Using the Mind-Body Connection for Stress and Pain Relief
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Objective & Goals

Part 1: Power of the mind-body connection:
1. Learn how to use the mind-body connection to reduce stress and worry.
2. Learn how your own thoughts can either stimulate, or discharge the fear-pain cycle.
3. Learn 3 different techniques are needed to get true stress relief.
4. Learn how hypnosis can be used to:
   a. Create a quieting, calming state whenever you need it.
   b. Gain access to the unconscious programs that cause negative patterns.
   c. Re-program old worry reactions that increase fear and pain.

Part 2: Question & Answers Section:
1. Q & A section: Discussion of real life issues and ways to use hypnotic techniques

Part 3: Exercises for Stress Relief:
1. Learn about how the Transformation System, developed at the Anxiety Control Center, works with the mind-body system.
2. Tips for reducing stress, fear, worry and even pain. Using the three-prong approach.
   a. Physical
   b. Emotional
   c. Cognitive (thoughts)
3. First exercise is on the Physical part of the stress cycle. Click on the link below:
   “Breathing for Calm” Video
   Use the link below to watch the video guide for the Exercise: http://www.anxietycontrolcenter.com/stress-breath/

What you will find in the “Breathing For Calm” video
2. A review on how to use the “Stress Rating Gauge.”
3. Why it’s essential to use this exercise before and after any stress reduction exercise.
4. Follow along with the video and practice the exercise for 2 weeks, Most people find that this simple exercise starts helps to develop a calming response to stressful situations.
6. This is the exercise for the “physical” part of the stress cycle. We’ll also discuss reducing stress on the cognitive (thinking) and emotional part of the stress cycle.

Notes:
Since 1985, therapists from the Anxiety Control Center have been helping people make life altering changes using their innovative treatment. Their Transformation System combines the most effective techniques from Cognitive/Behavioral therapies, Neuro-Linguistic Programming and Hypnosis, to make panic, anxiety, pain, migraines and IBS a thing of the past.

9 Steps For Reducing Stress
1. Stress originates by the way you think and what you say to yourself.
2. Inner peace is possible, even in the midst of stressors. (Haaa breath)
3. All experience of stress is the result of thought. (Cognitive exercises)
4. It is your mind, might as well use it to your benefit. (limiting exercises)
5. You can create a state of excellence with resources you already have. (using the power of the unconscious mind and trance state)
6. Reduce stress by saying better things to yourself. (“2 for 1” exercise, hypnotic tips)
7. Spirituality is a sense of connectedness with our inner self that can uplift and empower. (learning to get to the core where serenity can be found)
8. Even if we can’t change our condition, we can change the way we think about it. (Cognitive/behavioral and Emotional release exercises)
9. Stress is not something that happens to us, but rather something that develops within our thinking. (cognitive, and emotional release techniques)

Starting the Process Today: Workshop Review

Start by answering these questions.
1. Do you ever have fear, stress, worry or self-doubt?
2. If it were possible would you like to change these reactions?
3. Would you like to learn how to use the mind-body connection to:
   a. Create relaxation?
   b. Enhance your feeling of well being and confidence
   c. Stop the thoughts that tear you down and create worry and fear?
4. Are you willing to have an open mind and be curious??

If you said yes your already taken the 1st step.

You might even be skeptical about being able to change. You might even have a part of you that are afraid to be let down, yet by saying “yes” to yourself (yes, that you want to change) you’ve started the process of opening your mind to the possibility of change.
Links and Books:
http://www.anxietycontrolcenter.com/shop/4-session-stress-relief-online-workshop/

The following are some books you might enjoy:

Two Books from the Anxiety Control Center:
1. Power of Thought - untold secrets of the unconscious mind. Audrey Sussman PhD
2. Stress Relief in 10 minutes. Audrey Sussman PhD & Tish Schuman LPC

Other interesting books to get you started:
1. Heal yourself with medical hypnosis. Dr Andrew Weil
2. Feel the Fear and Do it anyway. Susan Jeffers

Continue your education:

I hope you’ve enjoyed our workshop together and that you would like to continue using your own mind in this powerful, life enhancing way.

We have been helping people for over 30 years in private sessions, and in the last 3 years we have opened up a new way of learning. One that is affordable, fun and effective. Online Coaching Workshops start again in December 2012. Clink on the link to get more information or to sign up: http://www.anxietycontrolcenter.com/shop/4-session-stress-relief-online-workshop/

Starting with today’s session and continuing in the next 4 weeks, we'll be gathering the tools we need to continue to open the mind-body connection. The above link will take you to the sign up form. Not good with computers, just call and we'll sign you up in person using a credit card.

This program is for you:
• If you worry and can't seem to control it.
• If anxiety, stress, pain or panic causes you to limit what you do.
• If you don’t “stick up” for yourself.
• If you worry that you won’t do things “good enough” - even when you have proved again and again that you are good at many things
• If you see future images that are not what you want in your life.
• If you feel hopeless or blocked.

I hope you will join with me (Audrey Sussman PhD) for the next 4 week online coaching workshop. We will continue to add new tools to your “toolbox of healing.”