

The Conejo Connection

A Quarterly Publication of the
Conejo Valley Mental Health Professionals Association

www.cvmhpa.org

Winter, 2009



Today's Program— Dr. Philip Malinas *The Latest Buzz About Pediatric Mood Disorders*

Philip Malinas, A Board Certified Child and Adolescent Psychiatrist is the chief medical officer for Willow Springs Center, a 76-bed locked psychiatric residential treatment program for youths ages 5 through 17. He also maintains a private practice in Woodland Hills, CA. Dr. Malinas completed his Post-graduate Training at UCLA San Fernando Valley Psychiatry Training Program and in Child and Adolescent Psychiatry at Cedars-Sinai Medical Center in Los Angeles. He was previously the medical director for the partial hospitalization program at Vista Del Mar Hospital. Earlier he was medical director for Youth and Family Mental Health Services, Department of Behavioral Health in Ventura County, CA, where he supervised all crisis team contacts along with MediCal and indigent hospitalizations of children and adolescents for the entire county. He also treated mentally ill children and adolescents throughout the Ventura County system of care and was responsible for recruitment, retention and supervision for the psychiatric staff. He has provided psychiatric evaluations for adolescent residential treatment programs as well as consultation, therapy and medication management for a juvenile correctional treatment facility.

A Letter From CVMHPA President, Howard Levitt, LMFT

Dear CVMHPA Members—As we begin the new year, 2009, we mark another milestone for the Conejo Valley Mental Health Professional Association: Our eighth birthday! What began as a simple idea of bringing together a cross section of mental health professional in the Conejo Valley, has grown into a vibrant organization with nearly 200 members.

Each of you has been an integral part of that growth. We encourage your continued involvement by inviting you to attend our monthly Board of Officers' Meetings held the first Friday of each month at Los Robles East Campus, 150 Via Merida, Thousand Oaks at 9:00 a.m. You will meet the officers of your organization and find many opportuni-

ties to volunteer your talents. By now, you should have received the Slate of Officers for 2009. Notice that there is space for write-in candidates. It is important that each of you take time to vote, sign and date your ballot and postmark it no later than **February 1, 2009**. Thanks for your participation.

(See *Slate of Officers* on page 3)

Recession: Boom or Bust for Therapists?— from Psychotherapy Networker

Does the recession mean hard times of boom times for therapists? We know that income and job loss associated with a recession cause anxiety, depression, and loss of self-esteem, so it seems likely that the need for therapy will increase. But that need won't necessarily translate into more clients. Rising unemployment means that some people—often the ones who need therapy most—won't be able to afford it. An article in the October 7 *Wall Street Journal* reports that therapists around the country are experiencing more cancellations. As unemployment grows, many clients faced with the loss of both income and insurance, may consider therapy a discretion-

ary expense and cut back on it. Already, according to the *Journal*, clients are asking to renegotiate fees. Some therapists have started charging less and shortening their sessions. Others report more frequent phone calls from clients in lieu of office visits. Nevertheless, some therapists are reporting an *increasing* number of clients. "My impression is that, in today's recession, the need for more career, financial, and crisis counselors has actually expanded", says therapist and business coach Lynn Grodzki. Therapists, she insists, are in a good position to market their services because they can help clients with anxiety, stress, sleeplessness and related issues, including marital problems, resulting from the economic stressors. Supporting her contention,

an article in the October 19 *Atlanta Journal Constitution* reports that therapists are seeing more unemployed executives and people worried about their shrinking portfolios. Although it sounds counterintuitive to spend more during a recession, that's exactly what Grodzki advises therapists to do. They should start networking with human resource departments, lawyers, financial advisors, and accountants—anyone who's hearing about the personal pain the recession is causing. In times like this, such professions may replace physicians as primary referral sources. Everytime the market moves up or down," Grodzki insists, "opportunities open up for those with a service oriented practice."

