



**JAYASURIYA**  
**& Associates**

PRESSKIT



# PHILOSOPHY

Helena believes that it is not a matter of finding a good therapist, but rather one that is the best fit for you. She also believes that no matter what, each individual can live healthy and fulfilled lives, in spite of the circumstances into which they were born.

Some of the factors crucial to a good therapist-client relationship include genuine trust, unconditional positive regard, emotional safety as well as a good sense of humor.

Take away any of these factors while trying to create needed life changes with a therapist is very difficult. Asking for help can be stressful and challenging, so Helena takes the steps necessary to establish a positive a connection with clients so they can begin the healing process.

Helena makes use of various theories and models of psychotherapy based on the needs of the client, but believes that, in many cases, laughter is the best medicine; one that forever creates a lasting bond between patients and herself.

# CONCEPT

Helena Jayasuriya is a licensed clinical social worker providing psychotherapy and counseling for over 20 years. Practicing out of Poway, California, Helena specializes in working with children, teens and families.

An expert in child and adolescent issues, relationship challenges, as well as depression and anxiety, Helena believes that clients should know about their therapist. As such, she is very open with her experiences and her personal background.

# FACTS

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Jayasuriya & Associates  
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FOUNDERS  
Helena Jayasuriya, L.C.S.W.  
YEAR ESTABLISHED  
2000



# ABOUT

Helena Jayasuriya is an accomplished psychotherapist and the key to her success is that before defining herself as a professional, she sees herself first as a human.

As such, she believes that her personal background along with her expert experience has shaped her into the psychotherapist she is today. Clients like knowing about the person behind the credential, and find it helpful opening up while in therapy.

Before earning a Bachelor's Degree in Psychology and a Master's in Social Work from San Diego State University, Helena grew up in Malaysia as the youngest child of an English mother and Sri Lankan/Malaysian father. She spent her teen years attending boarding school in Oxford, England, before moving to San Diego to attend college.

From a young age, Helena knew she wanted to help people and is grateful for becoming the person she always sought during her own troubled years; a person who she says "... could see me, hear me and guide me."

Prior to beginning Jayasuriya & Associates, she worked with a diverse group of young populations including teens in the San Diego Juvenile Court System, runaway shelters, as well as families seeking services from various outpatient psychiatric clinics. She has also worked as a crisis counselor at Rady's Children's Hospital.

Helena offers individual, couples, and family therapy. While the treatments for each differ, the overriding goal is helping the client restore, maintain and enhance their social, emotional, and behavioral functioning.



# SERVICES

Jayasuriya & Associates offers a large variety of psychotherapy services.

Psychotherapy can be useful at any stage in life, but Helena focuses on these groups:

- Children (starting at age four)
- “Tweens”
- Teens
- Young Adults
- Adults
- Seniors

Helena can be of assistance with any of these diagnoses:

- Disorders Usually First Diagnosed in Infancy, Childhood, or Adolescence:
  1. Disruptive Behavior Disorders: Attention Deficit/Hyperactivity Disorder (ADHD), Oppositional Defiant Disorder (ODD), Conduct Disorder (CD)
  2. Separation Anxiety
  3. Reactive Attachment (RAD)
- Mood Disorders
  1. Major Depressive Disorder, Dysthymic Disorder (low grade chronic depression), Bipolar Disorders I (previously known as manic depression) & II
- Anxiety Disorders
  1. Panic Disorders, Agoraphobia, Social Phobia (also known as Social Anxiety Disorder), Obsessive Compulsive Disorder (OCD), Post Traumatic Stress Disorder (PTSD), Generalized Anxiety Disorder
- Impulse Control Disorders
  1. Intermittent Explosive Disorder (ineffective anger management)
  2. Kleptomania
  3. Trichollimonia
- Adjustment Disorders

Relationships and milestones can be difficult, and Helena is available to consult during these times:

- Relationship problems
  - o Parent-child
  - o Sibling
  - o Partner
  - o Peers
  - o Colleagues
- Change in Family Constellation
  - o Birth of child/sibling
  - o Separation
  - o Divorce
  - o Remarriage
- Academic & Occupational Problems
  - o Entering school
  - o Graduation
  - o Loss of job
  - o Starting a new career
- Grief & Bereavement
- Life Role Challenges
  - o “Identity crises”
  - o “Empty nest syndrome”
  - o Becoming a new parent
- Recovery from abuse, psychological or physical trauma.

