
Self-Healing Newsletter

For People Who Enjoy Helping Themselves
October 2007

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Hi Everybody!

As much as I enjoy the (somewhat over-the-top) Halloween displays and lights that are popping up all over my neighborhood, I'm reminded that shorter, colder days lay ahead. For this reason, I am making every effort to soak up as much sun and time outdoors as I can. Last week, during an unexpected break in my schedule, I even managed to take a twenty minute walk along the Naperville Riverwalk (which is right across the street from my Naperville office). I am often surprised at how making even a small effort to do something enjoyable and out of the ordinary can have a positive impact on my daily life. I encourage you to think of something you can do this week (large or small) that will give you a mental or emotional boost.

This past month several of my clients have experienced profound emotional healing of past traumas through the use of **Peripheral 360 Goggles**. These goggles are an exciting addition to Emotional Transformation Therapy, the innovative approach I use to rapidly heal emotional traumas. One of these clients suggested that I write about how effective the goggles are for alleviating Post-Traumatic Stress Disorder.

Activating New Perspectives with Peripheral 360 Goggles

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, PhD., 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.

Peripheral 360 Goggles and PTSD

A surprising number of people suffer from Post-Traumatic Stress Disorder (PTSD). PTSD often results when someone is exposed to a dangerous or violent situation, such as a car accident, violent crime, war experience, or physical, emotional, or sexual abuse. When people encounter situations that remind them of the trauma, they experience fear, upsetting memories, involuntary flashbacks, and symptoms such as insomnia, hyper-vigilance, and irritability. Most forms of therapy take months or even years to treat PTSD and are often only partially successful.

With **Peripheral 360 Goggles**, long term treatment for PTSD is often no longer necessary! Clients whose traumas are limited to one or two incidents become symptom free in only two to five sessions, while clients who have more complex traumas usually experience significant relief in six to ten sessions. Helping people recover from serious trauma has been the most satisfying work of my career.

My client, Pastor Davis, was delighted to experience rapid relief of his PTSD symptoms through using the Peripheral 360 Goggles. He kindly gave me permission to share his story. (His name and identifying details have been changed to protect his privacy.)

Pastor Davis's Healing Story

Pastor Davis, a Protestant minister, was very clear about his reason for coming to see me. As soon as he sat down, he said, "I'm here because I have PTSD. I grew up in the Balkans, and I saw many people being killed when I was a young child. My family and I were in danger of being massacred for several months." Pastor Davis (who also has a degree in counseling) had accurately diagnosed his general anxiety, nightmares, and flashbacks as all being symptoms of PTSD.

After I explained to him how the Peripheral 360 Goggles worked, Pastor Davis wanted to use them during the first session. I told him that he could start with the most difficult traumas or with less upsetting memories. Once he put the goggles on, he chose to talk first about a traumatic situation that had occurred after the height of the war, during his teenage years. He described how he had experienced extreme teasing and verbal abuse at his parochial high school when he refused to join a clique that engaged in gossip and harassment. As he shared these painful experiences, I rotated the opening in the goggles to help him access different perspectives of this situation until he said that he felt extremely calm. When I asked him to reflect on the situation from this new perspective, he simply said, "It feels like it happened a long time ago. It doesn't seem to matter much now. I feel peaceful."

When I called Pastor Davis the following day to schedule his next appointment, I asked him how he was feeling. He said, "I feel wonderful! I can't remember ever feeling this way." During his next appointment, he reported that he had delivered several sermons over the past week during which he had shared his wartime experiences with his parishioners for the first time. He movingly said, "Because of the way I am now feeling, I told them that there is deliverance." During his three remaining sessions, he continued to work on negative experiences associated with his high school years, as well as on his

truly- shocking, childhood wartime memories. He experienced so much relief as a result of these sessions that he began referring his parishioners to me for counseling.

Take Care of Yourself!

Although I was delighted by Pastor Davis's success, I was not surprised, because the Emotional Transformation Therapy (ETT) techniques that I use for PTSD work extremely well with almost every client. With ETT, difficult emotional concerns that used to require lengthy therapy can now 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 web site 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 **Self-Love**. It explains the importance of loving yourself despite your perceived flaws.

