual conference (on June 19th at the Hotel Sofitel) will be "Our GLBT Families: Moving Forward." This past year has seen a number of steps forward for our community and our

civil rights, as well as a few steps backward. While a number of states have affirmed our rights, others are trying to limit or block them. George W. may consider introducing a constitutional amendment limiting marriage to the union of "a man and a woman," but amendments to the constitution are not that easy to pass. While state and federal governments legislate, we, as psychotherapists, need to deal with the issues in public and private settings. In public we need to make our voices heard and lobby for our rights as GLBT people. We are in a position to inform and educate as well as correct misconceptions using research and experience as foundations for our statements. We are also in a position to help those affected by the laws and personal issues that arise from living in our society. We will be presenting a domestic violence module at the annual conference to cover DV issues in the community and to meet the new CEU requirements for psychologists and this year's renewing MFT's and LCSW's. Other lectures will also be offered and we are calling for papers in this issue of the newsletter. Please consider a topic on the conference theme and submit your proposals as soon as possible.

In the future, we are hoping to present longer continuing education workshops on topics relevant not only to the GLBT community, but which will help the membership meet CEU requirements at a reasonable cost. A list of the new requirements for each license appears in this issue. If you are able to conduct a workshop on one of the required topics please email the

Progress Notes

A quarterly publication of the Lesbian and Gay Psychotherapy Association of Southern California, Inc. a organization dedicated to the promotion of gay, lesbian, and bisexual psychology, by supporting and serving the mental health professionals who work within the gay, lesbian, and bisexual and transgendered community.

Spring 2004

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Bonnie Jacobs, PhD, ABPP

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Co-President's Report-cont. from pg. 1

program committee chairperson.

LAGPA is trying to become a new and better organization for its members, the clients we serve and the community in which we live. To do this the membership needs to become more involved by participating on committees, paying dues, attending events, presenting CEU seminars and presenting at the annual conference. In the past, a few people have attempted to carry the whole organization. While those people did a great job with the resources at their disposal, the organization could not be as effective as it may have had there been greater member participation. The more people who volunteer to help with running the organization, the better the organization works and the more we can do. A list of the committee chairs/ board members and their email addresses appears in this issue. Send one of them an email to ask what you can do to help. With your help we can have an organization we can all be proud of. •

UPDATE From the Board of Psychology

New continuing education regulations for Licensed Psychologists have been set by the Board of Psychology. The classes may be MCEP or APA approved. If only APA approved, psychologists need to report the credits to the MCEP committee themselves prior to relicensure. For further information about continuing education requirements for psychologists go to www.psychboard.ca.gov. Psychologists must now have the following CE classes:

- Effective January 2000 - Ethics and the Law, minimum 4 hours, every relicensure period.
- Effective January 2004 – Spousal/Partner Abuse, minimum 1 hour, one time by 2004-2005 relicensure.
- Effective January 2005 – Aging/Long-Term Care, minimum 3 hour, one time by 2005-2006 relicensure.

8 hours of a psychologist's required 36 hours of continuing education each two-year relicensing period may be fulfilled by "distance learning" – internet, CD-ROM, satellite downlink and traditional home study. Further, beginning January 4, 2004, the fee for relicensure will be \$410.00.

Update from the BBS

New continuing education Regulations for MFT's and LCSW's have been set by the Board of Behavioral Sciences. The classes must be approved by the BBS. For further information about continuing education requirements for MFT's and LCSW's go to www.bbs.ca.gov

- For renewals after January 1, 2004 - Spousal or Partner Abuse- no minimum for 2004 renewals, 7 hours for renewals after January 1, 2005, one time.
- For renewals on or after January 1, 2004 – Law and Ethics, 6 hours, for this and each subsequent renewal.
- For renewals after January 1, 2005 – Aging and Long Term Care, 3 hours, one time.
- First Renewal – HIV/ AIDS, 7 hours, one time. •

CO-PRESIDENT'S REPORT

BY: William Mochon, PhD

Working with other psychotherapists in a setting such as LAGPA can be a real learning experience. It confirms the reality that we are a diverse group with such amazing skills, patience, humanity and, above all, support for each other. In the short time that this current board has been working together we have seen each other through relationship problems, licensing successes, family of origin changes and the myriad events that we are all blessed/cursed to live through. We may not have known each other for long but, the kind of support we have shared makes one wish we had indeed known each other for decades before now. I have seen this blessing over my years on the LAGPA board. Having the contrasting experience of serving on other professional boards, the LAGPA Board's support is unique.

