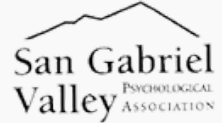


ANALYZE THIS!

The Official Newsletter of the San Gabriel Valley Psychological Association
An official chapter of the California Psychological Association



AWARD WINNING NEWSLETTER!

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dr.waynekao@gmail.com

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drelisah@gmail.com

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dr.aswong@gmail.com

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MESSAGE FROM THE PRESIDENT

In the blink of an eye, I'm coming to the end of my 4 year run as SGVPA President, and this will be my last President's message. As my presidency ends, I think of a simple question:

Have I left SGVPA stronger than when I started?

Instead of writing a full monologue of what I think this answer is, I realized that I'd like this question has two parts to it. One part involves my thoughts and beliefs on how I'll be leaving SGVPA after my presidency, and the other part is for you to answer.

For me, these were my goals in guiding this membership. When taking on this challenge during the COVID-19 pandemic, I wanted to make sure I built a community that was safe for everyone to be a part of, that challenged our current place in the world, and to expand the way we viewed mental health throughout culture, gender, sexual orientation, etc. As much as I wanted to celebrate the ways in which we thrive, I wanted to make sure we paid attention to what needed more of our attention.

I wanted to make sure that SGVPA was a place for new ideas, for people to bring their own professional and personal perspective to the membership and our community, where all viewpoints and beliefs were valued and considered. I wanted to advocate and fight for all voices to have space to be expressed and heard. Of equal importance I wanted to honor the wisdom that SGVPA already provided.

Cont'd on page 2

<https://sgvpa.memberclicks.net/>

President's Message Cont'd

More than anything, I wanted to create a place where we could all celebrate our community, to break bread and to value our differences as well as our commonalities.

I hope I've succeeded.

Now to the second part. Do you feel that I've left SGVPA stronger? What were you hoping to see and obtain through your SGVPA membership? If you felt this was achieved, please email me and share your thoughts.

If there was more that you were looking for, or we weren't able to provide what you were looking for, not only do I encourage you to reach out to me and share your thoughts, but I also encourage you to get more involved in our membership and even our Board of Directors. As much as we are here to serve you, our membership is stronger when we work together.

Our world needs us to come together.

With that being said, as I step down, I am not bidding farewell. I will continue to serve as Past President and be involved with SGVPA. I am proud to call San Gabriel Valley my home. I am proud to be a part of the SGVPA community.

Be well. Look after yourselves and look out for each other.



Dr. Wayne Kao, Psy. D

TOPIC: PERSONAL GROWTH

PLEASE WRITE ABOUT HOW YOU LEARNED ABOUT SOMETHING OUTSIDE OF YOUR OWN LIVED EXPERIENCE THAT HELPED YOU BECOME A BETTER THERAPIST

“On Perinatal and Postpartum Mental Health” by Dr. Emily Morales

"Perinatal mental health refers to mental health during pregnancy and the first year after giving birth, while postpartum mental health refers to mental health after childbirth." (Mental Health America - [https://mhanational.org/Perinatal Mental Health](https://mhanational.org/Perinatal-Mental-Health))

I started working at Learning Dynamics, Inc., in February 2022, and by joining this organization I became trained in perinatal and postpartum mental health. In my formal education I was only exposed to postpartum mental health as a topic in a lecture. I was never given an in-depth training in perinatal or postpartum mental health. As a woman, I was surprised that postpartum mental health was a quick slide in a PowerPoint presentation without any resources to get more knowledge on this topic. At Learning Dynamics, Inc., I was officially trained in perinatal and postpartum mental health, and it was obvious to me that I wanted to learn more. Perinatal mental

health, miscarriages, grief and loss, and postpartum mental health soon became a new space for me.

Currently, I am not a parent, nor have I attempted to have children, so I felt that this area of mental health was off limit to me. I felt that I had to be a parent to be able to treat this experience. I soon became an active learner, an active advocate, and a willing participant in the treatment room to facilitate processing these emotions and experiences. Through my work at Learning Dynamics, Inc., I became an ally for women and families experiencing these events in their lives.

