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## CLINICAL DIRECTORS

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**Barry C. Barmann, Ph.D.**  
**Mary B. Barmann, LMFT**

**D**r. Barmann, the Executive Director of the *Behavior Therapy & Family Counseling Clinic*, is a *Licensed Psychologist*, with a specialty in *Clinical Health Psychology*. He is also a Professor of Psychology at the California Lutheran University, where he teaches course work in the areas of advanced *Applied Behavior Analysis* and *Behavioral Medicine*. Dr. Barmann has presented and published over 100 research articles within the field of behavior analysis, developmental disabilities and Clinical Health Psychology.

**M**ary Barmann, the Clinical Supervisor and Co-Executive Director of the *Behavior Therapy & Family Counseling Clinic*, is a *Licensed Marriage & Family Therapist*. In her private clinical practice, Mary adheres to a brief, Solution-Oriented focus, specializing in behavioral and cognitive-behavior therapy with children, adults and couples. She has worked extensively with individuals who evidence a variety of social, emotional, and relationship challenges, and has developed numerous treatment programs in the areas of anger/anxiety management; interpersonal communication; parenting and teaching the strong-willed and spirited child; mood management; and relationship enhancement.

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## CLINIC LOCATIONS

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**T**he Clinic's main Corporate offices are located in Southern California (at "The Landing", in Westlake Village), as well as in the Northern California area (Lake Tahoe). In order to meet the daily needs of the individuals, couples & families we serve, we have established satellite office locations in the Sacramento, Ventura and San Diego Counties.



"The Landing"  
Westlake Village, CA.

### THE BEHAVIOR THERAPY AND FAMILY COUNSELING CLINIC

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[www.behaveanalysis.com](http://www.behaveanalysis.com)  
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# THE BEHAVIOR THERAPY & FAMILY COUNSELING CLINIC

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*Large enough to serve families,  
individuals & couples throughout  
the State of California... Small  
enough to meet your individual needs  
the day you contact us.*

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## CLINIC PHILOSOPHY

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**T**he *Behavior Therapy & Family Counseling Clinic* is dedicated to providing quality treatment directed at helping individuals to expand their repertoire of coping skills and abilities. Treatment goals are mutually agreed upon by therapist and client. These goals are then addressed in a professional, caring and sensitive manner while, at all times, using a treatment approach based on the most current and innovative research and clinical findings.

**O**ur therapists practice a type of therapy known as *Behavior Therapy*, or *Cognitive Behavior Therapy*. A central purpose of this orientation is the strategy of helping the client to focus on the *current situation*, rather than the past. We believe that the individual's current living environment, and the consequences which are present within this context, are most important in affecting the person's present behavioral and emotional challenges.

**W**e also believe that many problems such as anxiety and depression may be affected by one's *unrealistic beliefs, thoughts and expectations*. Therefore, therapeutic goals may also involve helping the client to become more aware of, and subsequently change, particular belief systems and perceptions which may create behavioral or emotional problems. It is quite common for our therapists to assign "homework", such that the client may practice new skills learned during the therapy session; for the purpose of enhancing, maintaining and broadening treatment gains from the therapeutic setting, to the individual's home, school, work or social environments.

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## SERVICES OFFERED

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**I**ndividual, couple and family therapy services are offered by our Clinic staff. We also provide specialized services which include *college coaching*, and group workshops for children and adults. Group sessions cover topics such as *impulse control training, the acquisition of social skills, self-esteem enhancement, parenting skills, the challenges of various life transitions, anger and anxiety management skills and psychoeducational testing* for Attention Deficit Disorder and various Learning Disabilities. In addition, we offer structured sessions designed to help individuals to better cope with a variety of **medical conditions** such as *Gastrointestinal Disorders; Hypertension; Asthma; Insomnia; Stress-Related Disorders; as well as programs designed to better manage a variety of Health-Compromising Behaviors*. Our Clinic also offers short-term programs that specifically focus on factors which affect *women's physical and mental health*, such as *Chronic Fatigue Syndrome, Postpartum Depression, Menopause, Multiple Roles, Premenstrual Conditions, and Passages Related to Life Events*. Our Clinic's services may be summarized as follows:

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- Ψ *Anger, Impulse & Mood Control;*
  - Ψ *Self-Esteem Enhancement;*
  - Ψ *Women's Physical & Mental Health;*
  - Ψ *Anxiety and Fear-Related Issues;*
  - Ψ *Lifestyle Changes Regarding Medical Issues;*
  - Ψ *Individual & Group Parenting Enrichment;*
  - Ψ *ADHD Challenges (Home/Work/School);*
  - Ψ *Premarital & Relationship Enhancement;*
  - Ψ *College Coaching;*
  - Ψ *Social Skills Children's Groups;*
  - Ψ *Classroom-Based Behavioral Assessments;*
  - Ψ *Passages Related to Life Events*
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## COMMUNITY INTERVENTION

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**T**he *Behavior Therapy & Family Counseling Clinic* is a vendor for behavioral services for all California *Regional Centers*. Within this capacity, Behavior Management Consultants perform *in-home* parent training sessions for the treatment of various behavioral challenges seen within the developmentally disabled population. Our Consultants also perform behavioral interventions for a large number of *Level 4 Residential Care Homes and Assisted-Living Environments*, throughout the State.

We have also created a strong professional community network consisting of school district personnel, pediatricians, general practitioners, and a variety of other physicians and psychotherapists located within our surrounding community.

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## FEE STRUCTURE

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**C**ost for therapy at our Clinic is affordable, and varies depending on the professional services rendered. We work with several insurance companies directly, and also accept clients who are recipients of both *Medicare and Medi-Cal*. In addition, as a community service, our Clinical Psychologist, Dr. Barry Barmann, will frequently provide therapeutic services *on-site* within assisted living settings, upon request.

