



CHOICES CHANGES ATTITUDES

Life Solutions Alliance

The BIG News

Introducing.....The Life Solutions Alliance

This is a concept that's time has come. We have been dedicated to providing quality mental health services for the past six years. We have also offered some opportunities to enhance your physical and spiritual well-being. Now, we have finally created an alliance that will allow you to meet even more of your needs. We continue to believe that it is our choices, changes, and attitudes that really determine our life success. What people really need are options to make those choices and changes and to shape their attitudes. Those options

are available now.

We all need to function well in terms of our physical bodies, thoughts and emotions, and our spiritual lives. In fact, if one area is out of balance, it won't be long before you notice difficulties in other aspects. Maybe you don't need help physically but you recognize some areas of potential growth in your relationships or in your productivity. For others, you may have it all together spiritually, but find some physical issues that get in the way of your ultimate success. The good news is that you can now do something about it. We are committed to an alliance with you that leads to

your success and happiness.

In addition to our stand-alone services, we have designed some comprehensive solution programs to meet the challenges of modern living. Our mission is to promote health and success through the use of techniques that strengthen the body, mind, and spirit. These techniques are not intended to replace the medical and psychological care already being received.



You asked....We deliver

Two Emotional Freedom Technique workshops have been added to our schedule, and many more will be scheduled. On June 28th, from 7-8:30 pm, we will focus on the basic techniques for EFT. This is a great opportunity for newcomers to learn the technique and for experienced EFT'ers to learn new applications for this effective energy technique. We will make use of the "borrowing benefits" option so that

everyone can experience success. Then, on July 12th (7-8:30 pm), we will address specific uses for EFT, including weight loss, smoking cessation, anxieties and fears, and other emotional concerns.

We are planning EFT workshops to address sports performance, job stress, self image, motivation, financial success, and chronic illness. Please call the office to let us know you are planning to attend one of the

scheduled workshops or to express interest in some of the other planned topics. Your interest will help to guide scheduling of these fantastic workshops. Each workshop is \$30.



Optimizing Brain Function

Dr. Daniel Amen is a leading neuropsychiatrist and clinician that has tied brain function to behavior. He has written several books and is a frequent lecturer on the topic throughout the United States. He publishes a weekly newsletter called Brain in the News. In the April 15, 2004 edition, he offered what he calls, "5 simple steps to optimizing brain function". You can locate the newsletter in its entirety at www.amenclinic.com. Here are his 5 steps.

1. Protect your brain. Wear your seatbelt and do not play sports where there are high probabilities for brain injuries.
2. Turn off the television

and go for a walk. Exercise boosts brain blood flow and enhances the neurotransmitters that boost mood and memory.

3. Eat healthy. The brain is poisoned by sugar, and many fast foods and helped by antioxidants, lean protein, certain fruits such as blueberries and oranges, and vegetables. Your body, including your brain, makes itself new in cellular turnover, every five months.
4. Take a multiple vitamin everyday.
5. Learn something new

everyday. When you learn something new your brain actually makes new connections. It becomes fuller and more dense in its connections. (Copyright 2003, Amen Clinic Inc., A Medical Corporation. All rights reserved.)



Child Abuse—It's time to take action

According to the U.S. Department of Health and Human Services, an estimated 896,000 children were victims of abuse or neglect in 2002. That translates to about 12 of every 1,000 children. Child Protective Service agencies received about 2,600,000 reports of possible maltreatment in that year. 896,000 cases were substantiated and most

involved neglect. About 1,400 children died as a result of abuse or neglect during that period.

Child abuse often seems to be a problem that occurs somewhere else, not in our backyards. That is not a true statement, but it is certainly what we would prefer to think. You might not even be aware of the ways in which

child abuse impacts you everyday.

Every child that is abused is a potential abuser. While each of us has a choice whether to continue our family's pattern of abuse or not, the statistics suggest strongly that children who grow up with abuse tend to abuse others later on in life. This is one of

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Book Corner

[The Rules for Online Dating: Capturing the Heart of Mr. Right in Cyberspace](#) by Ellen Fein and Sherrie Schneider.

