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Complementary Wellness Professional Association (CWPA) and CW journal

CWPA is a Colorado non-profit association of healthcare professionals and businesses whose mission is to facilitate the use of mainstream, full-spectrum – *complementary* – healthcare modalities.

Objectives

- ◆ Educate the public, their employers, governments and associations on the full range of mainstream Complementary Healthcare options.
- ◆ Develop and publish information sources on Complementary Healthcare Modalities and Wellness
- ◆ Encourage every local organization offering a healthcare benefit to expand to a full spectrum of healthcare offerings.

Member Qualifications

Member Practitioners and Businesses have met the following strict qualifications:

- ◆ Highly recommended by a practitioner member or three clients
 - ◆ Properly educated in primary modality, with recognized credentials
 - ◆ Registered or licensed, as required
 - ◆ Housed in a suitable business location
- Members are listed at [Members List](#) on the website, [CompWellness.org](#), as well as in the *Wellness Practitioner and Business Directory* pullout section inside.

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To learn more about CWPA, how to co-publish a journal in your city, join or support the group, ask a question or order home delivery (\$36 per calendar year):

- ◆ Email CWJournal@CompWellness.org
- ◆ Visit [CompWellness.org](#)
- ◆ Call us at our office: (303)770-4022.

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Complementary Wellness™

Denver Metro Journal: Complementary, Alternative, Holistic and Integrative Wellness

Volume 2, Number 4

Complementary Wellness Professional Association (CWPA)

July-August 2002

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Addictions Treated Well with Complementary Healthcare

Addictions effect at least half the US – directly and indirectly through family ties. Complementary Healthcare can offer solutions to those directly suffering from addiction to alcohol, drugs, smoking, food, sex, gambling, compulsiveness and other behavioral disorders.

Those effected by the addict(s) in their lives can find help through our Counselors as well as other recovery programs.

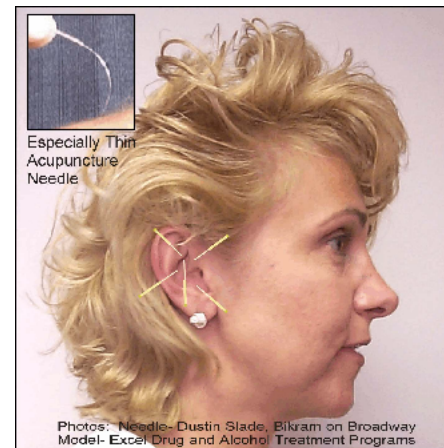
Acupuncture & Auriculotherapy

Research reported by the National Acupuncture Detoxification Association and *Acupuncture Today*, shows that Acupuncture in ears and on full body results in reduced drug withdrawal symptoms, and assists with reducing the drive and return to active addiction.

International research and reports from practitioners indicate strong response to

✦ Breaking News ✦

Latest survey predicts **19% increase in 2003 HMO premiums**, which you will pay. Search [CompWellness.org](#) for [Solutions](#), then read our next issue!



Especially Thin Acupuncture Needle

Photos: Needle-Dustin Slade, Bikram on Broadway Model-Excel Drug and Alcohol Treatment Programs

Acupuncture for withdrawal, recovery and prevention.

Stimulation of points in and parts of ears by Acupuncture, Acupressure and electrical stimulators has become know as *Auriculotherapy*. It is used for addictions as well as most other conditions.

IV Therapies

Using Amino Acids, vitamins and other natural substances administered intravenously (IV) is a popular and successful therapy for treating most conditions, including addictions, though the FDA has

Articles Inside

Continuing articles on the [Attitude Component of Wellness](#).

Get a Handle on a Limiting Behavior Pattern

You can use storyboarding to dissolve an issue or change a behavior that limits your life. See page A1

Coaching versus Psychotherapy

Learn the important differences and the benefits of both types of Complementary Therapies. See page A3

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Teresa Kappers-Wright, NCTMB

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Carol Komitor is available for Consultations

placed some restrictions on IV use. CWPA Member Excel Treatment centers in Denver and Parker have been very successful with IV Therapies.

