

HELP

BEHAVIORAL HEALTH COUNSELING SERVICES
& PSYCHOLOGICAL TESTING

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SINCE 1993

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aug/sept
2016



Feel Better



Featured Article:

COGNITIVE BEHAVIORAL TREATMENT FOR INSOMNIA

by David Slier, Ph.D., FAAETS, CBMSM

David Slier, Ph.D., Fellow American Academy of Experts in Traumatic Stress, Board Certified in Behavioral Sleep Medicine has provided individual and group therapy in San Diego



for nearly thirty years. He maintains a private practice in La Mesa and focuses on helping patients develop personal resources to bring about successful cognitive, affective and behavioral change in response to stressful life circumstances or unexpected crises. Dr. Slier developed the PTSD and Sleep Treatment Programs at the Naval Medical Center San Diego through the Deployment Health Center. His extensive experience includes all evidenced based treatments for PTSD, associated disorders, and sleep conditions involving Insomnia, Restless Leg Syndrome, and Periodic Limb Movement Disorder in Sleep.

Dr. Slier recognizes the value of building a collaborative relationship with co-treating health care professionals toward the mutual goal of enhancing the health, while respecting the unique needs, of each patient who is seen.

Did you know that Cognitive Behavioral Treatment for Insomnia could double the effectiveness of depression treatment? Four rigorous studies have verified that Board Certified Behavioral Sleep Medicine providers can cure insomnia forty to fifty percent of the time, and powerfully complements antidepressant medications, and treatment of other medical conditions, according to a New York Times Article. Three elements: Stimulus Control, Sleep Restriction, and Sleep Hygiene help many patients in four to eight sessions.

In addition, challenging self-defeating assumptions, using evidence from one's own experience can drive this successful endeavor. Interested in learning more? The CBT-i Coach application was developed at Stanford University and the Department of Defense, is available on-line, and will provide you with a free and extensive introduction. Reoccurring Nightmares can plague patients for years. Imagery Rehearsal Therapy for Nightmares has proven to be an effective remedy for many individuals. Whereas, stopping nightmare medication often results in the reemergence of nightmares.

Is moving one's extremities usually associated with discomfort or disagreeable sensations? Does moving or rubbing ones legs relieve the discomfort? Are these symptoms worse when resting, and relieved by activity? Are they worse later in the day and night? If so, the Restless Leg Syndrome Rating Scale can identify this tormenting disorder. Many medical conditions and medications can contribute to RLS. A panel that includes Ferritin, B12, B6, Folate, Magnesium RBC, and Phosphate helps to identify frequent co-factors in this puzzling disease. When an individual has RLS, there is an eighty percent chance they will also have Periodic Limb Movement Disorder in Sleep. PLMS can only be evaluated through a sleepcentered study. RLS is treated through medication, nutraceuticals, meditation, and lifestyle changes.

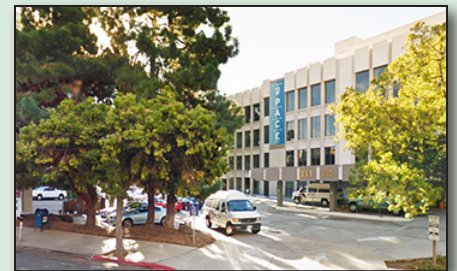


"I can get by on just 2 hours of sleep every day, as long as I nap for 14 hours."

HOT TOPIC SERVING CLIENTS IN FACILITIES

HELP has carefully developed **psychological services** to meet the specific needs of **residents in facilities** and providing psychological services to the individual resident, we address staff needs through in-service services --- such as personal stress management, wide behavior modification. We provide confidential therapeutic and assessment services to individuals and families our providers and the services we provide strive to be sensitive and compassionate and reflective of our commitment to high standards of professional ethics and competence.

Thank you Dr. Annette Conway, Psy and Dr. Jim Bazzetta, Psy for a job well done!



St. Paul's Pace Villa and Plaza



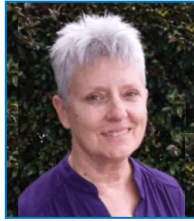


Home Based Effective Living

Spotlight on:

JUNE MARTIN, LCSW

June is a licensed clinical social worker with more than 25 years experience in a variety of clinical settings and with a variety of adult populations. She has provided home visits for terminally ill patients and their loved ones for over 20 years. She also has 20 years experience counseling individuals struggling with mood disorders and substance abuse, both in individual and group formats. Her practice is informed by cognitive behavioral therapy, grief recovery therapy, the 12-step model and positive psychology.



Areas of expertise include depression, anxiety, stress management, geriatric mental health, relationship issues/ conflict (parent/child, marital), spiritual dimensions of wellbeing, life transitions, immigration, grief/ loss, narrative therapy, logo therapy, reminiscence and resilience.

Dr. Imam values diversity and possess deep empathy and respect for the client without being judgmental. He believes in non-directive client centered therapy where clients are provided with the comforts in their emotional life space and given an opportunity to explore and nurture positive emotions and experiential happiness, the therapeutic alliances triggers positive changes and healing environment emanating insight and equip the clients with the tool to enhance the quality of life and serenity.

SYED IMAM, Ph.D.

Dr. Imam is a licensed clinical psychologist with vast experience of working with people of different culture, race and ethnicity. He is tri-lingual and a seasoned mental health professional with more than 15 years of practical experience in the field of psychology and behavioral health. He has tangible experience of working with children, adults, and older adults in various settings, and has worked with individuals, couples, and families. He has been trained in various treatment modalities, including CBT, Interpersonal Psychotherapy (IPT), Dialectical Behavioral Therapy (DBT), Trauma-focused CBT, and a certified PEARLS Therapist from University of Washington to treat depression.



Dr. Imam has a warm, friendly, empathetic and compassionate personality with contagious smile that when combined with sharp clinical skills and professionalism creates an ideal environment for personal growth for the clients in a very safe and healthy environment that leaves positive impact among his clientele he is privileged to serve.

Check out our website for links to HELP Telemental Health presentations, quick and easy client referrals, relevant articles, past client testimonials, FAQ's and more!

HELPTHERAPIST.COM

INSIDE HELP

Welcome our newest clinicians:

Lauren Pichard, PsY (San Diego)
Deborah Hopper, PhD (San Diego)

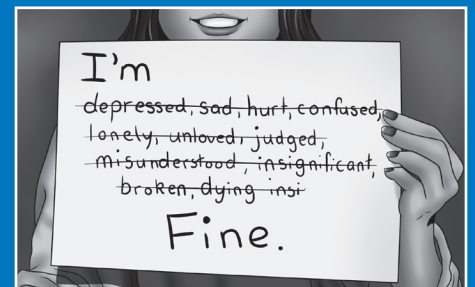
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### What does depression look like?

*Everyone gets the blues from time to time, but there's a real difference between general sadness and clinical depression.*

- Depressed mood, such as feeling sad, empty or tearful (in children and teens, depressed mood can appear as constant irritability)
- Significantly reduced interest or feeling no pleasure in all or most activities
- Significant weight loss when not dieting, weight gain, or decrease or increase in appetite (in children, failure to gain weight as expected)
- Insomnia or increased desire to sleep
- Either restlessness or slowed behavior that can be observed by others
- Fatigue or loss of energy
- Feelings of worthlessness, or excessive or inappropriate guilt
- Trouble making decisions, or trouble thinking or concentrating
- Recurrent thoughts of death or suicide, or a suicide attempt

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## HELP

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0 858-481-8827 F 858-244-0990 Toll Free 1-855-760-HELP (4357)

[www.helptherapist.com](http://www.helptherapist.com)

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