

Caring in the Cumberlandds 2010

Emotional Wellness Resources



Staying Well With Guided Imagery – How to Harness the Power of Your Imagination for Health and Healing, Bellaruth Naparstek, c. 1994 Warner Books (audio CDs available from Health Journeys, 1-800-800-8661 or www.healthjourneys.com) Listed on the fairfieldglade.cc web site under Resident Services. Click on Caregiver Resources/Reference Materials and then click on RS Guided Imagery Order Blank.

Note: Blue Cross/Blue Shield of California conducted a trial with remarkable results, showing that practice with guided imagery CDs resulted in shorter hospital stays and less medication. The company saved an average of \$2,000.00 per surgical patient. Blue Cross/Blue Shield now offers a significant discount to patients who choose the Guided Imagery Option. For information call the company's Alternative Medicine Service Center, part of its Options Program, at 1-800-514-6502.

The Relaxation Response, Herbert Benson, M.D. c. 1975 Harpertorch, Harper-Collins Publishers

The Wellness Book, The Comprehensive Guide to Maintaining Health and Treating Stress-Related Illness, Chapters 10 – 15, Herbert Benson, M.D. & Eileen M. Stuart, R.N., C., M.S. c. 1992 Fireside, Simon & Schuster Inc.

The Geriatric Mental Health Foundation web-site.

WebMD.com (Commentary from Dr. Robert Klitzman, professor of clinical psychiatry at Columbia University College of Physicians and Surgeons and the author of When Doctors Become Patients): "A lot of mental health sites focus solely on depression, but WebMD.com gives good background on everything from stress management to ADHD. The site, however, could do a slightly better job of making it clear that in many instances the best treatment for mental health disorders may be talk therapy, by itself or combined with medication."

www.oprah.com has a continuous weekly stream of articles which reference recent breakthroughs in the social/psychological fields. i.e. www.oprah.com/spirit/How-to-Choose-Happiness/print/1 Articles are informative, straightforward and provide numerous additional resources.

Be Happy – release the power of happiness in YOU, Robert Holden, Ph.D. c. 2009 Hay House Inc.

Wired for Joy – A Revolutionary Method for Creating Happiness from Within, Laurel Mellin, c. 2010 Hay House Inc. The method called Emotional Brain Training (EBT) is discussed with all tools, strategies available to the reader. Laurel Mellin directs the nonprofit organization The Institute for Health Solutions, which certifies health professionals in EBT. www.ebt.org

The Open-Focus Brain – Harnessing the Power of Attention to Heal Mind and Body Les Fehmi & Jim Robbins, Shambala Publications

Dissolving Pain – Simple Brain Training Exercises for Overcoming Chronic Pain, Les Fehmi & Jim Robbins, c. 2010 Shambala Publications (For 4 decades Dr. Les Fehmi has been a leader in brainwave biofeedback, also called neurofeedback, training individuals how to balance and regulate their brainwave patterns to improve mental, emotional and physical health. Included with book is 65 minute CD in which Dr. Fehmi guides listeners through the fundamental Dissolving Pain exercise.