



The Group Therapist Perspective

INTERDISCIPLINARY INSIGHTS FOR GROUP PRACTITIONERS

June / July 2001

PRESIDENT'S MESSAGE By: Jo Christner, Psy.D.



When fire was discovered, the world was changed forever. Life and survival as individuals and as groups became more hopeful and more secure. Groups of people depended upon each other to create continued survival. Imagine, long ago, a small fishing village off of a perilous coast. The entire village depended upon the men and the safe return of the boats for their continued existence. There was no lighthouse, only

a fire built and maintained on the hillside by those responsible for helping the fishing boats to find their way safely home in the dark. In order to ensure that the fire could be rekindled easily if it was extinguished by the elements, a small flame was kept burning in a very important lamp. The individuals of the village took turns accepting the important responsibility for the light in the lamp, the light that symbolized the spirit of life, hope, survival and continuity. Both the lampkeeper and the cliff-fire keeper depended on volunteers from the village to provide sustenance and the essential supplies to maintain the light and the fire successfully. Without their support, the light might be extinguished. When the time came, the keeper of the lamp would ceremoniously pass the lamp to the next person who accepted the most honorable job of keeping the light burning. That time has come. I am grateful that I have had the last year to assist in keeping the light of GPASC burning. Since 1953, the GPASC "lamp" (or gavel) has been passed to many individuals who accepted the responsibility and have given of their time, hard work and talents. It is my honor to "pass the lamp" on June 3, 2001 to our new President, Edward A. Dreyfus, Ph.D. I feel secure in knowing that the light will continue to burn and that he, his officers and the board will bring GPASC into its 49th year of existence. It is with your help, the membership, that they will be supported and sustained in their work and the light will be maintained.

I would like to take a moment to thank those who have helped to "keep the light burning" during my 2000-2001 term. Dr. Ed Dreyfus served not only as President Elect, supporting and assisting with his ideas and expertise but also as Conference Co-Chair. He and Dr. Herb Goldberg (Co-Chair) succeeded in creating a very informative and exciting conference! Dr. Marcia Craig-Smith did an outstanding job as newsletter editor. Her talents and hard work brought The Group Therapist Perspective into a new level of professionalism and helped to create the spirit of cooperation and giving that is essential in creating a substantial newsletter. I support Dr. Smith in thanking the members who contributed of their time and talents to provide such interesting and informative articles (page 2). Doris McElwee, MFT has again been successful as Membership Vice President, diligently seeking new members and assisting in increasing our membership. Jennifer Henry-Horowitz has brought us into a technological world with her administrative skills and computer expertise. I can't thank her enough for all of her hard work in creating a successful web site that is ever changing! Finally, I'd like to give a heartfelt thanks to Marvin Kaphan, LCSW (Past President), Rich Hirschhoff, MFT (Treasurer), Vickie Dauber, MFT (Nominations), Matthew Seidman, Ph.D. (Continuing Education Series), Colleen Land, MFT (Secretary), Joanna Angsten, Psy.D. (Presidents Party) and Linda DeVillers, Ph.D. (Program Developer). They continue to work behind the scenes to make GPASC and its programs and events a success. It has been a wonderful year. Thank you all for accepting and supporting the "passing of the lamp". Best Wishes to the new GPASC Officers and Board for a successful new year.

Message From The Editor By: Marcia Craig-Smith, Psy.D.

This will be my outgoing message as newsletter editor as I will be passing the baton to a long-standing, yet newly active member of GPASC, Miriam "Mimi" Davis, M.F.T. (See Mimi's Member Spotlight, page 6)

This past year as editor of the *Group Therapist Perspective* has been one of innovation and change. I have received positive feedback about the "facelift" we gave to the newsletter over the year. I must share much of the credit with Jennifer Henry-Horowitz, GPASC Administrator (AKA Cyber Jenn). I credit Jenn's computer and website knowledge along with her creative eye as the driving force.