O.K., I'll admit it. I'm not terribly comfortable with the whole online dating thing. Like most people, I've seen it work and I've seen it fail. I suppose that's not too different from any other way of meeting people. Sometimes it works out and sometimes

it doesn't.

This book is part of a series of dating "rule" books that give women some pretty good advice for finding a mate. If you are going to give internet dating a try, at least make sure you have the best opportunities for success.

The book covers the basics of putting a profile on a dating site, answering and sending e-mails, first meetings, and cybersex. What I like most about this book is that the strategies involved actually build self-esteem and confidence.

I predict that internet dating is here to stay. It's time to learn "the rules."

Women's Self Protection Series

The Life Solutions Alliance will be presenting a women's empowerment and self-protection workshop on Saturday, July 24, 2004, from 9 am to 4 pm. The workshop will be led by Ms. Darcie Clark and Dr. Philip R. Engle. A free organizational and informational meeting will be held from 9:00 to 10:30 am on Saturday, June 26, 2004. Come and share your interest and expectations with us. Call the center (431-3870) by Thursday, June 24th to reserve a spot at the informational meeting or to receive more information in the mail.

Ms. Darcie Clark has her Masters Degree in Criminal Justice and a CCDCI certification. She will also receive her Masters Degree in Counseling this summer. She is a Family Specialist at a 50-bed juvenile correctional facility and works part

time as a therapist at The Life Solutions Alliance (formerly known as The Shennong Center). Darcie also holds certification as a sex offender specialist and a chemical dependency counselor. She receives yearly training in non-violent crisis intervention. Ms. Clark received her purple belt in kali (a Philippine martial art) from the TAMA Institute and has had training in Muy Thai Kickboxing.

Dr. Philip Engle is a Licensed Independent Social Worker and a retired professor of social work from Wright State University. He holds a 3rd degree black belt in karate. In addition to teaching karate and practical self defense, he has been a certified instructor of the Crisis Prevention Institute Inc. and the

Therapeutic Assault Prevention System (T.A.P.S.).

Together, these two professionals plan to offer practical self-protection and self-defense instruction, that emphasizes the whole person; not just physical skills, but mental readiness and emotional resolve. In addition, they intend to tailor each workshop to the individual needs and abilities of each student.



So, join us for a free informational meeting to discuss this self-protection class that emphasizes personal and physical skill development

Maybe Labels Do Matter

Do labels matter? That depends on what kind of label you are thinking about. In the big picture, clothing labels don't really matter but feeling labels do.

What happens when you have an emotional reaction? How do you know what to do? If you label a feeling as scared, you might run away. If you label a feeling as lonely, you might seek out companionship.

During therapy sessions, I have noted that many people start to react to their feelings long before they accurately label them. What folks are doing is

desperately pushing away the negative emotion without regard to what will actually bring about the desired change.

Consider this example. Beth has been expecting a visit from John. She has purchased a new outfit, dusted and vacuumed, and put on makeup in anticipation. John phones about 10 minutes before the date and says his plans have changed. Beth experiences an intense emotional reaction and accuses John of cheating. Beth's reaction is based on what emotion? There are

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Jet Lag

This is a topic that is near and dear to my heart. What is jet lag and what can we do about it? Until today, I believed that jet lag was solely a product of our attitude. Now, I'm not so sure. Researchers define jet lag as a cluster of symptoms including fatigue, disorientation, fuzziness, irrational or unreasonable thought processes, broken sleep, dehydration, and discomfort in the legs and feet that occur as a result of a variety of conditions when flying.

Crossing time zones, pre-flight stress, dry aircraft atmosphere, cabin pressure, stale air, alcohol consumption, and lack of exercise contribute to jet lag. According to www.nojetlag.com, the most important factor is how many time zones are crossed. North or south flights do not tend to produce jet lag as often as east or west flights.