Written by Garry Cooper, *Psychotherapy Networker* Jan/Feb 2009

April 24, 2009 Workshop—Spirituality, Mindfulness and Psychology

CVMHPA is pleased to announce that on April 24th, Mark Robert Waldman, B.A. will present a workshop on SPIRITUALITY, MINDFULNESS, AND PSYCHOLOGY. Mark is a writer, book editor, and speaker. He also is a counselor, providing mental health services as a credentialed minister. Mark also serves as an Associate Fellow at the Center for Spirituality and the Mind, University of Pennsylvania: (www.spiritualityandthemind.org), where he currently conducts research with Andrew Newberg, MD, on the neuropsychology of beliefs, morality, compassion, and spiritual experiences. He lectures frequently at conferences, colleges, and churches on the topics of relationships, dreamwork, creativity, transpersonal psychology, and the biology of religious experience.

His most recent book, coauthored with Dr. Newberg, is

Born to Believe: God, Science, and the Origin of Ordinary and Extraordinary Beliefs. The book includes recent brain-scan studies with Buddhists, nuns, Pentecostals, and atheists, and describes how our brains construct a unique vision of reality that is maintained by a vast network of perceptual, cognitive, emotional, and social beliefs. There are many ways that we can change this inner reality – through meditation, counseling, focused attention, and compassionate communication – and the changes that take place in the brain promote physical and emotional health by reducing stress, anxiety, depression, and anger.

The Center is currently exploring how meditation and prayer can forestall, and possibly reverse, the neurological damage caused by anger, anxiety, depression, and age-related disorders, including Alzheimer's Disease. In conjunction with a

growing network of psychologists, social workers, and research scientists, Mark is developing a new form of psychotherapy, called Compassionate Communication, that integrates mindfulness meditation with intentional dialogue, a strategy that facilitates rapid, intimate communication between people. This simple technique, which can be learned in a matter of minutes, can be used with couples, families, friends, and business associates. It can also facilitate cooperative and meaningful dialogues between different religious, secular, political, and social groups.

The Center is also currently developing research alliances with universities, counseling centers, and local church and civic groups interested in promoting personal and global peace.

We encourage you to mark your calendars for this event.

Brown Bag It to the 2009 MEET AND GREETINGS



All Meet and Greet programs, presented by CVMHPA members*, are held once a month and are one hour in length: Noon to one; Teen Scene Outpatient Program, 30343 Canwood #208A, Agoura Hills. There is no charge and no need to RSVP (however, we suggest that you confirm the program and date). For more information contact Judy Wiener, LSCW, MFT at 818-706-0140 or j-wiener@sbcglobal.net

Feb 6	Roberta Kopacz, MFT	Caregiver Burnout and Issues of Aging
Mar 6	Helen Edler, IMF	Couples and Money
Apr 3	Shawn Simon, M.A., P/ED & Panel	What is Educational Therapy?
May 1	Mary Ellen Lukes, MFT	Healthy Memory and Healthy Mind
June 5	Susan Baker, MFT	Using Somatic Awareness to Reduce Anxiety
Sept 11	Meenal Kelkar, MBA, CPRYT, CTYT	Mpowerment Meditations—Transforming Breath
Oct 2	Dani Levine, Ph.D.	Therapeutic School Placement for At Risk Youth
Nov 6	Andrea Lazarus, MFT	Sexual Dysfunction
Dec 4	Mary Large, Ph.D., PSY	Neuropsychological Evaluation: An Overview

*If you have an area of expertise or specialization and wish to share it with the community at large, please contact Judy Wiener.

CVMHPA CLASSIFIED ADS*

Office in Westlake Village: Office unit available March 1, 2009, with newly redecorated waiting room. Well established psychotherapy office with a lot of traffic, sound-proofed walls, and signal light system, fresh paint. Easy weekend and night entry access. Rent incentives available. Must rent ASAP. Contact Laurie at (805) 857-1289

Westlake Village: Spacious, furnished office on the lake! 5 office suite with established Psychologists—has waiting room, call-light system, private exit, shared refrigerator and microwave, private bathroom. Full or part time. Contact Marylie Gerson, Ph.D. at (818) 707-3905 x4

