



THE GPPA Report

AUTUMN 2019

GREATER PITTSBURGH PSYCHOLOGICAL ASSOCIATION

THE OFFICIAL NEWSLETTER OF THE

A Letter from the President

TEAL FITZPATRICK, PHD



Dear GPPA Members,

IT IS HARD TO BELIEVE that we are getting closer to the New Year as this first newsletter is published- it has already been a very busy fall and we are looking forward to several important GPPA events that are already on the horizon this coming spring.

I want to thank everyone who participated, as an attendee or with coordination, in the Big-Three Conference on September 20th. It was wonderful to see so many of you in one place, and thank you all for your feedback about the event. I want to particularly thank Kristen Cellone, Deb Dilman, Stephanie Marasti-Georg, and Sean Moundas for their work as the CE Committee this year. As we plan future CE Events it is helpful to hear from you what you would like to see in terms of topics, speakers, and frequency of events. I also want to again extend an apology to everyone who was negatively impacted by the fact that our Mandated Reporting CE would not meet the state-designated requirement, particularly as Will Hasek did such a fabulous job with this program. The additional steps for this state requirement became known to us only after the fact, and that was a steep learning curve for us, but one that we now know the steps to remedy for future events.

This Spring we will be celebrating our annual Legacy Award Event, where we honor a psychologist for outstanding lifetime work in this field. Last spring we combined the Community Partnership Award and the Legacy Award Event for the first time, and it was lovely to honor both lifetime achievements and those who are showing promise early in their careers. This year, we are hoping to continue to honor both recipients in the same evening, and also to offer CE-credit as part of the event as well. Please keep your eyes open for calls for nominations for these awards and also for more information about the event itself.

I am also taking this opportunity to let you know that, at the end of this board year (May 2020) I will be stepping down from the GPPA board, and also stepping away from the practice of psychology and moving into a new vocational chapter. It has been a pleasure to serve the community in this position, I look forward to the rest of this board year, and I thank you all for your support along the way. I am making this announcement early so that we have ample time to plan for the transition. There are two particular areas for which I ask the membership to consider taking on more active roles: the first is to consider a board position and we welcome new applicants and also members who have board experience. There are opportunities to join the board in leadership positions, and so members who may have served and enjoyed leadership roles historically are particularly encouraged to reach out. Second, I will be asking membership that may be interested in taking on a more active role with continuing education to reach out and consider taking on a commitment to the Continuing Education Committee. It has been wonderful to offer continuing education this year, and it also requires coordinated responsibility for documentation, vetting, and planning. It is a rewarding job, and we hope some of you may be interested in helping carry this work forward. Please contact me directly at gppapittsburgh@gmail.com.

I wish you happy and safe holidays over these next few months.

Teal Fitzpatrick, Ph.D.

GREATER PITTSBURGH PSYCHOLOGICAL ASSOCIATION

THE 2018 - 2019 GPPA OFFICERS: Teal Fitzpatrick, President • Marjorie Weinstock, Secretary • George Herrity, Treasurer • Sean Moundas, Assistant Treasurer

BOARD MEMBERS: Allie Jedinak • Stephanie Marasti-Georg • Terri Dilmore

NEWSLETTER EDITOR: Dr. Leswin Laubscher, our newsletter editor, will be stepping down from the position in Spring 2020. We are looking for a volunteer to take over the newsletter editing duties starting Fall 2020. Please contact either GPPA President Dr. Teal Fitzpatrick or Dr. Laubscher if you are interested. Either of them can provide additional information about what the duties and responsibilities entail. Ideally, the new editor would collaborate on the Spring 2020 newsletter edition to ensure a smooth transition.