All of this is to call to mind that you are being served by such a dynamic group of professionals who bring humanity into something that effects us all everyday--our careers, our families, ourselves. So, please do not just think of LAGPA as "that group that offers CEUs" or a networking group. Keep in mind that we serve the bigger picture which encompasses the needs and "what ifs" of our lives. Your LAGPA membership is not just to a professional organization, but to a group which, though not attempting to incorporate itself into your family, is trying to help you fulfill the immediate needs of your current family and of a family you may not have yet considered.

Our upcoming conference, our flagship event, will address the subject of what our families are like, how we as psychotherapists are effected by our families, how this effects our work, how we choose our work and how these overlapping realities call

for a response from us as we face the growing challenges to the recognition of our families. We need each other more now than before because everything we work for, hope for and live for is being threatened. This is not just a call which may evoke fear or concern but one which also strengthens, with the response, that we are not alone as GLBT psychology professionals. We have each other, a richness of experience and a depth of personal concern, interest and support which makes our daily struggles in this area successful. We then take these out to the rest of the community because we are empowered by this expanded family. Your LAGPA family loves you, needs you and seeks for ways to be of growing help to you in these days and moments. Welcome home!

Make a difference—

JOIN the

LAGPA BOARD!!!

**Contact Bonnie Jacobs at
drbajacobs@att.net
or Bill Mochon at
MochonPSYD@aol.com**

NOTES FROM THE COMMITTEES

The Communications Committee:

This committee is responsible for contacting members and nonmembers about events, finding various venues to distribute information about events, returning e-mail and calls for information about the organization and events and producing the newsletter (Progress Notes). Progress Notes is now back on schedule and we will be mailing information on the annual conference and membership renewals shortly. We are also working on updating the website. We are currently looking for people to help with all of these activities. For more information contact Bonnie Jacobs at drbjacobs@att.net.

The Development Committee:

This committee is responsible for assisting with locating funding for the annual LAGPA conference as well as continuing educational seminars by contacting various sources in the social science and medical field. Currently, the committee is looking for members and welcomes new people who have interest in philanthropy. The committee would be an excellent learning experience for those who are looking to create a network of financial sponsors for their practice. For more information contact Artur Akkerman at Artur25a@aol.com.

Community Service Awards:

This committee is responsible for selecting and awarding LAGPA's Community Service Awards. We are currently looking for two recipients for 2004. The mission of this award, as beautifully conceived by Past Co-President Stuart Altschuler, MFT, was to recognize someone who has contributed significantly to the service of the local GLBT community and had an impact on how we conduct our work and are able to approach our daily lives as professionals. Past recipients have been Don Kilhefner, PhD, Betty Berzon, PhD, MFT, Lillene Fifield, LCSW, Robert Krasnow, MD, Linda Garnetts, PhD, and Joni Lavick, MFT. Please forward your suggestions to Joni Lavick, MFT – Jlavick@laglc.org for consideration. We ask that you submit these suggestions before February 15, 2004.

The Conference Committee:

LAGPA is best known for their annual Pride conference in June. This dynamic committee is responsible for all aspects of program planning, obtaining sponsorship, hotel logistics and insuring that all goes well the day of the conference. It is extremely rewarding to see your work come to fruition on the day of the conference. The exposure and networking opportunities are great. If you would like to be a part of this exciting committee contact Claudia Bramlett at CKBramlett@aol.com or Bill Mochon, PsyD at MochonPSYD@aol.com.