Office in Simi Valley: Well-established friendly practice. Nearly full time: hourly or weekly rates. Referrals likely, especially if on Blue Cross panel. Frequent church referrals. Private exit, lounge, call-light system. Contact Deborah Tucker at (805) 583-3976 x33

Large Office For Rent: Large, decorated psychotherapist office located in Thousand Oaks for rent by the hour or for the day. Private door entrance facing a patio and garden. Windows, wood floors, separate, very quaint waiting room area and a small kitchen area. Very quiet street location and private parking. For more information please contact Lily Goldfarb, LCSW at 805-490-0455.

Upscale Office Space in Moorpark: Space available in beautiful new, professionally decorated suite. Great referral sources in building. See \$220 per month per day of the week. Contact: Renee Haas, MFT, (805) 306-1595. www.wellspringcounselinggroup/our_offices for photos.

Office Space for Rent: Thousand Oaks. Prime location adjacent to the Oaks Mall in Marin Corporate Center. Full or Part Time. Furnished or unfurnished office with a view of wooded area. Ample parking. Located off the 101. Call Sara Rector, MFT at (805) 494-1414 or email her at rector181@aol.com or www.sararector.com

Looking to Relocate Your Office? Caroline Bigelow—commercial real estate specialist with CB/Richard Ellis can help find the perfect office space for you. Experienced, efficient and trustworthy—contact Caroline for more information at (805) 338-8404 or email caroline.bigelow@cbre.com

Thousand Oaks Office Space: Lovely building surrounded by trees and streams. Nice space with large windows. Easy frwy access for the 101 and 23. Large waiting room, playroom, Xerox, fax, microwave, refrigerator and separate exit. \$850 per mo. Contact Terry Rattray, Ph.D. (805) 370-8700.

Westlake Village Office: Freeway close, great location, windowed office suite available by day or week. Hardwood floors, kitchen, wireless internet, fax and call lights. Please contact Stephen Irshay at irsaymft@sbcglobal.net or (818) 707-2200.

Thousand Oaks: Lovely professional therapy office available full or part time. Private waiting room, separate entrance, call lights, storage, fridge, fax, office amenities, quiet setting. Centrally located with easy access to 23 and 101 freeways. Very positive, friendly environment. Great lease incentives—please inquire. Cynthia (805) 493-5155 or Roseanne (805) 496-1989.

Paid Internship: Opportunity for unlicensed MSW or MFT. Group therapy and addiction experience necessary. Positions available in Westlake Village, Encino, and West Los Angeles. Networking and marketing experience a plus, must be highly motivated. Internship hours and excellent supervision provided. Flexible hours—evenings and weekends needed and must be available 2nd and 4th Wednesdays from 12:30 to 2 p.m. for group supervision. Contact Teresa Courtwright, Office Manager, West Coast Counseling Center (818) 986-0062

*THE DEADLINE FOR THE APRIL NEWSLETTER IS
APRIL 17TH, 2009*

*PLEASE CONTACT SUSAN TSCHUDI AT
susantmft@gmail.com to place your ad.*

**Beginning in 2009, classified ads will cost \$20.00*

Transcription Services: AXIS I Medical Transcription is a small business looking to grow clientele within the community. For further information please contact Angela Chodorow: www.axis1medicaltranscription.com

New Slate of Officers for 2009

President - Howard Levitt, LMFT ; Vice President—Linda Klug, LMFT; Treasurer—Michele Harway, Ph.D., PSY, LMFT; Secretary—Susan Tschudi, LMFT ; Programs—Co-Chairs Mary Ann Lovegren, LMFT and Judy Weiner, LCSW, LMFT; Membership—Co-Chairs Sally Olshan, LMFT and Andrea Lazarus, LMFT; Hospitality—Co-Chairs Roberta Kopacz, LMFT and Linda Klug, LMFT; Marketing Chair—Lori Hops, Ph.D. PSY; Technology Chair—Kenji Watanabe, LMFT; Historian—Patrick Kolve; Prelicensed Rep—Helen Edler, M.A.; CE Administrator—Jacquelyn Williams, Psy.D., PSY

New Newsletter Feature

WHAT IN THE WORLD ARE YOU UP TO?