I began to work with women and families who are on their journey to pregnancy, have experienced chemical pregnancies, ectopic pregnancies, miscarriages, IVF, completing pregnancy, loss of identity once becoming a parent, and the exploration of parenthood. This population is filled with women and people facing the world changing event of becoming a parent. I have found through my experience, the willingness to join with this population will create a safe space to explore their distress and I don't need to be "part of the club," to facilitate mental health support. After learning about perinatal and postpartum mental health, I realized that education needs to include this training to improve women's psychology and family psychology.

Cont'd on page 4

Becoming an advocate for perinatal and postpartum mental health changed me and how I practice family therapy.

Perinatal and postpartum mental health has made me more aware of my outdated or traditionalist beliefs about transitioning into parenthood. I used to be afraid to ask about miscarriage and traumatic birthing experiences, and I was fearful of disclosing that I am not a parent. Wanting to talk about any of the topics in perinatal and postpartum mental health is a step in the right direction to become an ally. Talking about bodily functions, addressing the aggressive intrusive thoughts, normalizing the depressive feelings, joining and exploring postpartum psychosis, holding space for postpartum anxiety, and giving clients room to explore their changed identities is what helps build rapport with this diverse population.

As an LMFT and a postdoctoral fellow, I create space to have the client let me know where they are at in their journey of perinatal and postpartum mental health. I encourage the client to understand that their distress is normal and if they can work through the symptoms, they can get back to being a parent with their child. Perinatal mental health is also an important area to discuss because it is the threshold that the client will experience until they get pregnant.

Pregnancy is also not a traditional model of only heterosexual sex. People are now getting pregnant through IVF, donor egg implantation, and surrogacy. These methods may increase the risk of having a miscarriage after going through all these steps. It's not all straightforward or traditional, because of science individuals can reach pregnancy in different ways so we must keep a space of compassion, curiosity, and nurturing so we can assist the clients in processing this step of their lives. Having experienced so many clients going through this journey from various routes has humbled me, empowered me to be an advocate, and encouraged me to share my knowledge. I have been deeply moved by my clients who have shared their journey with me. I am hopeful that we all get motivated to learn more about this topic and provide services to these members of our community.



Dr. Emily Morales, Psy.D

A special thanks to Dr. Emily Morales who provided the resources listed in this newsletter!

Cont'd on page 5

PERSONAL GROWTH

(Con'd)

“Hope” by Dr. Kristin Goradietsky

My first practicum site was at Hope Gardens Family Center in Sylmar California. It was a shelter for women and their children experiencing domestic violence. I met with women who shared their stories of enormous pain and suffering but also persistence and hope. I felt excited to work with the residents of Hope Gardens, but I also felt nervous because I wasn't sure if I could be helpful. I have never experienced domestic violence or homelessness. I also felt apprehension because I never provided therapy before so I wasn't sure how it would turn out. However, I found that listening, empathy and compassion could go a long way. Offering people a space where they can express themselves and be heard is invaluable.

Most of my clients at Hope Gardens identified as Latina or African American. Many of my clients understandably didn't trust me because I am White. Many didn't trust the medical and mental health system in the US due to a long history of experiencing racism and discrimination by those in power. My first several weeks involved building trust with the mothers and then with their children. I learned that I needed to focus more on building rapport and the therapeutic relationship

rather than on interventions especially initially. I talked with my clients about plants, gardening, cooking or whatever my client's interests were to build a relationship. Eventually I learned about my client and her life story. There was pain, heartache but also strength and determination.

I realized that anyone could become unhoused due to events outside their control. Having an illness, accident, natural disaster, major medical condition or mental health issue could lead to becoming unhoused. Society tends to stigmatize being unhoused through the narrow lens of “being lazy,” despite being a multifaceted concept. I hate it when I hear people say to an unhoused person on the street, “get a job” as if it was that easy. They don't care to know the person and their story. Also, people who work full-time jobs making minimum wage can still be unhoused due to the high cost of housing.