The Program Committee:

This committee has the huge task of arranging for speakers, scheduling and conducting the continuing education seminars, helping find speakers to present at the annual conference and making sure the appropriate boards authorize LAGPA to give CEU credits. The

committees current efforts can be seen in the calendar of upcoming events. If you would like to help organize continuing education seminars or if you would like to present a seminar, please contact Bill Mochon, PsyD at MochonPSYD@aol.com.

The Membership Committee:

This committee is responsible for maintaining and updating the membership data base, updating the web-site member information, returning calls about membership information and helping members contact other members. We are currently looking for volunteers to help update the web-site, as well as persons willing to help maintain the data base. If you have some computer and/or telephone experience and would like to volunteer some of your time, please contact Jim Michael, IMF at infinitejim@yahoo.com. •

SPOUSAL AND PARTNER ABUSE TRAINING

The Westside Domestic Violence Network and Champion Counseling Center, a project of OPCC, are sponsoring a training on Spousal and Partner Abuse:

- It meets the BBS spousal and partner abuse continuing education requirement starting January 1, 2004
- The net proceeds go to the Network and Champion, two non-profit organizations that are involved with advocacy, education, and treatment for victims of domestic violence
- It will be held at Skirball Cultural Center, 2701 Sepulveda in Los Angeles
- The date is February 27, 2004 from 9:00 to 5:00. Registration begins at 8:30 AM
- The cost is \$109 prior to November 30, 2003 and \$129 thereafter
- The presenters are Barrie Levy, LCSW and Alyce LaViolette, MFT. Both presenters have over 25 years of experience in the field. Alyce founded the Alternatives to Violence Project and wrote the book "Why Women Stay." Barrie heads the Network, has written extensively on domestic violence, and is a UCLA faculty member

For more information or to register, call 310-828-6007 ext. 105

Talk Works™

The Board would like to thank Drs. Holly Pedersen and Victoria Simon for presenting the first LAGPA CEU seminar of 2004, "Talk Works for Kids: A Conflict-Resolution & Anti-Bullying Program" and their company TalkWorks™ (see ad this issue). On January 18th fifteen people heard how bullying is often related to violence in and out of schools. The goal of the "Talk Works for Kids" program is to train teachers and students in conflict mediation and resolution and to decrease the number of physically violent incidents in schools.

Their training consists of two parts: one for teachers and one for students. The presenters discussed how they had met with a great deal of resistance from the public school teachers who are generally overworked, underpaid and did not want additional responsibilities because of the program. The teachers also seemed resistant to "outsiders" telling them how to reduce inappropriate behavior in their school and classroom. Once the teachers were engaged in the program training they were encouraged to explore and discuss their stressors, frustrations and resistance to the anti-bullying program decreased. The teachers were taught effective listening skills, communication skills, conflict resolution and anger management skills. They were also taught the specifics of the student portion of the program so they would understand, participate in (by use of a reward system for the students) and support the program.

Student mediators (security patrol) are chosen for the program based on their behavior: those who do the bullying are the ones chosen. Students are taught "how to identify fighting and bullying, the impact of words and physical aggression and

consequences for victims and bullies." They are taught about mediation, "different types of interventions used to deescalate conflict situations and how to identify characteristics of bullies and victims so they can recognize potential problems in fellow students." Students are also given sensitivity training with the hope that they become more tolerant of "human differences including: race, gender, socio-economic status, sexual orientation, appearance, belief systems and other issues that may lead to conflicts between students." The remaining school student population is given information about the program and informed that certain designated students (those wearing "badges") are new security monitors who may approach them if they feel a problem exists. The underlying premise of the program is that by empowering the students who were once the "bullies," the need for that behavior will decrease and they will learn other ways of dealing with feelings and conflicts. •

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CLASSIFIED ADVERTISEMENTS

THErapy

Gay Men's Growth Group

This is an ongoing men's group which focuses on personal issues that lead toward better relationships with oneself and others. This is a group for serious minded men regardless of age, HIV or relationship status. Tuesday night in Studio City. \$30 per session. Contact Sandy Kaufman, MFT at 818-761-4200.