For contributions to our Newsletter: Please contact Leswin Laubscher at gppapittsburgh@gmail.com

Mindfulness & Spiritually Integrated Therapy: Personal Empowerment, Global Issues and Buddhist Philosophy

LUISA V. NAYHOUSE, M.A., M.S., LPC



WHEN INDIVIDUALS HEAR TALK about mindfulness, they often think of it as being more consciously aware of their own thoughts, behaviors or words. While this is true, the term also signifies taking personal responsibility for one's life as a whole. To further expand on this, I would say that mindfulness entails taking responsibility for the collective karma of the planet in which we live, via our own unique and individual karma. Our individual and personal responsibility and summation of our entire existence is intrinsically connected to the karma of the universe as a whole. As a clinician, my clinical work over the past 15 years has been enhanced by the lay Buddhist philosopher, writer and President of the peace, culture and education movement of the Soka Gakkai International (SGI) - lay Buddhist organization, Daisaku Ikeda. I quote my Buddhist mentor here from the November 5th 2010 World Tribune, (2010, p.10): "In a work of his final years, Tolstoy wrote, 'Each person's task in life is to become an increasingly better person.' In essence, this is human revolution. Without this any social revolution would be incomplete. According to Tolstoy, 'If you see that society is organized badly, and you would like to correct it, you should realize that there is only one way for society to improve. To improve everyone, you have only one method under your control-you must become a better person yourself.'"

Mindfulness and spirituality go hand in hand when we are talking about a mutually agreed upon definition of spirituality. To this end, Harold Koenig, Director at the Center for Spirituality, Theology and Health at Duke University Medical Center, offers spirituality as that which refers to the transcendent: "The transcendent is that which is outside the self and yet also with or connected to the self. In Western traditions is called God, Allah, HaShem, Higher Power and in Eastern religions is called the Ultimate Truth or Reality, Brahmam, The Dharma or Buddha or Mystic Law of the Universe. Spirituality is intimately connected to religion, and in fact, lies at its core" (Koenig, 2018). In my view, there is great value in mutually respectful dialogue where the goal is to learn about diversity and be more authentic about our own practices as well as beliefs.

In my experience, counseling individuals and families for over twenty years, I have observed that happiness is an elusive phenomenon to many. Some seem to stumble upon it, at least for a while; others seem to have established such a solid and strong self, that nothing in the environment can shake them or alter their ability to find joy and happiness. In some cases, this state of being is quantified with assessments and measuring scales – yet, such scales notwithstanding, there remains something rather mysterious and elusive. Research in human sciences has likewise identified that health is complex, involving a harmonious and intricate relationship between parts of the body. Our universe and the establishment of peace is no different. In changing times, and a mostly anxious *zeitgeist*, the impact one individual can have for greater peace or greater discord can be observed.

What is the key to the inhabitants of our nation or world for that matter to prevent sinking into a sense of despair? In short, the understanding that every person has a unique mission and role in creating peace, first and foremost with their immediate surroundings.

When therapists, psychologists and licensed counselors help individuals and families to create more harmonious families, this directly impacts global affairs, in ways that we cannot always fathom. When individuals are able to stand up with a sense of responsibility and develop wisdom, courage, and compassion, they can move their lives in a positive direction. Core values, beliefs, and theory become applications to daily life and are not removed from them. Perhaps it is worth reflecting and acting upon the notion that we need a philosophy that is filled with hope for a better future and that despite the anxious and even violent times in which we reside, that peace, hope, truth and love will prevail. Daiseku Ikeda notes, "What is called for now is a new union of faith and reason encompassing all aspects of the human being and society, including the perspective achieved by modern science."

About the author:

Luisa Nayhouse received her Master of Arts in Clinical Psychology from Duquesne University, and a Master of Science in Applied Developmental Psychology from the University of Pittsburgh. She completed a Post-Masters certification in Family Therapy at the University of Pittsburgh School of Social Work, is a Licensed Yoga Chair Instructor, and a certified Group Fitness Instructor AFAA (Aerobics and Fitness Association of America) with a Zumba Kids and Kids Jr. License. She has been a Licensed Professional Counselor since 2012, and has over 20 years' experience working in a variety of settings, including Community Behavioral Health facilities and hospitals providing individual, couples and family therapy and mental health and substance abuse group therapy. She is also trained in Trauma-Focused TF-CBT therapy, and is a member of the Western PA Society of Adlerian Psychology. Other projects and involvements include teaching middle-school children Social and Emotional Skill-Building through Ballroom Dance instruction, and working with the Pastoral Institute where she established a CEU course in Spiritually Integrated Therapy. Trained in Eastern meditative practices for over 15 years, Luisa welcome assisting those interested in providing Mindfulness Meditative training. She currently works at The Children's Institute of Pittsburgh full time, counseling children, youth and young adults ages 4-21, as well as at the Pittsburgh Pastoral Institute where she teaches a course for therapists and counselors on Spiritually Integrated Therapy and Diversity.