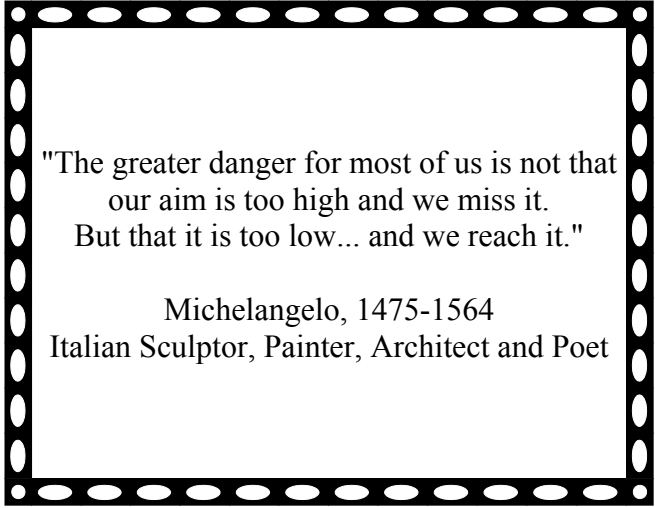
The content of the newsletter increased in variety and sustained a focus on the group therapy process especially reflective of the Featured Articles which have been exceptional and very useful for those of us facilitating groups. Many more members have taken advantage of the free listing opportunities and our Continuing Educational Series (CES) write-ups by Matthew Seidman, Ph.D. have enticed more members as well as non-members to partake in these FREE workshops offering continuing education credits. The addition of the "Cyber Jenn" column has been invaluable for us computer users who are continually stymied by the continuous deluge of information, programs, websites, and improvements of this computer era.

My theme statement for the year, "*Your Voice Counts*", intended to call forth all the hidden talents and expertise of the membership. In so doing, this organization has continued to grow stronger as a personable, professional, and sharing organization. I would like to remind the membership to continue to share their expertise and talent by writing short articles for the newsletter, utilize the Free Listings as well as paid advertising opportunities, and explore your creative ideas with Mimi Davis for upcoming issues of *The Group Therapist Perspective*.

While the newsletter will continue to communicate GPASC news to *all* members, I would also like to remind members who have access to the internet to use our listserve (GPASC@topica.com) to tap into the knowledge and wisdom of other members who are more than willing to share on an informal and expedient basis. The listserve also acts as an instant message center for all GPASC alerts.

I expect that the year ahead will bring the GPASC membership more quality information through *The Group Therapist Perspective*. Please check in with Mimi Davis, M.F.T. to see how you can contribute, to make this an even better publication year and *make your voice count!*

It has been an honor to serve on the GPASC board with such a personable and respected group of colleagues. Finally, it would be remiss of me not to publicly thank the following members for their contributions to the *Group Therapist Perspective* over the past year: Dr. Jo Christner, Jennifer Henry-Horowitz, Marvin Kaphan, M.F.T., Dr. Edward A. Dreyfus, Dr. Matthew Seidman, Dr. Linda DeVillers, Doris McElwee, M.F.T., Dr. Moon Kerson and Dr. Bill Rolfe, Dr. Marilyn Stolzman, Dr. David Rappaport, Miriam Davis, M.F.T., Elaine Rosenson, M.F.T., and Dr. Stephen Johnson.



"The greater danger for most of us is not that our aim is too high and we miss it.
But that it is too low... and we reach it."

Michelangelo, 1475-1564
Italian Sculptor, Painter, Architect and Poet

CYBER JENN

With summer almost here I know most of you are ready to get outside and away from your computers. I also know that others are using a slower, more mellow schedule this summer as an opportunity to get a new computer and get started surfing the web, sending emails and accessing valuable information, from the convenience of their home or office. I'd like to start with a few definitions that will help you understand the terms you'll see when looking for a computer.

Definitions:

MHz - Megahertz - millions of cycles per second. Most often used as a measurement of a PC processor chip's speed and power, with bigger numbers meaning more speed and a higher price.

GHz - Gigahertz - billions of cycles per second. 1000 MHz = 1.0 Gigahertz.

Motherboard - The main circuitboard in the computer - all the other bits and pieces are plugged into it.

