



Newsletter November 2002

Featured Article by Eric, M.A. *Emotional Intelligence*

The executive functions of the brain have been the focus of research by Dr. Daniel Goleman, author of "Emotional Intelligence." His EQ research (<http://eqi.org/>) focuses on the importance of the relationship between the emotional regulator in our brain, the Amygdala, and the rational thinking side of the brain, located in the prefrontal region of our brain, just behind the forehead. According to Dr. Greene, part of therapy requires the adult to act as a "surrogate frontal lobe." The ultimate goal of therapy with such explosive children is to establish a kinship between these two areas of the brain.

Featured Article by Jef Gazley, M.S. *Tribrain*

When someone has a trauma they go into immediate shock. This is very much like hypnosis and under hypnosis a person is more suggestible and tends to remember all of what went on even if it is on a subconscious plane. Because of this a person will remember vividly everything about what it was to feel like a victim and they will also remember everything about what it is like to be an abuser.

In some cases a victim will subconsciously embrace the victims role and will tend to be drawn towards abusers and feel sorry for them. Others embrace the abusers role and then act it out on others. Some people do a bit of both.

To understand how to work with this you have to understand how the three brains and the body work. The Cerebrum and Prefrontal Cortex are the human part of the brain and deal with rational thought. This is linear and causal and therefore if something is explained to this part of the brain and a person agrees then they will follow those directions voluntarily.

However, the Limbic system is a brain that is similar to all mammals' brains and it is made up mostly of chemicals called Neurotransmitters that help us think and feel, but not necessarily on a logical basis.

The third brain is the Medulla Oblongata and is at the base of the skull. It is a brain, which we share with all Reptiles. It deals with instincts and unconscious processes. It is definitely not rational.

All the cells in the body are connected and register as body memory and are therefore all minute brains. Often these brains work quicker than the others that I have mentioned. All the brains except the Human one work on the basis of Pavlov's dog or conditioning. If something is repeated enough or is so powerful in its effect then the learning gets imprinted and it is very hard to dislodge it.

That is why feelings or habits change so long after the thoughts have already changed. Without some kind of intervention to block the stimulus/response dynamic those more primitive brains and the body often will lag 2-5 years behind the Cerebrum and at times will remain active life long. This is why people find it so hard to change and are often confused and frustrated. It often makes people who are quite intelligent unable to fix a problem and they often conclude that they must be stupid or lazy. That is not the problem.

There are three major ways to effect change quicker and less painfully than just traditional psychotherapy, which works for the most part only with the human brain. The first way is through Hypnosis. Since people are more sensitive and suggestible under hypnosis this is often an effective way to cut some stimulus/response patterns. The second way is EMDR, which is an effective and quick way to deal with trauma and is widely practiced. It is a relatively new therapy that is fast way to deal with trauma and is widely practiced. It is a relatively new therapy that is fast and relatively painless. It is based on the theory that REM or rapid eye movements, which occur during dreaming is the way that we shift short-term memory to long-term memory. Long-term memory doesn't have much emotion or immediacy to it.

The third and fourth way are sister therapies, but NET if by far the more sophisticated, versatile, and effective. Neuro Emotional Techniques or NET was originally practiced by chiropractors and only later taught to therapists. It will be very difficult to find a counselor proficient in this technique as yet. It is based on Chinese medicine and the acupuncture and meridian systems. It allows you to follow the body's own response to trauma and feelings and find out what present feelings are related to past traumas. It then enables a clinician to tap lightly on a few points of the body around the spine and the toxic memory is relieved. This allows the effected person to be more fully in the present adult mode where effective action and change is easier to effect. If your adult abandonment feelings are complicated by a 4,8, and possibly a 12 year old who is also feeling abandoned a person will be less effective. It is unbelievably effective. TFT, which is based on this discipline, is another quick and painless therapy and more clinicians practice this art. It has no real diagnostic application, but by tapping on various acupressure points it relieves some fears and phobias.

Featured Therapist: Dr. Judith L. Allen **Counseling & Analytical Hypnotherapy**

Welcome to our new Counselor!!

Hello! My name is Dr. Judith L. Allen. I am State Board Licensed in Professional Counseling, and in Marriage and Family Therapy. I teach Analytical Hypnotherapy and have been in practice for 20 years, with primary interests in relationships, problems with anxiety, shyness, self-esteem problems, self-help, and depression, and family of origin

issues, including abuse issues. I like to help people learn to balance their lives with good relationships, good work, and learning to be happy. Sometimes unconscious obstacles might be interfering with development, and with making good choices, and this can be changed through therapy. Learning to change your self-image and self-esteem can help you become the person you really want to be. After conducting online therapy for 5 years, I'm now convinced that it can be just as effective as work in my office-based practice, for most problematic issues. Online therapy is an extremely competent form of self-help. If you would like to work with me, I look forward to hearing about your current concerns or on-going situations, and to have the opportunity to help. We can work together to learn your strengths, learn new coping skills, and begin to put your own welfare, self-esteem and happiness as your #1 priority. Warmest regards, Dr. Judith Allen.
judith@asktheinternettherapist.com

Dr. Allen is available anytime for chat and e-mail questions. At the present time she does not offer phone or audiovisual counseling.

Upcoming Events

The **free online chat session** will be on December 1, 2002 and will be hosted by Jef Gazley, M.S. The January chat session will be hosted by Dr. Judith Allen, our Counselors and will be held on January 5, 2003.

November Contest Winner

Congratulations to Christine H. from. She is our November winner and chose a self-esteem hypnotic tape. Enjoy.

Featured Hypnosis Audiotape

Weight Reduction Tape

A weight reduction hypnotic tape with suggestions for eating healthy food, and with a focus on eating less. This tape will empower you with desire to make better food choices. 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_forest.asp

Special Note

In the past the only way that a client can e-mail a therapist for a session was 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 have now developed 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.

Be sure to utilize our **free** discussion boards. These chat rooms 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. 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.

We are pleased to announce that two new videotapes will be ready to debut within two months. The topics of these tapes are Parenting and Boundaries. We are also developing all of the hypnotic tapes into CD format in addition to audiotape and all videotapes into DVD format as well. These will also be ready within two months.

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.
www.asktheinternettherapist.com