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# Feel Better



## Spotlight on:

**Cindy K. Hoffman, LCSW**

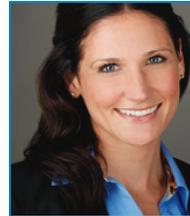
Cindy K. Hoffman, LCSW began working with children, adolescents and families in 1990. She has been committed to improve the lives of children, teens and their families who are at high risk with prevention, education, advocacy and mental health interventions to encourage and build successful futures. Cindy earned her Master's Degree in Social Work from Simmons College Graduate School and spent years as an Outpatient Therapist and Maternal Child Health Social Worker at several hospitals, including Children's Hospital and Atlanticare Medical Center in Boston. In 1990, she earned her California State License in Clinical Social Work and began building her private practice in San Diego.



Cindy K. Hoffman, LCSW currently provides individual, family and older adults psychotherapy, specializing in adolescents. Throughout her career she assumed various roles advocating for high-risk teens. She started a Teen Provider Coalition in Boston as well has been a Board Member for both Home Start, inc. and San Diego Teen Pregnancy Prevention and Parenting Coalition. She also provides professional training, consultation and clinical supervision for mental health professionals.

**Katie Olson, Ph.D.**

Dr. Katie Olson is dedicated to helping each client live more a more balanced, satisfying and harmonious life through making intentional lifestyle choices and learning to utilize existing strengths. Through the exclusive use of telemedicine services, Dr. Olson can work with clients who have busy and unpredictable schedules, limited options for traveling to an office, or those who simply prefer the convenience of web based sessions.



Dr. Olson's background and training includes working with chronic pain, addiction, obesity and disordered eating, anxiety, depression, stress management, and spiritual development. Dr. Olson also has a special interest in working with issues related to infertility, family planning, and pregnancy and post partum complications. Dr. Olson has a background in health and fitness, and encourages her clients to approach their healing process from a both a physical and psychological perspective.

Dr. Olson earned her doctorate degree at the California School of Professional Psychology in San Diego, CA, where her studies emphasized integrative psychology and bringing the wisdom of mindfulness into her clinical work. She has a wealth of knowledge about how to incorporate this wisdom into everyday living so that it improves relationships, wellbeing, and overall life satisfaction.

## UPCOMING EVENTS



The Navy Seal Foundation Impact Forum 2017 Event is a FREE conference that is being held on November 6 and 7th at the Manchester Grand Hyatt, San Diego. It is an international event with an incredible line-up of recognizable and revered speakers in the field of neuroscience, PTSD, and other mental health disciplines. The Opening Speaker is Daniel J. Siegel, M.D. This will be highly educative and meaningful for many of us who work with Veterans. Last year the conference filled up one month prior to the event, so please register as soon as possible. For information regarding the presentations and speakers, and the registration, go to [www.navysealfoundation.org](http://www.navysealfoundation.org). Everything is covered for FREE, including food and beverages!

Welcome our newest providers:  
 Katie Olsen, Ph.D- Telemedicine Private pay  
 Cindy Hoffman, LCSW- San Diego  
 Kris Barry, Ph.D - Temecula  
 Benjamin Fellman Ph.D - San Diego



San Diego Psychological Association  
 2017 Fall Conference  
 Innovations in Trauma Treatment:  
 What's Outside the Box?  
 Saturday, October 28, 2017  
 Crowne Plaza San Diego - Mission Valley  
 2270 Hotel Circle North  
 San Diego, CA 92108





# HELP THERAPIST



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## Featured Article:

### Partnering to Write A Memoir Using Reminiscence Therapy

by Patricia Benesh, Ed.D; 7Memories.com

"Memoir Partnering brings me back to the world. It's fun to talk about my life and realize the blessings I have."

These are the words of 97-year-old BJ, who reminisced about her photos and her life and now enjoys the resulting memoir. Her memoir was written using *7 Memories: Partnering to Write a Memoir*, that puts Reminiscence Therapy in the hands of family, friends, and volunteers who want to capture memories of those whose recall is fading.

Reminiscence Therapy is the use of life histories to improve psychological well-being, as defined by the American Psychological Association. The original idea is credited to Erik Erikson who included it as part of his eight stages of psychosocial development from birth to death. In late adulthood, the last stage, he posited that it becomes important for us to look back on our lives with satisfaction before we die. In 1963, Dr. Robert Butler formalized the idea and coined the term "Reminiscence Therapy."

Since the 1960s, numerous studies with older adults, show that Reminiscence Therapy improves cognitive function, quality of life, and emotional well-being. It provides older adults with a sense of overall life satisfaction and coping skills, and may also help to ameliorate the symptoms of depression and dementia.

