



HELP-Mental Health & Counseling Services

IN-HOME / IN-OFFICE / IN-FACILITY

June-July 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



Hands-on organizing, consulting, teaching, and writing to simplify your space, time, possessions, paperwork, or estate. My mission: to replace the clutter, chaos and stress in your environment with peace, harmony and beauty...Risa Goldberg

CLIENTELE

I work with a broad range of clients and their families, from children to seniors and from individuals to couples; I also assist those with special needs and executive functioning issues: chronically disorganized, hoarders, ADD/ADHD, Traumatic Brain Injury survivors, handicapped, etc. I believe strongly in the efficacy of a collaborative therapy model using a team of therapist/case worker/organizer to support a client both emotionally and physically through any kind of transition or issue, however big or small. A release would be signed if confidential information is to be shared.

I can provide:

- Compassion, non-judgment, kindness, and a listening ear
- Insight into client's living conditions and activities of daily living
- Organizational plan and strategy—a look at the overall picture—how best to assist client with management of his possessions
- Organizational skills: sorting, categorizing and organizing
- Customized systems—for paperwork, locating keys, bill-paying, routines like laundry, cleaning, recycling, meal time, bedtime, etc.
- The right tools for the space—file folders, storage containers, other supplies as needed
- Disposal, recycling, donation, sale/consignment of unwanted items
- Assistance with memorabilia, collections, photographs, and valuables
- Decluttering and organization of client off-site storage
- Prioritizing activities, scheduling, managing appointments, and time
- Decision making and motivation; body doubling
- Help with changing non-productive behaviors
- Homework assignments, follow-up and maintenance programs

Risa Goldberg
420 West Lane
El Cajon, California 92021

(619) 231-1113
www.simplymarvelousorganizing.com
risa@simplymarvelousorganizing.com

Member: NAPO, ICD

Upcoming Events:

June 30 - 5:30 - 11:00 p.m.: Bootleggers' Ball
Sheraton San Diego Hotel & Marina
1350 Harbor Island Drive
San Diego, CA
Silent and Live Auctions
Appetizers, Dinner, Dancing
Top San Diego Chefs compete for the prestigious "Chefy Award" where guests vote for the winner in the 3rd Annual Appetizer Throwdown Showdown. Meals-on-Wheels San Diego's biggest fundraiser of the year helps San Diego seniors stay independent in their own homes.

July 28 - 12:00 - 6:00 p.m.: Gourmet Food Truck Festival at the Del Mar Thoroughbred Club. Enjoy over 50 food trucks from the San Diego, Orange County and Los Angeles areas, and visit Meals-on-Wheels Greater San Diego's booth to learn about how you can support.

What's New:

Congratulations HELP!
HELP reached 120 referrals for the month of MAY! I want to take this opportunity to thank all of our dedicated staff and therapists.
-Dr. Annette Conway, Owner

San Diego's Best U-T Readers Poll 2012
www.utsandiego.com
Please nominate HELP on San Diego's Best In home elder care services here - <http://www.utsandiego.com/bestof/2012/nominate/healthy-living/in-home-eldercare-services> - This should already be a choice if you begin typing in Help Therapist /www.helptherapist.com aka HELP Professionals

Please contact us if you are interested in employment opportunities with HELP. We are hiring licensed clinical psychologists, marriage and family therapists, and clinical social workers. Inquiries will receive a prompt reply, normally within 24 hours. go to www.info@helptherapist.com to submit your request.

FEATURED THERAPIST

GINA RADERMACHER, M.A.

Gina Radermacher earned her B.S. in Psychology from the University of Pittsburgh, and her M.A. in Counseling Psychology at National University. Gina is a member of the American Association for Marriage and Family Therapy (AAMFT) and the California Association for Marriage and Family Therapists (CAMFT). She is working at HELP (Home-Based Effective Living Professionals) under the supervision and guidance of licensed clinical psychologist, Annette Conway, Psy.D. Gina offers counseling services to children, individuals, couples, and families.

