

## CORINNA YOUNG CASEY, PH.D.



Dr. Casey has been helping people cope with stress and the emotional, physical, and social challenges of living with chronic pain and physical illnesses for over ten years. She helps people manage their medical conditions and restore balance in their lives.

### EDUCATION

- B.A., Psychology - University of California, San Diego
- Ph.D., Health Psychology - CSPP at Alliant International University
- Internships:
  - Sharp Memorial Hospital (San Diego, CA)
  - Fifth Avenue Center (New York, NY)
- Licensed Psychologist, PSY20004

### OTHER ACTIVITIES

- Academic faculty, UCSD School of Medicine.
- Consultant to the Pain Rehabilitation Program, SHARP Memorial Hospital
- American Red Cross Disaster Mental Health Advisory Board, San Diego/Imperial Counties



*Don't let illness have so much power over your life....*

## CONTACT US



SAN DIEGO  
BEHAVIORAL MEDICINE

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SAN DIEGO  
BEHAVIORAL MEDICINE

We are conveniently located in the Hacienda Building in Carmel Valley, minutes from the I-5, I-805, and S-56 freeways.

Ample parking and handicap access.

Living with a medical condition can be difficult. At San Diego Behavioral Medicine, we understand that, and it's our mission to ease that difficulty so you can regain your identity and continue your daily life activities.

Specifically, we can help with three core sets of issues that are common in patients with a physical illness.

- Coping with physical distress
- Emotional difficulties
- Insufficient Information

## PHYSICAL DISTRESS

Having a chronic medical condition is often a physical challenge. Not only are there the symptoms of the illness itself to deal with, but there are also the side effects of treatment which can often be as debilitating as the illness they seek to treat.

We offer techniques to help you cope with these symptoms:

- Biofeedback
- Relaxation Training

## EMOTIONAL DIFFICULTIES

If you're feeling depressed, anxious, or frustrated as a result of your illness, you are not alone. These emotional reactions to illness are common and often expected.

We offer techniques which can help you improve your mood:

- EMDR
- Insight oriented psychotherapy
- Cognitive Behavioral Therapy

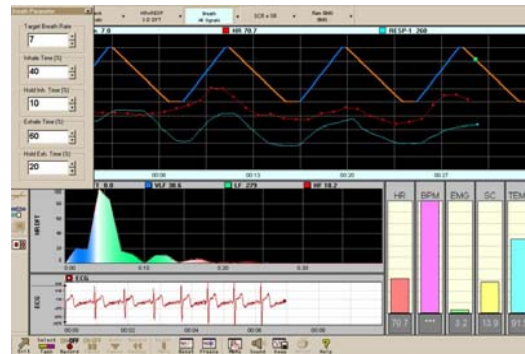
## INSUFFICIENT INFORMATION

A key part of successfully managing a medical condition is understanding it. However, patients often have difficulty getting clear answers from their medical doctors and may still have questions about their illness. We work with you and your healthcare providers to get your questions answered accurately and explained clearly.



## WHAT IS BIOFEEDBACK?

Biofeedback is a technique that trains you to improve your health by using cues from your body. Sensors link you and a computer to display the electrical activity in your muscles, blood vessels, skin, heart, and lungs. By using this feedback, you can learn how to control muscle tension, blood vessel constriction, breathing, and heart rate. This, in turn, can help you reduce the severity of many of your physical symptoms.



## WHAT IS EMDR?

EMDR is a technique using rapid eye movements (REM) to activate specific regions in the brain to help you overcome stressful experiences, manage chronic pain, and change behaviors faster than traditional therapy.

## CAN WE HELP YOU?

A consultation is appropriate for anyone:

- Living with a physical illness or chronic pain
- Experiencing anxiety or depression related to a medical condition
- Preparing for a major surgery
- Wanting to change health behaviors and isn't sure how
- Adjusting to a loved one's illness

## BENEFITS

### LIFESTYLE CHANGES

- Adhere to your medication regimens
- Monitor your health status (e.g., glucose, blood pressure, weight)
- Learn coping techniques as an alternative to pain medications
- Identify and change behaviors that aggravate your condition or lead to a health problem

### SKILLS ACQUISITION

- Learn techniques to help you cope with pain, nausea, and fatigue
- Manage stress
- Identify and problem solve barriers to healthy illness management
- Prepare for surgery and recovery

### EMOTIONAL WELL-BEING

- Adjust to a medical diagnosis
- Cope with physical changes related to your condition and treatment
- Increase your sense of control over your medical condition
- Reconcile cultural differences in the treatment of your medical condition
- Adjust and cope with a loved one's illness