



HELP

HOME-BASED EFFECTIVE LIVING PROFESSIONALS

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WHAT IS HELP?

HELP has been providing in-home counseling and mental health services throughout the County of San Diego since 1993. HELP employs over 52 Licensed Clinical Psychologists, Social Workers, Neuropsychologists, Bi-lingual Therapists, and a Psychiatrist, all of whom provide their services in the homes and care facilities of their clients. Each HELP clinician has his or her own specialty, and is referred to the client according to their expertise and geographical location. Care is coordinated with the case managers, primary care physicians, and other health providers. The following is a small sample of the mental health issues that our providers can assist you and your loved ones with:

- Depression
- Anxiety
- Stress management
- Relationship Issues
- Domestic Violence
- Grief and Loss
- Chronic pain
- Dementia and Capacity Exams
- Elder Abuse
- Disabled
- Alcohol/Substance Abuse
- Child Behavior & Learning Concerns
- Aids/HIV
- PTSD

HOW TO PLACE A REFERRAL

- Visit our website at www.helptherapist.com to access the referral sheet
- Call the HELP office at 858-481-8827, or fax in a referral sheet to 858-244-0990 or 858-481-8281
- We accept Medicare, Medi-Cal, and most PPO insurances. No HMO
- Have your insurance information available
- Within 48 hours, the assigned therapist will contact the client to set up an appointment

A FEW ORGANIZATIONS THAT USE THE PROFESSIONAL SERVICES OF HELP:

- Jewish Family Services
- San Diego Hospice Aids
- North County Services
- ElderHelp of San Diego
- Regional Center
- Palomar Medical Center
- Scripps Home Health
- Sharp Grossmont
- Aging & Independent Services
- Adult Protective Services
- Scripps Hospital
- Call Doc
- Sharp Home Health
- and many more . . .

We all need to laugh!

OLD TIMERS DISEASE

Three older ladies were discussing the travails of getting older. One said, "Sometimes I catch myself with a jar of mayonnaise in my hand in front of the refrigerator and can't remember whether I need to put it away, or start making a sandwich."

The second lady chimed in, "Yes, sometimes I find myself on the landing of the stairs and can't remember whether I was on my way up or on my way down."

The third one responded, "Well, I'm glad I don't have that problem, knock on wood," as she rapped her knuckles on the table, then told them "That must be the door, I'll get it!"

Building Emotional Wealth



"Save it for a rainy day" is not just helpful for fiscal responsibility, but a message we can learn from during times of emotional hardship. Imagine your life as a set of **bank accounts**, funded by every good deed, kind word, or gesture of love that you have "saved." Going through cancer treatment has **costs**, and you may have to make withdrawals. Although your accounts may be getting low, you *can* learn to develop a new stream of "income" to rebuild your accounts and build emotional wealth!

Account

Coping Techniques

- | | | |
|------------------|-----------------------|-----------------------|
| ★ Physical | - Desire/Joy Diary | - Mirror Exercise |
| | - Develop a new look | - 5 Senses Exercise |
| ★ Social | - Reach out! | - Support groups |
| | - Social media | - "Friendship" letter |
| ★ Accomplishment | - Develop expertise | - Volunteer |
| | - Set goals | - Focus relationships |
| ★ Spiritual | - Meditation | - Nature rituals |
| | - Leadership/Guidance | - Dream work |

About the presenter:



Rochelle Perper, Ph.D. is a licensed clinical psychologist in San Diego offering individual, couple, and family therapy to adults, adolescents, and children. She possesses compassion and skill in helping you manage the physical and emotional effects of cancer as well as address issues related to grief, loss, and transition. Dr. Perper serves as Adjunct Professor at Alliant International University and teaches courses for the Certificate in Bereavement Studies at National University. She has presented and given trainings for numerous organizations including San Diego Hospice, The San Diego LGBT Community Center, and The American Cancer Society. For more information about Dr. Perper, please visit www.therapychanges.com or call 619-275-2286.



