
The exCHANGE

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NEWSLETTER

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Spotlight

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Pamela Polcyn came to join our professional team, and was brought into the group in April 1994. In her 11 years as a CHANGE affiliate she has become an expert in treating anxiety disorders. She enjoys helping people to get rid of their anxiety condition using The CHANGE Program for adults and LifeSkills for children. This is what she has to say.

Beginning therapy is a challenging experience filled with confusing thoughts and feelings for many people. Therapy is a process of exploration and discovery through which one learns new ways of dealing with unproductive thoughts, feelings, and behaviors. Therapy assists clients in reconnecting to inner strengths, in keeping love and intimacy alive in relationships, in transitioning through times of uncertainty, and in improving quality of life. I am here to work with clients to regain confidence and satisfaction in themselves, their relationships, and in their careers. We collaborate to develop ways to balance and harmonize conflicting elements of your life and to transform your uncomfortable stresses into meaningful challenges.

I specialize in:

- Anxiety and stress reduction: panic, phobias, separation anxiety, social phobia, shyness, and PTSD
- Relationship building: couples, families, teens, and children
- Adjustment to life transitions: marriage, parenting, divorce, career changes, aging, menopause, grief and loss, and surgery preparation
- Addiction recovery: chemical dependence, eating disorders, and gambling
- Personal coaching: creativity, spirituality, and goals
- Telephone and online coaching



Innovative treatment such as The CHANGE Program and LifeSkills for children for overcoming anxiety. Cognitive-Behavioral Therapy, Relaxation/Meditation Training, Hypnosis and Coaching. Calls returned immediately and prompt appointments given. Free initial phone consultation.



QUOTE OF THE DAY

Good luck is another name for tenacity of purpose

YOUR CORNER



Dear CHAANGE Staff and Dr. Pullen,

I finished my Program 3 weeks ago and did what you suggested. I rested 2 weeks and then I just started again. Things are still going fine. I had a few extremely helpful sessions with Dr. Pullen. I think that everyone can benefit from it. I certainly did. As I said, I just started the program again and I am excited to reinforce the new behaviors that I acquired already. My husband is delighted with my change. Now we can travel and visit friends without me being scared. Thank you CHAANGE and Dr. Pullen.

M.W. West Virginia

"I feel so fortunate because I can get the greatest high doing the most ordinary things like...grocery shopping, or taking the kids to school. Other people, without anxiety seem to trudge along through life not knowing how lucky they are. I am actually glad I had anxiety... without it, I would never have learned the living skills you have taught me and I would have taken so much for granted ...I got over the anxiety condition by doing everything CHAANGE told me to do whether I understood it or not. By diligently using my relaxation, practicing the productive dialogue and COMMITTING myself to change by unlearning fear. I've done it. Getting over it to me means accepting and learning to be unafraid, having enough tools to go out there and try at my own pace, knowing that is 2 steps forward and one step back process but counting my progress by the forward steps and learning from the backward steps. K.D. New Jersey.



FROM DR PULLEN

To Group, Or Not To Group?

Is the support of a particular Support Group healthy and helpful or is it detrimental? Just getting together with people who share your same problems is not necessarily a good way to overcome those problems. As you think about evaluating a group available to you, check to see if there is a clear effort to restrict commiseration in the group, symptom swapping, and prescription swapping.

Are there some structured efforts to help you set goals for yourself and work towards them in small steps? These, with doses of mutual support rather than sympathy, are what provide true help. Individuals in such groups do well to learn not to compare themselves, but to be unique in their movements towards their goals. Above all, celebrate all steps forward. There truly are no small successes.

One requirement for getting over a severe anxiety condition is the willingness to eventually put into practice what the participants are being taught and shown in terms of new attitudes, new ways of thinking, new ways of behaving. Without that, their experience will remain the same.

CD of the month.
Sleeping Better Relaxing More
An Antidote for Severe Anxiety
By
John R Pullen, Ph.D.
\$14.50 + 4.95 S/H

HAVE A QUESTION OR COMMENT?

Send it to: Ask Dr. John Pullen at 1360 Rosecrans St. Suite I, San Diego, CA 92103-2639. Or e-mail info@chaange.com. Or you can contact CHAANGE for information on regularly scheduled phone coaching with Dr. John Pullen or Dolores S. Pullen at PHONE: (619) 224-2216 or FAX: (619) 224-2215.

