

Coping with Changes
in
Personality,
Thinking,
and
Emotion

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Surviving Life Changes

Outside Relationships
and
Internal Experience

Outside Relationships

- Relationships
- Parents, Children, Partner, Friends, Community
- Responsibilities, Role, Job, Nurturer/Nurtured, Caregiver/Cared For



Needs Help

Helpful

Internal Experience

- Thinking
- Emotions
- Sense of Self
- Self Esteem
- Personality

Loss/Stress/Healing

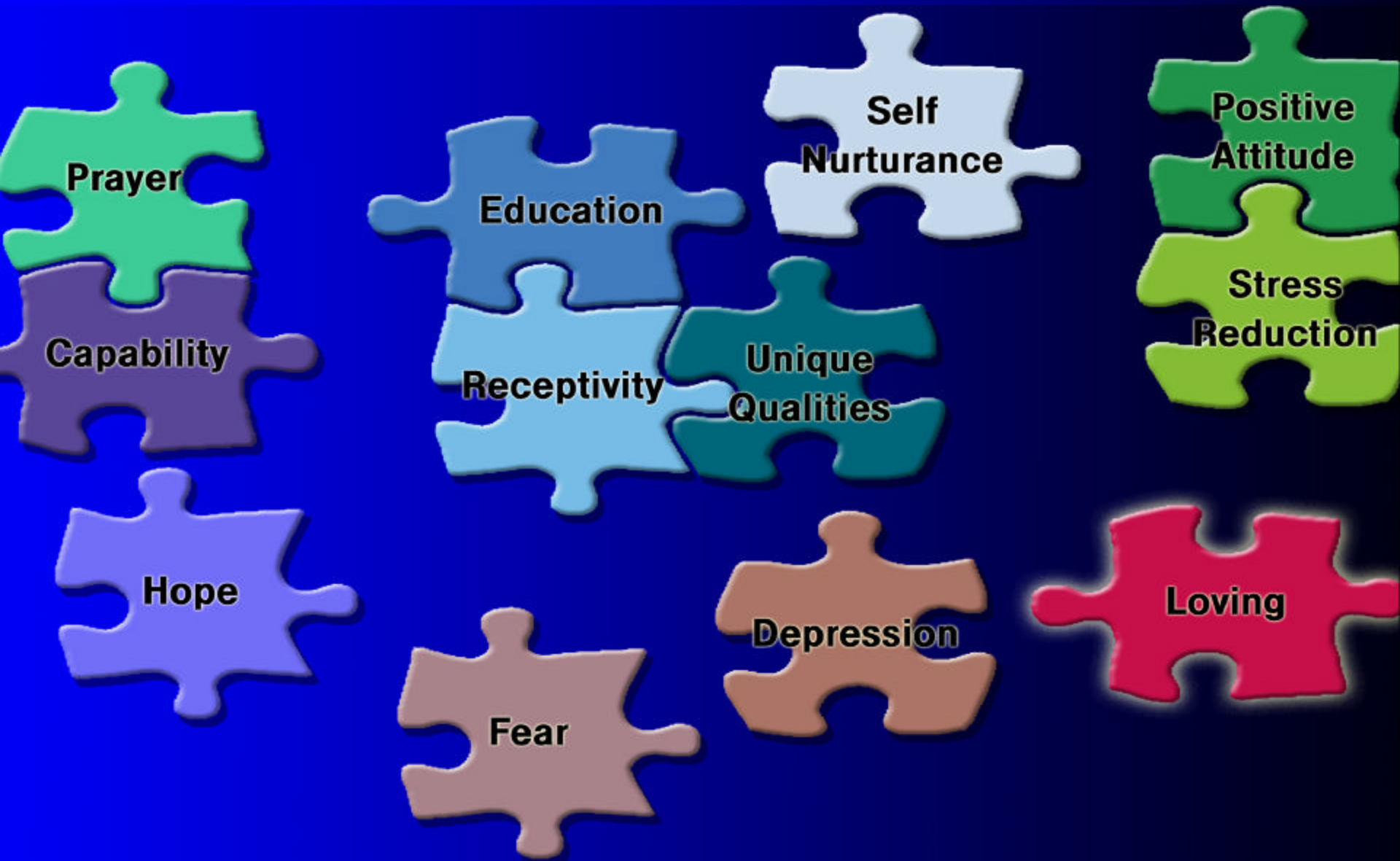
Legitimate/Understandable

- Anger
- Despair
- Disbelief
- Fear
- Grief
- Hurt
- Self Pity
- Sorrow
- Wounded

Special Opportunity

- Acceptance
- Forgiveness
- Gentleness
- Kindness
- Loving
- Patience
- Playfulness
- Release
- Thoughtfulness

Pieces of the Puzzle



Strategies

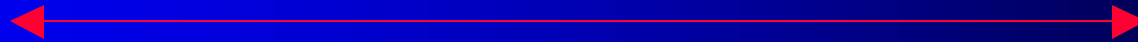
- Support Groups
- Psychotherapy
- Bibliotherapy
- Internet Guidance
- Self Enriching Activity

