



October 26, 2010

**FOR IMMEDIATE RELEASE:**

Contact:  
Shannon Jaccard  
Executive Director  
[sjaccard@namisandiego.org](mailto:sjaccard@namisandiego.org)  
619-584-5567

**Learn about complicated grief and finding renewed hope at free NAMI San Diego meeting on Nov. 4**

SAN DIEGO—On Thursday, November 4, 2010, the National Alliance on Mental Illness (NAMI San Diego) will be holding their monthly Education and Advocacy meeting.

This month's program will feature speaker Julie Wetherell, Ph.D. Dr. Wetherell is a staff psychologist at the VA, affiliated with UCSD Psychiatry, and a therapist on the Complicated Grief study; and she also is currently running an older adult anxiety study. The title of her talk is 'Complicated Grief and Finding Renewed Hope in the Coming Year.'

Enjoying the change of seasons can be very difficult for some, especially with the holidays coming up fast. This talk will focus on a subject that can be very difficult to discuss, however very useful as an opportunity to inspire hope and comfort throughout the end of the year.

Please join us for our final speaker of the year to talk about complicated grief. Complicated grief is a bereavement reaction in which acute grief is prolonged, causing distress and interfering with functioning. The pain of the loss stays fresh and healing does not occur. The bereaved person feels stuck; time moves forward, but the intense grief remains. Complicated grief may affect as many as 1 out of 10 individuals who have lost someone close to them.

Prior to Dr. Wetherell's talk there will be a discussion group with psychiatrists Steve Koh, MD, MPH, MBA Chief Resident SD VA Hospital, University of California San Diego, Dept. of Psychiatry and Kristine Munoz, MD, with the Naval Medical Center in San Diego. Here you can ask the questions you've wanted to ask a psychiatrist and learn from other members of the group as well.

Another topic of discussion at this meeting will be the NAMI Walk. The walk will be held on April 16, 2011 and that means we are officially in WALK Season! The next NAMI Walk meeting is on November 9<sup>th</sup> from 11am -12pm in the front conference room at the NAMI San Diego office. If you are interested in helping to plan the NAMI Walk we would love your input! Please talk to Annie Dunlop, NAMI San Diego Development and Events Manager, either at Thursday's Education and Advocacy meeting or by calling her at the NAMI office at (619) 584-5574.

NAMI is a non-profit organization that provides education, support services and advocacy to improve the lives of everyone affected by mental illnesses. They hold monthly Education and Advocacy meetings at no charge to the public that feature expert speakers on timely topics.

The meeting on November 4 starts at 6:30 pm and will be held at the University Christian Church Friendship Hall at 3900 Cleveland Ave in San Diego (across from the Post Office).

Mark your calendar and if you need more information, contact NAMI San Diego at (800) 523-5933. Or visit [www.namisandiego.org](http://www.namisandiego.org)

###