

Summer News & updates

August 8, 2019 | Summer

Practice Update: CBA creates Speciality Practice for Sexual & Gender Minorities (SGM)

Conventional interpretation of developmental theories assigned stigma or pathology to the diverse sexual and gender identities of the LGBTQIA+ population. This has limited both clinician understanding and ability to provide the quality mental health care that this underserved population has needed.

Utilizing affirmative cognitive behavior therapy as its foundation, CBA's Sexual and Gender Minorities (SGM) Program will offer culturally competent services for lesbian, gay, bisexual, transgender, and queer adults, teens, couples, and their family system. The SGM program will also provide resources such as documentation for gender confirming and sexual health services.

[View the brochure here.](#)

APA Updates Practice Guideline for Women & Girls

The increasing awareness of the impact of intersectionality in clinical practice has spurred the American Psychological Association (APA) to revisit its [Guidelines for Psychological Practice With Girls and Women](#). These revisions come on the 50th anniversary of the Stonewall Uprising and during the monumental public outcry of the #MeToo Movement.

Denouncing a medical-model approach, the revised guidelines underscore the importance of clinician acknowledgement of the systemic underpinnings of issues such as pregnancy-mortality, trauma within different subgroups (i.e. women of color, refugees, transgender), impact of poverty, challenges of being a working mother,

The Director's Chair



Announcing CBA's Sexual and Gender Minority (SGM) program is especially important, as this is the 50th anniversary of Stonewall, the bedrock of the modern LGBTQIA+ movement.

Dr. Greg Stanford, the director of the program, has worked effectively within the LGBTQIA+ community to address the challenges associated with navigating a heterosexually-centric society.

As a former chair of the Special Interest Group within the Association for Behavioral and Cognitive Therapies (ABCT), I worked to identify the concerns of the LGBTQIA+ community, participating in advocacy and developments in the field of mental health services.

In service to further these efforts, it is an honor to establish **The Joel L. Becker Student Research Award**. This scholarship will contribute to a future generation of advocates by funding student attendance to the annual ABCT conference.



and ageism. More than three dozen practitioners, students and scholars contributed to the final document.

Lilian Comas-Diaz, Ph.D., clinical professor of psychiatry and behavioral sciences at the George Washington University School of Medicine and the Executive Director of the Transcultural Mental Health Institute, co-chair of the working group that revised the guidelines stated "**resilience is embedded throughout all the guidelines.**" Rather than pathologizing the challenges women from varied identity groups (gender, ethnicity, social class, age) face, the guidelines encourage practitioners to bring into service a "globalized" biopsychosocial approach that works to empower clients.

Hello Arcadia!

Cognitive Behavior Associates is excited to announce that we now offer services in Arcadia.

Our Arcadia address:
150 North Santa Anita
Boulevard, Suite 735,
Arcadia, California 91006.

The phone number is the same as our Beverly Hills office: (310) 858-3831.

The Arcadia office is Metro adjacent and offers easy freeway access.

CBA Welcomes Newest Clinician Dr. Emily Owens



Dr. Emily M. Owens is a clinical psychologist. She completed her Bachelor's degree in Behavioral Neuroscience with a minor in Statistics from the University of Kansas in 2012 and received her Ph.D. in Clinical Psychology in 2018 from the University of California, Los Angeles. As part of her doctoral training, Dr. Owens trained at Harbor-UCLA Outpatient Psychiatry Clinic and completed a one-year, APA-accredited internship at the West Los Angeles VA. At the VA, she trained in a variety of clinics using cognitive-behavioral therapy (CBT), Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), and mindfulness-based approaches to treat mood disorders, anxiety disorders, PTSD, substance use disorders, and psychotic-spectrum disorders. Dr. Owens stayed at the West Los Angeles VA for her postdoctoral fellowship where she worked in an

integrated care clinic serving homeless Veterans with complex biopsychosocial needs. Through the VA, Dr. Owens learned to apply evidence-based practices to a variety of presenting problems, including insomnia, chronic pain management, and trauma.

Dr. Owens has conducted research in psychotic-spectrum disorders in adolescents and young adults, and has extensive assessment experience in this domain. In addition to being a Staff Psychologist at CBA, Dr. Owens is also a clinical supervisor at the UCLA Psychology Clinic. Dr. Owens primarily uses cognitive-behavioral and mindfulness-based approaches to treat a variety of patient issues. She has specialized training in mood disorders, psychotic-spectrum disorders, and trauma. Dr. Owens is accepting adolescent (<16 years old) and adult individual clients.

The Unified Protocol for Transdiagnostic Treatment of Emotional Disorders (UP) Webinar

UP is an evidence-based therapy approach that can be applied to any disorder with an emotional component. Laura Payne, Ph.D., licensed psychologist and original co-author of the UP, describes the evidence supporting a unified treatment approach, as well as provides a detailed overview of the protocol. The webinar includes instruction on the application of the protocol to a case of an individual with anxiety and comorbid depression. **[Access the best-selling webinar here!](#)**



Biofeedback Services:

Biofeedback treatment has been up and running for almost two years now at CBA. Biofeedback provides the client with a glimpse into their own nervous system response. Clients receive "feedback" about their biology via noninvasive, state of the art equipment. Our clients who have received biofeedback as part of their psychotherapy program at CBA, report less anxiety, a greater understanding and ability to cope with chronic pain, and a newfound ability to control stress.

Cognitive Behavior Associates (CBA) is one of the largest clinical practices in the Los Angeles area offering short-term, problem-focused therapy from a cognitive-behavioral perspective.

All of our treatments are based on scientific research, and we continually measure and quantify progress for each client so we know when therapy is working. Each of our clinicians differs in areas of expertise and interest, and these factors are taken into account when matching a client with a clinician.

Joel Becker, Ph.D.

Founder and Clinical Director of CBA & Cognitive Behavior Therapy Institute
Clinical Professor, Dept. of Psychology, UCLA

Greg Stanford, Psy.D., Clinical Psychologist

Associate Director of CBA & Director of Sexual & Gender Minority Program, CBA

Pamela Elfenbaum, Ph.D., M.P.H., Clinical Psychologist

Denica Gordon-Mandel, M.A., M.S.W.,

Director of Women's Wellness Program, CBA
Associate Director of Cognitive Behavior Therapy Institute

Emily Owens, Ph.D., Clinical Psychologist

Megan L. Wagner, Ph.D., B.C.B, Clinical Psychologist

BCIA Board Certified in Biofeedback
Director of Behavioral Medicine Program, CBA

Jennifer Hay

Office Manager