Helpful Qualities



- Changing Roles
- Dynamic Continuum
- Active and Passive
- Receptive and Expressive
- Dependent and Independent

Attitude and Beliefs



Few New Ideas

More New Ideas

- Positive Gradient
- Advantage of Receptive Outlook

Communication

- Assertive
- Clarity
- Genuine
- Loving
- Thoughtful
- Mutually Satisfying

Complementary/Alternative Medicine

- Columbia University Health Sciences Complementary and Alternative Medicine
<http://cpmcnet.columbia.edu/dept/rosenthal/>
- Duke Center for Integrative Medicine
http://dukehealth.org/health_services/integrative_medicine.asp
- Harvard University **Research and Education in Complementary and Integrative Medical Therapies, HMS Division** for (617) 632-7770 David M. Eisenberg, MD, Dir.
- National Center For Complementary and Alternative Medicine
www.nccam.nih.gov/
- University of California Irvine College of Medicine/
<http://www.com.uci.edu/samueli>

Anxiety

- Adrenocortical-Affective Relationship
- 5 Methods to reduce anxiety
 1. Diaphragmatic Breathing
 2. Deep Muscle Relaxation
 3. Visualization/Guided Imagery
 4. Informed Dietary Practices
 5. Satisfying Human Interaction

Visualization Practice

- Appropriate visualization results in increased white blood cell count
- Vascular activity (blood flow) may be enhanced
- Regular practice may assist desired metabolic processes

Psychophysiological Self Regulation Mind-Body Interaction

- Diaphragmatic Breathing
- Deep Muscle Relaxation
- Guided Imagery/Visualization
- Applied Psychophysiological Intervention

Diaphragmatic Breathing

- Essential benefits
- Gentle Awareness
- No need to change the breath
- A more relaxed abdomen and chest
- Observe the breath enter and depart
- Allow more continuous almost effortless breath

Physical Pain: Acute and Chronic

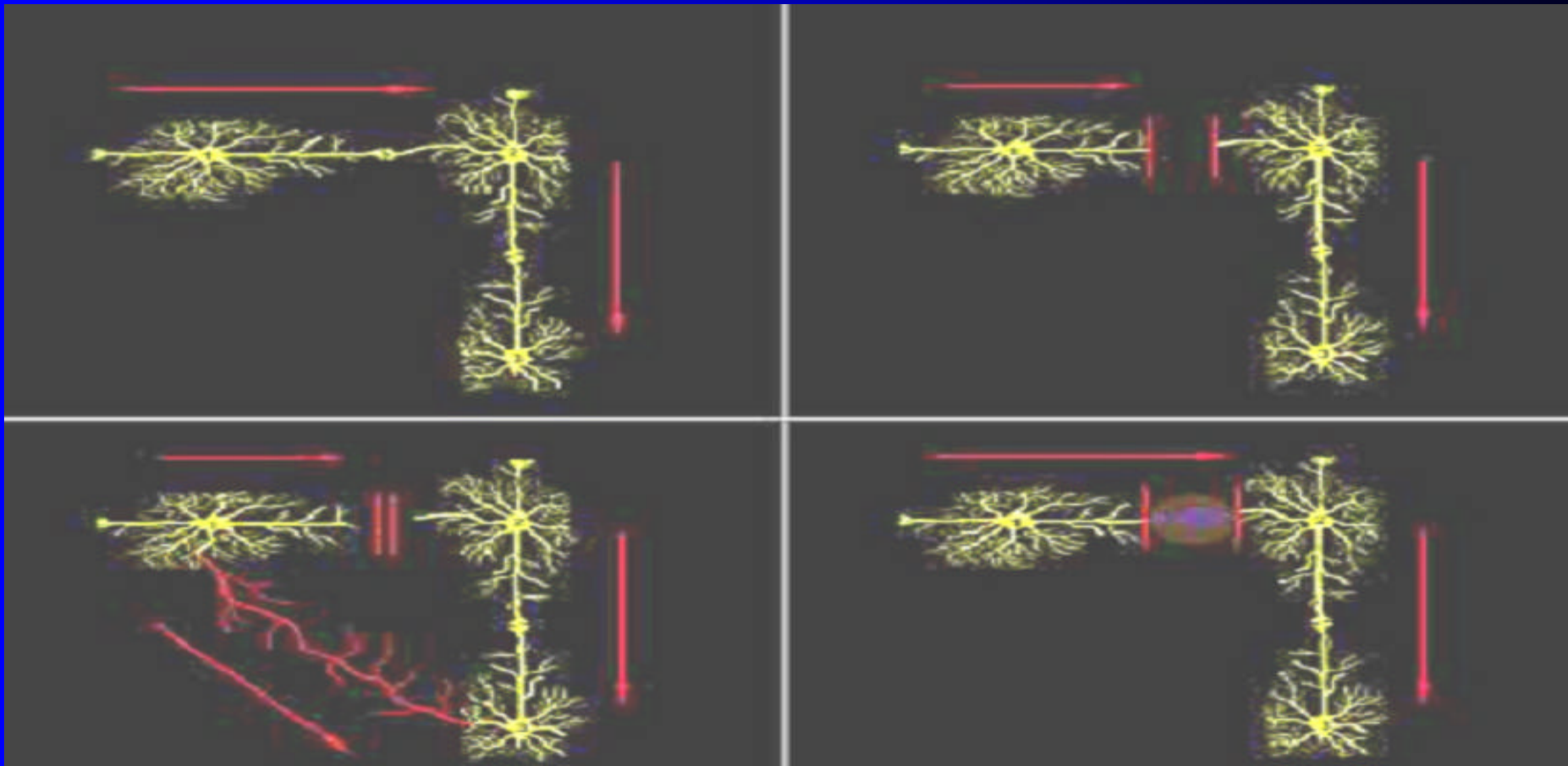
- Chemotherapy
- Radiation
- Surgery
- Cancer/Tumors