Operating System - Every computer has an operating system, which is a sort of master program that runs automatically when you switch the computer on, and continues running until you switch off. It is responsible for the many routine tasks required to keep a computer running: moving the pointer when you move the mouse, providing icons and menus, running other programs such as a word processor or a game which you may request, controlling the various disk drives, the screen and so on. The most widely used operating system is Microsoft Windows.

Processor - The nerve center of the computer : everything flows through it. Also called the CPU. The best known are Intel's Pentium III and AMD's Athlon. The most important single specification on any PC is the speed of its processor, measured in megahertz (MHz), or gigahertz (GHz).

Graphics card - An expansion card which the PC uses to control the monitor's graphics.

HD, HDD (Hard Drive) (Hard Disc Drive) - The main (and fastest and most convenient) storage for programs and data. Originally named to distinguish it from floppy disks. Almost all PCs are fitted with hard disks, sometimes more than one. The first (or only) hard disk is usually called C: by the computer.

Helpful Resources:

- Home care product solutions for those seniors who are coping with daily living challenges or who may be ill at home or residing in long term care facilities. Expect reasonably priced, quality home care products. A great resource for agency's and company's dealing with seniors and the many issues they face. <http://www.caregiversworld.com/>
- A great site where you can sign up to have tips on any topic emailed to you. They do not sell or give out your information and the subscription is free. <http://www.emazing.com>

GPASC Web Site:

GPASC traffic is continually increasing, with over 2000 unique visitors in the month of April. The web site face lift is ongoing and due to be finished within a month. Of course, it will continue to grow and evolve once the face lift is complete. Please remember to check in often, it is the greatest source of information for members.

Member's Bulletin Board

GPASC
PO Box 491191 Los Angeles CA 90049
(323) 960-5143

FOUNDED 1952

AN INTERDISCIPLINARY NONPROFIT ORGANIZATION FOR THE
ADVANCEMENT OF GROUP PSYCHOTHERAPY

Membership Information

Full Category \$75/year

Clinical licenses including psychiatrists, psychologists, clinical social workers and marriage and family therapists

Affiliate Category \$60/year

Those with advanced degrees in the behavioral sciences, interns, students in mental health fields, others in allied areas.

GPASC web site:

<http://www.gpasc.org>

(NEW!!) GPASC email:

groups@gpasc.org

PO Box 491191

Los Angeles, CA 90049

Phone: (323) 960-5143

Administrator email :

tortuejenn@earthlink.net

Officers

President.....Jo Christner, Psy.D
President-Elect.....Edward Dreyfus, Ph.D
Membership VP.....Doris McElwee, MFT
Treasurer.....Rich Hirschhoff, MFT
Secretary.....Colleen Land, Ph.D (ABD)
Historian.....Haroldine Moseman, MA
Parliamentarian.....Vicki Dauber, MFT

Executive Board

Annual Conference...Ed Dreyfus, Ph.D and Herb Goldberg, PhD
Nominations.....Vicki Dauber, MFT
Membership Outreach.....Vicki Dauber, MFT
Program Development.....Linda De Villers, Ph.D
President's Party.....Laura Israel, LCSW
Past President.....Marvin Kaphan, MSW
CES.....Matthew Seidman, Ph.D
Newsletter.....Marcia Craig-Smith, Psy.D
Communications Chair.....Marvin Kaphan, MSW
Members-at-Large.....Stephen Johnson, Ph.D
Joanna Angsten, Psy.D

ADMINISTRATOR: Jennifer Henry –Horowitz

Students/Interns are you looking for a way to earn some extra money?

GPASC Administrator position open...

Would you or someone you know be interested in working from home and earning some extra money, while helping GPASC? If so, please let us know.

The position requires a responsible individual that has computer skills, good organizations skills and someone that would be interested in working an average of 20 hours per month (hours vary and may be more or less in certain months). Full training. Hours are flexible.