Hypnotherapy

Several Denver-area practitioners use Hypnotherapy to successfully treat addictions and other behavioral disorders. Member Harriet Storrs focuses on eating disorders at WeightMasteryClinic.com, as do other Members at CompWellness.org.

Reward Deficiency Syndrome (RDS)

One school of thought, strongly implemented by Excel Treatment centers, is that a genetic variation or chemical imbalances may make it difficult to feel good about the simple and more complex pleasures in life. Their Science Director, Kenneth Blum, PhD, CAd, has coined the term Reward Deficiency Syndrome (RDS). Treating the root cause of RDS – genetics – is **very powerful in addiction therapy**.

Research commencing in 1954 has pinpointed the pleasure and reward center of the brain. Since then, genetic and biochemical connections have been found and measured to focus research and RDS treatments.

Additional Information

Search at CompWellness.org for Addiction and other conditions.

Excel's site, ExcelTreatment.com, has excellent research papers on RDS, Acupuncture, and other therapies, in addition to in-depth info on Excel's unique clinic and highly-qualified staff.

Member Dustin **Slade**, has impressive qualifications at BikramonBroadway.com and also works at The Council – United Way's Alcoholism and Drug programs at MileHighCouncil.com. He directed us to:

- ◆ JadeCampus.com/AcuDetox/nada.htm
- ◆ AcupunctureToday.com
- ◆ Auriculotherapy-Intl.com
- ◆ MedicalAcupuncture.org
- ◆ AcuDetox.com

Clinics are **certified** by the Colorado

Continued on page 3

State Alcohol and Drug Abuse Division – www.cdhs.state.co.us/ohr/adad/index.html – and practitioners can be certified by the American College of Addictionology and Compulsive Disorders (ACACD.com)

Find Alcoholism, Recovery Programs and Complementary Healthcare therapies in **yellow page** books and web listings. Read books, videos and cassettes about them at your **local library**.

Calendar of Events

"Awakening Spirit Natural Living Speaker Series," July 11th - Nov 7th (generally on the 1st and 3rd Thursdays), Full Moon Books, 9108 West 6th Ave at Garrison, Lakewood, 7pm, 303-233-6666. Tickets: \$15 advance, \$20 at door, \$110 prorated for season (9 remaining). See AwakeningSpirit.com - **Current Events**, or call Michael at 303-635-0140.

◆ **"Iridology: The Eyes are the Windows to the Soul,"** July 11- Member Marla Hollingsworth, CNHP

◆ **"How to Get What You Really Need from Your Health Care Practitioner,"** July 25- Member Lanie Vodopich Craig, CR, Holistic Health Coach

◆ **"What Every Parent Should Know About Nutrition in Today's World,"** Aug 1- Member Robin Peglow, MA, Holistic Health Counselor

◆ **"How to Utilize the Amazing Power of Hypnosis to Create Life Transformation,"** Aug 15, Steve Axtell, CH, PhD

Series is preceded by **Complementary Healthcare Professional Networking**, each date above. No charge + reduced rate for at-door tickets. RSVP: 303-770-4022. More info at CompWellness.org: **Communications - Gathering**.

"Using Your Body-Mind-Spirit Connections," either July 17th or August 14th, 7:30-9:30 pm, Full Moon Books, 9108 West 6th Ave at Garrison, Lakewood. With Abigail Lindsey of Focal Point Productions – learn to participate in the interdialogue of your Imaginatory System.™ \$45 2-day advance, \$55 at door. Pre-registration: call 303-232-5918. Visit Focal-Point-Productions.com



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- ◆ HeartHealingCenter.com
- ◆ SabinahOla.com
- ◆ www.Alphacdc.com/justforhealth/

Another difference is **duration**. In Psychotherapy you are generally going through pain and suffering. You are seeking relief; you are looking to the Therapist to fix you or help you eliminate your problem. You seek Therapy to deal with your acute distress so you can then leave and get on with your life.

