The Phillips Alumni Association is here to support and enhance your professional experience. It is a way to stay in touch, get involved and extend your network of colleagues.

Join a Committee!
The Alumni Association is always looking for ideas and help! Please consider joining one of our committees:

* Benefits Committee
* Newsletter Committee
* Recruitment Committee
* Social Network Committee
* Sympathy Committee
* Fundraising Committee
* Events/PR Committee
* Scholarship Committee

Did You Know?
Alumni membership can now be paid online by visiting www.pgi.edu and following the link to the “Alumni & Friends” page. Scroll down for payment options. (July 1st annual renewal date for everyone).

Upcoming events and workshops offered by Phillips Graduate Institute can be located by visiting:
Click Here!

To join the Alumni Association, simply email, fax, or mail the attached form.
Click Here!

Keep in Touch! To update your contact information, please Click Here!

A Message from the Alumni Association President

I was asked to become Interim President in 2008 after the passing of our wonderful and beloved peer and Alumni President, Beverly Mosley. I accepted because I wanted to make sure that her vision and hard work continued to come into fruition in the PGIAA. I have had the privilege of being PGIAA President since then and have served with wonderful board members that have surpassed my expectations for fulfilling our mission: to support and enhance the professional experience of Phillips Alumni and to extend their network of colleagues. We have significantly increased our membership and have held numerous networking events that have provided a wonderful opportunity for our colleagues to reconnect with each other and the PGIAA.

In June, we will be electing a new PGIAA board. It is an exciting, albeit sad time for the current board and for me personally. It is my hope that you take the time to consider joining the board and/or one of the many committees designed to achieve the PGIAA mission. I know the future board will continue to flourish and thrive, in no small part because of the foundation set by their predecessors. Let us always remember to honor the past while we work for a better future. Consider joining the PGIAA board and being part of a great tradition.

Appreciatively,
Gevanna H. Waters, Psy.D.
Class of 2008, OC

In This Issue

Student/Intern Corner
Counseling Center Corner
Faculty Spotlight
Phillips Corner
Helpful Links
Alumni Spotlight
Advertising Opportunities
Meet Your New Alumni Board and Officers

Upcoming Events

Information Sessions:
April 19, 2012
May 17, 2012
6:30pm-8:30pm
Click Here!

May 11, 2012
Commencement
Click Here!

June 3, 2012
Annual Grad, Alumni, and Student Gathering
Click Here!

Newsletter Committee

* Miriam Barsoum
* Hanon Awad Rinke
* Carolyn Doherty
* Arash Davidi
* Geo Waters

Published Electronically
Phillips Graduate Institute Alumni Association
19900 Plummer Street, Chatsworth, CA 91311 * 818.654.1704 * alumni@pgi.edu * www.pgi.edu (Alumni & Friends TAB)
Meet Your Alumni Officers and Board

**Board Members**

Hanon Awad Rinke  
Miriam Barsoum  
Steven Caraco  
Arash Davidi  
Joe Ford  
Linda Gary  
Nicole Gibson  
Fereshteh Mazdyasni  
Manijeh Motaghy  
Nikeisha Parker  
Tiffany Shanks  
Clare Sobel

**Alumni Association Meetings**

Open to all alumni, students, faculty and staff.

- March 20, 2012
- May 15, 2012
- July 17, 2012
- September 18, 2012
- November 20, 2012

5:00-6:30 p.m.
19900 Plummer St.
Chatsworth, CA 91311
(818) 386-5600
Alumni@pgi.edu

**Save the Dates!**

- May 11, 2012: Commencement
- June 3, 2012: Annual Grad, Alumni, and Student Gathering

**Movie Club Fundraiser**

- March 22, 2012
- April 26, 2012
- May 31, 2012
- June 26, 2012

**Tell us what you are doing!**

Do you have a new position? Are you specializing in a particular area? Have you moved to another office or location? Did you make a presentation at an event or a conference? The Alumni Association wants to know, and so do your fellow alums.

Please send an update email to alumni@pgi.edu and we will include it in an upcoming newsletter.

**Looking for Alumni interested in Running for Board Positions!**

Contact us at alumni@pgi.edu or attend the next meeting for more information!!!
Counseling Center Corner

Greetings from the Counseling Center!

Operation Recruitment is underway as we search through our highly competitive applicant pool for 75 new trainees and interns to join our Counseling Center team for the 2012-2013 school year.

We are gaining more community awareness by partnering with, and sending our therapists to more schools and other mental health facilities. Similarly, since the move to Chatsworth, we have had a steady, uninterrupted flow of new and returning clients.

We continue to provide counseling services to individuals, couples, families and children, and offer weekly groups, which include Anger Management, Parenting, a Men’s Group for Ending Domestic Violence, and a FREE Unemployment Support Group.

We have an excellent group of interns and trainees who welcome your referrals. Please call Amy Prieto, our Intake Coordinator at 818.386.5614. Amy will find a great match for any clients you would like to refer. We appreciate your support.