9 WAYS TO GET HAPPY IN THE NEXT 30 MINUTES

- 1. Raise your activity level** to pump up your energy. If you're on the phone, stand up and pace. Walk to a coworker's office instead of sending an e-mail. Put more energy into your voice. Take a brisk 10-minute walk.
- 2. Take a walk outside.** Research suggests that light stimulates brain chemicals that improve mood. For an extra boost, get your sunlight first thing in the morning. Find the best walking workout for your exercise style.
- 3. Reach out.** Send an e-mail to a friend you haven't seen in a while, or reach out to someone new. Human interconnectedness is one of the most important keys to happiness. When you act in a friendly way, not only will others feel more friendly toward you, but you will also strengthen your feelings of friendliness for other people.
- 4. Rid yourself of a nagging task.** Deal with that business problem, purchase something you need, or make that long-postponed appointment with the dentist. Crossing an irksome chore off your to-do list will give you a rush of elation.
- 5. Create a more serene environment.** Outer order contributes to inner peace, so spend some time organizing bills and tackling the piles in the kitchen. A large stack of little tasks can feel overwhelming but often just a few minutes of work can make a sizable dent. Set the timer for 10 minutes and see what you can do. In that time, take a quick look around the house and see how to get organized using everyday items. Remember... an organized environment creates an organized mind.
- 6. Do a good deed.** Introduce two people by e-mail, take a minute to pass along useful information, or "catch someone being good".
- 7. Save someone's life.** Sign up to be an organ donor, and remember to tell your family about your decision. Do good, feel good-- it really works!
- 8. Act happy.** Fake it 'til you feel it. Research shows that even an artificially induced smile boosts your mood. And if you're smiling, other people will perceive you as being friendlier and more approachable. There's no need to walk around in a constant state of worry. After all, what's the worst that can happen if you bounce a check or leave wet clothes in the dryer?
- 9. Learn something new.** Think of a subject that you wish you knew more about and spend 15 minutes on the internet reading about it, or go to a bookstore and buy a book about it. But be honest... pick a topic that really interests you, not something you think "should" or "need to" learn about.

GUEST BIOGRAPHY -WILLIAM M. SHANNON, PH.D.

William M. Shannon, Ph.D. is a psychologist currently working for HELP and licensed to practice Psychology in the state of California (#PSY22103). His undergraduate degree in Psychology was from Grove City College, in Grove City, PA; his Master's degree was in awarded from Millersville State University in Psychology in Millersville, PA; and his doctorate degree in Psychology was completed at North Carolina State University in Raleigh, NC. His doctorate dissertation focused on a counseling intervention emphasizing the utilization of 'cuento therapy' and ethnic identity/ cultural heritage awareness and activities for Puerto Rican adolescents who were 'at-risk' of dropping out of a more 'anglocized' public school system. 'Cuento' therapy utilizes a story-telling format of therapy for minority cultures (e.g., Puerto Ricans, Mexicans, African Americans, etc.) discussing how famous artists, athletes, governmental figures, TV personalities who have overcome significant hardships/ poverty/ illnesses/ handicaps in order to make a major contribution to society. The 'heroes/heroines' of the stories (cuentos) commitment to fight against oppression or their hardships in life are beginning points of discussion for clients who may be dealing with confrontations/ hardships themselves when facing more dominant cultures (cultural dissonance). Dr. Shannon continues to utilize 'cuento therapy' as one of his techniques in therapeutic sessions.



Dr. Shannon works with clients ranging from Elementary School Aged students through College Aged students in conducting psycho-educational/ psychological evaluations; identifying Pervasive Developmental Disorders (Delays), Specific Learning Disabilities, Emotional Handicaps/ Disorders, Cognitive Disabilities, Attention-Deficit/ Hyperactivity Disorder (ADHD), Autism, Asperger's Disorder, Conduct Disorder, and other special needs difficulties. Developing Treatment plans, coping strategies and therapy for these students, their parents, administrators at schools, and other family members are strengths also. Functional Analysis of Behavior leading to Individualized Behavioral Plans are part of the planning for many of the students.

The utilization of Cognitive Behavior Therapeutic and Dialectical Behavioral Therapeutic philosophical/ models are emphasized in the development treatment goals/ plans for all ages of clients. Specializations also include: Mood Disorders, Anxiety Disorders, Mental Disorders due to Medical Conditions (i.e., psychological distress associated with illnesses such as Parkinson's Disease, cancer, chronic pain, HIV, etc.), Anger Management Issues and Adjustment Disorders.

While in Florida, before moving to California in 2004, Dr. Shannon co-founded a not-for-profit Foundation for special needs children to swim with dolphins in the Florida Keys. He developed educational techniques utilizing the Picture Communication System (PECS) to help special needs children communicate with their families and develop a visual schedule to help the children and their families become a stronger and more communicative family system while having fun swimming with joyful, playful Atlantic bottlenose dolphins.