CONTINUED ON PAGE 3:

The Big-Three Conference Roundup September 20, 2019

Thanks to all of you who attended! The CE Committee would like to extend many thanks to the event staff at The Union Project who provided outstanding support for this event. We also extend gratitude to Jodine Downey and her business, CJ's Kitchen, for the catering.

Novel Approaches to the Assessment and Management of Suicidal Risk in Adolescents, presented by Dr. David Brent

Dr. Brent, one of the leading researchers and experts in the field of adolescent suicide prevention, spoke about most recent research outcomes related to the prediction of risk and appropriate interventions to help prevent adolescent suicide.

Beyond the Basics: Advanced Topics in Mandated Reporting, presented by Dr. Will Hasek

Dr. Will Hasek provided an engaging approach to the topic of mandated reporting, covering necessary information about responsibilities in reporting related to child abuse and neglect, particularly focusing on cultural-competence in reporting, changes to the mandatory reporting laws, and ethical conundrums or challenging situations related to reporting. Dr. Hasek provided a wealth of clinical examples for the attendees to use as case-studies during the presentation.

Eight Strategies to Improve Interventions with Suicidal Patients, presented by Dr. Brett Schur

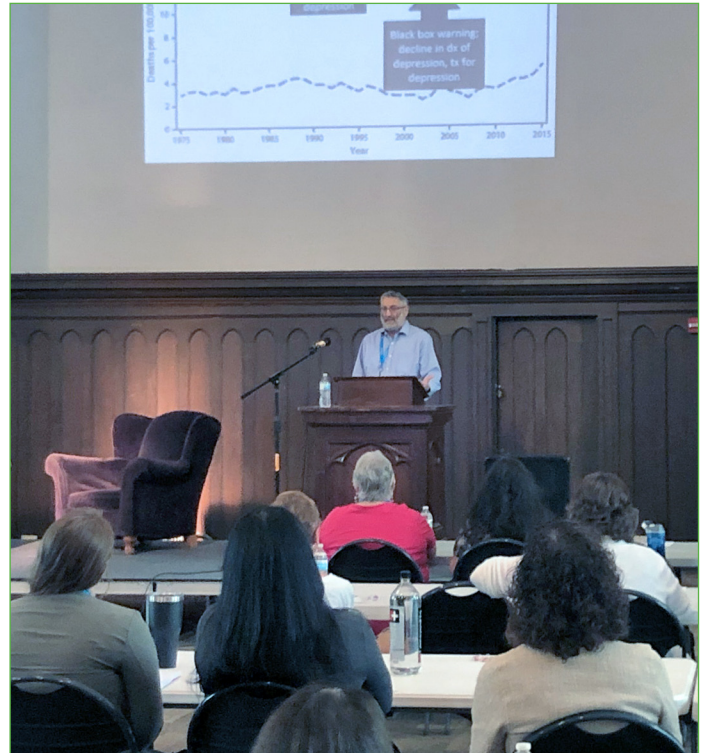
Dr. Schur, joining us from the Philadelphia area, spoke to several practical clinical interventions, strategies, and skills to work with high-risk suicidal adult clients. Dr. Schur focused on the importance of speaking directly about suicide-potentials, examining one's own fears and anxieties as a clinician working with suicidal clients, and debunked several myths about suicidality in the adult population.

Positive Ethics and the Acculturation Model Applied, presented by Dr. Teal Fitzpatrick

Dr. Fitzpatrick used the Acculturation Model of Ethics as a foundation to discuss different ways of understanding ethical decision making, and then focused on ways to participate in anti-racist, anti-sexist, and anti-ableist practices as a way of enacting positive ethical practices. Dr. Fitzpatrick focused on the importance of doing personal work outside of the therapy room in order to avoid perpetuating micro-aggressions in clinical work.

