



HELP

HOME-BASED EFFECTIVE LIVING PROFESSIONALS

13004 BRIXTON PLACE • SAN DIEGO, CA 92130
SAN DIEGO 858-481-8827 • TOLL FREE 1-855-760-HELP (4357)
FAX 858-244-0990 OR 858-481-8281
WWW.HELPTHERAPIST.COM

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ANNETTE CONWAY, Psy.D.
Licensed Clinical Psychologist
CA LIC. PSY 19997

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

- 1) Submit referral on-line @ www.helptherapist.com
- 2) Fax referral to E FAX- 858-244-0990 or 858-481-8281
- 3) Call HELP at 858-481-8827 or toll free 1-855-760-HELP
- 4) We accept Medicare, Medical, most PPO's, NO HMO's
- 5) Within 48 hours, the assigned therapist will contact the client

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 • Navy Medical
- Pain Specialists Dr. Kevin Smith, M.D., Dr. Navarro, M.D. and Dr. Abdulhadi, M.D.

Some of our Community Partners are:



CRESCENT
Geriatric Care Management



Active Life



COMPREHENSIVE CARE
MANAGEMENT PROGRAMS
at San Diego Hospice

Right
at
Home
In Home Care & Assistance

TOWNCOURT

TERRACE
A CONTINUING CARE RETIREMENT COMMUNITY

WHAT'S NEW

HELP has now expanded to San Francisco and Los Angeles, with plans to further expand to Riverside County sometime this year.

HELP has contracted with three Pain Management M.D.'s in S.D. County to conduct psychological evaluations for assessing their patient's readiness for implantable pain therapy.



DR. SUSANNAH FEDER, PSY.D.

HELP is expanding to the San Francisco community. It is a privilege and honor to introduce **Susannah Feder, Psy.D.**, who practices in the San Francisco area, and treats a broad spectrum of patient populations and mental health issues. She has 20 + years experience, that includes Individual, Couples,

Family Therapy, Addiction Treatment, Trauma, Axis II Disorders, Pain Management, Chronic Medical Issues, Depression, and Anxiety.

RECOMMENDED READING

Tincture of Time - Living Through Grief To Hope

Author: Judy Schreiber-Mosher

Remembrance Calendar - Stars Who Brighten The Face of Heaven

Author: Judy Schreiber-Mosher

The Relaxation Response

by: Herbert Benson



HELP TESTIMONIALS

"My Therapist has dramatically changed my life for the better. Prior to seeking assistance from HELP™ I had a severe fear of driving, and now my confidence behind the wheel has significantly increased."

- **HELP™ Client**

"We really appreciate that they are willing to see our clients in their home. It's very difficult for our clients to access therapy service."

- **North County Health Services**

"Losing my husband after 48 years of marriage led to my depression and discouragement. I avoided talking about the loss, and had periods of crying spells and confusion about the future. My HELP™ therapist was a licensed specialist in the area of grief, she was able to be compassionate and empathetic, and helped me begin a healthy grieving process."

- **HELP™ Client**

HELP THERAPIST BIO

ERNEST L. LOTECKA, PH.D.

Ernest L. Lotecka, PhD, has practiced behavioral health psychology for three decades. He has worked with a wide range of clients on successful solutions to life's challenges and complexities.



Born in Philadelphia, his home has been in San Diego County since 1976 -- first in North County and currently near Balboa Park. His education was at Drexel, Pennsylvania, Duquesne and Union universities. He has worked with adults, children and families in a variety of outpatient, residential, home and day treatment programs.

Dr. Lotecka's approach has emphasized pragmatic coping with adversities and improving quality of relationships. The courses he teaches, at National University and diverse San Diego organizations, focus on useful psychological concepts and their applications in everyday life.

His history includes community services, training, and research through NIH, other federal, state, and local grants. He is a Sierra Club activities leader and director of the APAL Foundation's communication skills programs.

FEATURED ARTICLE

By Stephen Scherer, Ed.D.

MULTIPLE PERSPECTIVES

The field of psychology has yet to become "unified," in the sense that all psychologists are in agreement as to the fundamental ground rules of behavior. As a matter of fact, very little agreement exists among psychologists, even with regards to our most basic questions about behavior. Why does behavior occur? How much of it is due to the environment? What role do genetics play? What about the questions of choice and free will? Each of the different popular perspectives in psychology is likely to provide different answers to these same, basic questions. This, in turn, can be a very frustrating experience for those who are interested in changing their behavior and the behavior of those around them for the better.

HELPFUL FRAMEWORKS

Applied Behavior Analysis. Science gives us a possible starting point to begin to address our problems, a starting point, a way to establish ground rules for understanding behavior. The framework is established, documented, and agreed upon by many. That framework is called Applied Behavior Analysis, which is the application of scientific principles of behavior to address practical problems.

Family Therapy. The science of behavior helps to establish ground rules of behavior, but is criticized by some for being too impersonal, and of little practical value outside of the treatment of very specific problems (nail biting, cursing, etc.). Complicated problems exist amongst humans, and many believe that a science of behavior somehow lacks the firepower to address these issues. For example, how can very basic principles help a couple to stop relying so heavily on their children for emotional support? Why does Johnny continuously find himself in "bad" relationships? Jane is the oldest child, and was always treated like an adult. Will she ever be able to unlearn her "head of household" behaviors and have a relationship with her spouse as an equal, now that she is married? While such issues can be addressed with scientific descriptions of all involved, it is generally more productive to incorporate an existing body of knowledge, that of the family therapists.

SUMMARY

The precision of behavioral sciences, especially Behavior Analysis, is awe inspiring. Additionally awe-inspiring are the findings of family therapists, whose works have helped us to understand some of the most important "big picture" issues that govern our behavior throughout our lifetimes.