Gay Men's Group

The Center for Cognitive Therapy in Beverly Hills is now running a Gay Men's Group on Mondays from 7:30 -9PM. If interested, please call Joel Becker, Ph.D. (PSY11680), 310-858-3831.

Mixed Groups

Mixed psychotherapy groups for well functioning men and women with a focus on relationship, intimacy, sexual, family, and career issues. Yalom model. Monday and Wednesday evenings led by Raymond Bakaitis, PhD. For more information, please call 310-841-6870.

Caitriona Reed MH CHt

Hypnotherapy for fears, phobias, pain, addiction, and addictive behavior. Life transitions. Creativity. Identity Issues. Individuals, couples, groups, workshops, classes, retreats. 1949 1/2 Westwood Boulevard #3, Los Angeles, CA 90025 By appointment. 310-470-8443
www.manzanitavillage.org.

SF/Palo Alto: Gay/Bi Men's Groups

Six long-term psychodynamic process groups for gay men (San Francisco) and gay and bisexual men (Palo Alto). General issues topics, including intimacy, relationships, isolation, depression, HIV, dating, finances and friendships. The groups have been operative between five and eight years. For more information, please call Jamie Moran, LCSW at 415-552-9408.

Lesbian & Gay Community Counseling

We are proud to announce the opening of the Lesbian & Gay Community Counseling, serving the West Side and Beach communities. We are located in Marina del Rey, operating under the umbrella of the Antioch University Counseling Center. Our mission is to promote growth, healing, and health in the lesbian and gay community. We are a highly trained staff of Marriage & Family Therapists, MFT Interns, and graduate student trainee psychotherapists. We invite and welcome all referrals and appreciate you helping us get the word out that we're here to serve the community. We can be reached at (310) 574-2813, ext. 550. Please don't hesitate to contact us should you have questions or need further information. Sincerely, Eric J. Day, Ph.D., Director, Price Marshall, M.A., Program Director, Michael Koth, M.A., Program Director.

EMPLOYMENT

Psychotherapy Bookkeeper Position

Must be able to add existing client files to software program called "Therapist Helper." Call Mike Fatula MFT at 323-876-8861 OR 323-422-9433 business cell phone. (I am live on business cell phone at 5 minutes before any hour 10AM-10PM Mon-Fri).

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NEWSLETTER POLICY

Article Submission

Your articles are welcomed and solicited, and will be published on a space available basis. Please send a copy of your articles which must be typed and double-spaced, to

LAGPA

Progress Notes
11684 Ventura Blvd., #948
Studio City, CA 91604

You can email your articles to drbajacobs@att.net, or fax to (310) 745-8877. This newsletter is mailed to each member, and may be made available to non-members by requesting copies either through mail (to the address above), or by calling (310) 288-3465.

Publishing Schedule

Advertising and articles are due no later than the following dates:

	Due Date	Pub. Date
Summer	7/15	8/1
Fall	9/15	10/1

Classified Advertisement Rates

Members	FREE
Non-member	\$15.00

Display Advertisement Rates

Size	Member	Non-mem.
1/8 page or business card	\$20.00	\$30.00
1/4 page	\$35.00	\$50.00
1/2 page	\$50.00	\$70.00
Full page	\$75.00	\$100.00

This includes business cards, advertisement for upcoming events you are producing, personal promotion, or anything that you may want members to be aware of.

Mechanicals

Size	Mechanicals
Business Card	3.5" w x 2" h
1/8 page	
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Vertical	1.82" w x 4.8" h
1/4 page	
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Vertical	3.7" w x 4.8" h
1/2 page	
Horizontal	7.5" w x 4.8" h
Vertical	3.7" w x 9.75" h
Full page	7.5" w x 9.75" h

ADDICTION AND ADDICTIVENESS

by Edward Garren, MA, MFT

The disease of addiction has many components: bio-chemical, emotional, spiritual, family, culture, race, gender, current and historical. In this article I will focus on the emotional and spiritual aspects of the diseases.

