



HELP-Mental Health & Counseling Services

IN-HOME / IN-OFFICE / IN-FACILITY

August-September 2012

3636 Fourth Avenue, Suite 302, San Diego, CA 92103
O 858-481-8827 / Toll Free 1-855-760-HELP (4357) / F 858-244-0990
www.helptherapist.com

WHAT IS HELP?

HELP Services has been providing mental health and counseling services throughout San Diego County since 1993. Currently HELP employs over 65 licensed Clinical Psychologists, Social Workers, Marriage and Family Therapists, Neuropsychologists, and bi-lingual therapists, all of whom provide their services in homes, facilities, and offices. Each therapist has his or her own specialty, and is referred to the client according to their expertise and geographical location. HELP serves individuals, couples, and families of all ages.

Please visit our website for information on how to place a referral to HELP.

Sign Up For Our Monthly Newsletter!

www.helptherapist.com
(go to bottom of Home Page)



Our Therapists Specialties

- Depression
- Anxiety / Stress Management
- Grief or Loss (Bereavement)
- Relationship Issues
- Adjustments to Illness
- Chronic Illness
- Mood Disorders
- Aids/HIV
- Trauma
- Issues Associated with Cancer
- Communication Problems
- Couple and Family Counseling
- Development Disabilities
- Domestic Issues
- Elder Abuse
- Addictive Behaviors
- Neuropsychological and Psychological Assessments
- Psych. Screening for Spinal Cord Stimulator
- More

Areas Served

- San Diego
- San Clemente
- Orange County
- Inland Empire
- Santa Barbara
- No. California Bay Area



ANNETTE CONWAY, Psy.D.
Owner - HELP
Licensed Clinical Psychologist
CALIC. PSY 19997

What's New:

HELP is now working with a family law attorney . . .

GEORGIA L. WILLIAMS

ATTORNEY



Georgia L. Williams is an attorney in the San Diego office of Borton Petrini, LLP. She received her undergraduate degree from California Lutheran University in economics in 1981 and her Juris Doctorate from California Western Law School in 1987, and served as a JAG in the United States Navy

Georgia is a board-certified Family Law Specialist by the State Bar Board of Legal Specialization. She concentrates her practice on family law litigation, including marital and domestic partnership dissolution, parental and third-party custody, support, property division, business valuation, UCCJEA, and Indian custody issues pursuant to the ICWA. Having lived overseas, she understands the unusual custody issues when one or both parents live out of the United States.

Georgia is also a judge pro tem in the San Diego Superior Court, and has practiced construction defect and admiralty law.

When not practicing law, Georgia spends time with her husband and daughter, is an avid skier, rides horses, is active in the Reserve Officers Association, and is a Sustainer in the Junior League of San Diego.

Education:

- ▶ California Lutheran University, B.A., 1981
- ▶ California Western Law School, J.D., 1987

Admitted:

- ▶ State Bar of California, 1992
- ▶ U.S. District Court for the Northern, Southern, and Central Districts of California, 2001
- ▶ Military Courts, 1988

Business and Professional Associations:

- ▶ San Diego County Bar Association
- ▶ Lawyers' Club

Lectures & Seminars:

- ▶ SKY-TV on-air legal analyst
- ▶ San Diego County Bar Association, Grandparents' Rights



Upcoming Events:

September 21st, 2012 from 10:00am - 2:00 pm

Community Health Expo

featuring Local Businesses and Healthcare Professionals including:

Good Samaritan Retirement Center, Walgreens Pharmacy, Excel Home Health, and Home Physicians
Join us for Coffee and Snacks, Raffle Prizes, Health Screenings, Immunization Clinic at:



1515 Jamacha Way, El Cajon, CA 92019
619-590-1515



www.sosl.org
San Diego, California



Benefiting

Survivors of Suicide Loss-San Diego
Yellow Ribbon Suicide Prevention Program®, San Diego Chapter
JOIN US IN BALBOA PARK
at Sixth and Laurel on SUNDAY,
November 11, 2012 8:30am

Please contact us if you are interested in employment opportunities with HELP. We are hiring licensed clinical psychologists, marriage and family therapists, and clinical social workers. Inquiries will receive a prompt reply, normally within 24 hours. go to www.info@helptherapist.com to submit your request.

FEATURED THERAPIST

CHRISTOPHER MICHAEL, PH.D., QME is a licensed clinical and forensic psychologist in California. He is also a qualified medical evaluator in California. He performs both psychotherapy and psychological testing and evaluations, and his experience includes broad clinical training and specialized forensic training, both undertaken at a high security mental hospital.



Dr. Michael sensitively uses a blend of psychodynamic, cognitive-behavioral, and existential approaches to assist clients in developing awareness and understanding of their problems that is simultaneously flexible, deep, and practical. He works to ensure that clients are comfortable and supported when they are next encouraged to take steps toward change. He works with adults, adolescents, and older adults, male and female, and has particular interest in serious mental illness, depression, anxiety, body-centered difficulties, altering unwanted personal and interpersonal patterns, and psychological evaluations.

ALCOHOL RELATED DEMENTIA

Alcohol related dementia is a form of dementia prompted by years of excessive alcohol use and is a very common form of intellectual disorder in older adults. Prolonged exposure to alcohol can affect the central nervous system, causing damage directly to the brain cells. Furthermore, alcohol is a neurotoxin, directly damaging the brain. The brain may also be indirectly damaged by alcohol use, through alcohol-related health problems such as serious nutrient deficiencies or stroke. Although typically seen in adults as they pass middle age and into their senior years, between 50 and 75, signs and symptoms of alcohol-related dementia may begin to appear as early as 30 years old.

The prevalence of alcohol-related dementia is difficult to pin down, in part because of the complex relationship that alcohol has with the central nervous system and the brain, and also because it is often misdiagnosed. Many individuals and families downplay the use of alcohol; however, alcoholism is a significant concern among seniors affecting approximately 5 to 10 percent of the senior population in the U.S.

Ref: World Health Organization: Management of Substance Abuse — Alcohol

DEEP BREATHING: *The Truly Essential Exercise*

- To aid in stress reduction
- To reduce heart rate
- To increase oxygen flow and improve muscle function
- To combat release of stress hormones
- To slow the brain's "fight or flight" response
- To increase the brain's "calming" response
- To fight fatigue
- To reduce mental fog



"Belly Breathing"

- **NOT** your typical, shallow chest breathing.
- Sit or stand in a comfortable position with eyes open or closed
- Focus on lower abdomen (belly) and imagine a small balloon there. It helps if you place your hand on your belly to feel the expansion and contraction
- Breathe in slowly and deeply through your nose, imagining the balloon inflating slowly; holding in for 5 seconds.
- Slowly exhale through your mouth, imagining the balloon gently deflating
- Repeat 10 or more times
- **Breathe deeply often**

Anatomy of Deep Breathing

Inhalation: As the lungs fill, the diaphragm descends as the belly expands.

Exhalation: As the lungs fill, the diaphragm rises as the belly contracts.

The contraction of the diaphragm sends a message to the brain to release dopamine which creates a calming effect. Dopamine also enhances mood and acts as a pain reliever.

