



THE  
RESILIENT  
HELIX

## THE RESILIENT HELIX

*Wellness for Tots to Tall People*

*“Resilience is that ineffable quality that allows people to be knocked down by life and come back stronger than ever.”*

### RESILIENCE

Resilience is the ability to withstand, adapt and grow in the face of adversity, trauma, tragedy and stress such as depression, family and relationship problems, bullying, death of a loved one. It is the ability to bounce back despite all the odds.

### THE HELIX

The helix shape is a symbol of resilience. It is found throughout nature, from galaxies and weather patterns to every living organism's DNA. Sunflowers, vine tendrils, ferns, the shells of nautilus and snails, seahorses, even our fingerprints all have the helix as their underlying structure.

### THE RESILIENT HELIX

The Resilient Helix symbolizes adaptability and perseverance, prospering through adversity. With the helix as our guide we can begin to trust within our very nature to become victors over our struggles.

The Resilient Helix team is comprised of a psychiatrist and two psychotherapists who are here to help develop resilience in individuals and families in all stages of life - **for Tots to Tall People**. Our team has an understanding and appreciation for development and life stages.

Each of us work with toddlers and preschoolers, teens, and adults transitioning through developmental challenges. Together we join our individualized experiences in order to bring a more comprehensive face to mental health wellness.

### MEET OUR TEAM



**MARIA CAROLINA COURT**  
*Psychiatrist, MD*

I am a Pediatric and Adult Psychiatrist providing services for individuals struggling with a variety of mental health issues.



**JANET RODRIGUEZ**  
*Psychotherapist, LMFT*

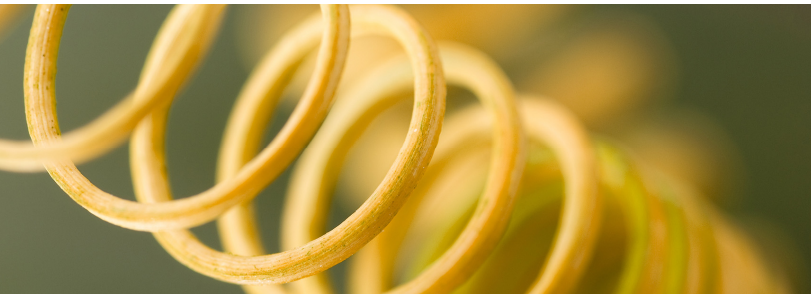
I am happy to offer therapeutic services for couples and families in an empathetic atmosphere, providing ease and comfort.



**KATHRYN SANTOS**  
*Psychotherapist, LMFT*

I am focused on care for those affected by trauma and take special interest in service members, veterans, and their families.

# SERVICES TO INDIVIDUALS, COUPLES & FAMILIES IN SAN DIEGO

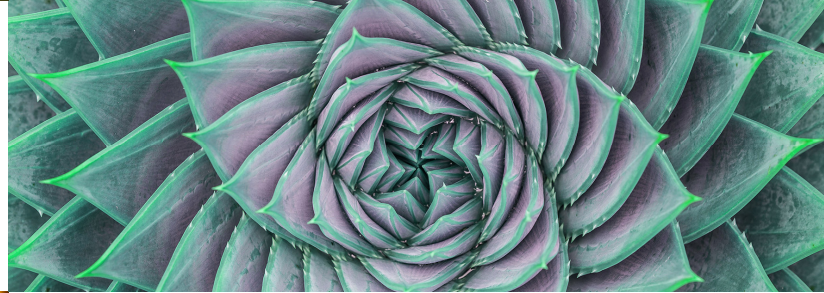


## PSYCHIATRY

Work with Dr. Maria Carolina Court, a board-certified child, adolescent and adult psychiatrist who provides psychiatric evaluations.

## PSYCHOTHERAPY

We offer psychotherapy services for children, adolescents, adults, couples and families.



## CONSULTATION

We hold weekly debriefings in order to provide the best care possible for those we serve. Additionally, we provide behavioral consults for schools and throughout the community.

## GROUPS & CLASSES

Our groups and classes provide children and families with comprehensive support services. Visit our website to see our latest class schedule!



## GETTING STARTED

Becoming a patient is easy! Visit our website and fill out our form to request an appointment. Based on the information you provide, we will best match you to a therapist and methodology. Feel free to reach out to us at any time!

**Visit our Website:**  
[www.TheResilientHelix.com](http://www.TheResilientHelix.com)

**Visit our Scripps Ranch Office:**  
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San Diego, CA 92131

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