



HELP

HOME-BASED EFFECTIVE LIVING PROFESSIONALS

13004 BRIXTON PLACE • SAN DIEGO, CA 92130
OFFICE 858-481-8827 • FAX 858-244-0990 OR 858-481-8281
WWW.HELPTHERAPIST.COM

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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! 

NO REFILLS

A distraught senior citizen phoned her doctor's office. "Is it true," she wanted to know, "that the medication you prescribed has to be taken for the rest of my life?" "Yes, I'm afraid so," the doctor told her. There was a moment of silence before the senior lady replied, "I'm wondering, then, just how serious is my condition because this prescription is marked 'NO REFILLS'."

LINDA CHARLES, PH.D.

I received my doctorate from UCLA, and have been a clinical psychologist for 25 years. During school I worked in Pediatric Neurology with children who had attention deficit hyperactive disorder and learning problems and with their parents and teachers on management of these problems. This became a specialty area for many years. Later my practice became more general and I treated depression, anxiety, stress, marital problems, family interaction problems, and life passage challenges. My approach is generally focused on problem solving, using behavioral and cognitive strategies. I also have training in dream work, hypnosis, meditation, and pain management. I helped organize the Breast Health Center at Naval Medical Center, working for three years with breast cancer patients and their families.



I have promoted the profession of psychology through local, state and federal advocacy. I was named a Fellow of the San Diego Psychological Association and am a recipient of the Silver Psi Award from the California Psychological Association. I was APA Federal Advocacy Coordinator for California.

I'm enjoying re-entering professional life on a part time basis. H.E.L.P. is a good vehicle for this as I do not have to maintain an office and my hours are flexible. The long delays and cumbersome paperwork involved in getting my Medicare provider status reactivated make me itch to become politically involved again. There's just something wrong with that process!

COMING SOON!

H.E.L.P.

will be expanding to Orange County, Santa Barbara, and San Francisco!

What's New at H.E.L.P.

Do You Feel Overwhelmed at times? Do You Need To Relax More? We will be offering an ongoing class to teach relaxation and meditation techniques that will help you cope better when stressful situations arise: techniques that can be used anywhere, at any time during a stressful situation. We will teach skills that include guided imagery, relaxation and meditation are among the skills, all taught in a fun and relaxed atmosphere.

An example of a quick relaxation technique is something called "the signal breath" that involves taking in a deep breath (inhale), holding it, and then releasing it. (exhale) each to a count of 3. While continuing at this slower rhythm words such as "relax", "let go". "easy does it" or any others that suggest letting go of tension can be said silently.

Kathy Agnew LCSW has been a HELP provider for over 10 years. She currently works in the Grossmont Hospital Senior Intensive Outpatient Cognitive Behavioral Program, where she specializes in teaching relaxation and meditation classes. Kathy is a long time meditator and trained under Dr. Jon Kabat-Zinn who developed a meditation program for the stress reduction clinic at the University of Massachusetts.

Carrot Cake Recipe

by Mary Harb Sheets, Ph.D.



2 c sugar	4 eggs
2 c flour	3 c grated carrots
2 t baking soda	1 c chopped nuts (optional)
2 T cinnamon	1/2-1/3 can crushed Pineapple
1/2 t salt	1/4 c shredded coconut
1 1/2 c oil	

Sift dry ingredients, add oil and blend. Add eggs one at a time and beat after each. Stir in carrots, nuts, pineapple, and coconut. Bake at 350 for 1 hour or until done.

Cream Cheese Frosting

(double recipe if you like lots of frosting!)

3 oz cream cheese
2 c powdered sugar
1/2 stick butter
1 t vanilla

Blend cream cheese, sugar, and butter.
Add vanilla.

GUEST BIOGRAPHY - ERNEST L. LOTECKA, PH.D.

Ernest L. Lotecka, PhD, has practiced behavioral health psychology for three decades. Born in Philadelphia, he has made his home in San Diego County since 1976. He has worked with a wide range of clients on pragmatic coping with adversities and improving quality of relationships. He teaches a course at National University emphasizing psychological applications in everyday life. Dr. Lotecka makes home visits to home-bound clients in the central San Diego area.



POV: A Practical Progression

Pragmatic psychological counseling involves a dedicated dialogue about important experiences and points-of-view (POV). For promoting health and well-being, the four successive viewpoints below seem to be important stages in personal understanding, effectiveness and enjoyment.

1. Influences Biological, psychological and social-cultural factors are interactive influences on the quality of human life. These biopsychosocial factors are impacted by diet, activities, sleep, beliefs and people. The solution to psychological problems can most often be found in this basic list. Clarifying other problem causes or sources may help in making physical, psychological and/or social progress.

Respectively, the problem sources frequently include the following: (a) viruses, toxins and drugs that weaken not only the body, but also the mind; (b) excessive stress from prolonged tension, anxieties about possible losses and depression after losses that often have adverse physical or social effects; and (c) destructive behavior or mental delusions stemming from hatreds, prejudices and wishful fantasies.

2. Reactions After food-poisoning, there likely will be defensive reactions to absolutely avoid any food linked to that unpleasant event. Similarly, there may be a reaction to avoid a variety of human contacts after personal psychosocial attacks or disappointments. After suffering tragic losses, there are strong inclinations to return to a past where there were better personal roles, relationships and supports. This can result in getting fixated on memories.

Sometimes fears of previous dangers lead to over-generalization and over-reaction. There may be a behavioral swing in the extreme opposite direction. These reactions prevent adapting to present conditions.

3. Perspectives New helpful awareness can grow from examining assumptions, checking factual evidence and testing conclusions with observations over time. From experience comes perspective – a wider viewpoint. This enables new references points from which to examine a past POV. It is like looking above a lower hilltop position from a newly reached higher one. "Mindfully" looking at habitual thoughts may lead to identifying patterns in their repetition, endurance and passion.

4. Steps* Even small steps can result in significant improvement. Δ Change your mental focus. Words and thoughts (self-talk) can help or hinder. Identify troubling negative thoughts, and then focus on constructive ones: for example, how you have previously solved problems. You may have to firmly tell intrusive thoughts to "stop" as you would an unruly two-year old. Δ When distressed, calm down by taking time to breathe slowly, listen to relaxing sounds and look at something pleasurable.

Δ Consider your available assets (including skills), and daily apply these productively. Do what you enjoy -- talking to somebody, writing anything, reading something, walking somewhere or creating something. Keep it simple: engage in natural basic actions that are good and true to your real values. The result will likely be more satisfying relationships with yourself, others and the world.

* Please refer to the helpful focusing, calming and communicating guidelines/checklists.

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