



# ***Speaker Service***

## ***“Education for the Community. Expertise for the Media”***

***WHO:*** You are in need of a professional who can speak to your community service organization, school community, religious association, etc. **OR** you are a media professional who needs expert psychological input for your print, radio or television journalism.

***WHAT :*** The Speaker Service of the San Diego Psychological Association offers experienced speakers on an amazing variety of topics and in many different languages.

***WHEN:*** You can arrange to have a psychologist speak at your regularly scheduled meeting, event, or community presentation. Please allow three weeks advance notice.

***WHERE:*** Our speakers are located throughout San Diego. We can come to you.

***WHY:*** We provide **FREE** presentations as a public service to our community.

### **Our Speakers are...**

- ◆ Licensed psychologists with excellent speaking experience on a wide range of topics.
- ◆ Committed to providing current information in all areas of life: Family, Health, Relationships, Work, and Spirituality
- ◆ Absolutely **FREE** of cost!

*To request your speaker, go to [www.sdpsych.org](http://www.sdpsych.org) and click the “Looking For A Speaker” button!*

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**Below is just a sample of some popular topics for your presentation needs:**

### **Child/Adolescent issues**

Does My child Have ADHD?  
Children Who Won't Talk  
How to Help Children with Anxiety  
Symptoms of Child Abuse  
Getting Control  
of Out of Control Teens  
Kids Who Cut Themselves  
Working with Children with  
Developmental Disabilities  
How Common are  
Learning Disabilities?  
Behavior Problems at School

### **Family Issues**

Issues with Adoption  
Caring for an Elderly Parent  
Mitigating Effects of  
Divorce on Children  
Ending Domestic Violence  
Are You Ready for Marriage?  
Happy Couples Communication  
Parenting Skills 101  
Step Families: How to Adjust

### **Psychological Issues**

Managing my Anxiety and Worry  
Coping with Grief  
Bipolar Disorder or Just Moody?  
Phobias: What is Normal?

### **Communication Skills**

Anger Management Techniques  
How to be More Assertive  
10 Steps to Improving  
Communication  
Conflict Management  
Overcoming Shyness

### **Community Issues**

Crisis Intervention:  
What Can You do?  
Community & Culture  
How to Educate on Gangs  
Gay/Lesbian Issues  
Gender Identity Issues  
Men's Issues/Women's Issues  
Rape/Sexual Assault  
Victims of Violent Crimes

### **Health and Wellness**

Understanding AIDS  
Caring for Someone with  
Alzheimer's  
Coping with Chronic Illness  
Holistic Health  
Hypnosis: What is it Used for?  
Pain Management Techniques  
Smoking Cessation: What Works  
Getting Weight Under  
Control...Really!  
Stress & Heart Disease

### **Addictive Behavior**

Adult children of Alcoholics  
Identifying Codependency  
What are Compulsive Behavior  
Eating Disorders:  
Myths and Realities  
Internet Addiction  
Substance Abuse

### **Workplace Psychology**

Survive & Thrive at Work  
Deciding About Changing Careers  
How to be a Good Leader  
Creating Emotional Healthy  
Workplaces  
Occupational and Vocational  
Guidance  
Improving Workplace Productivity  
Team Building Ideas

### **Other**

Getting Through the Holidays  
The Ups and Downs  
of Internet Dating  
Positive Psychology  
Psychology as a Profession  
Can Happiness Be Learned?—Yes!  
Establishing Self-Esteem  
The Art of Resiliency

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..... To submit our speaker request form!*