References:

- Ikeda, D. (2012). *Humanism and the Art of Medicine: A New Century of Health*. Soka Gakkai: Malaysia.
- Koenig, H. G. (2018). *Religion and Mental Health: Research and Clinical Applications*. Academic Press: San Diego, CA.
- Peck, M. S. (1987). *The Different Drum: Community Making and Peace*. Simon & Schuster: New York, N.Y.



Presenter Dr. David Brent



Presenter Dr. Will Hasek

MANY VETERANS ARE FRUSTRATED at the pathologizing of their wounds, even if those wounds are psychological. Post Traumatic Stress Disorder (PTSD) is a diagnosis that acknowledges the psychological suffering of the wounds of war, but the diagnosis comes with serious and cascading negative consequences. The diagnosis has its uses, but it also turns the veteran's wounds into a professional matter: a mental illness, which is now in the province of mental health professionals. Others, whether in church or community organizations or family are then left uncertain of their roles because they are not mental health professionals.

Many veterans admit their wounds, but wish that they could be responded to in ways that honor the experience that those wounds carry. Excessive focus on "symptoms" can even feel insulting. What is needed is a pathway along which veterans can travel and, in time, become cultural elders. In traditional societies, such as the Hunkpapa warrior society of the Lakota Sioux, the elders were all warriors who were also role models for young veterans returning from battles or war. They offered guidance, steadiness, and example to their hot blooded young warriors.

I have run many retreats in which the Vietnam veterans were so much appreciated by their young Iraq and Afghanistan colleagues. They bonded in mutual appreciation and understanding.

I encourage my colleagues in psychology to encourage, in turn, those clients who are veterans to build relationships with veterans both ahead of them along the path and who are following along behind them. Be a role model. Better still, since veterans know so much that most civilians do not know—about life and death, honor and betrayal, good and evil, courage and cowardice—those coordinates of the human condition -- encourage them to use their experience to be a role model to young civilians too. Further still, encourage them to transform their experiences into stories that can be told, so that they can become part of the family's and community's legacy. With stories, children can come to know their veteran fathers and mothers with a depth unavailable otherwise, and those parent veterans can have the pleasure of knowing that they have imparted a legacy that will extend beyond them.

About the author:

Roger Brooke is Professor of Psychology and Director of the Military Psychological Services at Duquesne University. He is author of Jung and phenomenology, classic edition. London and New York: Routledge, (2015). In 2018 he was the recipient of the Pennsylvania Psychological Association's Public Service Award for his work with veterans.

Membership Needs Assessment: A Summary

SEAN MOUNDAS
AND THE GPPA BOARD

FEEDBACK FROM MEMBERS can help GPPA provide programming that is tailored to your needs. As such, GPPA recently launched a Membership Needs Assessment Survey, and we wish to share a summary of themes emerging from the results.

Twenty-five members participated in the survey overall, with some items having fewer responses. Overall, continuing education and professional connection emerged as the most compelling reasons for involvement in GPPA. Relatedly, the Big 3 Conference that occurred on September 20 received positive feedback. GPPA aspires to have this conference return in future years, along with other CE programming in 2020 with topics related to member input. We appreciate the feedback about earlier and more varied timing for social events, and will make every effort to do so in the future. Per survey feedback, GPPA is also considering having social events feature a CE opportunity. This very newsletter also received positive feedback, and we definitely intend to continue publishing.

Thank you to everyone who participated in the survey! We intend to send another member survey in the approaching year.

Take good care and we hope you have a nice start to the winter.

December GPPA Legacy Award and Community Partnership Award Nominations

THE GREATER PITTSBURGH PSYCHOLOGICAL ASSOCIATION is requesting nominations for our Annual Legacy Awards Ceremony. GPPA Legacy Awards honor outstanding individuals who have made lasting contributions to the profession of psychology and to the community of psychologists in Western Pennsylvania. Note that you do not need to obtain a person's permission to nominate them for this honor.

Additionally, we are seeking nominations for the Community Partnership Award. This will be the 2nd year offering this award to an Early Career Psychologist or graduate student who is making substantial contributions in psychology as it relates to social justice, community building, or mentorship.

To nominate someone please send their name and your reason for nominating them to gppapittsburgh@gmail.com between now and January 15, 2020.

