



HELP-Mental Health & Counseling Services

IN-HOME / IN-OFFICE / IN-FACILITY

April-May 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

Depression, Anxiety Tied to Physical Disabilities in Seniors

But exercise may help shield against physical decline, study adds. Seniors with psychological distress such as depression or anxiety are more likely to have physical disabilities, a new Australian study says. Regular physical activity, however, can protect against such problems. Researchers examined data from nearly 100,000 Australian men and women, aged 65 and older, and found that 8.4 percent of them were experiencing psychological distress. Compared to those with no psychological distress, the risk of physical disability was more than four times higher among those with any level of psychological distress and nearly seven times higher among those with moderate levels. The researchers also found that seniors who were more physically active were less likely to have physical disabilities.

The U.S. National Institute on Aging has more about physical activity and exercise for seniors.

(SOURCE: *Journal of the American Geriatrics Society*, news release, April 3, 2012)



Signs of Depression



Hello, I'm Bill Manning. My company, My History DVD, creates a professional quality product that tells an individual's or couple's life story and values through videography. In addition to the on-camera interview shot at the location of your choice, we reach out to the client for important family documents to be included in the video. To that, we can bring in other historical documents, music, photography and other media resources. My History DVD's purpose is to help families connect with their past and articulate their values to pass on lessons learned. It is a gift that truly keeps on giving for generations.

Our services are customized to each individual to best tell the story that is being revealed. My goal is to provide a powerful, enlightened overview of the storyteller's life, values and family in a film-documentary style that showcases the essence of what an individual would like those important to them to know about their life, and to pass on what they are "all about".

bill@MyHistoryDVD.com

www.MyHistoryDVD.com

Community Events:

April 21, Saturday - SAVE THE DATE!!!!
San Diego County NAMI WALK - a community walk for mental illness awareness. Balboa Park. www.namisanidiego.org/namiwalks

April 21, Saturday 9am to 1pm
Free Grandparents Raising Grandchildren symposium will be held in five different regional locations. For more information: www.21sandiego.org/grandparents. To Register, call toll free (855) 238-5978.

May 12th, Saturday 10am to 2pm. "It Can Only Get better Together" an LGBT senior resource fair, will be held at the Center, 3909 Centre St. San Diego, CA 92103. For more information call (619) 692-2077.

May 19th, Saturday 10am to 2pm. "Money Matters" host George Chamberlin with speak at an AGE Strong: Be a Savvy Senior event at the Pacific Beach Library, 4275 Cass St., San Diego, 92109.

SAVE THE DATE

San Diego County Council on Aging would like you to save September 5, 2012 for the "Seniors of Tomorrow" Conference at the Poway Senior Center, 13094 Civic Center Drive, Poway, CA. More details will follow. The SDCCOA is a multidisciplinary organization that promotes education, awareness and networking in the Greater San Diego County area to enhance the quality of life for seniors.

"Twenty years from now you will be more disappointed by the things you didn't do than by the ones you did. So throw off the bowlines, sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." (Attributed to Mark Twain)

FEATURED THERAPISTS

ROBERT A. BROENEN, PSY.D.

Dr. Broenen is a veteran of the Korean conflict and a former corporate executive who became a psychologist in 1993 to work with adults going through stressful periods in their lives, including significant life-stage transitions.

He works with both male and female adults. Populations he focuses on primarily are persons going through midlife and later-life transitions, including senior citizens and military combat veterans. Using a variety of approaches including psychological assessment and psychotherapy, he helps clients identify personal strengths and develop coping skills. Dr. Broenen brings to bear in the client relationship his training at Pepperdine University which emphasized existential and psychodynamic approaches as well as cognitive-behavioral therapy. Drawing on his coaching skills, his style is direct, but also empathic and supportive. He is the author of an electronically published book on managing interpersonal relationships. It is a personal workbook entitled: "Heart: Mind—Warmth and Light in Your Relationships."

Licensed in California in 1993, he serves clients in the southern Orange County and northern San Diego County.



Introducing HELP'S
SANTA BARBARA Therapist:

LETTY WARD LAUFFER, PH.D.