Rather than approach reminiscence as therapy, 7Memories.com approaches it as intentional storytelling from one person to another, resulting in a written memoir. *7 Memories: Partnering to Write a Memoir* offers the Memoir Partner (MP) a specific method for using photos and memorabilia to evoke memories in the older person, termed the Extraordinary Person (EP). When the EP recalls the life-shaping challenges s/he has overcome, self-esteem, coping skills, memory, and mental agility improve. The EP reflects on life and how s/he wants to be remembered—and leaves a message. The memoir is information passed from one generation to another—and a physical manifestation of a life that will not be forgotten.

While the Memoir Partnering Method is not intended as therapy, depending on the EP, it can include the three types of Reminiscence Therapy: informative, evaluative, and obsessive (feeling guilty). For example, BJ enjoys retelling of stories from her past, and informing others about cultures and mores long gone in society. She recalls living on a farm with no water or electricity and attending a one-room schoolhouse. And she can relate her favorite childhood recipe from memory. While she has suffered significant losses, she tells of overcoming adversities and now counts her blessings. In evaluating the past, she's proud of her family and her service in the Marines and seems to have no regrets. Yet as positive as BJ is, there are times when she feels depressed about the physical decline due to aging, especially short term memory, hearing, and sight. At those times, she picks up her memoir and reads sections, especially the letters written to her by friends and family. She knows she is loved and remembered.

In another example reflecting obsessive reminiscence, a daughter recounted a humorous incident about her deceased mom who had lived in a nursing home. In relating the story, the daughter moved from the "stubborn" mom to the "determined" mom and could look back with humor. The mom had hoped to live to 100 so she could have her name in the paper, but

passed away at 93 years of age. The daughter fulfilled that wish and gained a sense of peace with her death by having her mom's photo and story posted in a blog to social media.

The purpose of *7 Memories: Partnering to Write a Memoir*, is to provide a complete guide—how to use Reminiscence Therapy to turn memories into memoirs. It provides everything the MP needs to start and finish the memoir—from the introduction, reflective listening, templates, and memory prompts to optional "homework" for EPs who can work independently after each session to reinforce memories. Based on personal photos and memorabilia, it can include all sensory modalities, visual, auditory, gustatory/olfactory, and tactile. The method can be adapted to specific individual skill levels and used in small groups.

The use of photos and memorabilia is key in evoking memories, even in the most reluctant and least talkative EPs. Said one MP, "Before I used this book, I couldn't get my 91-year-old dad to talk much about himself and I didn't have a clue as to how to engage him in a meaningful conversation about his life. When I got him focused on photos and memorabilia, it opened a new world of personal discussion. He realized the many successes he had and we laughed a lot. And he's so proud of the memoir pages we're creating. The Memoir Partnering Method brought us much closer together." The close bond created is invaluable.

Even in close mother-daughter connections, deeper bonds are created. Said one MP, "This method has been a gift to both of us. The questions in the guide are awesome. The prompts make a world of difference as they bring out information I hadn't thought about. And I'm learning things about my mom I never knew. As my mom became more despondent and depressed, she perked up when we talked about her photos." Note that in this case, the MP finished the beautiful memoir just a few days before her 86-year-old mother passed away. Now she and her family treasure the memoir.

Behind any physical or mental decline in an older adult, is a lifetime of precious experiences. Each person is a living history book with wonderful stories to tell of a culture that is often lost to us. When we take the time to listen with interest and write their stories, we learn wonderful information about the world—and bond with them in ways we never imagined. And they benefit with improved recall and self-esteem and memoir ensuring they will be remembered. All of these amazing stories are lost to us and future generations, unless we take the time to encourage and help older adults reminisce and write their stories.

It's about time. Based on Reminiscence Therapy, a memoir is a lifetime of experience and learning passed on to future generations. Otherwise, it's a lifetime lost, like a library burning to the ground.



## How to Care For Your Aging Loved One Without Going Broke

Are you struggling to care for a loved one? Are you feeling stressed and overwhelmed and don't know where to turn?



Tina Buchanan, Aging Life Ambassador and founder of Visionary Care Consultants, knows first hand that being a family caregiver can be exhausting and frustrating, especially when you don't have access to resources or support. "My grandparents were very lucky; my family came together to ensure that they had the best quality of life. I was able to be my family's ambassador, their guide, their advocate. I was able to connect them to resources and programs that were essential to dying gracefully," she shares.

Buchanan whole heartedly believes that working with an Aging Life Ambassador can make a tremendous difference in how a family navigates a loved one's care plan. "An Aging Life Ambassador helps older adults and their family members maximize and manage resources for their family members," she says. Aging Life Ambassadors are trained to assist older adults and their families with challenges such as housing, home care services, medical management and legal and financial issues. Acting as a liaison between the client, family and other professionals, they provide a holistic, client-centered approach to care coordination. These services will save you money overall because when you invest in an Aging Life Care Ambassador you are addressing issues upfront before they arise. This model is preventative and your loved one will thank you for it.

"As you care for your loved one, don't do it alone. There is help," assures Buchanan. "Invest in the right support. It will change your life."

For more information, call 619-228- 3584 or visit [VisionaryCareSD.com](http://VisionaryCareSD.com).

