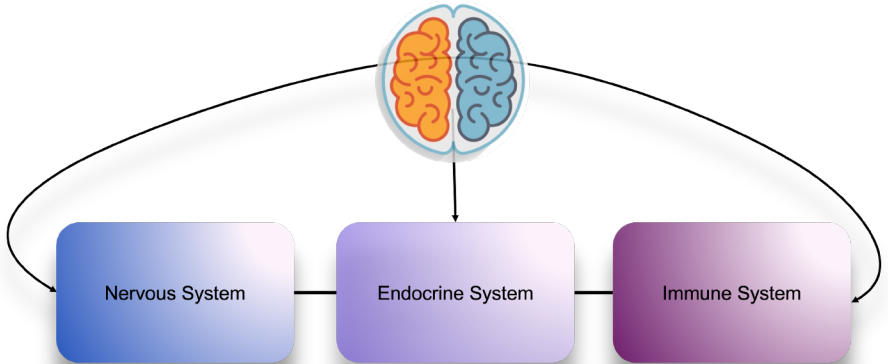


Chronic Pain and Illness

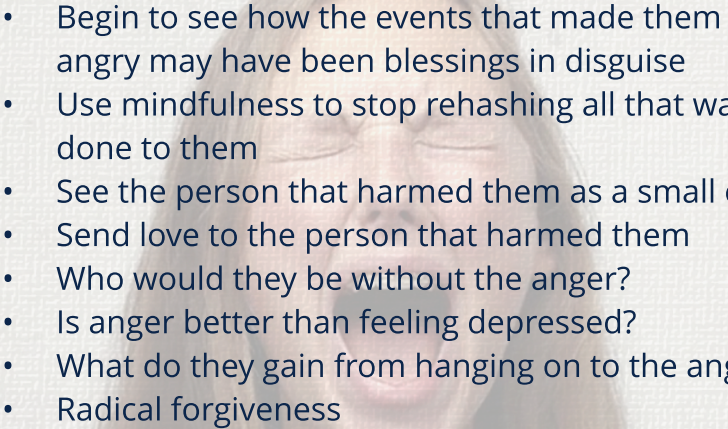


Psychoneuroimmunology (PNI)

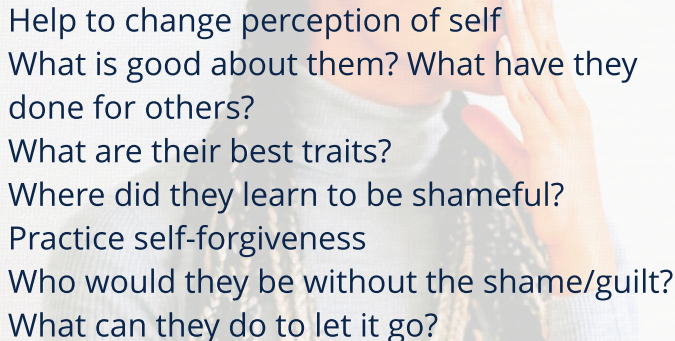
- The study of the interactions between psychological factors, the central nervous system, and immune function as modulated by the neuroendocrine system.
- The immune system and the brain talk to each other through signaling pathways.
- Two major pathways are involved in this cross-talk: the Hypothalamic-pituitary-adrenal axis (HPA axis) and the sympathetic nervous system (SNS).

Best Methods for...

Anger = heart disease

- 
- Begin to see how the events that made them angry may have been blessings in disguise
 - Use mindfulness to stop rehashing all that was done to them
 - See the person that harmed them as a small child
 - Send love to the person that harmed them
 - Who would they be without the anger?
 - Is anger better than feeling depressed?
 - What do they gain from hanging on to the anger?
 - Radical forgiveness

Shame & Guilt = Cancer

- 
- Help to change perception of self
 - What is good about them? What have they done for others?
 - What are their best traits?
 - Where did they learn to be shameful?
 - Practice self-forgiveness
 - Who would they be without the shame/guilt?
 - What can they do to let it go?