Phillips Corner

WASC Update

On Wednesday, March 7, 2012 the WASC Commission issued its action letter. In the letter the Commission had, as did our visiting team, high commendations for the significant progress Phillips has made. The Commission voted to extend the Warning sanction for another year to give us the time needed to continue to make progress on our financial sustainability. With all of the major concerns behind us, we can focus all of our attention on this final goal. We have taken several action steps and put in place strategies that will continue to help us strengthen our financial foundation. Turning around organizations financially takes a little time, so the additional year from the Commission gives us an opportunity to implement 60-unit MFT program, increase our visibility in surrounding communities, implement new enrollment management strategies, and develop additional fundraising opportunities.

According to the Commission’s letter, the next step is to have a meeting with WASC to further understand the Commission’s final expectations. As we move forward in this process you will receive updates. Thank you all for your continued support of Phillips Graduate Institute.

Student / Intern Corner

Grad School Through the Eyes of a Procrastinator

By: Termeh Bahri, Organizational Psychology Student

Anything that can go wrong will go wrong when you’re pulling an “all nighter.” The computer will crash, the printer will run out of ink, your Internet connection will be lost, your dog will get food poisoning, and you will get food poisoning. You can blame it all on Murphy’s Law during a self-induced anxiety attack or you can save yourself from all the grief using some of the tricks that have worked for me!

1) Tricks are not just for kids. Trick yourself! My procrastination tends to spill over into other areas of my life (e.g., being on time). Therefore, every clock in my house is set 25 minutes ahead. I decided to apply the same trick to my assignment deadlines. When I get the syllabus from the instructor, I change the assignment due date to a week before in my personal calendar. It works because I still procrastinate until the last minute, and I have an extra week to make revisions. Now, when I have a frantic friend or family member calling me crying about some catastrophe while I’m pulling an all-nighter, I can actually listen to them vent rather than pulling the “I’m not a psychologist YET!” card.

2) Bored-2-Board: When presented with a lengthy assignment, I go to the drawing board and do the boring stuff first. Ok, I know it’s not exactly politically correct to call any part of an assignment “boring,” perhaps a more appropriate label would be “time-consuming.”

3) Relax. Don’t make an assignment bigger than it is. That is a huge reason why most of us procrastinate in the first place. Not every assignment you turn in needs to be a masterpiece. You can turn in really good work by keeping it simple. In fact, the more stressed out and anxious you are about an assignment, the more likely you are to have writer’s block. In addition, chips, candy, Venti Latte’s, and ice cream are not exactly food for the brain and nervously chomping away isn’t going to help you or write more proficiently. In the end, save yourself the stress and the calories!

Obviously, there is no cure for procrastination, but there are ways to help ease the stress of balancing academics, work, and a social life. I hope you find these pointers helpful as they apply to procrastination in every aspect of life. Smile!

Do you have an idea for an interesting article? Contact us and let us know!

Advertise in the Phillips Alumni Newsletter

Advertising in the alumni newsletter is one of the first steps to manifesting a thriving practice. The newsletter reaches over 3,000 alumni and 300 students! Below are samples of how you might want to advertise with us. Contact alumni@pgi.edu

Miriam Barsoum, M.A., MFT Intern
Miriam offers individual therapy, a middle school group, family therapy, and children’s therapy. She also has special interest in mind-body focused treatment. Ludington Institute (LIFE) 875 S. Westlake Blvd., Suite 211, Westlake Village, CA 91361
(805) 449-4375 Ext. 5# www.ludingtoninstitute.com

Hanon Awad Ranke, M.A., MFT, CPC
Offering low fee therapy to Phillips students and graduates. Specializing in trauma, EFT, women’s issues, teens, pre-martial and young newlyweds. Certified as a professional life coach, Hanon also offers individual and group coaching for personal and professional development.
(818) 458-9965 www.linkedin.com/in/hanonawadrinke

Carolyn Doherty, M.A., MFT Intern
Carolyn graduated from Phillips in the Spring of 2008 and is in her third year of internship at Outreach Concern. She loves applying family systems, both at her job working with high school students and with her own adolescent kids, husband, and their many pets.

MFT Intern
Arash Davidji, M.A., MFT Intern
Arash graduated from Phillips in May 2010 and began working in a non-profit agency that provides case management and mental health services to foster youth from DCFS and juvenile offenders who are on probation.

CPDP
APA Formatting
www.APAsstyle.com

OMC
Drive: The Surprising Truth About What Motivates Us.
http://www.youtube.com/watch?v=46XAPnuFjJc

SC
Bullying in the School
www.townsendspress.com

SP
National Association of School Psychologists:
www.nasponline.org

MFT Board of Behavioral Sciences
www.bbs.ca.gov

MFT/AT
International Art Therapy Organization
www.internationalarttherapy.org

MFT Corner

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Students / Alumni Corner

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