

THE exCHANGE

Vol. 43, Issue #9

NEWSLETTER

September, 2007

*SPOOTLIGHT**

OUR

AFFILIATE

IN

MAINE

Ron Houle, LCSW

23 Water Street
Saco, ME
(207) 283-8403

Our well-trained anxiety treatment specialist, Ron Houle LCSW, has had his practice in Saco, Maine for thirty-three years. Ronald has an impressive amount of experience in working with substance abuse problems using the same principles he does with the CHAANGE program. He also consults to the University of New England's medical program, and does education on CD for the medical students. He continues to practice and teach Akido at Portland Akido Studio. Ron tells us that the founder of the center states! "I don't teach you how to move your feet, I teach you how to move your mind." Ron tells us that "so much of the CHAANGE program is teaching people how to move their minds and not get stuck in their thinking process." He also has found a way to use the CHAANGE program effectively in treating people who have a diagnosis of depression and has used the program with people diagnosed with obsessive-compulsive disorder. We are proud to have Ron Houle, LCSW as a busy member of our treatment team.

TREASURE YOUR UNIQUENESS

“Where did I come from?” the baby asked its mother. She answered, half-crying, half laughing and clasping the baby to her breast: “You were hidden in my heart as its desire, my darling.” You were in the dolls of all my childhood games. In all my hopes and my loves, in my life, in the life of my mother, and in her mother before that, you have lived. In the lap of the Eternal Spirit you have been nursed and anticipated for ages.”-

abindranath Tagore



FROM DR. PULLEN

“How easy it would be if we could just tackle a particular limitation like fear of driving or not being able to fly and that would be the end of it. Every so often we get calls from people who have specific symptoms from which they want relief. I usually insist on talking with them just a bit about this inasmuch as I’ve learned that these single symptoms are sometimes just the “tip of the iceberg”. There often is a broader based anxiety condition; the actual problem is underneath. For true relief, this underlying condition will need to be addressed in treatment for real resolution of the person’s problem. Short cutting seldom gives satisfying results in such cases.

Lifesavers

Responses to a reading of Dancing with Fear, or our earlier book, Free From Fears often is, “It saved my life!” If you haven’t read them both, do it now. Also, what inexpensive gifts they are to help someone change their lives. Give us a call and we will either send a copy to you or to whom you designate as the target of your gift. We’d love to hear from you.

YOUR CORNER

Dear CHAANGE Staff,

I want you all to know how pleased I am with my ever-lessening anxiety, and that I highly recommend the CHAANGE Program to anyone who might be bothered by anxiety and its symptoms. The CHAANGE approach, which includes an emphasis on visualization, positive reinforcement, and learned optimism, is not only effective its results build on themselves, I really do build on my own success! I’m acquiring life-long habits that will help me in many situations, even those not directly related to anxiety.

The telephone consultations have added immensely to my progress, reinforcing what I am learning. Dr. Pullen's insights on my symptoms, sometimes related to his own experiences, are invaluable. While I was working on the CHAANGE program, I also was recovering from an illness and two injuries. Dr. Pullen's support through our half-hour phone contacts each week was a vital reason why my recovery progressed at the fast rate it did.

Warmest regards to you all,

W.F. of New Jersey

Dear CHAANGE,

I finished the CHAANGE program in the spring of 1994 and at that time had not made the progress I had hoped for. I started listening to the tapes and studying the material all over again, a practice I still continue today.

I have just returned from a 200-mile business trip in which I had to stay over night. I am elated to report that for the first time in 23 years I made the trip alone.

I want to thank CHAANGE for making this possible for me. A year ago, I didn't even dream that I would ever be able to do this. This was my biggie that you talk about on the tapes.

To those who are in the program now, I would like to say "hang in there because it works." It sometimes takes longer for some of us than others, but it works – I KNOW.

Thank you,
-J.L. of Oklahoma

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

TELEPHONE CONSULTATIONS?