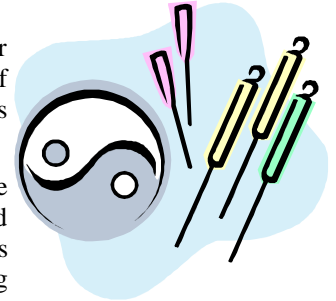
Jet lag can be managed by getting adequate exercise and sleep before the flight. Drinking plenty of water while in flight is also important. Remove your shoes, avoid alcohol, stand up or walk in the aisle, and use blindfolds, ear plugs, and pillows to improve the quality of sleep while flying. Managing life stress and relationships prior to departing also tends to reduce jet lag.

Acupuncture Returns To The Center

Welcome to James Sears, L.Ac. James is a graduate of the Academy of Oriental Medicine in Austin, Texas. He has been certified by the NCCAOM and granted licensure by the Ohio Medical Board. Although he is thoroughly trained in both acupuncture and herbal medicine, his practice at Life Solutions Alliance will be limited to acupuncture in accordance with the Ohio Medical Board regulations that prohibit licensed acupuncturists from using herbs. Technical restrictions aside, James is eager to use this ancient and very effective method of healing to enhance the lives of individuals in the Miami Valley. Acupuncture appointments can be made by calling the office (431-3870). You will be mailed registration forms, a map, and a referral form to have signed by your physician.

The first visit typically lasts 60-90 minutes and allows plenty of time for you to have your questions answered. Subsequent treatments should not exceed an hour. The number of treatments needed is difficult to predict. Every person responds differently, as do different illnesses and concerns. Please feel free to discuss this with James at your first treatment.

As most people know, acupuncture involves the insertion of needles into the skin to affect the flow of energy (qi or ki). It is very effective in the relief of pain, nausea, headache, and vomiting. Acupuncture is becoming increasingly available in hospitals in the United States and has been a mainstay of medicine in China and Japan. Medical acupuncture promotes the natural healing of the body and helps to restore balance or harmony in body, mind, and spirit.



MOM! DAD!

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*results: grades go up,
teacher conferences go down.*



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HELP WANTED

We need your help to make this newsletter more of what you want it to be. To do that, we need to know what subjects interest you and what features you are already enjoying. The best way to give us this feedback is via e-mail. Please send your suggestions and comments to cca_strategies@msn.com.

Emotional Freedom Technique

The Emotional Freedom Technique™, called EFT for short, continues to wow us at the Life Solutions Alliance. You would think that after all of the successes we have enjoyed, that our amazement would fade. Nothing could be farther from the truth. Recently we saw success with a debilitating fear of needles, panic disorder, compulsive overeating, fear of flying, and smoking cessation. Each success is just as exciting as the first.

The uses for EFT are limited only by our insight and creativity. It really can be used for everything. Once you know the simple technique, you can make a list of things that you want to change. If you do EFT, I am

certain that you will notice a difference. The only people that tell me that nothing happened are the ones that didn't really do it.

Sometimes, it is difficult to figure out where to start tapping about an issue or concern. The easiest way to start is to begin tapping on the first thing that comes to your mind. If you need something a little more structured, try this exercise. Write down five ways that you know that you have this issue or concern. Then write down five things that you are afraid might happen if your problem goes away. Next to each of these 10 items, write a number that corresponds to the level of distress you feel related to that specific

statement or item. Remember 10 is as bad as you can imagine and 0 is no distress at all. At this point, none of your items is likely to be a 0. Start at the top of your list and tap. When the first item has no intensity, move to the next one. After you have tapped on all 10 items, reconsider your original concern or problem. It is likely that the problem has been cleared. If not, try it again.

Some issues require a little more work than others. If you are unable to clear an issue on your own, consider seeking the help of an experienced EFT consultant.

Reiki

We have again been certified to offer continuing education hours for Reiki level I training to nurses in Ohio. Reiki training is a wonderful adjunct to standard nursing care and a great way to meet those requirements for license renewal. We are currently able to offer CEU's for three different levels of Reiki training. Reiki I classes are active and engaging.

Doesn't that sound better than a boring seminar on a topic that doesn't even sound interesting?

