
The exCHANGE

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NEWSLETTER

July 2007

SPOTLIGHT Ray Schneider



Ray Schneider got his Ph.D. from Columbia University in 1979 and has been practicing as a NY State licensed psychologist since 1983. He also has a MBA from the Columbia Business School. In addition to his general practice, he also treated nursing home patients since 1993. His specialty areas are geriatric psychology, depression, and anxiety/panic disorders. In his free time Ray likes to get away to the woods and hike. He has a 15 year old daughter named Allison whom he says is “the kid on the planet. “ We welcome Ray to our team of dedicated therapists who transform people’s lives with CHANGE.



Your corner



Dear John R Pullen, Ph.D

Thank you for all the help you have given me. I am so grateful to you all! You. have made it possible to eliminate the fear and discomfort, the limitations I suffered suffered for so many years.

A grand outcome of the CHAANGE program for me was to realize I not a victim at all, but that in a numbers of ways, I created my condition. My thinking and attitude has changed so much.

What I have learned is that being able to take responsibility gave me the choice. I heard that more that more than once from Dr. Pullen in our telephone consultations and I finally got it! I am using that power to now maintain my personal freedom from fear. No doubt I will be sending people to you. It is a nice feeling from my side to be able to contribute just to you by writing.

Sincerely and best wishes to you and your family,
RM, Los Angeles



AFFIRMATIONS FOR U

I recognize that I may be the only happy, cheerful, helpful booster that people may encounter today. People will feel better as a result of our meeting, even if we meet for a fleeting moment, they will be better as a result and so will I because of my constructive, positive, cooperative spirit. I help my associates to feel better about themselves, about their lives, and me.

A POSSITIVE IDEA

One family I've heard about plays a dinner-table game called "Good News." Everyone, regardless of age, is asked to describe something good that happened for them that day. No complaints about others are allowed. Each person gets an opportunity to speak, while others listen and comment. Even shy people can be a full participant with this process. Try it out!



FROM DR PULLEN

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 2 of 2

Overall, I see a great tendency in the program and it's teachings to help our clients to become responsible for their life, again, leaving the victim stance and moving to one of choices for how we behave and feel. In my work as a therapist in general, responsibility is a major issue. As I see it, self-awareness is a continual goal. I truly believe that the moment I become aware of what I am doing and how I do it I become a powerful person, though it may take me a while to realize it. What happens, in my view, is that at that the moment I can realize what I am doing and how I am doing it, I automatically become responsible. And when I do that my muscles really grow! That is, when I take responsibility, I then have choice. I can have a say whether I can go on to do the same thing, double it, cut it in half etc.

CD of the month.
Complete Relaxation and Awareness
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.



QUOTE OF THE MONTH:

Sometimes when I consider what tremendous consequences come from little things... I am tempted to think... there are no little things

Bruce Barton

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