



# Depression and Bipolar Support Alliance of San Diego

**DBSA San Diego** presents ...



**Alessandra Wall, Ph.D.**

Licensed Clinical Psychologist, PsychSanDiego

## **Anxiety and Relaxation (Part Two)**

**Alessandra Wall** will discuss the biological basis of the anxiety response, focusing on the biochemical effects and impact of anxiety on short- and long-term body functioning. She will also introduce the notion of a relaxation response and discuss how this operates at a biological level and how to produce it. Finally she will share some information on basic breathing and relaxation techniques that can help produce and strengthen the relaxation response in anxious and non-anxious persons.

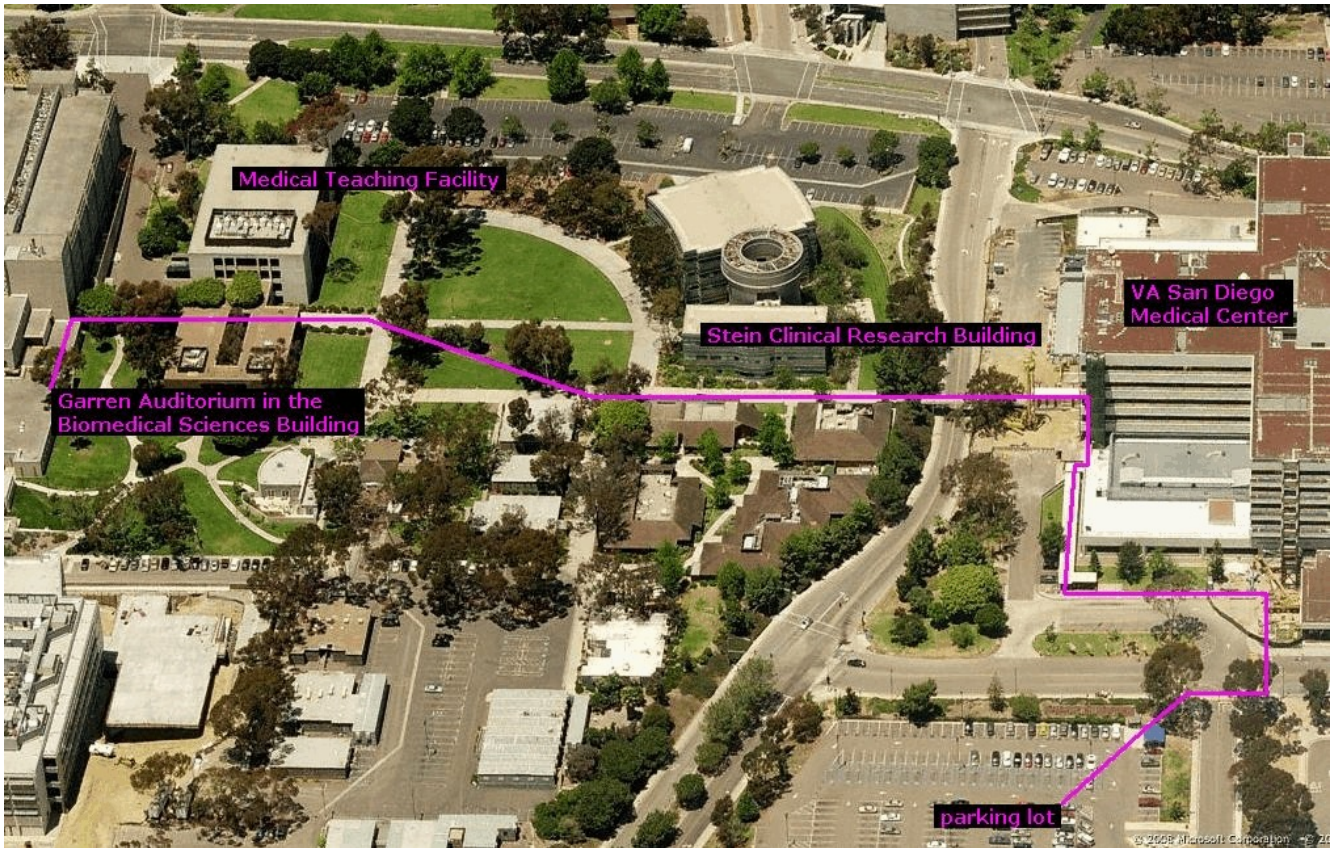
Although this presentation is a follow-on to last month's lecture by Dr. Rafael Reyes, it is *not* necessary to have seen Part One to appreciate Part Two.

**When** Monday, 02 February 2009  
6:00pm – 7:30pm

**Where** Garren Auditorium  
Biomedical Sciences Building  
Medical School Campus  
University of California, San Diego  
La Jolla, California

**Alessandra Wall, Ph.D.**, is a licensed clinical psychologist and co-founder of PsychSanDiego. She specializes in treating anxiety disorders, depression and bipolar disorder, eating disorders, and childhood behavioral problems. For further information on Dr. Wall, visit her on the Web at <http://www.psychsandiego.org/about.htm>.

There is *free parking* in the VA Hospital parking lot. Garren Auditorium is a short walk over the footbridge. Follow the signs for about one block. *See the map on the reverse side of this sheet for detailed directions.*



1. Start in the **parking lot** and walk to the bus stop in front of the **VA San Diego Medical Center** (usually called the VA Hospital in La Jolla).
2. Walk west to the covered outdoor corridor, turn right and walk north down that corridor, along the western edge of the hospital, until you turn left (west) when you get to the footbridge.
3. Walk over the footbridge that crosses Villa La Jolla Drive.
4. Walk past the **Stein Clinical Research Building** (on your right).
5. On your right, you will see a diagonal asphalt path starting near a fire hydrant. Walk down that path to the **Medical Teaching Facility** building.
6. When you reach the end of the asphalt path, walk under the overhead walkway connecting the two parts of the building. Continue until you reach the next building, which is the **Biomedical Sciences Building**.
7. Enter the large glass sliding doors and turn immediately left down a corridor, where there is a sign saying **Garren Auditorium** is in Room 1105.
8. Walk down the corridor, turning right, then left.
9. Enter where it says Room 1105 (the bottom/front of the room, where the lecturer will be) and take a seat. Alternatively, continue until you see a staircase going up on your right. This will take you to the top/back of the auditorium.

Signs will be posted along the route from the parking lot to Garren Auditorium.