I was saddened by the trauma these women experienced but also admired their strength. Many of my clients risked their own lives to do what was best for their children. They knew that leaving their abusers meant risking their lives if they were confronted by their abuser, but many found the courage to leave by the hope for a better life. I learned that many of the residents had not only experienced trauma in their

Cont'd on page 6

adult lives, but as children as well. They faced several barriers including lack of family support, financial resources, cultural barriers and stigma. I learned about why it's so difficult for those experiencing domestic violence to leave their abusers. There were many reasons including fear for their lives and their children's lives. Many survivors of domestic violence have nowhere else to stay and had limited financial means. Prior to working with domestic violence survivors, I thought that maybe survivors stayed with their abusers due to factors within themselves such as low self-worth, but I realized there were many external factors to consider instead of pathologizing those who stay in abusive relationships. I was able to challenge my own biases.

I learned that even though I had never been unhoused or experienced domestic violence, I could still support many of those who had. We all have basic human needs to be seen, heard and valued. We need to feel connected to each other and feel we are valued members of society.

I remember playing cards, drawing, coloring and playing basketball with the children at Hope Gardens. I enjoyed bringing in art supplies and games to play. I wanted to provide opportunities for play and joy. I realized that no matter what these children have been through they

often didn't lose their capacity for playfulness and living in the moment. I recognized the importance of creating opportunities for fun and joy as well as opportunities to discuss pain and trauma when working with clients.

I gained some confidence in myself as a therapist based on the relationships I was able to build with most of my clients. I realized that I could handle difficult and crisis situations. I was able to persist even though it was challenging to build rapport initially. I gained a passion for supporting those who are marginalized or unheard. I learned to be creative in my therapeutic approaches. I realized that working with art, music and poetry can be especially helpful for those who have experienced trauma because sometimes it's hard to verbalize emotions related to trauma because of the way trauma impacts the brain. I also learned that being unhoused doesn't define a person. What defines a person is their values, relationships and how they treat other people.



Dr. Kristin
Goradietsky, Psy.D

Reflections from CPA Convention 2024

by Lisa Sui

It's incredibly meaningful to be able to share my experiences from the recent California Psychological Association (CPA) conference, hosted in San Jose this year, that I attended alongside Dr. Kao and peers, Thomas and Duc. This trip was graciously sponsored by SGVPA, an opportunity that I was humbled and even surprised to be offered. This conference and time spent connecting with others in the field not only expanded my appreciation for our professional and graduate student community but also deepened my understanding of key issues in our field.

While there were numerous talks, workshops, and sessions, three stood out for me. Case Consultation: Three Approaches to Chronic Illness and Disability, led by esteemed professionals such as Dr. Rhoda Olkin and Dr. Amber Landers emphasized the importance of disability-affirmative practices and systemic family therapy. I especially enjoyed the engaging collaborative format, which promoted mutual learning and sharing with fellow attendees. I left with practical strategies to apply to my own clients, particularly in managing chronic illness and various disabilities.

Another standout session was Code Switching in Real Life to Avoid Ableism and Racism, where we

explored the nuances of language and its implications in therapy. This session, hosted by Dr. Rhoda Olkin, Dr. Amber Landers, and Dr. H'Sien Hayward, fostered collaborative thinking among the attendees by prompting us to share personal experiences with how we've learned how to adjust our language to be more inclusive. The discussions highlighted how subtle language choices can perpetuate biases, and I gained valuable insights into how to navigate these issues in practice.

Lastly, I recently had the pleasure of attending a collaborative meeting with the California Psychological Association of Graduate Students (CPAGS), which serves as an invaluable resource for psychology students across the state. During the meeting, I had the opportunity to further connect with Thomas and Duc, and also learn from new-to-me connections, namely - Manu and Ryan, two exceptional PsyD students from the Wright Institute who are actively involved on the CPAGS board. We had insightful and meaningful conversations about our varied experiences in our respective programs, including the diverse dynamics of cohorts and our experience with advocacy from organizations that promote the collective growth of graduate students. I am immensely grateful for the chance to connect with fellow students who share a passion for psychology and am excited about the opportunities that lie

Cont'd on page 8

ahead for all of us as we continue to grow in our roles.

Along that sentiment, throughout this conference, I felt that networking was an exceptional aspect because of the comradery that was present in every social event, session, workshop, and between-session breaks. I had the pleasure of connecting more with familiar faces and creating new bonds with numerous others. Being student representatives with Thomas for SGVPA has been a highlight of my year, and this trip helped to solidify the bond over our shared values and goals as growing students and budding professionals. Furthermore, observing Dr. Kao's charismatic ability to engage with others so effortlessly inspired me to further embrace curiosity and authenticity in my networking efforts; it is abundantly clear that he cares immensely about numerous communities, the encouragement for genuine human connection above just "networking," and the advocacy for students. Overall, the social interactions from the convention have enriched my professional journey and solidified my commitment to continue strengthening and creating connections within our community.