Please contact us at (323) 960-5143

Member's Bulletin Board

A place for members to list any of the following for FREE:

•Office address and phone changes •Available office space •Job Opportunities •Professional achievements and awards •New therapy groups being formed •Therapy group openings •••All advertising for mental health services must include the practitioner's license number. One 30 word Ad per issue free; \$10 for any part of any additional 10 word increment. Additional Ad (s): \$15 for 30 words: \$10 for any part of any additional 10 word increment.

Group Openings: Six heterogeneous (mixed ages and genders), psychodynamic groups, from high to moderate functioning.
Marvin Kaphan, (LCS 181, MFT 717)
(818) 766-9540, mkaph@aol.com

SAVE THE DATE!
GPASC ANNUAL CONFERENCE
NOVEMBER 4, 2001

Bereavement Groups: Widow/Widower Loss Groups in the Valley and Westside. Contact Marilyn Stolzman, Ph.D. for details, at the H.O.P.E. Unit Foundation, (818) 788-HOPE (4673).

CALENDAR OF EVENTS

September 16, 2001: GPASC Board Meeting and CES
All members welcome. Details to be announced.

November 4, 2001: GPASC Annual Conference

Please check <http://www.gpasc.org> for updates and additions to the Calendar of Events.

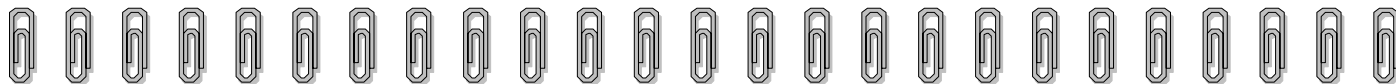
Grief Groups Forming for people suffering: the loss of a PET, loss of a Friend, and/or a Family Member. Vivian Sontag, MFT (MFC 36533) 818-886-8860

.....
• Openings: Mixed Single Group - Young Women and Men for
• Supportive Therapy Group Saturdays, 11:00am-12:30pm.
• Low Fee \$25./week. Call Rich Hirschhoff, MFT
• (310) 281-8476 Lic.#MFC32070
.....

WOMAN'S SUPPORT/THERAPY GROUP. High functioning. Understand yourself and others, make clearer choices, have more satisfying relationships, improve self-esteem. Mondays, 5:30pm-7pm. Elaine Rosenson, MFT (MFT 25804) (818) 501-3118

Encino Psychotherapy Office for Rent: New and tastefully furnished, offering a spectacular panoramic view, staff facilities, call light system and separate exits. Security building and convenient location. Available part time. Call Nicki Godfrey, 818-783-5470.

Psych Assistant needed: Administer psychological testing and report writing. P/T (2 days per week) with compensation. Contact Bobbie Japka, Ph.D. at (818) 996-9266 or email her at rjapka@earthlink.net.



MEMBER SPOTLIGHT

Miriam Davis, MFT

Over eight years ago Miriam, known to almost everyone as Mimi, attended a dynamic and eye-opening Group Psychotherapy Association conference in Los Angeles. The workshops were creative, fun, immediately relevant to her work and surprisingly helpful in her personal life. The presenter-facilitators were all articulate, empathic and insightful and Mimi was delighted to find a professional organization which simultaneously supported a variety of therapeutic theories and styles AND remained humanistic, democratic and realistic at the same time. With great enthusiasm Mimi joined G.P.A.S.C. Eight busy years later she is finally able to become an active and contributing member!

Personal and professional starts and stops are not really new to Mimi, nor are group dynamics. Born in New York to a humanistic psychiatrist/psychoanalyst father and a rebellious psychiatric nurse mother (both immigrants, as children, from central European countries) Mimi is the eldest of four daughters. She graduated from N.Y.U. (19 years old but feeling very, VERY mature) with majors in psychology and sociology, headed either for an M.D. or Ph.D. in something psychological or socially significant. En route, however, Mimi took a 30 year detour! She became an actress. And sometimes a writer, director and producer of theatre in New York and L.A. And a wife and mother...and the founder of several theatre groups...and a teacher and community activist...and a lot of other things.

In 1988, when her youngest child went off to college, Mimi returned to school to get a Masters in Clinical Psychology, returning full circle to her original professional path, but having learned a heck of a lot about a lot of things that she might not have learned if her life had taken a straighter route.

