
Self-Healing Newsletter

For People Who Enjoy Helping Themselves
March 2007

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HI EVERYBODY!

I hope that by the time you read this it will actually feel a bit more like spring. At the very least, we'll all be experiencing more daylight with the earlier than usual switch to Daylight Saving Time. After several weekends of hibernating and a brief bout with a cold, I'm ready for the opportunity to get outside and enjoy some sun on my face.

While spring often holds the promise of renewal and change, life circumstances may prevent you from feeling hopeful and uplifted as spring approaches. Since April 2006 my newsletters have focused on my use of Emotional Transformation Therapy (ETT) to rapidly treat anxiety, panic attacks, anger, depression, and Post-Traumatic Stress Disorder.

For those of you who have not yet experienced Emotional Transformation Therapy, it involves looking at colored light that shines from a specialized light box while talking about one's concerns. This process creates a state of calm that neutralizes stress, anger, and anxiety, as well as many other negative emotions arising from abuse, illness, trauma, and unresolved loss. The positive emotional changes that occur are almost always long lasting and lead to improvements in many areas of a person's life.

Recently a former client returned for a few visits. Her comments on how ETT has transformed her life reminded me of just how effective this approach is. She agreed to let me share her story below. (I have changed her name for privacy.)

Anita's Story

Anita, a forty year old mother, was my first client to benefit from Emotional Transformation Therapy fourteen years ago. She was the most severe trauma victim I had counseled up to that time. Before coming to see me, she had been involved in an emotionally, physically, and sexually abusive relationship for nine months. In addition, she was drinking heavily. Although

she managed to break free from the relationship, she began experiencing two to three abuse flashbacks per day and was housebound due to the severe anxiety connected with these memories. With such difficult symptoms, I wondered how effective ETT would be. I was delighted when she returned after her first session and reported that her flashbacks and anxiety were significantly reduced. After her second session, her symptoms were completely gone. Anita's comment was, "That worked so well for the trauma, let's see what it can do for my drinking!"

Over the course of the next three months, I used ETT with Anita to treat a variety of traumas and disappointments that had occurred during childhood and adolescence. At the end of the three months, her mood was noticeably brighter, and she had stopped drinking completely. When I spoke to her recently, she remarked that she hasn't had a drink since then. She said, "Lots of counselors tried to help me stop drinking, but no one had helped me with the *reasons* I was drinking."

Once her drinking was under control, Anita decided that she wanted to attempt reconciling with her daughter who had refused to have any contact with her for years due to Anita's drinking. Her daughter agreed to meet with me to talk about the possibility of reconciliation. After a few sessions of venting, her daughter chose to use ETT to work on her anger. Several sessions later her anger was greatly reduced, and Anita and her daughter attended several joint counseling sessions with me. Although the sessions were tense, mother and daughter talked through their hurts and disappointments. They now have a very good relationship, and Anita is delighted to babysit regularly for her daughter's children.

Over the years, Anita has returned twice for brief counseling. After the death of one of her family members, she became clinically depressed; however, her depression lifted dramatically after two ETT sessions. Recently she returned for a few sessions due to feeling depressed about her medical problems. These depressed feelings were relieved through a combination of talk therapy and ETT.

Anita's experience typifies what the majority of my clients experience during Emotional Transformation Therapy. Whether clients are seeking assistance with mild, moderate, or severe difficulties, they are often amazed at how quickly their anxiety, depression, anger, PTSD, or unresolved grief dissipates. Most then continue seeing me to resolve the issues and situations that brought about their intense symptoms and reactions.

ETT and Post-Traumatic Stress Disorder

After reading the March 5, 2007 *Newsweek* cover story, I was saddened to learn that many veterans of the Iraq war are suffering from untreated Post-Traumatic Stress Disorder. PTSD, which is characterized by flashbacks, anxiety attacks, and nightmares, can eventually result in both acute and chronic depression when left untreated. Depending on the complexity of the trauma, I can often treat PTSD successfully in two or three sessions without re-traumatizing the person. In light of this, I want to repeat my standing offer to treat without charge any returning veteran who has PTSD. For a detailed description of how I use ETT to treat PTSD, please go to my website at www.wellness-innovations.com, and click on the newsletter archives. The April 2006 newsletter contains the description.