I am incredibly grateful to SGVPA and its dedicated board members for their support and sponsorship. This experience has not only bolstered my knowledge and skills but has also fostered a profound sense of belonging within the

psychology community. I never thought that I would ever be offered a gracious experience like this, and I do not take it for granted nor lightly. I will carry what I've learned as I continue my time as a 3rd year PsyD student and growing professional, now that I feel more confident and motivated.

Thank you all for being part of this incredible journey. I look forward to more opportunities for connection and learning from each of you as we continue to grow together in our field.

by Lisa Sui (featured on the right in photo below) other SGVPA members in the photo are (right to left) Thomas Zhong, Dr. Wayne Kao and Duc Vo.



OUR JANUARY JUBILEE IS FAST APPROACHING, PLEASE SAVE THE DATE:



JANUARY 31, 2025
6:30PM-9:30PM



FURTHER DETAILS TO COME.

WITH COSTS CONTINUING TO RISE, WE'VE MADE EVERY EFFORT TO PROVIDE THE SAME QUALITY AND COST FOR AS LONG AS WE COULD. HOWEVER, IN ORDER TO PROVIDE THE SAME VALUE TO OUR PAYING MEMBERS, THIS YEAR, WE WILL BE MAKE THE FOLLOWING CHANGES.

- 1) MEMBERS WILL CONTINUE TO BE ABLE TO ATTEND FREE OF CHARGE AS PART OF THEIR MEMBERSHIP DUES
- 2) NON-MEMBERS AND GUESTS OF MEMBERS WILL BE ASKED TO PAY A REASONABLE FEE TO ATTEND, AS FOLLOWS:
 - A. STUDENTS- \$10
 - B. NON-STUDENT/NON-MEMBERS- \$25

AS A REMINDER, ALL PAYING MEMBERS AREA ABLE TO ATTEND SGVPA EVENTS THROUGHOUT THE YEAR AT NO ADDITIONAL COST, AS WELL AS UP TO 30% DISCOUNTS ON CE WORKSHOPS AND EVENTS, INCLUDING OUR ANNUAL SGVPA CONFERENCE.

IN ADDITION, ANYONE WHO JOINS OR RENEWS AT THE JANUARY JUBILEE WILL RECEIVE A 10% DISCOUNT.

I LOOK FORWARD TO SEEING EVERYONE.

DR. WAYNE KAO, PSY.D

SGVPA MEMBERS RECOMMENDATIONS

WHAT IS EVERYONE
READING, WATCHING,
EATING
OR
LISTENING
TO RIGHT NOW?



READING:

Sapiens by Yuval Nova Harari

A sweeping review of anthropology and human development in intersection with the biospheres - riveting and transformative.

Dr. Andrea Davis, Ph.D

EATING:

Byblos Mediterranean Bakery

3115 Foothill Blvd.

Unit O

La Crescenta, CA 91214

I enjoyed falafel, chicken shawarma and fattoush.

Dr. Kristin Goradietsky, Psy.D

READING:

Waiting for Gadot by Samuel Beckett

I read this book because it considers existential questions and the meaning of life. It also conveys the importance of self-efficacy and not waiting for something to happen to you but rather taking action to make something happen.

If you would like to share what you are reading, watching, eating or listening to please email kristingorad@gmail.com for your responses to be included in the next edition of the SGVPA newsletter.

SEPTEMBER IS SUICIDE AWARENESS MONTH



How to start the conversation:

A website called, "Seize the Awkward," breaks down ways to talk about mental health and have a conversation about behaviors or concerns you have noticed with those you love, or clients you serve. This is an opportunity to create dialogue to prevent death by suicide.

