



HELP-Mental Health & Counseling Services

IN-HOME / IN-OFFICE / IN-FACILITY

April-May 2013

3636 Fourth Avenue, Suite 302, San Diego, CA 92103

O 858-481-8827 / Toll Free 1-855-760-HELP (4357) / F 858-244-0990

Areas Served: • San Diego • Orange County • Riverside • Inland Empire • No. California Bay Area • Santa Barbara



UPCOMING EVENTS:

ANNOUNCING THIS YEAR'S
SAN DIEGO COUNTY
NAMIWALK 2013 5K WALK
SATURDAY, APRIL 13, 2012

LOCATION: NTC PARK IN
LIBERTY STATION
2455 CUSHING ROAD,
SAN DIEGO CA 92106
TIME: 9:00AM WALK BEGINS
REGISTER AT
WWW.NAMIWALKS.ORG/
SANDIEGOCOUNTY

18TH ANNUAL RSVP VOLUNTEER RECOGNITION EVENT

MAY 9TH, 2013
10:00AM TO 2:00PM
TOWN AND COUNTRY
CONVENTION CENTER

EAST COUNTY 14 TH ANNUAL SENIOR HEALTH FAIR

FRIDAY MAY 17, 2013

10:00AM TO 1:00PM
SANTEE TROLLEY SQUARE
NEAR AMPHITHEATRE & FOOD
COURT
9850 MISSION GORGE RD,
SANTEE
SPONSORED BY: EAST COUNTY
SENIOR SERVICE PROVIDERS



WHAT IS HELP?

HELP Services has been providing mental health counseling services and psychological evaluations 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.**

FEATURED THERAPIST

KATHRYN DALY, LCSW, is originally from the East Coast, where she received her Bachelors degree in Psychology with a minor in Family Issues from James Madison University, and her Masters Degree in Social Work from Virginia Commonwealth University. After graduate school, she relocated to San Diego, California, where she practices as a Licensed Clinical Social Worker. She has extensive experience working with clients in the Areas of HIV/AIDS; death, dying and the grief process; working in various settings to including the hospital, nursing facility and home helping families and patients in Hospice; working with clients coping with Chronic Illness; working in the areas of Gerontology, cognitive decline & Alzheimer's disease with local neurologists; and working in the areas of trauma and PTSD. She is trained in using EMDR in the treatment of trauma.

Kathryn enjoys working with clients of various ages from a variety of stages of life. She employs multiple therapeutic techniques to best meet the individual needs of each client. In addition to utilizing EMDR in the treatment of trauma, She uses client-centered, insight oriented therapy, Cognitive Behavioral Therapy (CBT) in treating anxiety & depression, incorporating the client's individual strengths while approaching them as a whole person, connecting with her clients with warmth, kindness, compassion, spirituality and humor.



Kathryn works in the area of North County San Diego, serving the communities of Carlsbad, Oceanside, Vista, San Marcos & Escondido.

WHAT'S NEW FROM HELP:

KIDNEY SUPPORT GROUP

This group welcomes candidates who are on dialysis or waiting for a kidney transplant.

The facilitator for this group is a
Licensed Clinical Psychologist.

We welcome you in a warm, caring, and
confidential setting.

- Offering practical approaches and suggestions to help and support you in improving your quality of life
- Cognitive-Behavioral Therapy group to learn strategies dealing with tension, depression, and anxiety
- Cognitive Strategies: learn how to recognize and change negative thinking patterns to positive ways of thinking and behaving
- Mindfulness therapy
- Support in a small and confidential group setting
- Individual evaluation and diagnostic pre-interview with the facilitator
- Bi-lingual therapist available
- Adults age 18 and over are welcomed
- We accept Medicare and PPO insurances

Group Location:

3636 4th Ave, Suite 302, San Diego CA 92103
(parking and elevator wheelchair access available)
(Other language groups possible – please ask.)

Every 2nd and 4th Friday from 10:30am to
12:30pm (Additional times as need arises.)

