

A MONTHLY
NEWSLETTER
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Mindful Wellness

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Welcome To Issue One

Two thousand and eight has been a remarkably challenging and gratifying for our team at Weston PsychCare. Our practice relocation and development have made for a busy start to the year. It has been our hope to put together a monthly publication for our clients and the community at large and we do hope you find our effort to be worthwhile. Each therapist will contribute articles over the course of the year in an effort to educate and to encourage thought-provoking feedback from our readers. We will, in upcoming issues, dedicate a question and answer corner in which you can direct questions and comments to any of our clinicians. Feel free to correspond with our staff via our website: www.WestonCare.com. We look forward to an exciting future together.

Seth Grobman, Psy.D.

Clinical Director, Weston PsychCare, P.A.

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Plastic Surgery and the Challenges of Self-Esteem

Joann Gorn, L.C.S.W.

How many of us living in South Florida feel the pressure to be "just a little more attractive" or the wish to "fine tune" our appearance? Can you escape the pressure? Whether driving in your car and hear a radio advertisement or flipping through your local magazine, we are bombarded with ads for "botox," breast augmentation, or liposuction. We all know someone who has had some sort of plastic surgery to enhance their appearance.

Our society that has been inundated by the media to believe that plastic surgery is a safe and benign solution to all our body image issues and concerns. The media continues to feed us this with television shows like "Extreme Makeover", which, even though it makes an effort to not sensationalize plastic surgery, still conveys the magical changes that can be performed on ordinary people like ourselves. While it is true that advances in medicine make medical procedures safer over time, there is a tendency for the media to be dismissive of the overall costs of cosmetic surgery.

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Coping With Stress During These Difficult Times

Debra Rode, L.M.H.C.

Studies have shown that economic troubles are a driving force of stress for most Americans. It is no surprise that the current challenges presented by the rising costs of living, stagnating wages, and the job market can have many families worried. This, along with the political climate of terrorism that we have been living with has left many individuals feeling negatively impacted both in their personal and professional lives by stress. This stress can lead to difficulties in managing work and family responsibilities. This stress can lead to family fighting, and even separation or divorce.

Physical symptoms of stress can include fatigue, headaches, tightness (pain) in chest, fainting/dizziness, upset stomach/other digestive problems. Other psychological symptoms include anger, anxiety, depression, and sleep disorders. Several studies conducted found that many Americans lost on average about 21 hours of sleep per month due to stress. If stress is not handled over the course of time other serious health issues can develop, such as heart disease.

In order to help with this stress in relationships it is important to maintain open and honest communication. This will allow for issues to be effectively handled

without the additional element of withholding adding to the stress level that is already evident.

Work on problems together, discuss issues calmly, if you can't at that moment, don't let it result in an angry response. Take a break from the conversation and come back to the topic when cooler heads prevail. Just remember to try to maintain a feeling of partnership in coping as opposed to feeling as if you are alone. Some tips to help with daily stress:

-Simplify when you can

-Get adequate rest/sleep

-Create order out of chaos/ organize your home or workplace so that you know where things are. Put things back where they go to avoid stress of losing things.

-When feeling stressed most people breathe short, shallow breaths. When you breathe this way stale air is not expelled and muscle tension frequently results. Check your breathing throughout the day, and before, during, and after high stress situations. If you feel your stomach muscles tighten your breathing will most likely be shallow. Relax all of your muscles and take several very deep,

slow breaths. When you are relaxed you will see your abdomen and chest expand when you take a breath.

-Write your feelings down in a journal (and your children/spouse) these could also be recorded on a piece of paper to be thrown away. This will help to clarify things and allow a different perspective of what is troubling you to form.

Should stress still present significant concern in your daily life you should address this with your family physician. Medication may be a consideration to help with the symptoms as well as psychotherapy. Most importantly you should know that you are not alone. There are many others impacted by stress and help is available.

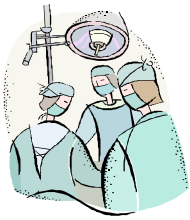
“Remember to try to maintain a feeling of partnership in coping as opposed to feeling as if you are alone.”

Guidelines for Better Sleep

- Maintain a regular wake time, even on days off work and on weekends
- Try to go to bed when you are drowsy
- If you are not drowsy and are unable to fall asleep for about 20 minutes, leave your bedroom and engage in a quiet activity elsewhere. Don't fall asleep outside the bedroom. Return to bed only when you are sleepy. Repeat as often as necessary throughout the night.
- Use your bedroom only for sleep, sex and times of illness
- Avoid daytime napping. If you nap, try to do so at the same time everyday and for no more than 1 hour. Mid afternoon is best for most people.
- Do not drink alcohol while taking sleep medications
- Establish a relaxing presleep ritual such as a warm bath, light bedtime snack, or 10 minutes of reading.
- Exercise regularly. Confine vigorous exercise to early hours, at least 6 hours before bedtime, and do mild exercise at least 4 hours prior to bedtime
- Keep a regular schedule. Regular times for meals, medications, chores, and other activities help keep the inner clock running smoothly
- Avoid large meals close to bedtime, but a light snack can help promote sound sleep.
- Avoid caffeine within 6 hours of bedtime
- Avoid use of nicotine close to bedtime or during the night



Plastic Surgery and the Challenges of Self-Esteem (from Page 1)



To the contrary, as we begin to examine the increased popularity of plastic surgery, the medical community must be increasingly aware of the complicating psychiatric disorders that motivate a disproportionately high number of individuals into the surgical centers, such as eating disorders, social phobia, and body dysmorphic disorder (a diagnosis founded upon one’s intolerable preoccupation with a particular part of the body to the point of it significantly disrupting his or her life). Surgeons are becoming increasingly sensitive to referring prospective patients for a psychological evaluation to assess the patient’s realistic hopes and expectations for a procedure.

