

## Self-Healing Newsletter

For People Who Enjoy Helping Themselves

July 2007

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#### **HI EVERYBODY!**

As some of you already know, I once suffered from severe back pain. I used a variety of mind-body techniques to fully overcome this problem. Now I take great satisfaction in helping others to overcome various pain conditions.

#### **Pain Reduction Techniques**

In his book, *Mind Over Back Pain*, author John Sarno, M.D. describes how back pain can be caused or intensified by stress. According to Sarno, stress causes blood flow to change in the body which often leads to increased muscle tension. This muscle tension can then trigger physical pain, especially back pain.

People often come to me hoping to learn relaxation techniques to reduce their pain. While relaxation techniques are helpful, I have found that relief occurs more rapidly if clients are able to identify and resolve the situation(s) causing their stress. If resolution isn't possible, I assist clients in exploring ways to cope with the situation, with particular attention to reducing their negative emotional response to the situation. Emotional Transformation Therapy (ETT) allows me to help people quickly alter their emotional reactions to stressful situations, often leading to significant pain reduction.

For those of you who have not yet experienced Emotional Transformation Therapy, it involves looking at colored lights that shine 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.

#### **Healing John's Back Pain**

John, a thirty-five year old computer programmer, came to see me for depression and pain control. He had experienced several episodes of back pain in the past and was in the midst of a full blown pain episode during his first visit.

I knew that Emotional Transformation Therapy would be John's quickest path to pain reduction. Although initially skeptical, John agreed to view the colored lights while describing his back pain. I asked him to talk about what was happening in his life around the time that his recent back pain began.

He reported that some changes had occurred at work. His supportive boss had been replaced by an authoritarian individual who liked to micromanage his employees. When I asked John what was happening to his back pain while he was talking about his new boss, he said that his pain was increasing. John immediately recognized the connection and began to laugh.

John expressed a great deal of anger towards his new boss. I then had John use a release technique while looking at the colored light to help him with the anger. This technique involved having John move his eyes in certain directions while focusing on his anger towards his boss. Much to his surprise, the eye movement technique reduced both his anger and back pain. I then taught John an emotional release technique that he could use whenever he felt angry at the boss, and asked him to keep track of his pain levels during the week.

During our second session, John reported that he had some success with reducing his anger and pain while at work. However, he had noticed that his back pain intensified when he felt anger towards people other than his boss, including his wife. As we talked, John became aware of an old pattern: he resented anyone telling him what to do. We then used the colored light device to help him explore the roots of his reaction. As I expected, John had an authoritarian father whom he often felt resentful and powerless around. We spent several sessions working on his anger towards his father. John's back pain diminished and then ended altogether once our work was complete.

Current research reveals that emotional reactions to stressful situations can intensify pain. John's experience is a good example of how pain can be reduced by identifying underlying stress factors and resolving negative emotional responses. Many of my clients who suffer from arthritis, TMJ (jaw pain), fibromyalgia, headaches, Irritable Bowel Syndrome, and physical injuries (car accidents, sports injuries) experience similar pain reduction when their negative response to upsetting situations is released. Emotional Transformation Therapy (ETT) provides a quick, effective way to reduce stress and emotional upset, often resulting in long lasting pain relief.

### **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 pain, emotional upset or trauma, 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 ***What Do You Deserve?*** It describes why we deserve to be treated well and how our behavior influences the treatment we receive.

## WHAT DO YOU DESERVE?

Do you think this way?

Do you talk like this?

Which of the next three statements sounds like you?

### ***Undeserving-of-Anything Little Ol' Me***

I'm so sorry to have to bother you but I wonder if maybe you could possibly consider taking the time to have a look at this little thing I'm having trouble with to see if maybe you could..."

### ***Entitled-to-Everything Big Ol' Me***

"Hey Buddy, over here! I need some help with this thing right now and I don't want you lookin' around and actin' like I'm not here when I'm talkin' to you. You gotta help me with this damn thing because..."

### ***Respectful, Trusting, and Ready***

"Hi. How you doin'? Got a minute? I've got a problem I'd like some help with..."

## UNDESERVING PEOPLE

People who apologize constantly and think they are a bother seem to believe they don't deserve to be alive.

They were treated as if they were a useless burden earlier in their lives and now they believe it.

## ENTITLED PEOPLE

People who are demanding and start arguments seem to believe the world revolves around them. But down deep they believe they are worthless, too.

They come from families in which everyone was treated terribly. So they believe this is how the whole world works.

They'd rather start fights than wait until someone else does.

## TRUSTING PEOPLE

People who ask for what they want assertively but kindly believe they can count on being treated well most of the time.

They had a mix of good and bad things in their childhood families, but they were treated respectfully as separate, valuable human beings even when things went wrong.

## NEVER TOO LATE

If you think the way "undeserving" people think or the way "entitled" people think, it's not too late.

The way out is to understand and apply these words:

"I deserve to be treated well, but nobody owes me anything."

***"I DESERVE TO BE TREATED WELL."***

"Deserve" means "worthy, fit, or suitable."

It does not mean "entitled."

Being born is proof enough that you are worthy, fit, and suitable to be treated well.

Even when people are angry with you for very good reason, you deserve to be treated well.

Your screw-ups don't give them an excuse to purposely hurt you.

Everyone deserves to be treated well, including all children, strangers, and people in prison.

Purposeful mistreatment teaches purposeful mistreatment.

That's not what a child, a stranger, a prisoner, or anyone else needs to learn.

**“NOBODY OWES ME ANYTHING!”**

We are only owed something when we have a signed contract that says so.

And even contracts can be worthless.

We can think that our partners and friends owe us what would make us happy, or that our bosses owe us more than it says in our employment contract.

But they don't.

We are kidding ourselves.

We can ask for more, but we aren't owed anything.

**PUTTING IT ALL TOGETHER**

We get ignored when we think we are undeserving.

We get hassled when we think we are entitled.

And we get the other person's best when we know we deserve to be treated well.

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*If you are interested in making important life changes and feeling better emotionally and physically, I can help. You deserve to enjoy life!*

*Best wishes,*

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