Her training and counseling integrates tools of cognitive therapy that focus on clinical applications of mindfulness, primarily in the area of stress-related physical and emotional issues, women who have experienced abuse, disordered eating, and those who suffer with depression.

Her work incorporates the latest research highlighting the connection between the mind and body, and recognizing the great impact that thoughts, beliefs, emotions, and stress all have on health and illness. Her passion is supporting people of all ages in enhancing their well being and discovering a lightness and love that is rooted in humility, grace, and joy. Now accepts new clients and offers flexibility in fees and appointment times. You can reach her now by email at gina@helptherapist.com or by calling HELP at 1-855-760-HELP (4357).



EMDR: EYE MOVEMENT DESENSITIZATION AND REPROCESSING

by *Patty E. Fleener M.S.W.*

So what really is EMDR and how does it work? During EMDR sessions, the therapist asks the client to think about a traumatic event and at the same time, move their eyes rapidly - following the movement of a pencil or a finger by the therapist. What is happening during this process and why this seems to work is still unknown. However there are some theories.

It has been learned that painful or traumatic experiences are stored in a different place in the brain than are pleasant or neutral ones. Normally we work through these negative experiences by talking about it, dreaming about it, etc. We are able to put it behind us.

However many traumatic experiences seem to be "stuck" in the brain. Even after years of talk therapy, the intensity of painful feelings about a particular trauma could remain the same without change. Some people feel that EMDR is able to "un-stick" these experiences so that it reconnects with the healthy brain and then is reprocessed and integrated at an accelerated speed.

The theory is that the rapid eye movement in EMDR creates similar brain activity to REM (rapid eye movement) that we experience during sleep. This REM assists us in processing ideas and resolves conflicts. We are able to work through things. We still retain the memory but without the emotional pain and the feelings of smell, taste, etc. of the event.

A number of scientific studies have shown EMDR to be effective. The Journal of Consulting and Clinical Psychology published by Wilson, Becker, and Tinker in December, 1995 studied 80 subjects with PTSD using EMDR treatment. The study appeared to show that the subjects improved significantly with this form of treatment and further study showed that this improvement was seen for at least 15 months later.

Many other similar studies of EMDR have been done showing that EMDR is highly effective and the results are long lasting.

FACTS ABOUT ALZHEIMER'S DISEASE

"Alzheimer's Disease" is the term used to describe a dementing disorder marked by certain brain changes, regardless of the age of onset. Alzheimer's disease is not a normal part of aging - - and it is not something that inevitable happens in later life. Rather, it is one of the dementing disorders, a group of brain diseases that lead to the loss of mental and physical functions. The disorder, whose cause is unknown, affects a small but significant percentage of older Americans. A very small minority of Alzheimer's patients are under 50 years of age. However, most are over 65.

Alzheimer's disease is the exception, rather than the rule, in old age. Only 5 to 6 percent of older people are afflicted by Alzheimer's disease or a related dementia - - but this means approximately 3 to 4 million Americans have one of these debilitating disorders. Research indicates that 1 percent of the population aged 65-75 has severe dementia, increasing to 7 percent of those aged 75-85 and to 25 percent of those 85 or older. As our population ages and the number of Alzheimer's patients increases, costs of care will rise as well.

Although Alzheimer's disease is not yet curable or reversible, there are ways to alleviate symptoms and suffering and to assist families. And not every person with this illness must necessarily move to a nursing home. Many thousands of patients - - especially those in the early stages of the disease - - are cared for by their families in the community. Indeed, one of the most important aspects of medical management is family education and family support services. When, or whether, to transfer a patient to a nursing home is a decision to be carefully considered by the family.

The onset of Alzheimer's disease is usually very slow and gradual, seldom occurring before age 65. Over time, however, it follows a progressively more serious course. Among the symptoms that typically develop, none is unique to Alzheimer's disease at its various stages. It is therefore essential for suspicious changes to be thoroughly evaluated before they become inappropriately or negligently labeled Alzheimer's disease.