Do contact us at CHAANGE for information on regularly scheduled phone appointments with Dr. John Pullen. We can send you written information. Telephone (619) 224-2216 Fax 224-2215, E-mail: info@chaange.com

Q & A *(The following questions and answers are from Dr. Paul Foxman's, Dancing With Fear)*

Q. *"I'm afraid I'll pass out if my anxiety gets really bad. Has anyone ever passed out from anxiety?"*

- A.** The fear of passing out is, essentially, the fear of fainting or losing consciousness, and it is usually triggered by difficulty breathing. Breathing aberrations, such as rapid breathing and hyperventilating, are associated with severe anxiety episodes, and they are caused by adrenaline acting on the respiratory system. These breathing changes are the same as those associated with vigorous exercise, except that with anxiety there is no rational cause. The fear of smothering, choking or not being able to breathe intensifies the initial breathing abnormality, which feeds back into more fear, including the fear of passing out.

Fear of losing control is part of the problem. Passing out or fainting would be a form of losing control of the conscious mind. This is certainly the idea, but it is an unlikely possibility. In cases where other patients feared passing out, it had never actually occurred, and the individuals recognized that the chances of it happening were extremely low. Those individuals realized, upon deeper reflection, that there were a number of options they could exercise before passing out, such as leaving the anxiety-arousing situation, distracting themselves, or simply waiting until the feeling passed.

As in any severe anxiety episode, the first thing to do is tell yourself that it is *not* a life-threatening situation and that you will be all right. Trust that it will pass, and apply your relaxation skills. Use distraction, if necessary, and remind yourself that in most instances you have the option of leaving the situation. If you obtain proper treatment, you will learn the necessary skills for handling anxiety, and you will develop confidence in your abilities. When you no longer fear anxiety, your concern about passing out will diminish.

- Q.** *“I think I have an obsessive-compulsive disorder. Is this a form of anxiety, and can I over come it?”*

- A.** Obsessive-compulsive disorder is a form of anxiety, and it is classified as a severe anxiety disorder. Your condition is probably characterized by repeated but unwanted thoughts, as well as irresistible urges to perform certain behaviors or rituals. The obsessive thoughts and compulsive behaviors are ways you attempt to prevent anxiety from taking control of you. You may fear that if you do not give in to them, you will be flooded with anxiety over which you will have no control.

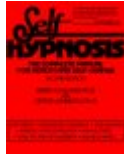
Naturally, your feeling of being controlled by your thoughts and compulsions is frightening, and may lead you to fear you are going crazy or insane. Furthermore, you may be ashamed of the obsessive-compulsive pattern, and hide these traits from others, which isolate you socially.

Obsessive-compulsive disorder is not a mental illness, and you are not going crazy or insane. The condition is treatable, and you can learn to overcome it. Medication is not necessary in the long run, although it may be helpful in the

early phases of treatment while you are learning new thought and behavior patterns.

Keep in mind several considerations. First, you are afraid of anxiety, and your obsessive-compulsive condition is essentially a defensive pattern used to keep yourself from feeling anxiety. You have learned to use obsessive compulsive mechanisms to cop with anxiety, and, although they seem to protect you, the solution is actually controlling you. In order to overcome the condition, it will ultimately be necessary for you to learn to experience anxiety, and develop confidence that you can handle it. You can do this by acquiring new skills for “floating through” anxiety, and changing your inner dialogue. The obsessive-compulsive condition is primarily a learned pattern, and you can re-learn healthier patterns.

👉 *BOOK OF THE MONTH* 👈



Self Hypnosis

A complete manual for Health and Self-Change by CHAANGE affiliate Dr. Peter Lambrou and Dr. Brian Alman. In a few minutes of practice daily, gain Self-Confidence, Weight Loss, Stress Management, Stop Smoking, Improve your Personal Life, Deal with Fears and Phobias, on and on. ***Paperback 24.95+\$5.50 S/H (+ tax in CA)***

FOR INFORMATION QUESTIONS OR ORDERS

1360 Rosecrans Street Suite I
San Diego, California 92106
Phone: (619) 224-2216
Fax: (619) 224-2215
e-mail Info@chaange.com