<https://seizetheawkward.org/>

For the survivors of suicide loss:

<https://sprc.org/tools/resources-survivors-suicide-loss/>

<http://www.friendsforsurvival.org>
<http://heartbeatsurvivorsaftersuicide.org>

Didi Hirsch's Suicide Prevention Center

<https://didihirsch.org/services/suicide-prevention/>

Offers both 8 week (closed) and drop-in groups for suicide loss survivors in LA and Orange County - includes a teen group and Spanish speaking group. They also offer groups for those who have attempted suicide as well as individual therapy for both cohorts.

The Coalition of Clinician-Survivors:

Offers support and resources for clinicians who've experienced the suicide loss of either patients/clients and /or loved ones.

<https://www.cliniciansurvivor.org>

WEBSITES

<https://calyouth.org/cycl/>

<https://988lifeline.org/>

<https://www.crisistextline.org/>

<https://www.rainn.org/>

<https://www.samhsa.gov/find-help/national-helpline>

<https://www.thetrevorproject.org/get-help/>

Suicide and Crisis Lifeline: 988

CA Youth Crisis Line: 1-800-843-5200

Crisis Textline: Text "HOME" to 741-741

National Suicide Prevention Lifeline:
1-800-273-TALK(8255)

RAINN National Sexual Assault Hotline:
1-800-656-4673

SAMHSAs National Helpline:
1-800-662-4357

The Trevor Project LGBTQIA2S+ Affirming Crisis Hotline: 1-866-488-7386

Mental Health America: 1-800-985-5990

SUICIDE AWARENESS MONTH CONT'D

Suicide Prevention Month

September is Suicide Prevention Month – a time to raise awareness of this stigmatized topic. We use this month to shift public perception, spread hope and share vital information to people affected by suicide.

www.nami.org



Suicide Prevention

Learn about suicide and suicide prevention.

www.cdc.gov

CalHOPE

CalHOPE Website

www.calhope.org

Striving for Zero Suicide Prevention Strategic Planning Learning Collaborative: Modules and Resources - MHSOAC

Learn about the implementation of the state suicide prevention plan.

mhsoac.ca.gov



Take Action for Mental Health

As part of California's ongoing mental health movement, the Take Action for Mental Health campaign is designed to help you check in, learn more, and get support for your own mental health or the mental health of someone you care about.

takeaction4mh.com

Suicide Prevention

No suicide attempt should be dismissed or treated lightly.

mhanational.org

Suicide Prevention Awareness | Know the Warning Signs of Suicidal Behavior

Although the warning signs of suicide can be subtle, they are there. By recognizing these signs, knowing how to start a conversation and where to turn for help, you have the power to make a difference – the power to save a life.

www.suicideispreventable.org

Learn about suicide, how you can help prevent it, and resources for those affected, from the American Foundation for Suicide Prevention. Our mission: save lives and bring hope to those affected by suicide.

afsp.org



**American
Foundation
for Suicide
Prevention**

SEPTEMBER 15TH TO OCTOBER 15TH IS HISPANIC LATINX HERITAGE MONTH

HISPANIC LATINX HERITAGE MONTH IS A TIME TO CELEBRATE AND
REMEMBER THE CONTRIBUTIONS OF HISPANIC AND LATINX
AMERICANS

These dates were chosen because many Latin American countries celebrate their independence within these dates.

- September 15 - Costa Rica, El Salvador, Guatemala, Honduras, and Nicaragua
- September 16 - Mexico
- September 18 - Chile
- September 21 - Belize



Hispanic Heritage Month recognizes the rich cultural tapestry and historical contributions of Hispanic and Latinx communities in the United States.

Communities come together to honor the diverse history, languages, and traditions that shaped the cultural landscape of the United States.

It is a time to reflect on the enduring legacies of Hispanic and Latinx individuals in areas including art, science, politics, sports and social justice, while also embracing the vibrant future Hispanic and Latinx communities continue to build. Festivals, parades, educational events and art exhibits invites everyone to celebrate and appreciate the dynamic influences of this community.