CVMHPA membership encompasses a wide variety of mental health and allied professionals. Besides running practices or businesses, many of you are accomplishing things, or speaking/writing/ participating in other areas of interest. We want to know about it.

Are you newly licensed? Have you been accepted as a workshop presenter at a conference? Have you received any award or special consideration for any work you have done recently? If there is anything of interest that you would like to share with the membership, email susantmft@gmail.com with the details and it will be included in the upcoming newsletter that is published to the whole membership.

Conejo Valley Mental Health Professionals Association Board of Officers

President: Howard Levitt, LMFT	805-495-0375
Treasurer: Michele Harway, PhD	805-795-4390
Secretary: Susan Tschudi, LMFT	805-557-0405
V.P. Membership: Sally Olshan, LMFT	818-865-8701
Co-Chair Hospitality: Roberta Kopacz, LMFT	805-531-7250
Co-Chair Hospitality: Linda Klug, LMFT	805-526-2190
Marketing Chair: Lori Hops, PhD	805-496-8432
Co-Chair Programs : Mary Ann Lovegren, LMFT	805-449-8193
Co-Chair Programs: Judy Wiener, LMFT, LCSW	818-870-0435x3
Website: Kenji Watanabe, LMFT	818-266-3530
Newsletter: Susan Tschudi, LMFT	805-557-0405
Prelicensed Rep: Helen Edler, MFT Intern	818-512-9761
Past President: Linda Lower, LMFT	805-484-3214

All are welcomed to attend the monthly meetings (first Friday of every month from 9 to 11 a.m. at the Los Robles East Facility at 150 Via Merida in Westlake Village). Call a member to verify the date or if you have questions/need more information.

CVMHPA MEETINGS, SCHEDULES, and INFORMATION

◆ CVMHPA Meeting Dates [at Sherwood Country Club]

Mark Your Calendars for the following dates:

April 24th: Mark Robert Waldman
Topic—Spirituality, Mindfulness and Psychology (see article on page 2)

June 26th: Watch for announcement

September 26th: Annual State of Mental Health

November 20th: Watch for announcement

IF YOU KNOW OF ANY
SPEAKER WITH EXPERTISE IN
AN AREA THAT MIGHT BE OF
INTEREST TO OUR MEMBERSHIP
FOR A WORKSHOP,
PLEASE CONTACT MARY ANN
LOVEGREN AT 805-449-8193

◆ CVMHPA Interest Groups

Consultation Group with Ed Jesalva, M.D.: Monthly consultation about case, medications, etc. — contact Judi Wiener, LMFT, LCSW (818) 870-0435 x3 for dates and location.

Mind/Body/Spirit Approaches to Healing: Sharing information and resources, and networking. Contact Lori Hops, Ph.D. (805) 496-8942, x1 for dates and location.

Allied Professionals: Reaching out to professional in related helping fields for mutual benefit. Contact Shawn Marie Simon, M.A., P/ET at (805) 777-8182 or rizeabuv@earthlink.net

Prelicensed Professionals: Information and support for those working toward licensure. Contact Helen Edler (818) 512-9761 or Helen.edler@sbcglobal.net

◆ CVMHPA Meeting Guidelines

DRESS CODE: Due to a policy set by Sherwood Country Club, anyone wearing **DENIM** clothing will not be admitted to the meeting.

RESERVATION POLICY: We regret that we cannot accommodate walk-in guests at our meeting. Reservations must be made in advance and must be post-marked by the **Friday** prior to the meeting.

In order to receive a cancellation refund, you must send a notification by FAX to (805) 492-6220 by the **Monday** prior to the meeting. No credits given - sorry, no exceptions.

ETC: Be prepared to show your driver's license at the gate when you arrive. If you arrive more than *5 minutes late* or leave more than *5 minutes early* you will not be entitled to CEUs or MCEPs.