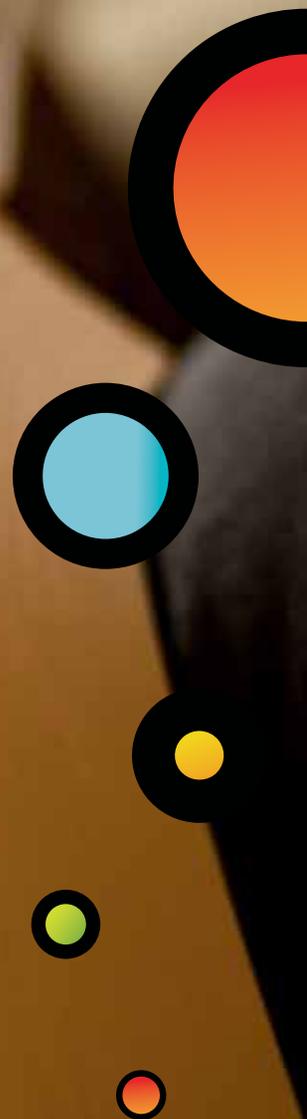
## SPECIAL AREAS OF FOCUS:

- Anger management
- Cutting/self-injury
- Procrastination
- Child and adolescent behavior problems

Whether there is a group or an individual problem, Helena conducts therapy sessions with:

- Individuals
- Families
- Couples and Parent Groups
- Siblings Groups

In addition to psychotherapy, Jayasuriya and Associates can consult, give public presentations and provide quality Clinical Supervision to Associate Social Workers.



# BIO

If experience is the best teacher, it's no wonder that Helena Jayasuriya is such a well-respected psychotherapist.

She came to the profession through a unique path that led from Malaysia, to Oxford, England and, finally, to San Diego, California.

The youngest child of an English mother and Sri Lankan/Malaysian father, both of whom came from modest upbringings, Helena grew up in Malaysia where her favorite activities included running around on the beach, swimming and playing with her pet gibbon "Jacko"!

At the age of 10, Helena left Malaysia to attend the highly regarded Ashford School for Girls in England. Although she was very grateful for the opportunity, the stress of being away from her family for 9 months of every year in a strange country, as well as being thrust into an emotional atmosphere devoid of warmth and compassion was very traumatic for her.

"Back in those days, there were no counselors to help children deal with their fears and sadness; there were no therapists to validate your self-worth and your feelings," she says.

Although she had to face many of life's adversities alone, the experience helped consolidate a lifelong wish to choose a career that would put her in service of others. In addition, attending High School and Community College in Oxford, exposed her to many different international cultures and gave her an appreciation that there are truly many ways to look at a problem – a good thing for a future psychotherapist to recognize.

Helena's life took another big change when she chose to attend San Diego State University at the age of 19. Despite arriving in San Diego, with one suitcase, only \$500 in her pocket, no car, and no place to stay, she quickly learned how to thrive in a fast-paced and, at times, dangerous world.

Despite the distractions and challenges of college life, both in and out of class, Helena earned a Bachelor's Degree in Psychology and a Master's Degree in Social Work. Through diligence and hard work she earned her license to privately practice as a mental health profession.



# BIO

She has put her education to good work serving her fellow San Diegans for more than 20 years, including teenagers in the San Diego Juvenile Court System and runaway shelters, “emotionally disturbed” students placed in Special Education and families seeking services from outpatient psychiatric clinics – all of whom were seeking assistance for a variety of emotional and behavioral problems.

Helena has also worked as a Medical Social Worker at Rady’s Children’s Hospital helping to manage crises in the emergency room, most often the untimely and accidental death of a child. She has also partnered with school districts, local law enforcement and the military.

Every client is different but Helena says her goal (and joy) is bringing balance back into the lives of each individual with whom she works, and to rebuild individuals, families, and couples that are torn apart by emotional turmoil, stress and “what so many of us feel is a world that does not always feel balanced and whole.”

Children are something of a specialty for her as is conflict resolution. Although many teens are reluctant to discuss their issues with their parents with another adult, Helena says her secret to developing trust is to tell her young client: “We both know there’s something ‘wrong’ with your parents and I need your help in finding it out.”

