

Winter 2023 News & Updates



December 2023 | Winter

All CBA Therapists Are Now Offering Both
Tele-Psychotherapy and In-Person Appointments.
Please Call (310) 858-3831 For More Information.



CBA Welcomes Newest Clinician, Amanda Gorlick, Ph.D.



Dr. Amanda Gorlick is a licensed clinical psychologist in California. Dr. Gorlick received her bachelor's degree from the University of California, San Diego and her doctorate in clinical psychology from Loma Linda University. She completed her accredited pre-doctoral internship at the Phoenix VA Healthcare System and her accredited post-doctoral fellowship at the San Diego VA Healthcare System, where she gained expertise in the delivery of empirically supported individual and group therapies for adults with trauma, sleep-related concerns, anxiety disorders, and depressive disorders. Dr. Gorlick believes in the effectiveness of these treatments within the confines of a safe and trusting therapeutic environment. She utilizes many empirically-supported treatments, including Acceptance and

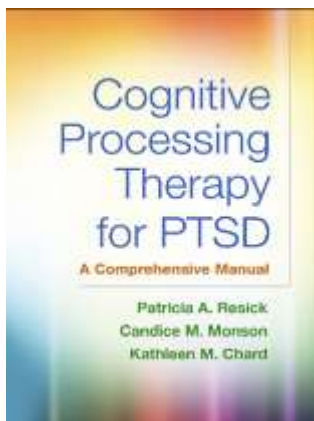
Commitment Therapy, Cognitive Behavioral Therapy, Cognitive Processing Therapy, Prolonged Exposure, Exposure Therapy, Dialectical Behavior Therapy, and Mindfulness-Based Interventions.

Dr. Gorlick has a passion for sharing her knowledge to both mental health and non-mental health professional audiences through the development and delivery of tailored speaking engagements, lectures, trainings, and consultations.

Dr. Gorlick is an adjunct faculty at Pepperdine University teaching graduate students in Psychology on the topics of learning theory, evidence-based treatments, and California law and ethics.

To learn more about Dr. Gorlick, please visit her staff page here:

[Amanda Gorlick, Ph.D.](#)



Cognitive Behavior Associates is proud to have Drs. Amanda Gorlick and Greg Stanford as Rostered Providers of Cognitive Processing Therapy. Also, Dr. Emily Owens conducts and teaches within the CPT for PTSD frame, so we are happy to be able to offer such effective treatments with multiple providers.

Cognitive Processing Therapy (CPT) is a cognitive-behavioral treatment for Posttraumatic Stress Disorder (PTSD). CPT was developed in the late 1980s and has been shown to be effective in reducing PTSD symptoms related to a variety of traumatic events including child abuse, combat, rape and natural disasters.

CPT is endorsed by the U.S. Departments of Veterans Affairs and Defense, as well as the International Society of Traumatic Stress Studies, as a best practice for the treatment of PTSD.



Dr. Emily Owens recently completed a 5-day intensive course in CBT for psychosis and is progressing towards certification in this specialization. She continues to teach and consult on the topic of CBT for psychosis and other severe and persistent mental health disorders and recently hosted a webinar for the Cognitive Behavior Therapy Institute on this topic.

The Director's Chair

Greetings from CBA and the CBTInstitute.

The intersection of mental health and gun violence has become an increasingly pressing concern. Recently, I joined the Southern California Leadership Council of Brady. Brady is the oldest gun violence reduction organization in the United States and is at the forefront of raising awareness among mental health workers. Guns, when in the wrong hands, can exacerbate the risks associated with mental health issues, particularly for children. One of our programs, “End Family Fire” refers to a shooting caused by someone having access to a gun from the home when they shouldn’t have it. This includes children as well as those who display behavior that indicates they could harm themselves or others. Family fire is preventable. Gun owners are an essential part of the solution. We can save lives by practicing safe firearm storage, which means keeping our guns locked, unloaded, separate from ammunition, and inaccessible to children.



Mental health professionals play a pivotal role in identifying and addressing potential threats. Brady's efforts aim to equip these professionals with the knowledge and tools to recognize the red flags associated with gun access in vulnerable populations. Children, in particular, are susceptible to the consequences of this nexus. By fostering a dialogue within the mental health community, Brady seeks to create a proactive approach in mitigating the risks associated with firearm access.

The Brady Campaign emphasizes education, urging mental health workers to include inquiries about firearm access in their assessments. “Asking Saves Lives” is a proactive stance that not only addresses immediate safety concerns but also promotes a holistic understanding of mental well-being. As we navigate the complex landscape of mental health, acknowledging the role of guns in this equation is a vital step towards fostering a safer environment for everyone.

As a way to introduce the mental health community to “Asking Saves Lives” we (Drs. Becker and Stanford) will be hosting an educational event for mental health professionals at the UCLA faculty club for all interested parties. Stay tuned for further details and to let us know if you can join us. Here is a [link](#) to for Brady for more information.

For up-to-date news about psychological research and CBA,
follow our Instagram page [@cognitivebehaviorassociates!](#)

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
Diplomate, Fellow, Certified Trainer/Consultant, Academy of Cognitive Therapy
Board Member, Academy of Cognitive Behavior Therapy

Greg Stanford, Psy.D., Clinical Psychologist
Associate Clinical Director of CBA

Certified CBT Therapist, Academy of Cognitive Behavioral Therapies
Assistant Clinical Professor, Dept. of Psychology, UCLA

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

Emily Owens, Ph.D., Clinical Psychologist, CBA
Director, Cognitive Behavior Therapy Institute
Assistant Clinical Professor, Dept. of Psychology, UCLA

Flora Zaken-Greenberg, Ph.D., Clinical Psychologist, CBA
Director of Child and Adolescent Services, CBA
Diplomate & Certified CBT Therapist, Academy of Cognitive & Behavioral Therapies

Jennifer Hay, MSW
Licensed Clinical Social Worker, CBA

Amanda Gorlick, Ph.D.
Clinical Psychologist, CBA
Adjunct Professor, Pepperdine University
Rostered Provider, Cognitive Processing Therapy

