



**Central Iowa
Psychological Services**
Compassionate, Whole Person Care, Where You Matter
2007 Spring Newsletter

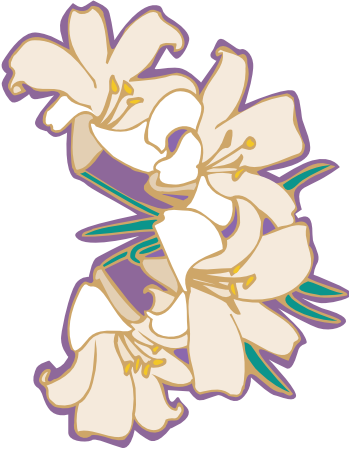


1200 Valley West Dr. #703
West Des Moines
515-222-1999

Take Care
www.iowacounseling.com

319 Lincoln Way
Ames
515-233-1122

What's New at CIPS?



CIPS would like to welcome Mercy Geriatrics to our family of clients. CIPS' Dr. Karen Ahrens has developed a working relationship with Dr. Bob Connors and Deb Studer of Mercy Geriatrics to provide counseling services to patients in area nursing homes. As a part of this collaboration, Dr. Ahrens conducts testing, psychotherapy and psychological evaluations at nursing homes in and around Des Moines.

Dr. Ahrens has more than 5 years of experience in working with the aged population. She worked with nursing home patients in Kansas prior to joining CIPS this past year. She strives to provide dignity and support for all patients requiring her services in Mercy's care facilities.

And, for those who have family members afflicted with Alzheimer's Disease, Dr. Ahrens recommends the book, "The Thirty-Six Hour Day" by Nancy Mace and Peter Rabins. For more information, call 515-222-1999.

Winter blues...or something more

Cold, dreary days can take its toll on anyone, but if you are experiencing something more than the "ho-hums", you could be one of thousands afflicted by SAD. Seasonal Affective Disorder is thought to affect 10 to 20 percent of the US population, most often women and younger people.

SAD is related to a biochemical imbalance in the brain caused by decreased daylight hours and less sunlight in winter. January and February are the most difficult months for SAD sufferers.

One option to relieve some of the symptoms of SAD might be additional exposure to the sun. Take a long walk in the morning or afternoon or arrange to spend more time near an exposed

window throughout the day.

For more severe cases, light therapy or phototherapy may be an effective option. This involves exposure to a specialized, bright, fluorescent lamp) for a few hours each day during the winter months.

Additional relief has been found with psychotherapy sessions, and in some cases, prescription of antidepressants.

Getting screened and evaluated is the best way to ensure proper treatment. Symptoms of SAD can be confused with other medical conditions, such as hypothyroidism or viral infections like mononucleosis.

For more information, call us at 515-222-1999 or 515-233-1122.

Symptoms of SAD

- excessive sleeping, difficulty staying awake, overeating, and weight gain during the winter
- extreme fatigue
- depression, apathy and irritability
- lack of interest in social activities, losing interest in activities of enjoyment
- symptoms dissipate in the spring and summer

What Causes All of This Stress?



Have too many things to do all at the same time? Maybe you're thinking about what you need to do tomorrow or the next day? Then all of a sudden you have a headache, your stomach hurts, maybe you feel like you can't even breathe. You are stressed out. But that is stress and what causes it?

Stress Is a Response

Most experts define stress as a response to life situations like the following:

1. Having too many responsibilities
2. Vague or confusing expectations
3. Having to do unpleasant tasks
4. Facing too many distractions
5. Having to do tasks for which one is unprepared
6. Working with difficult people
7. Being bored
8. Being sick
9. Experiencing too many changes
10. Being in physical danger
11. Living or working in a crowded space
12. Not getting enough exercise
13. Poor nutrition
14. Not getting enough sleep
15. Not enough time to relax
16. Being dissatisfied with your physical appearance
17. Abusing drugs or alcohol, or being close to someone who abuses them

Social and Cultural Causes

Stress has become a factor in our culture in the last 20 years because of things that were originally designed to make life less stressful. Conveniences such as ATM machines, microwave ovens, and fax machines have made life easier in many ways, but they also have woven an expectation of instant gratification into our culture. And this causes stress.