<https://unitedwaukesha.org/celebrating-hispanic-heritage-month-breaking-stigmas-and-nurturing-mental-health/>

<https://www.verywellmind.com/mental-health-in-the-hispanic-community-5202823>

<https://www.psychiatry.org/news-room/apa-blogs/psychiatrist-culturally-competent-care><https://mhttcnetwork.org/hispanic-heritage-month/><https://namisc.org/hhm/>

<https://www.nami.org/your-journey/identity-and-cultural-dimensions/hispaniclatinx/><https://nned.net/11114/><https://rockymountainada.org/news/blog/increasing-mental-health-awareness-hispanic-and-latino-community>

<https://www.galenhope.com/mental-health-blog/emphasizing-hispanic-heritage-and-mental-health-celebrating-diversity-and-bilingual-capabilities-this-hispanic-heritage-month/>

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

HOTLINES

National Domestic Violence

Hotline:

1-800-799-7233 (SAFE)

<https://www.thehotline.org/>

LA County's Domestic Violence 24-hour Support Services:

1-800-978-3600

<https://dpss.lacounty.gov/en/jobs/gain/sss/domestic-violence.html>

LGBTQIA2S+ Domestic Violence support:

1-800-832-1901

<https://www.tnlr.org/en/24-hour-hotline/>

StrongHearts Native Helpline:

Call or text 1-844-7NATIVE

(762-8483)

<https://strongheartshelpline.org/abuse>

Domestic Violence Resource Center:

503-469-8620

<https://www.dvrc-or.org/>

LEGAL SERVICES

Peace Over Violence:

<https://www.peaceoverviolence.org/domestic-violence>

The People Concern:

310-264-6644

<https://www.thepeopleconcern.org/sojourn/>

Legal Self Help:

<https://selfhelp.courts.ca.gov/restraining-orders>

Legal Aid:

<https://lafla.org/get-help/>

Domestic Violence in Same Sex Couples and Gender Minorities

Four Category System - LA LGBT Center's breakdown of categories of relationship violence:

Primary Victims, Defending Victims, Secondary Aggressors, and Primary Aggressors

<https://www.calhealthreport.org/2017/06/21/push-fair-treatment-los-angeles-lgbt-center-creates-new-categories-relationship-violence/>

A four-category system for intimate partner violence that Susan Holt created with her colleagues at the Los Angeles LGBT Center has become a standard of practice at the non-profit, the largest provider of LGBT medical and mental health services nationwide. But Holt and her colleagues are still working to spread the word about the four categories, which, Holt believes, can be helpful for treating the wider community as well.



NOVEMBER IS NATIVE AMERICAN HERITAGE MONTH

This month provides the opportunity to recognize the achievements and contributions of Native Americans and to reflect on the historical harm, injuries and generational trauma caused to Native Americans in America.

History:

<https://www.nativeamericanheritage.gov/>

<https://www.bia.gov/NNAHM>

https://www.senate.gov/artandhistory/history/common/generic/American_Indian_Heritage_Month.htm

<https://minorityhealth.hhs.gov/native-american-heritage-month-2024>

<https://www.compasshealth.org/native-american-heritage-month/>

Resources for Indigenous Peoples:

<https://pages.nativehope.org/native-hope-resource-library>

<https://locator.lacounty.gov/health/Location/3181175/american-indian-counseling-center>

<https://uaii.org/health-services/behavioral/>

<https://www.icowellness.com/>

<https://americanindianchangingspirits.com/>

<https://strongheartshelpline.org/>

<https://www.nami.org/yourjourney/identity-and-cultural-dimensions/indigenous/>

<https://afsp.org/story/mental-health-and-suicide-prevention-resources-for-indigenous-peoples>

Ways to Decolonize and Honor Native Peoples on Thanksgiving:

<https://www.culturalsurvival.org/news/11-ways-decolonize-your-thanksgiving-and-honor-native-peoples>

<https://lsa.umich.edu/social-solutions/news-events/news/digests/ways-to-decolonize-thanksgiving.html>

<https://www.iup.edu/news-events/news/2021/11/make-your-thanksgiving-more-meaningful-with-history-you-never-knew.html>

https://www.earthisland.org/journal/index.php/articles/entry/resources-to-decolonize-thanksgiving/?utm_source=google&utm_medium=paid&utm_campaign=tfds_dsa&gad_source=1&gclid=Cj0KCQiA88a5BhDPAIIsAFj595jLrAjebr5Qt8i8iDA9Lm303O_6eUXtuNTEzNdcvTx9tICfg3GkHqwaAlziEALw_wcB



