
The exCHANGE

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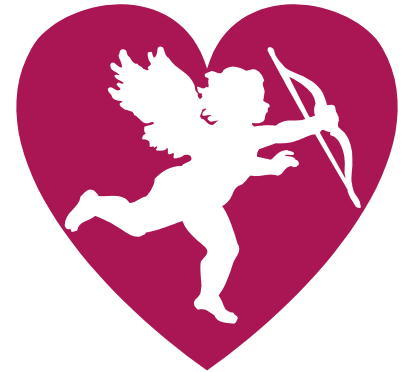
NEWSLETTER

February, 2007



Spotlight

**Victoria Schlicht,
LMFT**



We want to welcome Vicki Schlicht, Licensed Marriage and Family Therapist to CHAANGE! We at CHAANGE are as pleased to have her as an affiliated professional as she is to have fully qualified. Her enthusiasm is demonstrated in her work already with at least two CHAANGE participants.

Our newest affiliate states “I am excited about the CHAANGE program and what I have already learned about anxiety. Seems to be such a huge component for many of my clients and I am suspecting it is an issue, perhaps THE issue, underlying some of the difficulties my couples are facing.”

Vicki is in private practice with locations in both Tustin and Mission Viejo, California. She has 5 years of serving as a therapist for a well known social service agency in Orange County. There she assisted individuals of all ages and families. Actually she has worked in a number of responsible positions in her profession of helping people. She has done well and will continue doing well in her important roll in providing the way for the anxious to achieve freedom from severe anxiety. We are pleased!

QUOTE OF THE MONTH

“We have been so anxious to give our children what we didn’t have that we have neglected to give them what we did have.”

Author Unknown

YOUR CORNER



FEELING LIKE A NEW PERSON

Thanks to D.P. of NY... “My life has improved so much since I found you, and I thought you should know how wonderful your program is.

By now I should have finished with the course, but for reasons too numerous to mention I delayed listening to the last 3 tapes. Actually, I did very little with any of the materials for about 3 months, but I’m back now and better than ever. I’m not beating myself up for the delay. It happened. It’s over.

I was surprised to find how quickly it all came back to me. Relaxation returned (stronger than ever), determination came to the fore, and I felt like a new person. It was 2 weeks before I realized that all the things I had learned had never really left me. Let me explain....

This year (the first ever) I had all my Christmas shopping done, presents wrapped, tree and decorations up, and cards in the mail by December 12th. AND I DID IT ALL WITHOUT PANIC! I actually enjoyed it....

I just wanted you to know how much you have helped me help myself. We deserve a pat on the back. Also, I think it would be helpful for others to know that if they get temporarily delayed in their progress, not to give up. Tell them not to worry; all they’ve lost is a little time – NOTHING ELSE.”

FROM M.G. OF NY: “...This Thanksgiving (and last Thanksgiving, too) I was especially thankful that I no longer suffer from panic attacks and, at this time of the year (Christmas), I wanted to write to you and express once again my sincere thanks for ‘saving my life’ two years ago. Yes, in February, it will have been two years since I stopped having regular panic attacks. In fact, in all that time, I have only had one small panic attack. A year ago, I left New York State to spend six months living and working in California by myself. (A year before that, I would never have dreamed such a challenge would be attempted so soon.) The first day of my 3000 mile drive, I panicked a little, but I calmed myself down by telling myself that anyone embarking on a half-year adventure such as this would be feeling nervousness and anxiety, and I was fine after that...

... There are still times when I feel extremely nervous, usually due to personal problems, but I take a long bath, do a little deep breathing, and give myself pep-talks, and I make myself become calm, before the tenseness becomes a habit again as it did once before. In other words, I recognize the warning signals now, and do something about it before it is too late. I still have an occasional ‘weird thought’ if I’m very tired or under

stress, but that is to be expected because, for me, that was the most horrible part of my sickness, and took the longest to go away...”

(To our readers – Do write us and let us know how you are doing.)



FROM DR PULLEN

1.- Dear Readers, some of you are just beginning to look at **CHAANGE** and might want further description of the program. I just came across a letter of mine to a colleague from quite some time ago. The word picture I expressed is as timeless as is the **CHAANGE** program. My statement about the program may help to convey some important things that I believe are accurate. I'll excerpt here (from the letter) some of my basic views about our treatment program.

Part 1 of 2

For me a key to the description of the **CHAANGE** program is to use the word **STRUCTURED**. I see that aspect as being respectful of the nature of these intelligent persons who demonstrate a need for a clearly defined experience and explanations. The educational approach fits in with our view that severe anxiety is a learned behavior, a way of interpreting the environment and their reactions to it that developed out of a certain intelligent and sensitive nature. One thing that both excites and satisfies my need for good sense is that if severe anxiety is a learned condition then certainly it can be unlearned. And the program is indeed a process with each session building on the last and aiding good integration. Concepts, principles, and skills ultimately move into behaviors to help these clients to take charge of their lives and leave the victim stance they have often known for a long time.

CD of the month.

Feeling Bad About Feeling Bad

By Robin King, 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.