SELF-LOVE

Emotional problems indicate a lack of self-love!

WHEN YOU'VE GOT IT...

I'm going to be giving you a lot of examples of how self-love works. Remember as you read this that **NOBODY IS SELF-LOVING ALL OF THE TIME!** If these examples make you realize that you do not love yourself very much today, use them to remind yourself of times when you **did** feel self-loving, **why** you could feel that way then, and **what you can do today** to get back to feeling that way.

Also, since we have varying degrees of self-love at different times, **use this information to s-t-r-e-t-c-h yourself to be MORE self-loving today!**

USING THE MIRROR

Here is the very best way I know of to determine whether you love yourself: The next time you are looking into a mirror, look **DEEP** into your own eyes (as if you can see right through to your "self"). Then notice how you feel in your body as you say, "I love you." Is the statement true- or are you lying to yourself...?

What Do You See?

Self-loving people tend to see themselves as a whole when they look into a mirror. Other people tend to see **EITHER** their positive characteristics or their negative characteristics (as if that big nose or that beautiful hair or that pimple on the forehead is somehow the whole person).

Self-loving people **LIKE** what they see overall, despite their flaws.

Others tend to like (or dislike) only their appearance – not themselves.

The Sudden Mirror

What is your immediate reaction when you accidentally see your reflection in a storefront window?

I don't care if you think the person is good looking or not.

What I care about is this: **If you met this person on the street, would you LIKE them?**

THE BASIC PRINCIPLES OF SELF-LOVE

“What We Want Always Matters.”

“Who We Are Is More Important Than What We Do.”

“We Are Valuable. Nothing Can Ever Change That.”

IN RELATIONSHIPS

Since self-loving people tend to treat themselves well:

They see **fun and enjoyment as a goal** most of the time (even when it is hard to attain).

They **do not tolerate mistreatment** by others.

They are **caring toward others**. (It feels better to be that way.)

They **usually don't put anyone else “first.”** (Others are usually a “close second.”)

ABOUT MISTAKES

Self-loving people know that they often make mistakes!

Since they live their lives for the joy they can find, they do a lot of experimenting and try many new things.

Since they aren't foolish (or self-destructive),

these experiments will work out well most of the time – but sometimes they do go wrong.

When this happens, self-loving people are **NOT** surprised!

They simply apologize if necessary, fix anything that can be fixed, and move on...

Self-Loving People Are Responsible, Not Guilty.

Self-Loving People Don't Make Excuses – Especially to Themselves.

GOD, THE UNIVERSE, OR WHATEVER YOU BELIEVE

Children are born with a deep sense of their own “OK-ness.”

They know at birth that they are loved by God or are “accepted by the Universe.”

Most of us lose this wonderful sense of peace and self-acceptance somewhere along the line.

WE NEED TO RE-EXPERIENCE THIS SENSE OF WELL-BEING WE HAD WHEN WE WERE BORN.

From a psychological point of view, it may not matter whether we re-experience this through an organized religion, spiritual philosophy, or a heightened, spiritual experience. **What matters is that we keep pursuing this sense of well-being until we find it!**

**Once We Know That We Are “OK” In This Deep Sense,
We AUTOMATICALLY Know Many Other Things:**

We Are LOVABLE.
We DESERVE To Be Treated Well.
It Is Unnatural To Refuse To Accept Love.
It Is Unnatural To Refuse To Give Love.
Self-Love Does Not Depend On What We Do.
Love Is A GIFT, Not Something We Earn.
Self-Hate Is Always An ILLUSION.

We also know, of course, that God's standards are forgiving.
And we will be happier when we use these standards to evaluate ourselves!

If you struggle with negative beliefs about yourself, I can help you achieve a different perspective, one that is more aligned with your authentic self. You deserve to feel good about yourself!

Hope you have fun on Halloween.

***Wishing you a great fall,
Dan Lippmann, LCSW, BCD***

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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