

Westside Notes

*The Opposite of Addiction is Not Sobriety.
The Opposite of Addiction is Connection. — Johann Hari*

Welcome to the Autumn issue of *Westside Notes*. As I return from a 4-week Spanish Immersion program in Northern Spain, I'm immensely grateful for the "bucket list" opportunity. For the month of October, I stayed in a small city called Logroño which is located about three and a half hours northeast of Madrid in the heart of the Rioja wine region. Not a very touristy area which made it possible to hear very little English being spoken.

In July I travelled once again to Orcas Island north of Seattle and south of Canada. I call it the best place to do nothing, but the island offers so much natural beauty which can be enjoyed in a myriad of ways. In August I finally had my first bout with Covid after visiting a few childhood friends in Cleveland. Getting Covid felt like a stubborn cold but the sequestering felt like the biggest challenge for me. All in all, it wasn't so bad but now I understand a bit more about the Covid experience and its ramifications.

Group Openings

Most of you know that the emphasis of my practice has shifted more and more toward my groups which keeps me on my growing edge while at the same time witnessing my group members do the "post-graduate work" associated with the group experience. Click [here](#) for a link to my Group Therapy page. In addition to my two men's groups on Zoom, I have a few current openings in my in-person groups:

- **Mixed Gender Interpersonal Process Group**
Mondays 6:00 pm
- **Men's Interpersonal Process Group**
Wednesdays 5:00 pm

Brainspotting Invitation

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Order Andrew's Recent Book:

*The It's Not About the Sex
Workbook*

About Andrew Susskind



Andrew Susskind, LCSW, SEP, CGP

is a Licensed Clinical Social Worker,
Certified Brainspotting Therapist,
Certified Group Psychotherapist, Somatic
Experiencing Practitioner and author who
brings more than 33 years of experience
to his work.

Andrew's Books

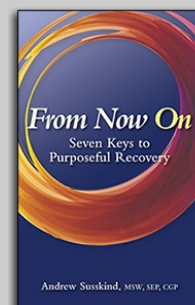
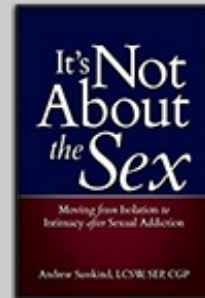
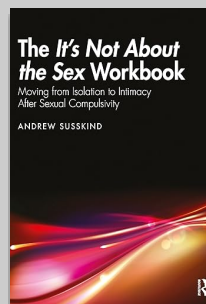
I'm about to embark on my tenth year of Brainspotting and my passion for this nervous system regulation modality only expands. When I mention Brainspotting to colleagues, friends, and family, a typical question is "What is it?". Instead of going into detail here, I suggest two possibilities. First, I would like to invite you to consider a sample Brainspotting session with me, either in my Santa Monica office or online. Just like therapy in general, the best way to learn about it is to try it out. Feel free to contact me at andrew@westsidetherapist.com and we can schedule a time. Secondly, feel free to visit: brainspotting.com or rockymountainbrainspottinginstitute.com to familiarize yourself with the process. There is a lot of helpful information on both websites to answer the questions, "What is Brainspotting?".

Its Not About the Sex Podcast

This past May I made the bittersweet decision to wind down my podcast. With the dedication of my podcast producer and close friend Sue Merlino, we completed 128 episodes which can be found in the [archives](#). It was an honor and a privilege to take this podcasting journey, and please know that the episodes will always live on for you and others who may benefit.

Wishing you a very peaceful and nourishing holiday season.

Gratefully,
Andrew



Instant Connection!

[Read more about Andrew's psychotherapy](#)

[Read more about Somatic Experiencing](#)

[Read more about Brainspotting](#)

[12-Step Self-Help Groups](#)

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