



LARadio.com Current News

Compiled and Written by Don Barrett

Monica McGarva Reinvents Herself



(February 3, 2011) From the first days of research on *Los Angeles Radio People*, I was struck by the diversity of resiliency and how radio performers reacted when their careers had come to an end – both on and off the air. I found one major program director from the Top 40 era living in a box near Vermont and Hollywood Blvd. Another was attempting to write the great American novel. And others had gone into related fields of voiceover, engineering, and syndication.

This was in 1992 and things really haven't changed. At some point your plane will land and you will get an opportunity to figure out what kind of a plane you want to get on next and where you want it to go.

Monica McGarva spent 30 years at KNX, first as an intern and ended up assistant director of community services, which meant writing editorials, PSAs, and clearing all commercials. She married **Rich Marotta**, who was then an up and coming sports personality and was recently inducted into the Southern California Sports Broadcasters Hall of Fame. Her job at KNX ended in 2004. Her marriage to Rich ended in 1987.

She is in the process of reinventing herself. In 2004, she went back to school at Phillips Graduate Institute in Encino at the age of 54 years. "I never thought I would go back to school but I did and it only took two years," she said. How did she

get interested in psychotherapy? "When people would come and hide out in my office because I was down the hall and I was a good listener," said Monica.

About this time her new husband was going to Phillips and getting his Master's in psychology. "Over dinner he would talk about his classes and I would see his assignments and I thought they were really interesting. I thought maybe I could manage his practice but the more I thought about it, the more I thought I could do this. And the timing was such that things were getting kind of *corporate* at KNX and I thought maybe this was something to have in my pocket if I needed to do that."

Monica doesn't think of it as a mid-career change but rather an end of career change. "I started with KNX as an intern when I was in my early 20s and was a news writer for many years. They are kind of like my family. I had my kids while working there."

Monica and Rich met at California State University Northridge. "Rich was the sports director at the school radio station. He got a job at KFWB and then went to Colorado Springs while I finished school here and graduated with a degree in journalism before joining him. Rich then got a job with the Kings and we came back to L.A. and we got married."

Monica was remarried in 1999 to David McGarva, a lawyer from Scotland, and they have established a practice in Woodland Hills together, specializing in trauma, anxiety and parenting. At age 60, Monica has embarked on a new career and plans to help people reinvent themselves. She is a great example of that.

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McGARVA AND McGARVA
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David Jung McGarva, Ph.D. Monica Jung McGarva, M.A.

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- anxiety
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Something to try today: Take a moment and write out what kind of relationship you want. Think of yourself as someone who does what it takes to get what you want. What will it take to get what you want?

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