Here are a few other examples of products and services that were invented to make life more efficient and productive, but which

sometimes seem instead to add to stress:

- 24-hour stores and restaurants
- One-hour photo developing
- Drive-thru fast food
- 10-minute oil change
- Web sites, with their instant access to unlimited information
- Catalog and Internet shopping
- Personal computers
- E-mail
- CNN Headline News
- 30-minute pizza delivery

Stress at Work

Almost everyone complains of stress at work these days. It often results from one of the following:

1. Having too much or too little work to do
2. Having to do work that is very complicated and demanding
3. Having to do work that is boring and repetitive
4. Having unclear goals and expectations
5. Having to follow changing or confusing procedures
6. Being at a career dead end
7. Working in a company with an impersonal management philosophy

Who is Affected Most by Work Stress

Stress affects people in every type of work setting.

People at the top of organizations suffer from stress because of excessive workloads, unrealistic expectations, and isolation. The phrase "it's lonely at the top" has some truth to it.

Middle managers often experience stress because they have responsibility for the people who report to them, but lack the control to execute what is expected. With the recent epidemic of corporate downsizing, middle managers have also been given greater and greater workloads. Managers who manage to keep their jobs often feel like they are living in the shadow of termination.

Professionals suffer from their own brand of stress caused by monotony. Doctors, lawyers, and others often perform the same kind of work for many years, resulting in boredom and desperation.

Workers at the lower levels of today's organizations often feel stress caused by boredom and the frustration of dealing with the public. They also may feel less successful than their coworkers in higher-level jobs and may feel stressed by their lack of status.

Why Workplace Stress Has Increased

The nature of work has changed. The fight-or-flight responses to stress are ineffective in response to the stresses of today's life.

The workplace has become decentralized. In many places, people no longer work together in one place, but may be scattered around the world or work from home, connected by technology.

People change with each generation. Baby Boomers differ from Generation Xers in terms of their values, work ethic, and their definitions of success. These generational differences contribute to stress at work.

What Can Help Reduce Stress?

Herbert Benson, M.D. 'discovered' and named a natural way to relax, to decrease stress and tension in the mind and body in his 1975 book, The Relaxation Response. He was interested in reports that the Yogis of India, Transcendental Meditators [TM] and other so-called esoteric disciplines reported a decrease in blood pressure (BP), heart rate, muscle tension, adrenaline and cortisol production (all indicators of stress or the 'stress response') when they were practicing their particular brand of stress reduction. We make use of Benson's Relaxation Response [RR] for many of our patients who report anxiety or stress related symptoms on a regular basis. The RR is very easy to elicit *and* it is, like the 'stress response', naturally occurring and hard wired from the brain to the rest of the body. Because of this fact there are four necessary *and* sufficient conditions which reliably lead to the RR and its benefits:

1. A quiet place.
2. A comfortable position.
3. A "focusing device."
4. An "accepting attitude."

When these four conditions are met the RR results and the person's BP, heart rate and muscle tension are significantly lowered. Breathing becomes slower and deeper, adrenaline production is minimized and the finger

tips become warmer, indicating better circulation to the hands, feet and other parts of the body. Additionally, beta-endorphins, one of several neurotransmitters involved in feelings of peace and happiness, are produced in the brain.



The bottom line is that the person reports feeling relaxed and at ease with the world during the 20 minutes or so that the RR is invoked. Longer term benefits to invoking the RR include lowering cortisol levels in the blood stream - this is one of the major neurochemicals that results in harmful effects throughout the body.

The robustness of the RR is impressive and *independent* of the belief system of the person and thus is consistent with Dr. Benson's findings that the results do NOT depend on the discipline or practice used by the person to invoke the RR. This is much like the fact that the stress response (the opposite of the RR) can be, and is, invoked in many many different situations and persons around the world, regardless of their native languages or spiritual belief systems.

Nonetheless, a local Christian/church-based relaxation focus group meets Mondays at 5:30 p.m. at the St. Catherine of Siena Catholic Student Center (Drake Newman Center). For details, call Deb Habr at 256-0857.

CIPS Announcements

CIPS is proud to announce that Dr. Summer Brunscheen is now a licensed psychologist after passing the national and the State of Iowa licensing exams.

Dr. Brunscheen received her doctorate in Counseling Psychology from Iowa State University in late 2004. She has been working at CIPS since the fall of 2004 and as a full-time licensed mental health counselor since the fall of 2005.



Dr. Brunscheen specializes in psychological assessment and individual and family psychotherapy with children, adolescents, and adults. She has expertise in working with persons with ADHD, learning disorders, behavior problems, depression, anxiety, bipolar disorder and relationship-based personality disorders.