In Coaching, the relationship typically lasts months to years. This is different from Psychotherapy – often a fairly brief encounter with a Therapist for a specific issue or concern. Coaching clients stay for the duration because they want to, not because they need to.

Coaching and Therapy can be **mutually supportive**. Some people work with a Coach and a Therapist at the same time.

The **boundaries** that exist in a Psychotherapy relationship are quite rigid. This is mostly because the patient or client is suffering a clinically diagnosable condition, and sometimes can be very fragile emotionally. Breaching these boundaries can often be devastating.

Coaching has much more flexible boundaries. The assumption is that the Coach is dealing with an emotionally

healthy, relatively well-adjusted and highly-functional individual. Therefore, appropriate self-disclosure by the Coach, more authenticity, lightness, fun and friendliness in the relationship is often the rule. In the Coaching relationship, transference and counter transference is not a concern as it is in Psychotherapy.

Friendships often blossom, and certainly the potential for deeply felt affection and respect exists.

One other point: Coaching can take place **wherever** it is agreed upon. For example, over the phone, in an office (anybody's), a park, restaurant, at home with family, on a plane, beach, and so on.

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Dr Ruth is a Creativity and Abundance Personal Life Coach by phone or in an office. She has implemented all the benefits listed in this article and more. She also maintains a small private practice as a Short-Term Holistic Counselor in Denver.

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Pullout Section

Attitude

This issue of CW continues exploration of a major component of Wellness – **Attitude** – featuring

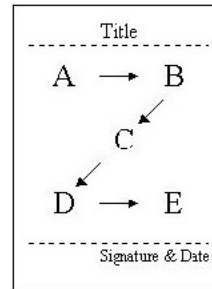
- ◆ Storyboarding to dissolve a limiting patterns
- ◆ An essay on Coaching versus Psychotherapy



Get a Handle on a Limiting Behavior Pattern

by E Abigail Lindsey, Intuitive Imagineer

Storyboarding is a graphic tool used by ad agencies and script-writers to quickly describe a scene or deliver a message. You can use it to get a handle on an issue or behavior that limits your ability to live up to your true potential.



Actual *work time* can be as little as 10 minutes to depict the issue and initiate a dialogue with your inner self. An overall plan for this storyboard is illustrated above.

*The examples use an issue shared with me by a creative, detail-oriented man with an engineering background. During a meeting, he was distracted by a large tree behind me – bothered that two yellowing leaves had not been removed. He **controlled** the issue by not removing the leaves. Let's picture his **mastery** ...*

For more information on [Attitude](#) and other [Wellness Components](#), search our website, at CompWellness.org

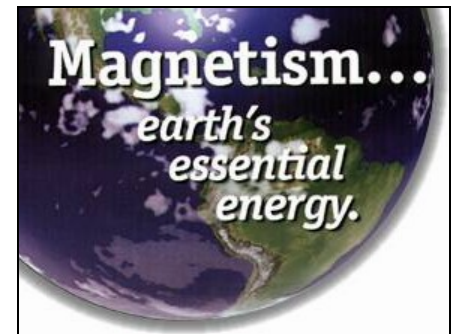
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Drawings here are from his viewpoint. Yours will be very unique – directly from your inner self.

Preparation

You need a pencil or pen and two sheets of paper – colors are optional.

Attitude. Set your attitude dial to “Interesting & Fun” – no judgments.

Title. Naming your issue is powerful. Be creative. This one might be **“Saying Goodbye to Mr Fix-it”**

Storyboard the Solution

You'll depict the issue or behavior, its impact on you, and how you will look and feel when you have mastered it all by making 5 simple drawings or doodles in positions A to E. Draw arrows to direct your eyes in a “Z.”