The field of addiction treatment has moved from the traditional concept of individual addictions to a more generic understanding that the disease, "Addictiveness," manifests itself in many ways in a person's life. Addictiveness is a condition which is marked by obsessive compulsive thought and behavior (which may or may not involve: drug or alcohol abuse, food, shopping, gambling or sex), anxiety, overwhelming low self esteem, fear of intimate relationships, poor intimacy skills, difficulty dealing with painful feelings, fear of being discovered, isolation and resentment. Addictiveness is significantly associated with dependent personality characteristics.

Addictive persons often have issues with spirituality and frequently have deep resentments attached to the concepts of God which were forced upon them during their development. I have found that making peace with some concept of "God" or a "Higher Power" is also central to successful recovery. All of these issues are amplified in the GLBT community. GLBT persons often have difficulty with the above issues because of homophobia, both internalized and societal.

Much of recovery consists of self empowerment. Twelve-step philosophy and practice is one of "SHARING experience, strength and hope". The traditional hierarchical practice of psychotherapy is often

an impediment to self-empowerment. It is very appropriate for the therapist to insist on, but not necessarily require, 12 step involvement; including getting a sponsor (in program) and working the 12 steps of recovery. Addictive persons achieve recovery most effectively in a group setting and context. It is important to remember that therapy is only an adjunct to recovery, NOT a replacement for it.

In my opinion, it is best if therapy focus on helping the person comprehend their belief systems (and their origins) and their emotions, and gain an understanding of the distinction between the two. Simple re-directing (i.e., "Is that a belief or a feeling?") is very appropriate until the person has gained self-awareness. Most of the GLBT persons I know in recovery are no longer closeted because they have found it is impossible to remain in that place of fear and stay clean/sober. •

NEED HELP WITH YOUR BUSINESS?

Chuck Stewart, Ph.D., who works as the administrative assistant to LAGPA and SCLMA (doctor group), is able to take on new clients.

Business

- Create, design, and maintain databases (mailing lists, membership status, and more in Filemaker Pro, Excel, or Access).
- Create, design, and maintain financial records (in Quicken).
- Create, design, and produce artwork, flyers, mailers, and more using Photoshop, Illustrator, and Quark.
- Full film and video editing capabilities including subtitling.

Contact: Chuck Stewart, 310-838-6247 or visit his websites at www.StewartEducationServices.com, or www.ChuckStewartPhD.net.

CALENDAR OF EVENTS — 2003/2004

All Educational Forums are held at The Village at Ed Gould Plaza, 1125 N. McCadden Place, Los Angeles, CA 90038. For more information contact: Bonnie A. Jacobs, Ph.D. – drbajacobs@att.net or Bill Mochon, Psy.D. – Moshonpsyd@aol.com

CEU Seminar Fees: \$5 for unlicensed students/interns, \$20 for members, \$30 for nonmembers, \$10 MCEP charge (if wanted) for psychologists in either category.

Networking— 1/2 hour prior to each 2 CEU Forum

February

February 6, 2004—Friday Evening

7:30 PM - 8 PM Networking, 8 PM to 10 PM
Psychoanalytic Case Study: A Gay Male Couple
Presented by Dr. Jim Green

March

March 12, 2004—Friday Evening

7:30 PM - 8 PM Networking, 8 PM to 10 PM
The Treatment of Sexual Compulsion
Presented by Doug Braun-Harvey, MFT

April

April 18, 2004—Sunday Afternoon

2:30 PM – 5:30 PM
Annual Community Service Awards

June

Saturday, June 19— 9 AM to 4 PM

10th Annual LAGPA Lesbian and Gay Pride Psychotherapy Conference
“Our GLBT Families: Moving Forward” – 6 CEU’s
Conference Only: \$100.00; Membership Only: \$75.00;
Membership and Conference: \$150.00

**MARK YOUR
CALENDARS!!**

**ANNUAL COMMUNITY
SERVICE AWARDS**

APRIL 18

**10TH ANNUAL LAGPA
PSYCHOTHERAPY
CONFERENCE**

JUNE 19

CLASSIFIED ADVERTISEMENTS (cont. from pg. 6)

OFFICE SPACE

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Beverly Hills Adjacent

6404 Wilshire Blvd., hourly mornings (\$10.00/per), all day Friday or Saturday (\$200.00/per month each) Beautiful, furnished, large, sunny, view, waiting room, silent call, separate exit, on street parking, more. Bonnie Jacobs, PhD at 323-655-4056.

