

Self-Healing Newsletter

For People Who Enjoy Helping Themselves

June 2006

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### **IN THIS ISSUE**

#### **PANIC ATTACKS**

#### **Hi Everybody!**

One of the most painful conditions anyone can experience is Panic Disorder. If you have ever had a panic attack, you know what I'm talking about! These are just some of the ways that my clients describe panic attacks:

"I felt like I couldn't breathe."

"I couldn't stop shaking."

"I thought I was going crazy."

"I thought I was having a heart attack."

In technical terms, panic attacks, also commonly referred to as anxiety attacks, are characterized by extreme fear, accelerated heart rate, shortness of breath, dizziness, numbness or tingling sensations, and sometimes feelings of being detached from reality. Although many people feel that their anxiety attacks come out of the blue, they are actually often triggered by a combination of current stressors and unresolved emotional issues from the past. Sometimes the source of the anxiety is obvious, while at other times the person can only discover the source through counseling.

Fortunately, I am now able to help people rapidly identify and treat the source of panic by using state-of-the-art techniques. Within three to eight sessions, most of my clients' acute anxiety symptoms decrease significantly, and their panic attacks stop. Additional sessions are then often needed to gain full understanding and resolution of the issues that led to the panic attacks.

#### **New Treatment for Panic Attacks**

Fredric Schiffer, a Harvard trained psychiatrist, wrote in his 1998 book, [Of Two Minds](#), that activating either the right or left hemisphere of the brain enabled people to understand two different perspectives of a particular problem. Often one perspective was highly emotional, while the other perspective was calmer and more balanced.

Expanding upon Schiffer's research, Steven Vazquez, Ph.D., recently developed a set of goggles that activates several different parts of the brain by allowing light to enter the eye at different angles. I now use these goggles in my practice to help people understand different perspectives of a particular problem. The goal is to find and activate the part of the brain that has a calmer reaction to the problem. When clients talk about the problem from this calmer perspective, rational and optimistic thoughts become stronger and replace anxious and pessimistic thoughts.

### **Anne's Healing Story**

"Anne" was a fifty-one year old woman who came to see me after her doctor diagnosed her as having Panic Disorder. She had gone to the emergency room twice due to shortness of breath and dizziness. When doctors could find no physical source for her problem, her panic attacks increased and began to occur while she was in stores and in her car. When she came to see me, I showed her the goggles and explained how they worked. Although she thought the idea was somewhat unusual, she stated that she was willing to try anything.

### **New Insight, Rapid Relief!**

Once she had the goggles on, I had Anne describe the anxiety attacks and talk about stressors in her life. Over the next few sessions, she described several stressors, including how her husband had recently been experiencing chest pains and was being treated successfully with medication. She didn't think this was the cause of her anxiety because his condition was under control. However, as she continued to talk, her anxiety increased, and she said that she was suddenly thinking about her father. She began to describe how her father had had a heart attack when she was eight years old. She'd been riding in the back seat of his car when it happened.

Using the goggles, we activated different perspectives of this upsetting experience. Anne eventually began to talk about the fact that her father had experienced a complete recovery. This perspective allowed her to begin feeling very calm. Surprised, she now understood the connection between her husband, her father, and her anxiety attacks. Anne did not experience any more anxiety attacks following this session; however, she continued to meet with me to address other concerns related to health and aging that were still making her somewhat anxious. The goggles continued to be a useful device that led to the elimination of her anxiety.

### **Innovative Techniques**

The goggles are one aspect of a comprehensive approach I use to address anxiety. Please visit my website at [www.wellness-innovations.com](http://www.wellness-innovations.com) to read previous newsletters and published articles highlighting the use of Emotional Transformation Therapy (ETT).

## **Take Care of Yourself!**

Anxiety attacks that used to require lengthy therapy now can be resolved in a relatively short period of time. There is no need to suffer from anxiety. If you or someone you care about is struggling with anxiety attacks, please call me at (630) 960-2887 or email me at [dlippmann@att.net](mailto:dlippmann@att.net) to schedule an appointment. To learn more about Emotional Transformation Therapy, please visit my website at [www.wellness-innovations.com](http://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 ***Talking to Yourself***. It describes how to improve our lives by reducing negative self-talk. Since negative self-talk tends to exacerbate anxiety, the techniques described in this article can help reduce anxiety and serve as a useful adjunct to therapy.

