



Newsletter January 2003

Sample Email by Jef Gazley, M.S.

Unable to Concentrate. Help.

Dear R.,

There are a number of conditions that could account for your lack of concentration. Let us see if between the two of us we can rule some of these out. E-mail therapy works extremely well in most incidences, but at times it would be helpful to be able to ask more questions and get some immediate feedback. We will look at this question as triage and my guess is that you will be able to figure out on your end what condition fits. Often time's people have a hard time concentrating because they have Attention Deficit Disorder. This is a condition where the Prefrontal Cortex of the brain is impaired and this causes a number of symptoms including lack of concentration and/or impulsivity. There are several common fallacies about ADD. It was believed that only kids could have it and that has been disproved. It was also thought that there were only two types of ADD, either hyperactive or Inattentive. There are actually 6 types according to Dr. Amen who is the acknowledged leader in this field. It was also thought that only people of limited intelligence could have ADD and it is actually the opposite. Often extremely smart people suffer from this problem. Usually though people suffer from symptoms at least by age 12 and the problems are of a long-standing nature. It is possible to have your education and still have the problem, but since your complaints are of only a two-year duration the chances that you have ADD are unlikely.

There are many forms of depression that can occur. Some of these are situational and due to stress and some are endogenous, which is when they are due mostly to a lack of neurotransmitters or brain chemicals in the body. When either of these occurs lack of concentration, preoccupation, appetite and sleep disturbances, and self-negative thinking result. If this lasts for more than a few weeks then it is probably endogenous and anti-depressants should be considered. It is certainly possible that your symptom is related to your situation of working too much, but unless you have the other symptoms it is probably not endogenous depression.

There are a number of medical conditions that could cause lack of concentration as well. Problems with your Thyroid, Pituitary, Hypoglycemia, certain kinds of hormonal fluctuations are all possible. It might also be that your diet is deficient in protein, which

helps concentration or that you are not taking the right kind or enough vitamins. It is often a good idea before considering psychological services to rule out medical problems by getting a general physical and getting a full panel of blood work. All these are possible causes for your lack of concentration, but from listening to your e-mail it certainly seems possible that what is going on is simply that you have been doing too much work for too long of a time and not having enough fun. This is a form of situational depression known as Burn Out in the field. It simply means that you have let yourself get out of balance and your body and subconscious is trying to get you to remember that there is more out of life than simply work. This problem is notorious with people in graduate school. With working full time I would be surprised if some of this were not occurring. I hope this has helped crystallize your thinking.

Take care.

Jef Gazley, M.S.

Featured Specialist: Reverend Candice Unger

Reverend Candice Unger
Reflexology, Spiritual
Counseling, Reiki, Aura-Soma, and e-therapy.



Hello! My name is Candice Unger and it is my pleasure to offer these therapies to you. This is the culmination of a ten-year journey of discovery and learning. My certifications are in the following fields, Certified Reflexologist from the International Institute of Reflexology, The Ingham Method Certified Reiki Master from Master Teacher Rodemarie Sicilano, Advanced Level 3 Aura Soma USA Practitioner, Sound Practitioner using Crystal Bowls, Ordained Minister from Rev Willard Fuller of Lively Stones Fellowship. What this means is this, I work with the body through Reflexology, which is the art and science that is based on the premise that there are reflex zones of the hands and feet that correspond with every major organ and gland of the body. The thumb and fingers are used on these reflex zones to help reduce stress and tension and to enable the body to come back into homeostasis (balance). Reiki, is the Universal Life Force energy that aligns and balances the charkas, naturally. Crystal Bowl toning or sound therapy harmonizes and balances the charkas. As an ordained minister I work with you in bringing sacredness and prayer into your daily living. These therapies, either individually or in combination, work on the most profound levels of our being, the mind, body and spirit.

Upcoming Events

The **free online chat session** will be on March 2nd, 2003 and will be hosted by Jef Gazley, M.S., who will also be hosting the April 6th, 2003 session. The session starts at 5:00 p.m. until 6:30 p.m., Arizona Time.

March Contest Winner

Congratulations to Lorraine G. She is our March winner. She chose the Pain Reduction Hypnotic tape. Enjoy Lorraine.

Featured Hypnosis Audiotape

Sleep Tape - Beach

Imagine yourself on a secluded white sand beach in total relaxation! Palm trees are swaying in a gentle breeze, and waves are rolling onto the beach in a hypnotic rhythm. Stop anxiety attacks. This hypnotic tape sleep aid uses beach guided imagery and background music from "Peaceful Pond" by Dean Evenson (BMI) (c) 1996 Soundings of The Planet, 1-800-93PEACE. By Jef Gazley, M.S. ©1998

Price: \$15.00 ea.

http://www.asktheinternettherapist.com/hypnosis_sleep_tape_beach.asp

Special Note

We are sending the March Newsletter a little early this months, but we will be back to schedule next month.

At the present time the only way that a client can e-mail a therapist for a session is to click on any available appointment time and choose e-mail session. This is the same procedure as for audiovisual, chat, and telephone sessions. We are now developing a quicker and easier way to access e-mail questions from the home page to any staff member without clicking on an available appointment time. We will keep you informed. The procedure will be ready to launch soon.

Be sure to utilize our **FREE DISCUSSION BOARDS**. These forums are formatted by the following special topics- Hypnosis, Chemical Dependence, Co-Dependence, Parenting, Post-Traumatic-Stress-Disorder, Medical Issues, Dysfunctional Families, Attention Deficit Disorder, Relationships, Veterinary Concerns, and Depression. *Two new forums have been added: **Spirituality and Alternative Therapies**.* As you are

probably aware asktheinternettherapist offers online individual paid appointment times for in depth assistance with any of our professionals. Our discussion groups however are visited from time to time by our staff and their comments to discussions or questions are provided free of charge. This is an added benefit in addition to client self-help that makes up the bulk of the discussion group traffic. Visit soon.

Remove

If you would like to be removed from the asktheinternettherapist newsletter just reply to this e-mail and place remove in the subject.

*We believe better health
begins with better Mental Health.*

Jef Gazley M.S.

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