EDUCATION

Ph.D. New York University/School of Education Counseling Psychology
M.A. New York University, Dance/Movement Therapy
M.A. University of California/Santa Barbara Counseling Psychology
Certificate of Specialization in Marriage, Family, Child Counseling (24 extra units)
B.A. Duke University, Durham, NC. Education and English major
Phi Kappa Delta, National Honorary for scholarship and leadership

PROFESSIONAL EXPERIENCE

TEACHING AND ADMINISTRATION

Founder, teacher, director, All Saints by the Sea Parish School, Montecito, CA. 1965-1978
Instructor: Santa Barbara City College, "Child, Family, Community" course 1975-1976
Facilitator for Parent Effectiveness Training, Santa Barbara, 1979-1981
Instructor New York University Graduate School of Education 1995-1998
(Teaching beginning and advanced individual counseling practicum courses)

INDIVIDUAL COUNSELING

Counseling Psychology Training Clinic. UCSB, 600 hours, 1979-1981
Counselor's Center, Santa Barbara, 1976-1981
Counseling Psychologist in Private Practice, Summit, N.J., 1986-1993
(College age, adult males and females, families)
College of Arts and Sciences Counseling Service, New York University 1990
(undergraduate male and female students, mainly freshmen, multi cultural, for personal, academic, family, and relationship problems)
New York University Counseling Service, graduate school problems 1991
Porterville Developmental Center, Porterville, CA. 2001-2004
(behavioral therapy / males and females, provided Individual Education Plans)

GROUP COUNSELING and INDIVIDUAL COUNSELING

Catholic Community Mental Health Services, Newark, N.J. 1986-1994
(Adult substance abuse and mental illness)
Jewish Home and Rehabilitation Center, Jersey City, N.J 1987-1990
(Adults in Alzheimer's Day Care Center).
Atascadero State Hospital, Atascadero, Calif. 2005-2009
(Clinical psychologist, Adult males with depression, mental illness)

FEATURED ARTICLE - MANAGING ANGER

by Stuart Sorensen – RMN

Many people have difficulty managing their angry feelings. This can lead to difficulties in their relationships with others and can even result in acts of aggression and physical violence. Needless to say this can often cause many more problems than it solves, even though aggression or violence can sometimes make us feel better in the short term. Before we begin learning how to manage anger let's think about what causes it – where anger comes from. Understanding what anger is, how it begins and the part we play in our angry feelings we'll be much better equipped to deal with it. Anger is the result of two main factors. The first is to do with the physical feelings we experience in the body – the physiology of anger. This is exactly the same as the physiology of anxiety – it's only our thinking which makes the difference. The physiology of anxiety has been covered in another handout so I won't repeat it here. For more information on this fascinating topic take a look at understanding anxiety management 1 in this series of handouts. The second factor is concerned with our thoughts and expectations, the way we think about and interpret the situation. This is the psychology of anger. For example if we see a man hit his son and believe him to be right in doing so we probably won't get angry. On the other hand if we believe that he is being unfair or cruel we may well become very angry indeed at the thought. It isn't what happens which makes us angry so much as the way we think about what happens. Many psychologists would argue that all anger begins with blame. We get angry at something. It isn't always easy to work out exactly what we're angry at but that doesn't mean it isn't there. Usually the focus of our anger is obvious but in some cases it takes a little work to find the exact root of our angry feelings. Most forms of counseling or psychotherapy are helpful here.

Blame can be divided into three main categories. To put it another way there are three main areas in which we can apply blame. These are:

- 1. The self** - This type of blame is what we call guilt and not only leads to anger but also depression and a range of self-destructive behaviors.
- 2. Other people** - This type of blame can result in many forms of anger as well as a wide range of relationship difficulties.
- 3. The 'system'** - By the 'system' we mean anything bigger than ourselves, from the laws of nature to the legal system. It can be something as simple as the weather we get angry about, blaming the clouds for raining on us when they ought to have made way for the sun. Remember that word ought, it's one of a group of words such as should or must which we call imperatives. Without imperatives there can be no blame and without blame anger cannot exist.

This sounds like a simple explanation – too simple perhaps. Too good to be true? Please remember that simple doesn't mean easy. There's nothing 'easy' about learning to control anger however uncomplicated the idea may be. Anger management does become easy with practice but in the beginning it requires hard work and commitment. The chance to learn anger management is a very real opportunity to change your life for the better but, like most opportunities, it comes dressed in working clothes.

A good way to begin is to ask yourself where the imperatives are. Whenever you become angry listen to your own thoughts and look for sentences containing words like should, must or ought. Also watch out for injunctions like mustn't, oughtn't and shouldn't. Once you identify these judgments you'll find the blame. Then all you need to do is stop blaming.

Yes, I know it isn't easy to stop blaming. Most of us have been brought up to blame ourselves, others or the system and it's become a thinking habit. Don't worry – there's a simple system we can use based upon simple empathy and understanding.

Stop blaming others

There's an old North American Indian saying which asks us never to judge another until we've walked a mile in his moccasins. To put it another way just bear in mind that if you'd been through what he had, been brought up the same way he had and learned the same lessons and had the same experiences that he had you'd probably react in exactly the same way. That doesn't mean you have to agree with everything someone does, simply try to understand why he or she did it. Acknowledging another person's faults is one thing – blaming them for it is quite another.