The focus in the level I training is on self-healing. Students are able to provide Reiki to themselves and to others at the completion of the class. Our next Reiki I Class is on Saturday, August 14th, from 10 am to 5 pm.

There is a 1-hr break for lunch at approximately 1 pm.

You won't want to miss the other Reiki classes and Reiki circles offered at the Life Solutions Alliance. Reiki Circles are open to the public and meet on the first and third Friday of each month.

Tai Chi

A recent medical study concluded that tai chi is useful for a variety of medical issues, and was particularly useful in helping seniors to maintain adequate balance, thereby reducing falls and subsequent injury. Have you considered some of the other benefits of tai chi? Tai chi is useful for stress reduction, focus, concentration, and feelings of general well-being.

Tai Chi classes at the Life Solutions Alliance accommodate all levels of experience and ability. While Tai Chi can be a fighting method or a martial art competition form, our practice of tai chi is for health and vitality. With that as our focus, everyone can achieve some success.

You do not need any special equipment or clothing. It is

generally a good idea to wear loose fitting clothing so that movement is not restricted. If you have physical limitations, tell your instructor so that the movements can be modified for you. Benefits occur even when the movements of the form (that is what the sequence of movements is called) are less than perfect.

Staff Notes

Welcome to James Sears, Darrell Jones, and Michele Erby. James is a licensed acupuncturist and has started a full time practice at the Life Solutions Alliance. He has moved here from Texas and has just been granted his license by the Ohio State Medical Board. He provides acupuncture for a wide variety of medical concerns. His areas of interest include pain management, women's health, and addiction management.

Darrell Jones is a licensed social worker and has moved here from Colorado. He will be starting the doctoral program at Wright State School of Professional Psychology in the fall. He will start seeing clients on

July 1st.

Michele is a licensed massage therapist and a physical therapy assistant. She is trained in several different massage modalities and works with clients regarding fitness and exercise as well. She has already started, so be sure and get your name on her schedule. I think you will be impressed.

You might notice a new name on our staff list....Darcie Clark. Yes, our own Darcie has transitioned from student to counselor and has a new name too. Be sure to congratulate her on her marriage and her graduation.

Pamela and Marquita are on break from school for the summer and will continue their internships in late August.

Dr Leanna Manuel has received a certificate of completion for advanced training in the Emotional Freedom Technique™. She has also been granted Diplomate status in the International Academy of Behavioral Medicine, Counseling and Psychotherapy. While most certifications represent meeting the minimum standards of practice, the IABMCP grants Diplomate status to individuals that have demonstrated professional excellence and advanced competency.

Hypnosis

Did you know that the Life Solutions Alliance offers hypnosis? Hypnosis is useful for many conditions and challenges including self improvement, stress management, smoking, weight management, insomnia, pain management, fears and phobias, sexual concerns, memory enhancement, relaxation, enhancing creativity, and anesthesia.

Hypnosis can be very useful in the treatment of eating disorders, a very common malady among college-aged women. When an eating disorder is present, there are generally feelings of self-hate, worthlessness, and low self-esteem as well. Hypnosis can help such individuals develop self love, find inner peace, and improve their general health and well being.

Hypnotherapy is completely safe and you can't be made to behave in ways that you don't wish to behave. Hypnosis taps into the body-mind-spirit connection and allows healing on a very deep level. Most people describe feelings of profound relaxation and peace following hypnosis. If you are curious about how hypnosis could be the solution for you, let us know.

**This space could be yours.
Contact (937) 431-3870 to inquire about
advertising opportunities.**

Child Abuse - Continued

(Continued from page 2)

the compelling reasons to prevent child abuse whenever possible, even if it means getting involved in somebody else's business. I know this isn't easy or comfortable to do. Many things worth doing aren't all that comfortable. Fortunately, the system is making it easier for everyone to get involved in protecting our children. The local child protection service agencies do not require that you identify yourself when making a report of suspected abuse or neglect unless you are a mandated reporter such as a teacher, physician, nurse, or mental health professional. The drawback to making an anonymous



report is that the agency cannot contact you for more information.