Eulogy: Dr. Joseph Cvitkovic

DR. JOSEPH CVITKOVIC died suddenly in his psychotherapy office, on September 4. "Joe" was retired from his job of many years; Director of Behavioral Health at Jefferson Hospital where he was overseer to inpatient and outpatient care. During his years there, he expanded outpatient care with a clinic in Caste Village. He supported women's health issues with seminars focused on healthy living before educational endeavors like those he planned were available in the marketplace. He served, with care and professionalism, countless people also in his private practice in Mt. Lebanon.



From the 1990's, Joe was a spokesperson for psychology, serving on insurance panels and visiting local and federal Representatives and Senators. He could be counted on to reach out and go the extra step to lobby and to educate. He was a strong supporter of PennPsyPac where he helped to raise money for local candidates. He also, at the request of the American Psychological Association, traveled to Washington D.C. to testify before Congress. Joe was an active member of the Colleague Assistance Committee for PPA for years, including four years as the Chair. Here he reached out to help psychologists experiencing stresses or showing evidence of potentially harmful behaviors.

In 2002 Joe was honored with the Legacy Award from the Greater Pittsburgh Psychological Association, which he imagined and helped to establish. Joe spoke and wrote about the award; his words tell us about who he was as he explained psychologists' need for validation and reinforcement.

Explaining that the idea arose from the struggle in the 80's that psychology faced, Joe described the situation as "being under siege as managed care companies restricted credentialing, potentially eliminating almost 60% of the practicing psychologists in western Pennsylvania". Joe was a leader in organizing GPPA, PPA and APA to appeal to Highmark and its subsidiary, Greenspring, to reconsider their approach. His was a reasonable, intelligent and critical voice throughout the struggle. The result was a change in the national criteria for credentialing which transformed the practice of psychologists, especially in western Pennsylvania. He continued for years to be a respected presence on Highmark panels and committees. His voice was part of a dynamic and positive force that assured the valuable participation of psychologists in health care.

It was in this atmosphere that Joe prepared a presentation for the Cancer Survivors Annual Dinner at Jefferson Regional Medical Center. His words follow:

I was looking for ways to impress upon the group that it is extremely important to be well connected to other people and not become isolated. As we all know, positive psychology teaches us that isolation is not such a good thing for a healing process, as it is healthier for all of us to have support and reinforcement from others.

...I chose to use film clips ...from *The Wizard of Oz*. This was the scene in which Toto pulls back the curtain and exposes the Wizard as an ordinary man. ...Remember that the Wizard gave a diploma to the Scarecrow to demonstrate and validate that... he was intelligent. To the Tin Man he gave a clock in the shape of a heart to demonstrate that he indeed did have feelings and a heart and to the Lion, a badge of honor, validating is courage. And, for Dorothy, he reminded her that the ruby slippers were already in her possession and they could take her home. So, it was not simply that the Wizard reminded

each of them that they already had what they wanted. Most importantly, to each, the Wizard gave a sign of validation of their inner strengths and a validation of their inner strengths and a validation that by their actions, each had demonstrated these inner qualities in ways that made them special and valued by others who appreciated and cared about them.

And so it is, ...there is a need for validation and reinforcement by others who understand our beliefs, our values and our work... I presented this idea of the importance of validation and how enjoyable it could be for all of us to establish an award ceremony to provide this validation.... And so the Legacy Award was born out of love and appreciation of all that we do. It is an appreciation of all that is good and healing in our profession, and a celebration of those who practice it with heart and soul.

There is so much about Joe in the words he wrote about others. And so we grieve, and we celebrate a good man, an excellent psychologist who cared for others with heart and soul.

EMILY STEVICK, PH.D.

An excellent clinician, Joe was the person I referred friends to. He was a healer, warm, available, skilled and knowledgeable. His family described him as someone who could always be counted on to bring joy, laughter and adventure to the lives of all he knew.

THOMAS SMITH, PH.D.