Resentment/Feeling Stuck = Arthritis

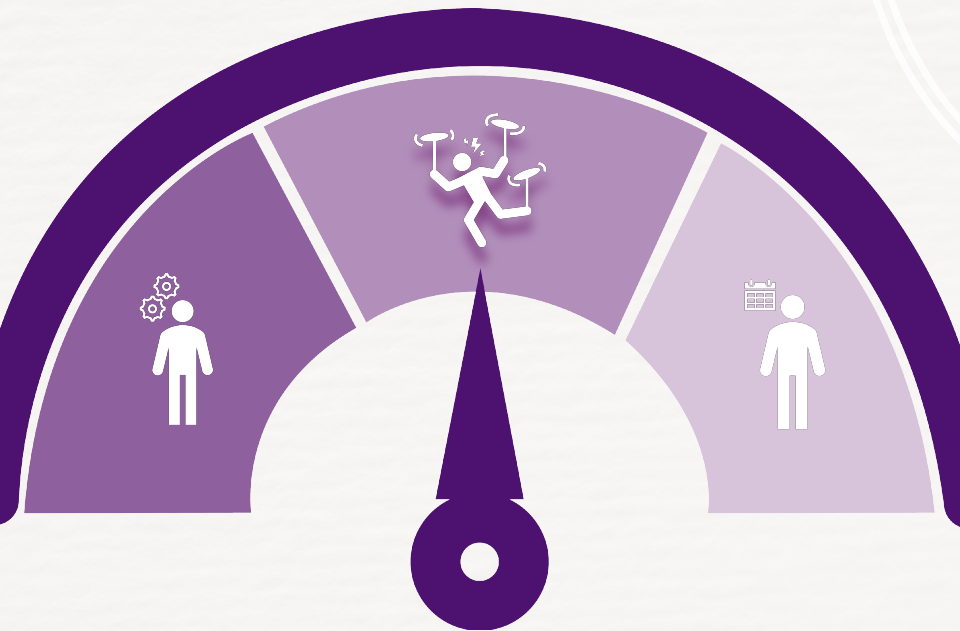
- Use RET strategies to challenge their limiting beliefs - Is that really true?
- Byron Katie - The Work
- Encourage them to take small risks to prove to them that they are not stuck
- Write a letter of resentment and burn it
- What do they gain by hanging on to the resentment. Don't have to take risks?
- How might this have been a blessing in disguise? Part of the bigger picture?

Fear = Pain

- Begin to see that fear is a learned illusion
- RET - challenge their fear beliefs
- Remind them of previous times that they overcome their fear
- Encourage them to take baby steps to challenge their fears
- Educate them that fear is merely a physical regulation in the brain
- What are the good things that might happen? Will the other shoe then drop?
- Learn to feel the fear and do it anyway

Stressful Jobs

- Cause heart rate to increase
- Cause muscle tension
- Difficulties with digestion
- Fatigue (lack of exercise)
- Constant double-binds
- Sleep problems
- Interpersonal problems
- Bottom line = Chronic fight/flight syndrome



Best Approaches for Releasing Emotions

HOW TO RELEASE EMOTIONS

1. WITNESS THE EMOTIONS
2. JOURNAL ABOUT THE FEELINGS
3. EXPRESS THE EMOTIONS TO ANOTHER PERSON
4. EXPRESS THE EMOTIONS OF THE OTHER PERSON
5. EXPRESS THE EMOTIONS OF THE SITUATION AS IF YOU WERE A REPORTER
6. WRITE THE EMOTIONS, BURN THE PAPER AND LET IT GO
7. VISUALIZE THE NEGATIVE EMOTION DISSOLVING

Methods for Reducing Symptoms



Cognitive-behavioral Coaching (CBC)



Rational-emotive Techniques (RET)



Emotional Guidance Scale



Mindfulness



Radical Forgiveness

