



Name \_\_\_\_\_ Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

# ALTERNATIVE COUNSELING INDEX

**LIFE COACHING & ALTERNATIVE COUNSELING using Meta-Mind & Body Works:** *An Advanced System for Emotional Re-Education*, was developed by Dianne Ruth, Ph.D. It resources Talk, Clinical Hypnotherapy, Neuro-Linguistic Psychology (NLP), Timeline, EFT, Core Transformation, and other progressive and experiential technologies. It promotes personal development, confidence, and well-being. All together they form an effective system of therapeutic interventions. This plan offers the following. . . . (Please indicate areas of interest):

... a potentially healthy resolution of *emotional* factors involved in the following physical problems and related concerns:

### Medical:

- allergies
- asthma
- back pain
- blood pressure
- bruxism (teeth grinding)
- cardiac stress
- conversion disorders
- critical illness
- death and dying
- digestive problems
- gagging
- headaches
- immune system deficiencies
- inflammation
- injuries—all types
- pain—chronic/acute
- postoperative healing
- pre-operation anxiety
- resistance to drug and/or other prescribed therapies
- respiratory problems
- sexual dysfunctions
- skin disorders
- viruses, e.g., colds, flu (often)

### Gynecology/Obstetrics:

- abortion/miscarriage
- childbirth/labor
- fertility problems
- pregnancy stress
- premenstrual syndrome

... dynamic reinforcement toward overcoming the following unwanted behaviors:

### Habits/ obsessions-compulsions:

- addictions
- eating disorders
- fingernail biting
- gambling
- overspending
- procrastination
- smoking
- stammering/stuttering
- substance abuse

### Negative or destructive emotions/fears/behaviors:

- anger
- anxiety
- apathy
- confusion
- crisis/trauma affect
- depression
- guilt
- irritability
- jealousy
- nervousness
- pain from loss, separation, or abandonment
- panic attacks
- phobias
- possessiveness
- shyness
- sleep disturbances
- stress
- victimization
- worry

... enhancement toward achieving success with the following goals:

### Personal development:

- alertness
- assertiveness
- career options
- charisma
- communication
- concentration
- creativity
- decision making
- energy increased
- financial rewards
- grounding/centering
- healing insights
- intimacy heightened
- job advancement
- memory improvement
- mid-life/other transitions
- negotiation skills
- positive thinking
- pride
- public speaking
- relationships
- relaxation
- self-confidence
- self-esteem
- self-sufficiency
- sensuality
- sexuality
- speed reading
- sports/other action skills
- test taking

Other(s): \_\_\_\_\_

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\_\_\_\_\_  
\_\_\_\_\_

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