Take Care of Yourself!

With Emotional Transformation Therapy, difficult emotional concerns that used to require lengthy therapy now can be resolved in a relatively short period of time. There is no need to suffer! If you or someone you care about is struggling with any type of emotional upset or trauma, please call me at 630-960-2887 or email me at dlippmann@att.net to schedule an appointment. To learn more about Emotional Transformation Therapy, please visit my website at www.wellness-innovations.com where you can download a free booklet on this innovative technique.

The newsletter topic for this month, written by my colleague, Tony, is entitled ***The New You***. It explains how our negative beliefs about ourselves can be slow to change even when we've moved forward and improved our lives.

THE NEW YOU

Most people come to therapy with a horrible idea about who they are.

"I'm just a failure."

"I'm unlovable."

"I guess I'm just genetically depressed."

"I'm a scared person."

A lot of time and energy in any therapist's office is devoted to changing such horrible self-definitions.

DEVELOPING AN IDENTITY

Children learn that they are separate human beings as toddlers.

It's so scary for them that it takes most of a year to get over it.

After that, each child discovers there are major advantages to being separate. What pleases them most is that they can say, "No." (And they say it a lot!)

"I'm the one who won't eat spinach," evolves into "I know who I am."

"I'VE ALWAYS BEEN THIS WAY"

Before reading further, ask yourself how you'd complete this sentence:

"I've always been a _____ person."

Think of words like happy, generous, sad, successful, serious, angry, etc.

Think of other adjectives on your own and pick the one that seems to fit you best of all.

The word you pick is a major part of your identity.

AFTER YOUR CHANGES

People in good, long-term therapy often make such big changes in how they live their lives that their old identity has nothing to do with current reality.

But even with all the evidence that they have changed so radically, they still have a hard time changing their basic idea of who they are.

It's as if they say: "I'm O.K. now, but I'm still a _____ person."

The discomfort of giving up an old identity makes us fight hard to maintain it.

All our changes can seem irrelevant when compared to all those years of habitually telling ourselves who we are.

We are psychologically addicted to our old identity. And when it comes to addictions we need to trust what we know to be true instead of our habits.

SO...

If you always thought you were depressed, but you haven't felt that way for a year or more, don't believe, "I am a depressed person."

If you've always thought of yourself as shy or scared, but you haven't been hiding for a year or more, don't believe, "I am a scared person."

If you've always been short-tempered, but you haven't been that way for a year or more, don't believe, "I am a mean person."

If you've thought of yourself as unlovable, but you have been loved for a year or more, don't believe, "I am an unlovable person."

If you've been unsuccessful in your work, but you've been doing well for a year or more, don't believe, "I am a failure."

YOUR OWN IDENTITY

Go back to that word you chose above about who you've "always been."

If it's a positive word and it fits with how you've been lately, keep believing it!

If it's a negative word and it fits with how you've been lately, give your therapist a call.

If it's a negative word and it doesn't fit with how you've been in the last year or so, have a party! Celebrate throwing that word – and maybe even that "you" – away!

YOU ARE WHO YOU ARE, NOT WHO YOU'VE BEEN.

If you struggle with negative beliefs about yourself or if you dislike aspects of your personality, I can help you achieve a different perspective, one that is more aligned with your authentic self. I have never worked with anyone who didn't have a multitude of positive aspects. You deserve to feel good about yourself!

Wishing you an enjoyable spring,

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P.S. I want to thank all of you who have recently referred friends and family to me. If your friends would like more information on my services, have them visit my website at www.wellness-innovations.com. Please forward this newsletter to anyone who is experiencing stress or emotional upset.



Dan Lippmann has more than 25 years of individual and marital counseling experience. In addition to being licensed, he is a Board Certified Diplomate in Clinical Social Work. After facilitating his own recovery from a chronic pain condition in 1987, Mr. Lippmann began collaborating with experts in the field of mind-body health to develop innovative stress reduction and wellness techniques. He has been cited as a "Master Practitioner" in the book, Light Years Ahead, and in July 1999 his work on stress reduction was featured in the Chicago Tribune. He has also been interviewed about his work on radio and television. To receive this free monthly email newsletter, visit www.wellness-innovations.com.