Known throughout the Ames and Des Moines area for her clinical expertise, Dr. Brunscheen frequently presents informative and entertaining workshops for parents, families, the Department of Human Services, and local youth agencies. She is also a group facilitator and assists with the CIPS ADHD Clinic run by Dr. Phillips.

She also teaches undergraduate classes in personality and gender issues in the Department of Counseling Psychology at Iowa State University.

If you are interested in scheduling an appointment with Dr. Brunscheen, call the Ames office at (515) 233-1122. To learn more about her background and practice, log on to www.iowacounseling.com.

CIPS is also pleased to announce the addition of our newest find in therapist, Ms. Joann Seeman Smith, in the Ames office. Ms. Seeman Smith is a licensed mental health counselor and a graduate student in Counseling Psychology at Iowa State University. She is currently completing her doctorate in Counseling Psychology and while working at CIPS.

Ms. Seeman Smith has completed several externships with CIPS over the past four years and become an integral part of our CIPS family.

Specializing in psychological assessment and treatment of children and adolescents, Ms. Seeman Smith has developed specialties in working with clients with autism spectrum disorders, nonverbal learning disorders, ADHD, depression, and behavioral problems. She also co-supervises and manages CIPS' ADHD/LD Diagnostic Clinic that runs twice monthly in the Ames office.

Ms. Seeman Smith will be taking a short leave of absence from CIPS starting in July, 2007 in order to complete her pre-doctoral internship in Topeka, KS. Although we will miss Ms. Seeman Smith during her year of internship, she will return in August 2008 to work full-time in our Ames office as a Ph.D. psychologist such as Drs. Brunscheen, Phillips, Rudman and Kaesser.

It is not an easy road to becoming a Ph.D. licensed psychologist in Iowa, but as soon as you meet Joann, you will see that she has what it takes.

Central Iowa Psychological Services

Compassionate, Whole Person Care, Where You Matter

1200 Valley West Dr., Suite 707, West Des Moines, IA 50266 – Next to Valley High School

Central Iowa Psychological Services (CIPS) is comprised of a variety of professionals including Licensed Psychologists, Licensed Mental Health Counselors (LMHC), Licensed Marital and Family Therapists (LMFT), and Licensed Independent Social Workers (LISW) in both West Des Moines and Ames, IA. We have extensive experience actively collaborating with the medical profession and look forward to continued growth of this collaboration.

CIPS provides a wide range of clinical services including psychological testing and evaluations, individual psychotherapy, marital/couples counseling, family therapy, child assessment and treatment as well as psychological assessments and care of older adults and related nursing home consultations.

Complete resumes for all staff members are available on our web site at www.iowacounseling.com. Feel free to call or e-mail us any time with questions.

Ages and Populations Served

West Des Moines CIPS Staff	Children	Adolescent	Adult	Older Adult	Nursing Home	Couples	Family	Psychological Testing	Drug and Alcohol
Donald M. Kaesser, Ph.D. Lic. Psychologist			•	•		•		•	•
Karen Ahrens, Psy.D. Lic. Psychologist		•	•	•	•			•	
Kimberly Worrell-Cade, LISW			•	•		•	•		
Sue Reimers, LMFT, LMSW	•	•	•	•		•	•		
Darshan Singh, Ed.D. Lic. Psychologist	•	•	•	•	•		•	•	
Melissa Wubben, LMHC, CADC	•	•	•	•		•	•		•
Damini Parulekar, M.D. – Psychiatric Consultant (limited availability)									

Ames Location: 319 Lincoln Way, Ames, IA 50010

Ames CIPS Staff	Children	Adolescent	Adult	Older Adult	Nursing Home	Couples	Family	Psychological Testing	Drug and Alcohol
Summer K. Brunscheen, Ph.D.	•	•	•	•			•	•	
Linda Feldman, LISW	•	•	•						
Lu Klatt, LISW, ACSW		•	•			•			
Marcia Michaels, Ph.D, LMFT		•	•			•	•		
Warren Phillips, Ph.D. Lic. Psychologist	•	•					•	•	
Sue Reimers, LMFT, LMSW	•	•	•	•		•	•		
Judy Rudman, Ph.D. Lic. Psychologist	•	•	•					•	
Anthony Santiago, Ph.D., LMFT	•	•	•			•	•		
Joann Seeman Smith, M.S., LMHC	•	•	•					•	
Linda Trudeau, Ph.D., LMFT		•	•			•	•		
Damini Parulekar, M.D. – Psychiatric Consultant (limited availability)									