Subjective Level of Pain



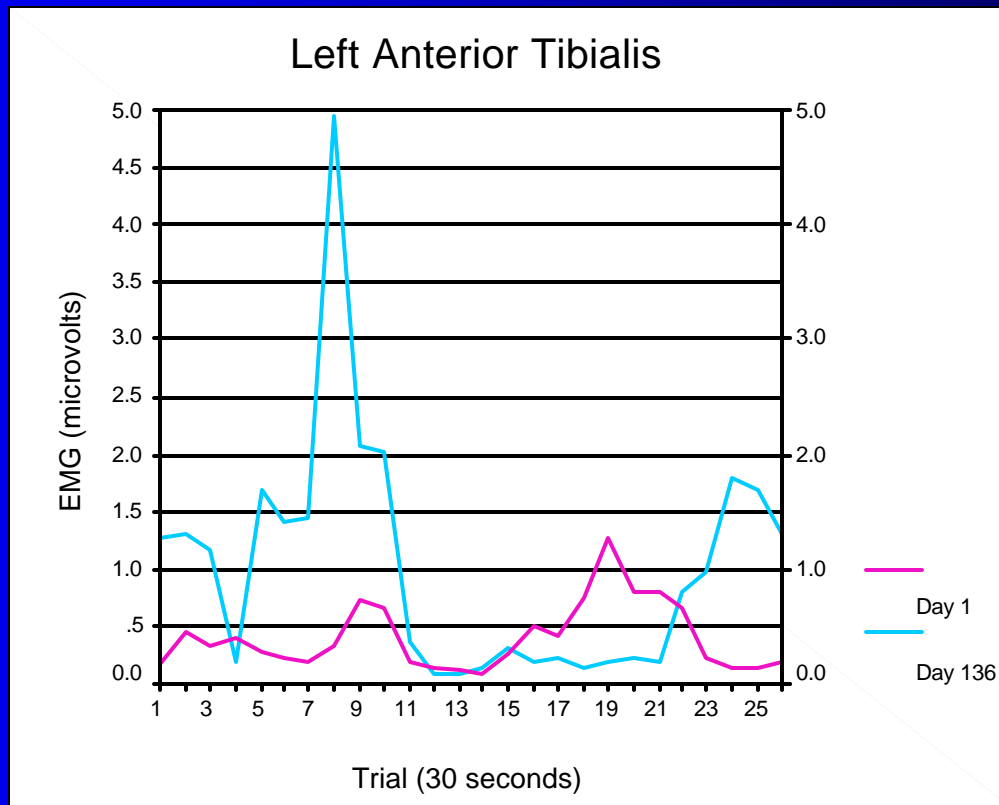
Growth and Learning

- Appropriate Axonal Regeneration



Restoration of Ankle Function Electromyography Biofeedback

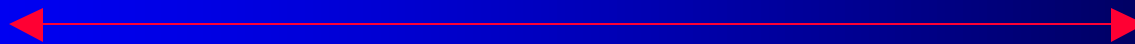
Anterior Tibialis Muscle for Ankle Movement



Nurturing the Personality

- Observing Witness/Spectator
- Diaphragmatic Breathing
- Effective Communication
- Regular Sharing of Feedback with Significant Others

Amount of Suffering



Not Much

Bothersome

Terrible

Summary

- Discover at least one useful idea or practice
- Apply these ideas on your own, with family and friends
- Gather more similar resources
- Discuss these ideas with others
- Share information/understanding with physician

Where to Get More Information

- Internet book stores for quick and easy search
- Other seminars
- Local Medical Center
- Bookstore browsing, articles, and other electronic sources
- Internet search engines

Additional Questions?

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20423 SR 7, # 231, Boca Raton, FL 33498
- (888) 925-2362
- <http://www.humanpsychophysiology.com/>
- <http://www.clinicalbiofeedbacktherapy.com/>