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September 27, 2019

Teal Fitzpatrick, PhD
Greater Pittsburgh Psychological Association (GPPA)

Dear GPPA:

I am writing to express my great gratitude and appreciation for several GPPA clinicians and area therapists in general. I write as the one year commemoration approaches for the attack on the Tree of Life synagogue that left eleven congregants dead from the three synagogues utilizing the building, several injured, and four first responders injured.

At 11:08AM on Saturday October 27th, 2018, I sent an email to the GPPA and PPA list serves that I never could have imagined having to send. I have been a psychologist for ten years and a licensed clinician for 14, helping clients manage traumatic situations and process the trauma of their lives. That morning I found myself on the other side of the couch. After a stressful forty five minutes of arriving late to services, finding out about an active shooter situation at the synagogue, and requesting the establishment of a place for families to go at the Jewish Community Center (JCC) in Squirrel Hill, I paused long enough to reach out for help.

The speed and sensitivity of the response from Pittsburgh area clinicians was amazing and overwhelming. In less than an hour, private practitioners and clinicians from Jewish Family and Community Services (JFCS) had congregated at the JCC to provide what assistance they could. The response was remarkably quick, their caring and dedication consistent with the highest ethical standards. I wish to particularly thank Andrea Nelken, PHD, Patty Epps, LPC and Josh Bernstein, PHD, who arrived in minutes. I wish to thank Jordan Golin, PsyD who answered the call minutes after the attack. I also wish to thank GPPA and PPA for coordinating a list of clinicians who could accept trauma referrals within days of the attack.

I have never been more proud of my colleagues than that day, seeing how fast a response occurred at a time of dire need. We are truly blessed with wonderful hospitals, clinics, centers and private practice clinicians in our greater Pittsburgh area, and I will forever remember those who came forward.

Sincerely,

Sam Schachner, PHD

Therapy Chuckles

We rounded up a bunch of therapy jokes and funnies from the internet and even one or two from personal experience. We hope these will brighten the all too grey Pittsburgh skies a bit ...