Since then she has been working steadily as a psychotherapist, has spent close to 10 years as the lead psychotherapist/social worker with Ventura County Public Health's HIV/AIDS infected and affected population (check out her article on leading a male HIV/AIDS support group a few issues ago) has taught numerous parenting classes and classes at Cal. State University Northridge, and facilitated a variety of small and large therapy and support groups: parents of young children, parents of teens, teens themselves, adults facing divorce, men and women dealing with HIV or AIDS, and newly diagnosed HIV patients. Acting and show business are still part of her life, but not front and center at this time. If you tune in 5 years from now things may be different.

This summer Mimi will begin a new chapter of this somewhat zig-zag path: becoming editor of GPASC's newsletter. It is with great excitement and pleasure that she is able to actively contribute to an organization that has "silently" been a part of her growth for the past decade. She is hopeful that she will be able to add to GPASC's dynamism with her own sometimes-colorful sensibility and personal talents.

GPASC Reminders.....

- Dues for 2001 are now past due—please send your check in today if you haven't done so yet.
- Is your bio up on the web site? If not, please get it in as soon as possible. Take advantage of the free exposure GPASC members are getting on the web site. Take a look at: <http://www.gpasc.org>
- Still confused about the GPASC listserv? Email Cyber Jenn (tortuejenn@earthlink.net) with any questions or comments—when used properly the listserv is a valuable resource for our members.
- Get involved! Let us know how we can better serve you and help make things happen. GPASC is YOUR organization and *your voice counts!*

FEATURED ARTICLE: A CIRCLE OF MEN

The Value of Men's Therapeutic Support Groups by Stephen Johnson, Ph.D.

Who are Men in Today's Society?

It is helpful to understand who men are and what they are looking for in terms of their age range. Generally speaking, existential questions typically begin to surface in men after the age of 35. Men who begin to question their lives, prior to their mid 30's, are the exception rather than the rule. Most younger men are interested in their careers and external relationships more than they are in exploring the hidden realms of their psyches or souls. As men move closer to midlife they sense an inner churning and longing for something more than the material trappings of the world. There is a spiritual questing, often arising from a Katabasis or personal crisis, that prompts men to inspect their lives, ask penetrating questions and seek meaningful answers.

Many men today are just as cut off and stuck as their predecessors. Our culture is faster and hotter than ever before. Men find themselves in the rat race struggling to keep up and challenged to balance their lives against the demands of roles that call for their being providers, husbands, fathers therefore wondering whether they can even be there for their families to the degree that their own fathers were. They carry a perception that their fathers weren't present enough for them. This creates internal concerns about their own capacity to measure up to the standards that they have set for themselves.

It is my experience that many more men today are walking around with greater degrees of anxiety and depression manifesting in a variety of acting out behaviors often showing up as addictions. Though many of these men will choose to suffer in silence we are finding that it is this group of men who are seeking solace through entering therapy today. They are stressed out, tired, disenchanted, longing and despairing. They can't keep up, feel that they are falling behind and in grave concern for the quality of their lifestyles and overall capacity to find meaning and enjoyment in their lives.

When Men Gather. Why Men's Groups?

Those of us interested in men's issues observed that there is no meaningful shared passage into manhood for men today, nor has there been one for several generations. Historically, men as hunter-gatherers and farmers knew who they were as men. Their sons spent many hours every day with their fathers, learning through the process of being together what manhood was about. Then the elders would formally induct the young men into the community of men. But as technology evolved, our great-grandfathers went from the rural, farming culture to the urban, industrial culture. Men moved from the farms to the cities and into meaningless and/or unfulfilling work. This was a profoundly significant shift, because our work is such an important part of our identity.

The involuntary abandonment by fathers means that for several generations boys in our culture have been raised almost entirely by women. Women, simply because they are women, cannot teach boys about manhood. Without men there is no possibility of any rite of passage into manhood. Therefore, for several generations, men have been losing the sense of what Michael Meade calls "gender ground".