I know that some people do not make reports of abuse or neglect because they are not absolutely certain whether some actions would really be considered abuse. The good news is that you don't have to be certain. That is the job of child protective services.

They investigate your suspicions or concerns and then determine what actions are appropriate. Sometimes people are also afraid to make the report because they fear the consequences of being wrong. They imagine they will somehow ruin someone's life by getting an agency involved. That is

simply not true. Everyone has heard horror stories about reports to Children's Services. These are generally cases in which there is more going on than meets the eye. What you can be relatively certain about is that unreported cases of child abuse and neglect will certainly ruin someone's life as well as negatively impact our world's economy and way of life.

I have recently had the unfortunate experience of watching our system fail. Sometimes judges don't want to hear the truth and sometimes attorneys focus on winning instead of justice. Sometimes particularly powerful individuals allow self-serving agendas

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Kids in Control

Our therapeutic martial arts program continues to grow. Children between the ages of 5 and 12 are learning the basics of self regulation. Participants have been working on how to handle bullying and controlling themselves during times of conflict.

The successes of this program offer a glimpse into the body-mind-spirit connection. Karate appears to be a physical pursuit. The children love it because it is active, sometimes rowdy, and physically challenging. When they participate in this way they also gain self confidence, self control, and self esteem. These are qualities associated with the mind.

The structure of karate encourages development of the spirit. Honor, obedience, courage, and respect are part of the process. The Kids in Control program offers a unique mind-body-spirit solution for children and youth.

Classes meet weekly. Only a few openings remain.

Coaching vs. Psychotherapy

Did you ever have an athletic coach? They came into your life because you were eager and ready to play the game. With your coach you worked on basics, fine-tuned strategies, and the coach challenged you to excel. Wouldn't it be great if you had a coach for other areas of your life? You can.

According to the International Coaching Federation (ICF),

“coaching is an on-going partnership that helps clients produce fulfilling results in their personal and professional lives. Through the process of coaching, clients deepen their learning, improve their performance, and enhance their quality of life. Beginning with the clients' desires, coaching uses reporting, exploring, and a consistent commitment to move the client forward. Coaching accelerates

the clients' progress by providing greater focus and awareness of choice. Coaching concentrates on where clients are today and what they are willing to do to get where they want to be tomorrow.”

Coaching is sometimes contrasted with psychotherapy. While some psychologists provide psychotherapy in

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Coaching vs. Psychotherapy—continued

(Continued from page 7)

a positive solution-oriented framework, others focus more on problems of the past. In general, this sickness model is necessary because of insurance and managed care controls. Coaching is focused on goals, not on a diagnosis.

Psychotherapy still has some stigma attached for many people and is sometimes (unfairly) viewed as negative or frightening. Coaching tends to be more accepted because it is a familiar label with which most people can relate. Psychotherapy requires face-to-face meeting times, but coaching can often be done over the phone and via e-mail as well. This saves travel expense and can be very convenient.

There are many types of coaches. Life Coaches and Executive Business Coaches are just two of the most common types. Life Coaching is now available at the Life Solutions Alliance. We can assist you to:

- Define, focus, and refine your goals
- Prioritize and re-organize your energy
- Identify self-limiting beliefs and behaviors
- Discover your passion and overcome procrastination
- Practice new skills

- Identify areas of expertise and build upon them

“To laugh often and much,
To win the respect of intelligent people
and earn the affection of children,
To earn the appreciation of honest critics
and endure the betrayal of false friends,
To appreciate beauty
To find the best in others,
To leave the world a bit better
whether by a healthy child,
a garden patch or a redeemed social
condition,
To know even one life has breathed easier
because you have lived —
This is to have succeeded.”

- Bessie Anderson

Maybe Labels Do Matter—continued

(Continued from page 3)

several possibilities. With help, Beth was able to realize that her actual emotion was insecurity. Beth was not feeling confident about her ability to attract a partner. If she had been able to recognize this before responding she could have told John that she was feeling insecure, instead of hurling accusations his way. He would then

have the opportunity of reassuring her about her desirability and the result may have been very different. Instead, John reacted defensively to the accusations and decided not to pursue a relationship with Beth.

