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The health benefits of seeing a psychologist

There is no question that our minds and bodies are integral parts to one another. Our brain is part of the body, and the mind, our self-awareness and consciousness, are products of our brain. It is impossible to discuss mental health without taking into consideration and including a physical health component.

Recent studies show that the inability to control anger and acute and ongoing stress are major contributors to people experiencing high blood pressure and the conditions necessary to provoke heart attacks. Studies that suggest psychotherapy might be able to prevent a heart attack in those who suffer from these types of temperaments, along with ongoing stress, fatigue and severe stress symptoms. Heart failure patients with depression have four times the risk of dying, and more than a million adults have both heart failure and clinical depression.

One might ask, what is the link between heart disease and depression? Based on the studies I have read, and from my experience in private practice, we know that depression can trigger chronic inflammation that increases heart-disease risk.

My private psychology practice provides a range of treatments that have been proven by science to address mental health problems, emotional challenges and some psychiatric disorders. My practice aims to enable patients to understand their feelings — what makes them positive, depressed or anxious. Additionally, psychotherapy can provide amazing results to people who are suffering from depression, addictions, low self-esteem and family disputes. I treat many people who are feeling overwhelmed by their problems and are unable to cope with their circumstances.

Treatments that work

As a psychologist who treats a myriad of mental health disorders, I can tell you that cognitive-behavioral therapy is the cutting-edge treatment that is backed by scientific studies and proven to work effectively with most mental health disorders.

The roots of cognitive therapy are grounded in the idea that we begin with the notion that what you and I think will ultimately shape what we feel. For example,

depression may stem from thoughts or beliefs that are not based on evidence, such as "I am useless" or "Everything is my fault." As the individual begins to change their beliefs, their view of the events and their emotional state will invariably change.

In treatment with patients, it becomes incumbent upon me to help the individual look at their current thinking and communication patterns, and not focus on the past or the future. We confront and challenge negative thought patterns through encouraging the individual to view situations differently.

Everyone should understand that psychotherapy is not just a treatment for the mentally ill. It is an opportunity for everyone to determine their potentialities, especially when it comes to relationships. Relationships are essential to life itself, because we all need someone to depend on sometimes. "No man is an island."

Many research studies have shown that psychotherapy may have many other potential benefits, even physical ones. In a 2010 study published by The Lancet, Cognitive behavioral treatment was shown to improve chronic low back pain. CBT worked as a proactive form of psychotherapy that aims to reframe negative, self-destructive thoughts to produce positive behaviors. In a 2011 study, relative to improved end-of-life-care, short-term psychotherapy, which focused on an individual's accomplishments and hopes for their loved ones, improved quality of life among individuals receiving end-of-life care.

Key points

- Psychotherapy has been scientifically proven to play a critical role in treating many emotional and mental health conditions in addition to physical health ailments.
- Cognitive-behavioral treatment aims to reframe negative, self-destructive thought to produce positive behaviors.
- Treatment can help improve sleep, reduce depressive symptoms, promote better health and ease depression.
- Research shows that social support can help build resilience against stress. Problem-solving techniques may serve as a tool for overcoming anxiety, depression and addiction.
- Cognitive-behavioral therapy can help the individual to better understand their thoughts, moods and behaviors.
- Research has shown that verbalizing feelings can have a significant therapeutic effect on the brain.

Dr. Roger Carey has treated chronic mental illnesses, such as schizophrenia, bipolar, Type I disorder, major depressive disorder, and relational issues, including personality disorders. In addition to his private practice at Carey Psychological Services, 652 W. 11th St., Ste. 129, he works with the California Department of Corrections and Rehabilitation.

Carey Psychological Services

Dr. Roger Carey, a practicing Licensed Clinical Psychologist since 2006. Along with many other services offered Dr. Carey specializes in chronic mental illnesses.

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I'm Very happy to help you

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