## **TALKING TO YOURSELF**

In old movies, if you wanted to show that someone was really “crazy,” you’d show them talking to themselves. Even if they were only doing it in their own heads, it was supposed to be a sure sign of mental illness.

Talking to ourselves is actually a sign that we are self-aware and that we seek insight into our own actions. It is a hallmark of being human, and it is often given as proof that we are a higher species.

## **WE ALL DO IT**

We all have mental conversations with ourselves.

Self-talk is so constant that meditation groups, relaxation tapes, and self-help books focus on just trying to get us to be able to stop all the self-talk for just a few seconds.

But, in a sense, we can measure our degree of psychological pain by checking out our self-talk.

It is not whether we do it, it is WHAT we say to ourselves that matters.

## **WHAT DO WE SAY TO OURSELVES?**

It would be wonderful if we only said well-thought-out, self-protective, self-loving things to ourselves.

It would be wonderful, but it’s just not true for most of us most of the time.

A lot of self-talk is critical.

It is as if our private mental world is occupied by a watchdog that is always anxious to point out our flaws.

To a degree, this is self-protective.

It “resets our automatic pilot” when we may be veering too far off course.

But one of the quickest and best ways to improve our lives is through changing negative self-talk.

How do we go about it?

### HOW TO CHANGE YOUR SELF-TALK

- **Become aware of it.**
- **Label its source.**
- **Change it.**
- **Notice how different you feel.**
- **Decide whether to change it further.**
- **Don't think you are finished.**

### BECOMING AWARE OF YOUR SELF-TALK

Journaling is a popular technique for becoming aware of self-talk. But whether you write in a journal or just try to notice what you say to yourself without a journal, **LOOK FOR DISAGREEMENTS WITHIN YOURSELF!**

Sometimes these disagreements will be almost “auditory.” One side will say something and the other side will say, “That’s not true,” etc.

**ANY self-talk that makes you feel bad contains a “disagreement.”**

The disagreement is between the negative self-talk and the part of us that doesn't want to feel bad!

### LABELING ITS SOURCE

**Self-talk that makes you feel bad originally came from someone else!**

Learn to identify WHO SAID THIS ABOUT YOU in your past.

And mentally “label” the negative self-talk with the name of the person you got it from.

IMPORTANT HINT: Since parents have so much influence in our lives, much self-talk (both positive and negative) comes from them. It will help you to use your parent's first names – “Herman” or “Brenda” or whatever – instead of using “Dad” or “Mom” when you label these internal messages. (This will remind you that they were only “people” who were capable of making mistakes, not “gods” who could never be wrong.)

### CHANGING IT

Simply change the thing you say to yourself into something that you'd like to believe that makes you feel better.

### NOTICING HOW DIFFERENT YOU FEEL

Try the new self-talk for a short time (anything from a few hours to a couple of days or so).

See how it feels – and **learn how much of the new, kinder statement you actually believe.**

### DECIDING WHETHER TO CHANGE IT FURTHER

Make a NEW DECISION about what you will say to yourself about this in the future.

Make it self-caring, self-protective, and something you honestly believe to be true.

### KNOWING YOU ARE NOT FINISHED

You will be growing and changing all of your life. Updating your self-talk will always be necessary.

Even when you finally finish making new decisions about the really negative stuff, there will still be the need to update self-talk based on the changes that life brings your way.

### BECOME YOUR OWN THERAPIST

Good therapy also aims at well-thought-out, self-loving, and self-protective new decisions.

When you follow the steps in this topic, you are essentially becoming your own therapist.

Do as much as you can on your own, but call a therapist when you run into painful things you can't change on your own.

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If you or someone you know is experiencing anxiety or panic attacks, remember that it is never too late to get help. Please give me a call if you'd like to experience significant relief through Emotional Transformation Therapy. You deserve to enjoy peace of mind and healing.

Warm regards,

#### **Dan Lippmann, LCSW, BCD**

Director, Counseling & Wellness Innovations

445 W. Jackson Ave., Naperville, IL 60540 / (630) 355-7250

1000 Maple Ave., Downers Grove, IL 60515 / (630) 960-2887

Email: [dlippmann@att.net](mailto:dlippmann@att.net)

Website: [www.wellness-innovations.com](http://www.wellness-innovations.com)

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](http://www.wellness-innovations.com). Please forward this newsletter to your friends and associates who may be experiencing panic attacks.

*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](http://www.wellness-innovations.com).*