In order to get your needs met, you must first identify them. If you can label your emotions accurately, you are

much more likely to find a real solution. When we respond non-specifically it does allow us to separate from our real feelings and avoid that discomfort but it also separates us from the possibility of resolution and satisfaction.

In this case, labels really do matter.

Child Abuse—continued

(Continued from page 7)

to stand in the way of their duties and responsibilities. Embarrassingly, sometimes the mental health system fails abused children too. The results have been tragic. For the most part, our systems work. I will not let this experience stop me from protecting children and I hope you don't use it as an excuse for inaction or apathy either.

To beat this epidemic EVERYONE must get involved and protect the young. If you see overly harsh discipline or frank physical abuse, please report it. If you see children who do not have the basic necessities of food, shelter, clothing, and safety — report it. If you suspect sexual exploitation — report it. Our kids are counting on you. We teach them that

they should tell a grown up when they are being hurt. In fact, we tell them that if the first grown up they tell doesn't listen that they should continue telling grownups until someone does. As grownups we then have a responsibility to listen and respond.

July 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Kick 1 5-6 pm Kick 2 4-5 pm	2 Reiki Circle 7 pm	3
4	5	6	7 Tai Chi 7-8 pm	8 Kick 1 5-6 pm Kick 2 4-5 pm	9	10 Reiki Level II Class 10-5
11	12 EFT Workshop 7-8:30 pm	13	14 Tai Chi 7-8 pm	15 Kick 1 5-6 pm Kick 2 4-5 pm	16 Reiki Circle 7 pm	17
18	19	20	21 Tai Chi 7-8 pm	22 Kick 1 5-6 pm Kick 2 4-5 pm	23	24 Women's Self Defense 9-4
25	26	27	28 Tai Chi 7-8 pm	29 Kick 1 5-6 pm Kick 2 4-5 pm	30 Karuna Reiki Circle 7 pm	31 Tibetan Reiki Class TBA

August 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4 Tai Chi 7-8 pm	5 Kick 1 5-6 pm Kick 2 4-5 pm	6 Reiki Circle 7 pm	7
8	9	10	11 Tai Chi 7-8 pm	12 Kick 1 5-6 pm Kick 2 4-5 pm	13	14 Reiki I Class 10-5
15	16	17	18 Tai Chi 7-8 pm	19 Kick 1 5-6 pm Kick 2 4-5 pm	20 Reiki Circle 7 pm	21
22	23	24	25 Tai Chi 7-8 pm	26 Kick 1 5-6 pm Kick 2 4-5 pm	27	28
29	30	31				

September 2004

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 Tai Chi 7-8 pm	2 Kick 1 5-6 pm Kick 2 4-5 pm	3 Reiki Circle 7 pm	4
5	6	7	8 Tai Chi 7-8 pm	9 Kick 1 5-6 pm Kick 2 4-5 pm	10	11
12	13	14	15 Tai Chi 7-8 pm	16 Kick 1 5-6 pm Kick 2 4-5 pm	17 Reiki Circle 7 pm	18
19	20	21	22 Tai Chi 7-8 pm	23 Kick 1 5-6 pm Kick 2 4-5 pm	24	25
26	27	28	29 Tai Chi 7-8 pm	30 Kick 1 5-6 pm Kick 2 4-5 pm		



CHOICES CHANGES ATTITUDES

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Where life and success connect

**We're on the web
cca-strategies.com**

Life Solutions Alliance
1321 Research Park Drive,
Suite 200
Beavercreek, Ohio 45432

Dear Friends:

Aloha from Hawaii. Mahalo (thank you) for your continued support. I know that change can sometimes be confusing, but I think this one will be great for all of us. It is exciting to anticipate even more body-mind-spirit solutions for personal growth.



So, until next time.....May your CHOICES be purposeful, your CHANGES be positive, and your ATTITUDES be a blessing upon you and all those you encounter.

Lea

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