- How many psychotherapists does it take to change a light bulb? Just one, so long as the light bulb “wants” to change.
- How many psychotherapists does it take to change a light bulb? Just one, but it takes at least nine visits.
- How many client centered psychotherapists does it take to change a light bulb? “How many do you think it takes?”
- How many Rogerian psychotherapists does it take to change a light bulb? “So I hear you would like to know how many Rogerian therapists it takes to change a lightbulb ... ”
- How many Freudian psychologists does it take to change a light bulb? Two, one to change it and one to hold the penis, sorry, the father, sorry, the ladder!
- How many Jungian analysts does it take to change a lightbulb? None. We have to accept the shadow as part of life and balance.
- How many existential analysts does it take to change a lightbulb? “Before we attempt to ‘change’ anything, we need to understand the essential bulbness of a bulb-in-the-world”.
- How many narcissists does it take to change a lightbulb? Just one. All he has to do is hold it in place while the world revolves around him.
- A man was walking in the street one day when he was brutally beaten and robbed. As he lay unconscious and bleeding, a psychologist, who happened to be passing by, rushed up to him and exclaimed, “My God! Whoever did this really needs help!”
- Two psychotherapists pass each other in the hallway. The first says to the second, “Hello!” The second smiles back nervously and half nods her head. When she is comfortably out of earshot, she mumbles, “Gosh, I wonder what that was all about?”
- ME: I just feel like “pizza party” should refer to pizzas having a party. Humans having pizza at a party should just be a party with pizza. Does that make sense to you?
THERAPIST: I think we should meet more often.
- THERAPIST: Your mother is so overprotective she is the cause of your issues connecting to women emotionally.
ME: Well yo mama so stupid she tried to climb Mountain Dew.
- THERAPIST: So you asked him out ...
ME: Well no, but see yesterday he liked my photo and today I liked his photo and then he rt’d my tweet and ...
THERAPIST: I can’t handle this
- THERAPIST: It seems like you have a problem with projecting your feelings onto others.
ME: No, I don’t. You’re the one with the problem.
- Two psychologists meet at their twentieth college reunion. One looks like he just graduated, while the other psychologist looks old, worried, and withered. The older looking one asks the other, “what’s your secret? Listening to other people’s problems every day, all day long, for years on end, has made an old man of me.” The younger looking one replies, “Who listens?”
- PATIENT: Doctor, my wife thinks I’m crazy because I like sausages
THERAPIST: Nonsense ! I like sausages too.
PATIENT: Good, you should come and see my collection. I’ve got hundreds of them.
- The new patient was settled comfortably on the couch, and the therapist says: “I’d like to learn more about what brought you in today—start at the very beginning.” “Of course,” the patient replied, “In the beginning, I created the Heavens and the Earth ...”
- Two patients are having a conversation in a therapist’s waiting room. One says to the other, “Why are you here?”. The second answers, “I am Napoleon, and was told to come here”. The first is curious and asks, “How do you know that you’re Napoleon?”. The second responds, “God told me I was”. At which point a patient on the other side of the room shouts out, “No I didn’t !”
- A man walks into the psychologist’s office, and proclaims that he suffers from CDO. The psychologist is puzzled, and asks just what he means. The man responds, “It’s like OCD, but in the proper alphabetical order”
- A man walks into a group therapy session and says, “I know I’m new here but before we get started I would like to say a word”. “That’s fine” said the group leader. The man stood and said, “plethora”. To which the group leader replied, “Thanks, that means a lot.”
- PATIENT: “Doctor, help me. I think I’m a dog.”
THERAPIST: “Lie down on the couch.”
PATIENT: “I can’t. I’m not allowed on the furniture.”
- During a session, a psychotherapist says: “Today we are going to analyze your Freudian slips – which is when you want to say something, but you make a funny mistake and say something slightly different. These mistakes often lead to valuable information about conflicts and memories from your childhood. So, have you made any such mistakes lately?” The client thinks for a while and says, “Yeah, now that you mention it, I was eating dinner with my mother, and I wanted her to pass the salad, but instead I said: ‘You stupid hag, you ruined my life, I hate you.’”
- CLIENT: “Doctor, I feel as though nobody understands me”
THERAPIST: “What do you mean by that?”
- CLIENT: “Doctor, I’d like you to evaluate my 13 year-old son.”
PSYCHOLOGIST: “He’s suffering from a transient psychosis with an intermittent rage disorder, punctuated by episodic radical mood swings, but his prognosis is good for full recovery.”
CLIENT: “How can you say all that without even meeting him?”
PSYCHOLOGIST: “I thought you said he’s 13?”
- What’s the difference between a psychologist and a psychiatrist? Answer: About \$50 an hour.

BETWEEN US



THERAPY GROUP

WHEN

Thursday Evenings ~ 5:30-7:00

LENGTH

Jan 9-May 7

COST

\$20-\$50 ~ Income-based sliding scale

Between Us is an interpersonal process group in which people share and connect with others in a small group. An interpersonal process group can be a powerful tool for self-understanding and personal transformation, especially regarding those ways of relating to others that feel unsatisfying or problematic. In the group we have space to note our familiar ways of engaging with others and to experiment with new possibilities. These insights can lead to personal and relational changes outside of group. 'Between Us' is co-facilitated by two therapists: Patrick O'Brien, PhD & Daniel Gruner, MA. We aim to create a safe and supportive space. The group is 6-8 members and runs weekly. We invite you to get in touch about whether the group may be a good fit for you. Contact us at the number or email below.

Located in the historical Bank Tower Building in Downtown Pittsburgh. This location is conveniently accessed by several public transportation lines, and is close to multiple parking garages and street parking. This location is compliant with ADA standards. We practice and support psychotherapy, clinician training, and educational pro-gramming that is grounded in intersectional feminism, cultural competence, anti-racism, and humanistic/existential theories.

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therapist. Nice neighbors and landlord.
Please contact Bill Fetter, Ph.D. (retiring)
412-523-1836

I am looking for a colleague to share my office space at the Kenmawr (401 Shady) on weekends, evenings and weekday mornings. It's the largest office in a three-person suite on the first floor. I am seeing clients on weekdays from 1-6, leaving it available at all other times. It's large enough for group meetings and is furnished with a love seat, and two comfortable chairs. Pictures are attached.

If interested, please text me at 412-901-3159
and I'll get in touch to talk.

Litzinger Career Consulting

Karen Litzinger, MA, LPC
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