
The exCHANGE

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NEWSLETTER

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Spotlight

Mary Elizabeth Grosscup

Mary Elizabeth Grosscup, M.A., L.P.

Ms. Grosscup says, "I'm truly excited by my work with CHAANGE Program participants. The work motivates me because it provides education and skill to assist people in moving from fear to emotional freedom. It provides success!"

I'm a licensed psychologist in private practice. In addition to anxiety, my focus is helping individuals and couples develop healthy and meaningful relationships with themselves and others. As a clinician, I am aware that psychological, cognitive and relational deficiencies impact a person's happiness, quality of life and goals and I use the therapeutic relationship to assess the obstacles and to work together with my clients to create a break-through. I have observed anxiety impacting clients' relationships and work life.

I'm also an Employee Assistance Counselor, and provide mental health and substance abuse assessments, crisis intervention, and give information and referrals when appropriate. Outside of counseling, I enjoy biking, hiking, golfing and cross-country skiing. I also enjoy activities which enable me to experience different cultures, their uniqueness.

We at CHAANGE headquarters are pleased to have this well prepared professional who has already accompanied a goodly number of participants down the path to peace, the path to freedom from severe anxiety.

QUOTE OF THE MONTH

Money

If you follow your bliss,
you will always have your bliss,
money or not.

If you follow money,
you may loose it,
and you will have nothing.

Joseph Campbell

YOUR CORNER



FEELING LIKE A NEW PERSON

From P.T. of MO: "...

I am amazed at the things I have been able to do recently. 2006 was a bad year for me stress-wise, but I tried to use the tools I learned from CHAANGE. We have made two moves since I started the program over a year ago. Anyone who has, or has had, agoraphobia knows how we hate change of any sort. Not only did I make the moves without any problems, we were only here six days when my husband (my secure person) had to fly back to 'C' for ten days. Here I was, new town, no friends, no family, no safe place. I won't say I wasn't uneasy, but I wasn't panicky. Since then I've been shopping with a friend (one of my goals was to be able to ride with others); I can now shop alone (another goal); I can go to the beauty shoppe for a permanent (another goal), and I'm checking on taking driving lessons (another goal!).

I am considering traveling from here to SC alone, which before CHAANGE, I wouldn't have even dreamed about...

...I would like to say to anyone starting the program or anywhere in-between, it does work. It took me a year to realize how well it works. I'm still using my new skills. The 'so what' has been my greatest help, plus letting up on myself, because now I don't care if everyone doesn't think I'm Super Woman..."

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



FROM DR PULLEN

- Dear Readers, some of you are just beginning to look at **CHANGE** 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 **CHANGE** 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.

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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@change.com. Or you can contact **CHANGE** 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.