Facilitated by HELP Psychologist:
Dr. Marilyn H. Murphy PSY3160

If interested contact: Denise at 858-382-8515
or email:
denise@helptherapist.com
Feel free to visit our website at:
www.helptherapist.com

WEBSITE BLOG - COMING SOON!



www.helptherapist.com



Follow us on Twitter and Facebook!



FEATURED ATTORNEY

NARCISO DELGADO-CRUZ, ESQ.
Attorney/Owner of New Arrival Law
An Immigration & Criminal Defense
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Attorney Narciso Delgado-Cruz was born in Oaxaca, Mexico. His family immigrated to the United States in the early 1980's. The hardships he and his parents encountered throughout their route to Naturalization motivated Narciso to become an attorney.

Narciso has a deep-seated interest in immigration and naturalization law and helping families, businesses and individual immigrants in realizing their dream of coming to America and/or legalizing their status in America, and advocating for their rights. He has been actively involved in his community since he graduated from High School in South Los Angeles, CA.

Narciso attended the University of California, Santa Barbara and earned his Bachelor of Arts, in History of Public Policy. He worked full-time throughout college and while attending law school at Thomas Jefferson School of Law in San Diego, CA.

Narciso has been representing clients and advocating their cause in court since he became admitted to the State Bar of California. Before forming New Arrival Law, Narciso was an attorney at Rudolph, Baker & Associates. He has been trained and mentored by San Diego's best and brightest immigration attorneys.

Areas of Practice Within Immigration Law

- Criminal Alien Issues (State & Federal Court)
- Deportation and Removal, Immigration Court
- Green Cards and Immigration Visas
- U.S. Citizenship and Naturalization
- Family, Work, Business Visas
- Visitors and Tourists

A Criminal Immigration Law Office
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**NEW ARRIVAL
LAW**
Law Office of Narciso Delgado Cruz

FEATURED ARTICLE

TELL ME A STORY

Journalist and family historian **LILLIAN COX** is on a mission to engage young people in American history – a goal, she says, that can yield therapeutic rewards for every family member, young and old, who wants to get involved. “American history begins with the stories of every American family and this begins with us as individuals,” she said. “The process of capturing our stories, and those of loved ones who have passed, is a gift to future generations. In doing this work, we experience a sense of completeness which is an unexpected gift to ourselves.”



Carol Baird is past president of the Jewish Genealogical Society of San Diego, and the first of her generation of German Jews to be born in the United States. “Family history research is therapeutic, not only for descendants of Holocaust survivors, but for anyone who has lost a relative,” she explained. “Genealogy can serve as a tool for mental health. If there are gaps in your genealogy there are holes in your soul.”

Laurie Lehman, LCSW, contracted Lillian to interview her widowed father for a family history project when he grew depressed and isolated after losing two family members who were his primary source of psychological and social support. An only child who grew up in the Depression, he had no photographs and few memories except that his father was a highly regarded watchmaker who created time pieces for the well-to-do including the DuPont family.

Lillian was able to secure a copy of a World War II draft card with a physical description of Laurie's grandfather as well as photographs of watches he designed and her father's 1930s-era childhood home. The revelations stimulated a new wave of memories and lively telephone conversations.

“My father lives in New York State and looks forward to Lillian's calls because their discussions are fresh and positive, different from the ones he and I have,” Laurie explained. “To talk to someone like Lillian who knows what questions to ask, to guide those memories and to genuinely care is invaluable. It has made him do a lot of thinking, and feel important and valued. It's not just about him, it's a gift to my son and me because we're learning about our heritage.”

Lillian provides family history services that include research, interviewing, editing, writing and publishing for products such as taped oral histories, memoirs and themed, illustrated one-page mini-memoirs that capture special events such as the birth of a child or a turning point in someone's life.

Fee for in-person, oral history interview is \$75/hour; phone interviews \$45/hour. Mini-memoirs start at \$200. Full-length memoirs are priced contingent on complexity and length. Group interviews are also available.

For more information or to set up a complimentary meeting, call Lillian Cox at 760-436-0756, email lilliancox@roadrunner.com or visit lilliancox.com.