



HELP

HOME-BASED EFFECTIVE LIVING PROFESSIONALS

3636 FOURTH AVENUE, SUITE 302 • SAN DIEGO, CA 92103
SAN DIEGO 858-481-8827 • TOLL FREE 1-855-760-HELP (4357)
FAX 858-244-0990 OR 858-481-8281
WWW.HELPTHERAPIST.COM

October/November 2011



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, and Bi-lingual Therapists, 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
- Pain Management

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, Triwest, 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 Mesa Vista
- Sharp Grossmont • Aging & Independent Services
- Adult Protective Services • Scripps Hospital
- Call Doc • Sharp Home Health • Navy Medical
- Pain Specialists Kevin Smith, M.D., Rosa Navarro, M.D., Naga Thota, M.D., Hussein Abdulhadi, M.D., Jeffrey L. Marxen, M.D., and Michael Duffy, M.D. (Psychiatrist)

Some of our Community Partners are:



WHAT'S NEW

JOB OPPORTUNITY - LCSW and Psychologists interested in joining the HELP team of clinicians e-mail us @ info@helptherapist.com

Congratulations to HELP on being voted among the **Top 5 In-Home Eldercare Services in San Diego for 2011!** Great accomplishment! www.signonsandiego.com

We are now on YELP! See our reviews under the Counseling & Mental Health category at www.Yelp.com

HELP is now on Facebook! "Help - Home-based Effective Living Professionals"

HELP is expanding to Riverside, Temecula and Murrieta!

COMMUNITY EVENTS

2011 Save A Life Walk, Sunday, November 13 at Balboa Park.
Register/Info at: <http://savealifewalk.kintera.org>

Survivors of Suicide Loss is now offering:

- Expressive Arts Support Groups for Youth Survivors of Suicide Loss
 - Teen Grief Support Groups
- For Calender of events or Info: www.soslsd.org

SAN DIEGO PSYCHOLOGICAL ASSOCIATION FALL CONFERENCE
"TAKING CARE OF OURSELVES AND BEING THERE FOR OTHERS"

SATURDAY, OCTOBER 15, 2011
FOUR POINTS SHERATON, SAN DIEGO CA

Morning courses begin at 8:00am and 9:00am
Lunch & Awards Presentation 12:30-2:00pm
Afternoon Courses 2:15-4:15pm
Social Hour 4:15-6:00pm

REGISTER @ www.sdpsych.org



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

CYNTHIA A. COTTER, PH.D. is a licensed clinical psychologist with over ten years of experience working with older adults. She specializes in neuropsychological assessment and counseling for elders with cognitive difficulties and provides feedback, education, and support for these individuals, their caregivers, and residential staff. Her assessments contribute to diagnosis and treatment by medical professionals and to determination of mental capacity for legal proceedings. She offers support for victims of elder abuse.



Dr. Cotter earned her doctorate in clinical psychology at California School of Professional Psychology (CSPP) - San Diego. She completed her dissertation in conjunction with The 90+ Study at the University of California, Irvine, the most comprehensive study of the very elderly. Dr. Cotter's training included three years assessing and counseling adults with various forms of brain injury in community and hospital-based rehabilitation programs. For the past ten years, Dr. Cotter completed cognitive assessments of older adults for a private neuropsychological practice in Newport Beach.

Dr. Cotter provides to her clients and caregivers both education and emotional support. She views the brain changes that occur with age as problematic but also as an opportunity for human growth and fulfillment. She describes to the client and family the nature and severity of client deficits with suggestions for strategies to minimize the impact of these problems on day-to-day functioning. She emphasizes the strengths the client has developed with age and the importance of celebrating all phases of life, even those with challenges.

FEATURED ARTICLE

Annette Conway, Psy.D. 2011

based on Gottman, John. 1994. *Why Marriages Succeed or Fail*

DR. JOHN GOTTMAN'S PRESCRIPTION FOR A SUCCESSFUL RELATIONSHIP

Behaviors that predict the ultimate success or failure of a relationship with uncanny accuracy have been identified by Dr. John Gottman's work on couples. He studied more than 2,000 married couples over two decades. In his series of ingenious studies, Dr. Gottman discovered patterns in how partners communicate with each other, and demonstrated that he could predict with 94% accuracy within the first three minutes of a couple's conversation whether the relationship would survive over the long-haul. He based his predictions on four potentially destructive communication styles and behaviors. These behaviors Gottman calls "*The Four Horsemen of the Marital Apocalypse*":

1. Criticism:

Attacking your partner's personality or character, usually with the intent of making someone right and someone wrong:
"Generalizations: "you always... ", "you never...", "why are you so..."

2. Contempt:

Attacking your partner's sense of self with the intention to insult or psychologically abuse him/her:
- Insult and name-calling: "wimp, fat, stupid, ugly, slob, lazy..."
- Hostile humor, sarcasm or mockery
- Body language & tone of voice: sneering, rolling your eyes, curling your upper lip

3. Defensiveness:

Seeing self as the victim, warding off a perceived attack:
- Making excuses (e.g. external circumstances beyond your control forced you to act in a certain way) "It's not my fault..." "I didn't..."
- Disagreeing and then cross-complaining "That's not true, you're the one who..." "I did this because you did that..."
- Yes-butting: start off agreeing but end up disagreeing
- Repeating yourself without paying attention to what the other person is saying
- Whining "It's not fair"

4. Stonewalling:

Withdrawing from the relationship as a way to avoid conflict. Partners may think they are trying to be "neutral" but stonewalling conveys disapproval, icy distance, separation, disconnection, and/or smugness:
- Stony silence
- Monosyllabic mutterings
- Changing the subject
- Removing yourself physically
- Silent treatment

Remedies:

Dr. John Gottman demonstrated links between certain types of positive interchange, such as respectful actions, encouragement, and light-hearted banter during disagreements, and the long-term success of a relationship.

Shift to Appreciation. Gottman's formula for a Happy Couples Communication Style is 5 positive statements to 1 negative statement. (On the other hand, his formula for an Unhappy Couples Communication is 1 positive to 1 negative statement.)

Validate your partner. Let your partner know what makes sense to you about what they are saying: let them know you understand what they are feeling, and see it through their eyes.

Claim responsibility. "What can I learn from this?" & "What can I do about it?"

Learn to make specific complaints & requests (when X happened, I felt Y, I want Z)

Learn to listen generously. Listen for accuracy, for the core emotions your partner is expressing and for what your partner really wants. Practice getting undefended. Allowing your partner's utterances to be what they really are: just thoughts and puffs of air and let go of the stories that you are making up.