In May of 1982, Robert Bly's ground-breaking interview in *New Age Magazine* was a lightening bolt of insight into men's souls. He said, "Our dads weren't there for us, so we were all raised by women, and we can't learn about manhood from women, so we have to learn about manhood from each other."

For centuries men, in indigenous cultures, had gathered to seek council and perform ceremonies and rituals to initiate boys into manhood and to receive guidance from elders and mutually support the community of men. Secret societal groups like the Masons, the Elks, Moose, Knights of Columbus and others served as opportunities for men to come together.

During the 60's, with the Vietnam war, older men and younger men became suspicious of each other causing distrust, polarization and estrangement eventuating in a rift in the community of men that would last for more than twenty years.

The women's movement only served to further confuse men causing them to question and doubt themselves. Men tended to perceive themselves through eyes that often held them with contempt. Men distrusted each other and many avoided identifying with traditional masculine values. The divorce rate began to rise, families split apart and we entered the age of narcissism commonly referred to as the advent of the "me generation".

It was in the mid 80's that, through the help of men such as Robert Bly, men began to seek the mentoring guidance of older males who understood what was going on with men. The identification of "father hunger" swept through the community of men like wild fire. Unfortunately, the media did not approach what was happening in men with respect or reverence. Men reacted to the parodies of their inner longing with shame and dropped their pursuit and retreated to their customary practices.

Featured Article continued...

Men cautiously reached out to other men who were exploring what had come to be called men's soul work. Leader led and leader less men's groups were created and have continued to act as sacred containers for men to explore their wounds, to bond and to support the evolution of men's mental, emotional and spiritual development.

The Purpose of Men's Groups.

The purpose is to support and help one another in learning new ways to be -- socially, personally, professionally, and in relation to each other. Groups need to be a safe place to try out new behaviors such as being more assertive, relaxed, or confident. Groups should allow members the freedom to talk about unusually sensitive topics related to issues of relationship, sexuality, career and other intimate concerns.

The mission is to develop a process by which a group of men who are reasonably compatible and who come together with a mutuality of intention will learn rapidly to trust, love, resolve conflict, and care for each other.

Support groups sprang out of the energy of the women's movement and its "consciousness-raising" groups for women who were liberating themselves from what they experienced as a male-dominated culture. From these sprang some remarkable men's groups. Men, in the early days of the men's movement were avowed feminists.

Self-help groups began as experimental offshoots of therapy groups and quasi-religious movements. Recovery and AA meetings are examples of some of the oldest self-help group organizations.

Of these two types of groups, support groups gather with more of a consciousness-raising, personal growth, feel-good focus, while self-help groups gather to deal with a specific problem and have a coping-better-with-the-problem focus.

Therapeutic support groups are led by a trained therapist who brings his clinical expertise to the exploration of the underlying psychodynamic during the process of men supporting each other to be their personal best. In a way it might be said that the men sit on each other's board of directors.

The Goal of Therapeutic Support Groups.

Traditional forms of individual talk therapy are probably not the best ways to reach men. David Jolliff (1994) suggests that a better way to deliver counseling services to men is through therapy groups that allow men to tap their masculine power and energy, utilizing it in their own healing process.

Hetzel, Barton, and Davenport (1994) conclude that if counselors adopt a gender sensitive approach, it is possible to reframe behaviors traditionally perceived as problematic in male clients: resistance to expressing feelings, being overly task-oriented, and withdrawing from intimacy. A gender-sensitive leadership style can provide male clients with a fuller understanding of how gender role expectations and their socialization have influenced their lives. Even more important, the group can help them discover a greater sense of freedom and expression.

The essential ingredient in men's groups is a willingness to stay with your group and learn through being together. This is commitment. Without commitment the group doesn't work. Commitment ensures the longevity necessary to build the trust and safety essential to open up, risk, and share more of who we are.

What is generally missing for us in our society is the safe space - the community - that supports our telling the truth at deeper levels. The group provides that opportunity. It is imperative that the group welcomes conflict and supports the sacred trust that the members will learn from it. It is important that there is a commitment to deal with and resolve conflict.