Beverly Hill

Large corner office, private waiting room. Available Friday or Sunday (\$200 per day/month) and some evenings. Parking included. Rob Kelly, Ph.D. at 310-277-1944.

Feel Rewarded

Make a difference—

JOIN the LAGPA BOARD!!!

THE LESBIAN AND GAY PSYCHOTHERAPY
ASSOCIATION OF SOUTHERN CALIFORNIA (LAGPA)

CONTINUING EDUCATION EVENT

CE Credits for ALL CA Licenses & MCEP for Psychologists

Friday Evening, February 6, 2004

7:30 PM - 8 PM Networking, 8 PM to 10 PM

Psychoanalytic Case Study: A Gay Male Couple

2 CEUs

Presented by Dr. Jim Green

In his therapy with a gay couple, Dr. Green encourages each member of the couple to explore uncharted territory which inhibits intimacy. This leads to understanding the myriad meanings for attachment and deeper connection. He explores unconscious family dynamics and helps disentangle toxic styles. The couple Dr. Green is presenting highlights issues of sexual styles. These styles, while necessary, prove to be insufficient for psychic survival.

Fee: \$5 for unlicensed students/interns, \$20 for members & \$30 for nonmembers, \$10 MCEP charge (if wanted) for psychologists in either category

All Education Forums are held at
The Village at Ed Gould Plaza
1125 N. McCadden Place
Los Angeles, CA 90038

For more information contact: Bonnie A. Jacobs, Ph.D. – drbajacobs@att.net or Bill Mochon, Psy.D. – MoshonPsyed@aol.com

THE LESBIAN AND GAY PSYCHOTHERAPY
ASSOCIATION OF SOUTHERN CALIFORNIA (LAGPA)

CONTINUING EDUCATION EVENT

CE Credits for ALL CA Licenses & MCEP for Psychologists

Friday Evening, March 12, 2004

7:30 PM - 8 PM Networking, 8 PM to 10 PM

The Treatment of Sexual Compulsion

2 CEUs

Presented by Doug Braun-Harvey, MFT

My web page is www.sexualdependency.com

Psychotherapists working with gay male clients are often called upon to differentiate between 'subculturally normative' and potentially harmful online sexual behavior. Therapists will improve the accuracy of their sexual compulsivity diagnostic conclusions by including healthy gay male online sexual behavioral norms. This presentation will review psychotherapeutic approaches when online behavior may be interfering with a gay male's stated treatment goals. Mr. Braun-Harvey will discuss individual, couples, and group psychotherapy as important and rare opportunities for gay men to explore both problematic online sexual activity as well as the culturally normative aspects of gay men's online sexual activity.

Fee: \$5 for unlicensed students/interns, \$20 for members & \$30 for nonmembers, \$10 MCEP charge (if wanted) for psychologists in either category

All Education Forums are held at
The Village at Ed Gould Plaza
1125 N. McCadden Place
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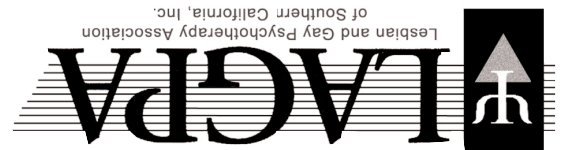


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Progress Notes

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Co-President's Statements

Talk Works™

ADDICTION AND ADDICTIVENESS

by Edward Garren, MA, MFT

Educational Forums and Annual Community Service Awards

CALENDAR OF EVENTS • CLASSIFIED ADVERTISEMENTS

Each event provides networking opportunities.