



# WILA

Wright Institute Los Angeles

*A Place of Healing, Training and Transformation*

*A lonely man consumed by depression. An adolescent girl slowly starving herself to death. A couple facing the breakdown of their marriage. An elderly woman overcome with grief after the death of her spouse. An anxious young man who feels that his life is ruined.*



What each of these people have in common is great emotional pain and an inability to afford the extended, intensive psychotherapy they need. What we offer them is hope, compassion and healing.

With the stresses of modern life has come a rise in a wide range of emotional problems. A significant need for mental health services confronts our country. Yet few affordable options exist for the psychotherapy required by those who face challenging hardships. Low-cost community mental health services are increasingly limited and often characterized by a superficial, short-term approach overly reliant on medication.

**Wright Institute Los Angeles (WILA)** serves our community in two vitally important ways. WILA's clinic, committed to helping the people of Los Angeles, provides high quality, open-ended depth psychotherapy at low cost and our superb, nationally recognized mental health training programs offer first-rate training for students and early career professionals.

The services that Wright Institute provides are available to individuals, couples and families. **WILA's Hedda Bolgar Psychotherapy Clinic** exists to help people heal. The depth and quality of care characterizing our therapeutic approach facilitates

greater understanding of oneself and others – and can transform lives. From older people on fixed incomes and families struggling to make ends meet, to the economically-stressed middle class and working poor, many clinic patients have nowhere else to turn to get the help they need.

**Wright Institute Los Angeles** also serves a crucial need in the community through our mental health training programs. WILA offers an exciting and inspirational training ground for aspiring mental health professionals.

# THE HEDDA BOLGAR PSYCHOTHERAPY CLINIC



## A DREAM AND A LABOR OF LOVE

In 1974, the pioneering psychologist, Dr. Hedda Bolgar, and three of her former students, Drs. Elizabeth Cooley, Nancy Wood and Allen Yasser worked together to create a mental health service and educational institution that would transcend the limitations of clinical education and training at that time. Their vision coalesced into **Wright Institute Los Angeles**. They hoped that students studying at WILA would emerge with a profound understanding of human nature, enriched by insights from clinical psychology and psychoanalysis and sensitive to social, political and cultural influences on their patients' lives.

More than three decades later, WILA has evolved into a highly regarded institution with a national reputation for outstanding clinical training and service. Under the leadership of its Director, Dr. Allen M. Yasser, WILA continues in the spirit of its founding philosophy. Thousands of patients have found peace of mind through WILA, fulfilling its initial promise as a significant mental health resource for the Los Angeles community.

*“I had a dream and  
I woke up with the  
Wright Institute.”*

– Hedda Bolgar, Ph.D.

## OFFERING UNDERSTANDING. REBUILDING LIVES.

**The Hedda Bolgar Psychotherapy Clinic** provides a powerful psychotherapeutic experience in a warm and caring environment. Our staff, interns, and postgraduate fellows are dedicated to helping patients restore their mental health and lead fuller, deeper and richer lives. Everyone who is touched by WILA, from faculty and clinicians to patients, feels the benefits of our care and dedication. We also reach out to those in need through community intervention efforts ranging from programs designed to help those who suffer from post-disaster stress to improving parenting skills in at-risk families.

## A PLACE TO HEAL FOR THOSE IN NEED

The clinic determines fees based upon a patient's ability to pay. It provides effective mental health services at a low cost virtually unavailable anywhere else in the Los Angeles region. We help patients deal with a variety of emotional problems including anxiety and depression, grief and mourning, suicidal preoccupation, marital and family discord, as well as challenges brought on by age and difficult circumstances. After long periods of struggle and hopelessness, many patients find comfort, understanding and healing at WILA.

# SUSAN B. KREVOY EATING DISORDERS PROGRAM

## LIFE-CHANGING AND SOMETIMES, LIFE-SAVING

WILA is also home to the **Susan B. Krevoy Eating Disorders Program**, the only one of its kind in Los Angeles. Under the leadership of WILA alum, Susan B. Krevoy, Ph.D, the Eating Disorders Program specializes in comprehensive and affordable treatment for those suffering from eating disturbances including anorexia, bulimia and compulsive eating. It also provides advanced training to interns and graduate mental health professionals in the specific treatments required for these often devastating disorders. Their work is often life-changing and sometimes, life-saving.



*“The psychoanalytic education and supervision have tremendously impacted my professional and personal growth. I will always hold dear the depth of my experience here. **WILA** is truly a special place.”*

– Leonor Johansen, Ph.D

# WILA'S POSTGRADUATE CENTER

## A COMPASSIONATE EDUCATION

WILA's nationally respected **Postgraduate Center** meets a critical need for well-trained, competent and caring mental health professionals. The thorough training they receive includes seminars on theory and technique, case conferences, intensive case supervision and the opportunity to practice at the Hedda Bolgar Psychotherapy Clinic under an outstanding faculty. In addition to the hundreds of

solidly trained highly effective psychotherapists who have come through WILA's program, our graduates are among the leaders in the professional community, serving as program directors, respected teachers and innovators in our field.



## THE HEART OF WILA – OUR STAFF

The **WILA** Faculty is comprised of highly skilled, dedicated and generous teachers, who embody a commitment to the ideals that inform the WILA philosophy. Our faculty is drawn from each of the mental health disciplines and reflects a broad range of perspectives on the human condition. Their wisdom, compassion and knowledge are passed on to our interns and postgraduate trainees.



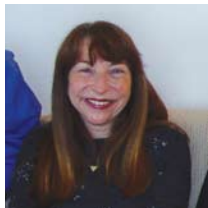
**Allen M. Yasser, Ph.D.**  
Director

**Myra Pomerantz, Ph.D.**  
Clinical Director



*“Every day of my professional life gives me cause to be grateful for the opportunities that **WILA** afforded me. I express thanks to the founders, faculty, staff and supervisors for deeply enriching our understanding of the human condition and preparing us to be sounder, wiser and more compassionate mental health professionals.”*

- **Stephen C. Phillips, J.D., Psy.D., Clinical and Forensic Psychologist**



**Suzanne Brumer, Ph.D.**



**Dodd Cohen, Ph.D.**

**Peter Wolson, Ph.D.**



**Paulene Popek, Ph.D.**



# AN INVITATION TO MAKE A DIFFERENCE

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**WILA's Hedda Bolgar Psychotherapy Clinic** and our esteemed **Postgraduate Center** make greatly valued and critical contributions to the community. **WILA** has received numerous governmental and private grants in recognition of the work of this unusual, vibrant and wonderful healing institution, including funding from the *National Institute of Mental Health (NIMH)*, *Federal Emergency Management Agency (FEMA)*, *the National Library Foundation*, *California Community Foundation*, *Keck Foundation*, *Norton Simon Foundation*, *Robert Simon Foundation*, *the Roth Family Foundation* and the *Louis and Harold Price Foundation, Inc.*

The compassion and dedication **WILA** offers is needed now, more than ever. We don't want to turn anyone away who needs help. And we hope to continue our internship and postgraduate training programs at the highest level of excellence. Your support is welcome and encouraged. Please help this very special place assist others to make their lives whole again.

For more information or to inquire as to how you can support **WILA**, please contact:

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Or visit our website at: [WWW.WILA.ORG](http://WWW.WILA.ORG)

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