SAN GABRIEL VALLEY PSYCHOLOGICAL ASSOCIATION

MEMBERSHIP IS ACTIVE FOR 1 YEAR FROM DATE OF JOINING/RENEWING

MEMBERSHIP PRICING:

AFFILIATE:	\$175.00
ASSOCIATE:	\$175.00
EMERITUS:	\$ 45.00
LICENSED:	\$200.00
NEWLY LICENSED:	\$145.00
OUT OF REGION:	\$ 75.00
STUDENT:	\$ 40.00
UNLICENSED/POST-DOC:	\$120.00

PLEASE SEE WEBSITE TO JOIN SGVPA OR RENEW MEMBERSHIP

Regular monthly luncheons feature engaging speakers on topics that are relevant to mental health and provide the opportunity for continuing education units if you choose. The only CPA chapter that provides monthly gatherings like this, SGVPA wants to give its members consistent opportunities for CE's and networking, all in an atmosphere of fine dining. - As of March 2020, all CE events will be online.

Mentoring is a feature of our organization! If they choose, students and early career psychologists are given the opportunity to meet with seasoned clinicians on a regular basis to ask questions, develop friendships, and feel supported.

SGVPA cares about the community around us! Various community projects attempt to interface with the local community, providing important mental health resources to those in need.

SGVPA cares about advocacy! Each year, important and vital legislation that impact mental health is being monitored by the California Psychological Association and we want to keep our members informed! SGVPA also regularly meets with local legislators to discuss these issues and invites them to various organizational meetings.

Networking events are abundant at SGVPA. Throughout the year, SGVPA sponsors a plethora of lunches, happy hours, and evening events, allowing our members plenty of opportunities to network their services, develop friendships, and feel connected to the family that is SGVPA!

Special Interest Groups (SIGs) are something that SGVPA also offers its members. With meetings typically occurring on a bimonthly basis, members can attend any SIG of their choice! Our current Special Interest Groups include Professional Networking; Neurocognitive, Psychoanalysis, and Feminism. We are always open for more SIG ideas.

Analyze This!

Editorial Policies

1. *Analyze This!* seeks high quality submissions on topics of interest to SGVPA members. This includes but is not limited to topics directly related to clinical practice, policy and legal developments, psychological theory, and psychological research. Articles need to be culturally sensitive, professional, and free of overt self-promotion. Contributors do not necessarily need to be SGVPA members to be granted publication. In general, submissions must not exceed 750 words.
2. The Editorial Staff coordinates decisions on content with the SGVPA Board, although it does not function solely as a direct vehicle of the Board.
3. The Editorial Staff reserves the right to accept or reject articles or advertising, based on its judgment of suitability for the Newsletter. The Editorial Staff also reserves the right to delay, defer, or cancel publication of any given article, based on space, theme, content, or other editorial considerations.
4. The Editorial Staff reserves the right to edit, revise, or shorten all articles and advertising submitted, as a condition of publication. Editing may address issues such as readability, interest to readership, and scholarly concerns. Contributors retain the right to approve edits and revisions, or to withdraw such articles or advertisements from submission.
5. The Editorial Staff reserves the right to grant contributors the privilege of “regular columns” to certain members. However, not all regular columns will necessarily be published in every issue, and these columns may be rotated, to allow other valuable columns and other content to be included.
6. Contributors whose submissions are to be published are asked to submit a high resolution (300 dpi or higher) digital photo file (e.g., jpeg, bmp or gif). Photos embedded in Word files cannot be used.
7. Current and Past issues of *Analyze This!* will be made available on the SGVPA website. However, any instances of publishing personal info, especially home addresses of members, will NOT be published as part of the issue (i.e., such info will only be included as insert pages, which will not be reproduced on the website).
8. From time to time, the Editorial Staff may introduce a specific theme for an issue of *Analyze This!* We will inform the community of upcoming themes in the newsletter, i.e., to generate interest, and to invite contributions.
9. The deadline for submissions to be considered for publication will normally be on the first day of each month preceding publication. Four issues of *Analyze This!* are published each year, in September, December, March and June.
10. Submissions for possible publication should be sent to Dr. Kristin Goradietsky, Editor, as an email attachment. Correspondence, and Letters to the Editor for *Analyze This!* should also be sent to Kristingorad@gmail.com.

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