



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
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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, 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



WHAT'S NEW

HELP is expanding to Riverside, Temecula and Murrieta!



DR. MARNI L. GREENBERG, PSY.D.

Dr. Greenberg adopts a holistic method as a psychotherapist and believes that both mind and body work together for purposes of overall wellness. She uses mindfulness and other cognitive techniques to address relationships/solitude, trauma, parenting, pregnancy and post-partum, self-esteem, depression, anxiety, and body image. Dr.

Greenberg also specializes in working with families to improve communication, relationships, and emotional expression. She has consulted with the families of children and adults diagnosed with cognitive and developmental delays to improve functioning within the home. Dr. Greenberg has also worked within the school system, inpatient hospitals, and outpatient settings with children and teens diagnosed with ADHD, learning disabilities, Autism Spectrum disorders, depression, and anxiety.

COMMUNITY EVENTS



St. Paul's Senior Homes & Services is proud to announce its third annual **Senior Health & Resource Fair**. The purpose of the event is to provide businesses that serve seniors the opportunity to inform and educate the residents of St. Paul's and other seniors from throughout the community about their services. Open to the public, the resource fair will be held on **Wednesday, May 25th from 9:00am - 12:00pm in the Waterman Ballroom at St. Paul's Villa (2340 Fourth Ave, San Diego, 92101).** (East County Senior Fair @ Trolley 10-1pm.)

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

ELENA ZONE, DD, LMFT, MSW

I am a bilingual HELP provider therapist with a California MFT (Marriage, Family, Therapy) license and 31 years of experience. It encompasses extensive work with monolingual Hispanic clients, including Hispanic Seniors, as well as with many other clients from diverse backgrounds, ages and cultures.



While I have a special interest in counseling the multicultural geriatric population, I also have treated a broad spectrum of clients experiencing issues such as: bereavement, trauma, depression, anxiety, sexual issues, abuse, family and couple communication challenges. Psychotherapeutic models I may tap into include but are not limited to: cognitive-behavioral therapy, client-centered therapy with empathic support, insight and empowerment, meditative transpersonal approaches in treating anxiety, play therapy with children, Bowen's family therapy systems theory and extensive training in clinical hypnosis. I intend to balance assessment and process with goals and results.

In 1975, I earned a Masters degree in Social Work from New York University's Graduate School of Social Work (now the Silver School of Social Work) in New York City. Moving to San Diego in 1978, I earned MFT licensure in 1980 while counseling Hispanic clients in their home environments and supervising counseling/social work staff at Casa Familiar (Family House), San Ysidro, CA. In 1984, I received a Doctor of Divinity degree (nondenominational) in Religious Science from East-West University, San Diego, thereby enriching my clinical practice and teaching at National University.

I am honored to have been awarded a large portion of the National Institute of Mental Health 1978 research grant given to San Diego State University' Social Work School. Enjoying creative writing, I collaborated with other authors and had two short stories, "Rosa and the Magic OK" and "Green Thumbs," published in the 1989 award-winning children's book, CARING AND CAPABLE KIDS: DEVELOPING PRO-SOCIAL AND PEACEMAKING SKILLS, now at San Diego State University's Peace Resource Center.

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.