One definition of conflict is simply: "You want one thing and I want another." So defined, conflict is a natural and important part of any relationship. The successful resolution of conflict will involve you and me in telling the often hidden truth about why we want whatever it is we happen to want. In this open sharing we come to know new aspects of each other.

As M. Scott Peck states in his book, *The Different Drum*: "The essential dynamic of pseudo-community is conflict-avoidance. True community is conflict-resolving." The group must support a commitment to intimacy. Intimacy is sharing those most private thoughts, feelings, and secret parts of ourselves over a long period of time. It is something we all need and crave - and few men have known the comfort or experienced the joy of true intimacy, especially with other men.

Meeting the challenge of opening ourselves to others and finding acceptance is a vital step toward becoming able to know our own power. This is not the old dominating "power over", but the personal "power to" - to create our own lives as we want them to be. Inherent in the ability to be intimate is the power to trust and to love who you are at this moment.

Stephen Johnson, Ph.D., GPASC Board Member at Large, has been a licensed psychotherapist, consultant and educator for 30 years and has a full time practice with offices in Beverly Hills and Woodland Hills. He is the founder and director of the Men's Center of Los Angeles which was formed in 1989. His semi-annual Sacred Path Retreat for men has just celebrated 14 successful years of service to the men's community. On June 7-10 in Ojai, he will be convening the 2nd annual Call To Adventure Retreat, a rites of passage program for youth, fathers and mentors. Stephen is widely known for his expertise in working with men and adolescent boys. He facilitates several weekly men's therapeutic support groups as well as conducting periodic workshops and retreats. He may be contacted at: 818-348-9302 or 310-276-9598, e-mail - DR J 9598 @ aol.com. His web sites are sacredpathproductions.com and menscenterlosangeles.com.

Welcome New GPASC Members! Hearty congratulations to the following new GPASC members, voted upon and approved by the Board of Directors:

FULL MEMBERS

Cathy M. Glassner, MFT
 Sharon Rizk, MFT
 Sietze Vanderheide, Psy.D.

AFFILLIATE MEMBERS

Terri Burns, MA
 Kerry Runcie, BA

GPASC is happy to have you join us and we look forward to your participation. Congratulations, again!

Doris McElwee, MFT
 Membership Vice President

Advertising Rates and Information

- ◆ All copy should be print ready
- ◆ Ads must be accompanied by a check, made payable to GPASC
- ◆ Member rates apply to current GPASC members only.
- ◆ Send copy and check to: PO Box 491191 Los Angeles CA 90049

| Type of Ad | Size | Member Rate | Non-Member Rate |
|-------------------|---------------|-------------|-----------------|
| Full page display | 7.5" x 9.5" | \$75 | \$110 |
| 3/4 page display | 5.0" x 7.0" | \$60 | \$90 |
| 1/2 page display | 7.5" x 4.75" | \$40 | \$60 |
| 1/4 page display | 4.75" x 4.75" | \$30 | \$50 |
| 1/8 page display | 4.75" x 2.25" | \$20 | \$35 |
| 1/16 page display | 2.5" x 2.25" | \$15 | \$30 |
| Business card | 3.5" X 2.0" | \$15 | \$30 |
| Classified Ads* | 30 words | \$15 | \$25 |
| Flyer Inserts** | | \$75 | \$90 |

* \$10 additional charge for any part of any additional 10 word increment

**Flyers (250 copies) should be photocopied on any color 20 pound paper and delivered to the GPASC address by the newsletter deadline. Contact Newsletter Editor for deadlines.

GPASC
P.O. Box 491191
Los Angeles, CA 90049

Non-Profit. Org.
U.S. Postage
PAID
Culver City, CA
Permit No. 14



| <i>November</i> | | | | | | |
|-----------------|-----|-----|-----|-----|-----|-----|
| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
| | | | | 1 | 2 | 3 |
| 4 GPASC | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 | 29 | 30 | |

Save the Date!
November 4, 2001

**Group Psychotherapy Association of Southern California
Annual Conference**

*The GPASC Board and Officers wish all its
members a happy and safe summer!*