If you are considering cosmetic surgery, you must be honest with yourself. What are your goals for a procedure and how realistic are they? According to the American Society of Plastic Surgeons (ASPS), there are two categories of patients who are good candidates for surgery. The first includes patients with strong self-image and a well-functioning lifestyle who are moderately to significantly bothered by a physical characteristic that they’d like to improve or change. The second category includes patients who have a physical defect or cosmetic flaw that had diminished their self esteem over time. It is important to remember that cosmetic surgery can have unexpected effects, especially disappointment that follows unrealistic expectations or fantasies.

“Excessive use of alcohol can easily negate the benefits of an antidepressant ...and increase medical side effects.”

The Medication Consideration

Seth Grobman, Psy.D.

Therapists are often asked by their clients what they think about medication either as an alternative to psychological treatment or as an adjunct. It should be noted that therapists are not licensed physicians and cannot ethically or legally offer medical advice. Despite this fact, clients and therapists do, in fact, discuss medication as part

of a client’s (potential) treatment. While therapists may have differing philosophical views or beliefs about the benefits of medication, most would agree that such a decision needs to be made on a case-by-case basis. Among the factors you and your therapist might consider include:

1. Your Medical History: It is imperative that you thoroughly discuss with your clinician your medical and medication history as certain psychiatric medications can interact with your current medication regimen.

2. Your Drug and/or Alcohol Use: Likewise, a thorough discussion of your usage patterns

affects the appropriateness for psychopharmacologic treatment. For example, excessive use of alcohol can easily negate the benefits of an antidepressant, not to mention cause an increase in medical side effects.

3. Your Family History of Psychiatric Medication: It is helpful to know if members of your family have benefited from certain medications as you might find similar medications and regimens beneficial as well.

4. Your motivation: Believe it or not, excessive skepticism or resistance to medication in and of itself can render it useless. Human will and motivation are biologically strong qualities and can interfere with the potential value of psychiatric medications.

5. Your Patience: The decision to begin a medication regimen requires patience and commitment. In most cases such as a depressive disorder, the benefits of medication may not be

realized for upwards of two to three months. You must decide if you can wait to achieve the full value of the medication.

6-Your Treating Physician: While psychiatrists are clearly the most well-trained healthcare professionals to evaluate and treat medically based psychiatric symptoms and disorders, other healthcare professionals are becoming better informed and trained in treating certain “uncomplicated” conditions. Primary care physicians

**A Monthly Newsletter brought to you by
Weston PsychCare**

Do you have a topic you would like us to cover? Feel free to contact us via the web at:

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At Weston PsychCare, we are invested in creating a comfortable, safe and confidential environment. We have assembled a group of warm, compassionate and experienced therapists with rich and diverse training. Our mission is to help you address a wide variety of challenges, strengthen your interpersonal and familial relationships and promote insight into the decisions you make. Please contact our office to begin the process of enhancing your psychological growth and understanding



The Medication Consideration (From Page 3)

such as internists, family practitioners, pediatricians, gynecologists and neurologists often prescribe psychiatric medications. The benefits of using these practitioners range from the ease of access, reduced stigma and medical "one stop shopping (my doctor already knows me well)." These doctors best serve you by consulting with your therapist and acting as a "multidisciplinary team."

We all know that in this day and age, being an educated consumer is an essential. So to, should the "consumer" of mental health services be well-informed. Do not hesitate to inquire and discuss any and all of your medication concerns with your therapist.

While we do not have psychiatrists as part of our practice at Weston PsychCare, we do share office space with three incredibly talented and compassionate, board certified, psychiatrists who are an unending wealth of valuable assistance to our clients and therapists alike.

Drs. Noel Cabrera and Lynn Hernandez are board certified child and adolescent psychiatrists, and Dr. Thania Quesada is a board certified psychiatrist specializing in the treatment of adults. If you would like to set up a consultation with one of them, feel free to call them at (954) 385-0055.

Therapy Groups at Weston PsychCare

When The True Experts Are Your Peers

Sometimes those who understand your challenges are the ones who have "traveled your journey." Therapy groups are facilitated by a mental health professional, but the most powerful benefits are realized when you are working as a group with common goals and a unique mission.

"It's like working with a team of professionals!" Yes, you come for your own needs, but along the way, you and your peers have an opportunity to help yourself AND others by seeing and hearing what you go through. Helping can be the best medicine. For further information on therapy groups, contact our office today!

Current Group Offerings

- Social Skills Groups for Children
- Social Skills Groups for Teens
- Parenting Groups
- Eating Disorders Recovery
- Mindful Eating

Our Community Speaks and We Listen!

If you would like to partake in a particular group but don't seem to find it being offered, please let us know! Chances are you are not the only one searching. We will make every effort to reach out to our community and assemble a group to meet your needs!