A. The Issue. Tune-in to your issue.

How does it make you feel? How does it look to you? *These pictures are not meant to be fine art; they are shorthand for your Imaginatory System.™*

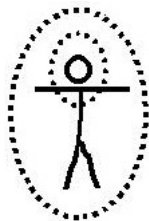
Draw and label its picture. Here it's *“Detail Distraction.”*



B. Your Whole Self.

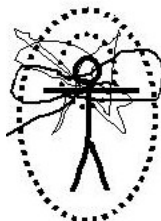
Draw and focus on **you** – body, mind and spirit. Feel it all.

You could insert a photo to replace the stick figure but you'll do OK with your drawing.



C. How the Issue Affects You & Your Life.

Draw your whole self again and put the issue drawing in too. Check the feelings you get seeing them together.



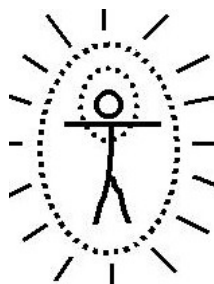
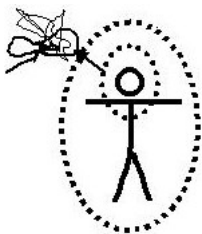
D. Dis-solve the Issue. Draw yourself again with the issue *anywhere outside your space.* Visualize many sources

lending you ideas as well as your inner wisdom guiding you. *Make notes on drawing.*

E. You Are Free & Clear.

Draw your whole self again without the issue. Indicate with colors, lines or patterns how good it feels to be free of those limitations.

Validate Your Work by placing your *signature* and *date* at the bottom.



Reinforce Your Work

Look over your title. Then look at each of your drawings using the “Z” pattern and finally, notice your signature and the date.

On your second sheet of paper, write down any thoughts, feelings, associations, descriptions – anything that comes to you about your storyboard.

Caution – Pay Attention to Yourself

Storyboarding can access unexpected issues or insights. Remember, you are in charge. Trust your own guidance, perhaps sharing any worrisome insights with a friend, spiritual advisor or a member of your healthcare team.

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Ms Lindsey has explored and documented her inner communication and self-healing for more than 50 years. Over the last 20 years, she has guided and empowered clients to do the same. She specializes in the development of custom inner-communication tools. Contact her at 303-232-5918 or visit Focal-Point-Productions.com.

Next article on page A3

Coaching versus Psychotherapy

by Dianne Ruth, PhD
Personal Coach and Psychotherapist

Coaching is dynamic movement to the next level of personal excellence that can coach you on how to create a fabulous and satisfying present and an amazing future with everything you want in it.

Coaching can offer **simple and easy to learn self-use techniques** and mini-exercises for self-improvement and personal development. Time management worksheets and other self-discovery forms are also available for homework fun.

Psychotherapy, on the other hand, spends more time talking about and **healing the past**, doing remedial work, and correcting past problematic behavior through helping you process emotions.

Coaching is **positive and motivational**. It is largely present and future-goal oriented. It helps you to maximize and get the most quality out of living your life with fun, satisfaction and fulfillment.

Sometimes a client has non-clinical **unfinished business** with the past. Some examples might be some old and inappropriate limiting beliefs about ones abilities for success, or an emotionally charged negative experience that is keeping the client stuck in some area of life such as comfort with public speaking. In that event, Coaching can create a quick release of the block.

One difference between Psychotherapy and Coaching is that there is **none of the imbalance** in the Coaching relationship as usually found in Counseling, that is, *doctor-patient* or *expert-client*. Coaching is a co-partnership dedicated to your performance of excellence and rediscovery of your values, inclinations and desires.

A Coach does not present him or herself as an authority, expert or psychological healer. You are the expert; the Coach is your supporter and guide, keeping you focused and on-track.

Continued on page A4

Embodied Resolution

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Maya Kaya, APP, SEP

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