

The Power of Positive Feelings

Creating a Predictable Life

What to do Before, During and After
Any Life Stresses to Reduce Post Traumatic Stress Disorder

FREE Seminar for our **FREE**
Veterans & their Families

with
Donald E. Dossey, Ph.D.

WHERE: WNC - American Legion Post 77
216 4th Avenue West, Hendersonville, NC 28739

WHEN: Saturday, June 21th, 2008 - 9:00 am sharp to 3:00 pm Lunch Available
Advanced registration required. Contact: Art Long, Commander, Post 77
828-693-3922 legionpost77@hotmail.com
P.O. Box 854 Hendersonville, NC 28793

Now Learn How To:

- Take total control of your thoughts, feelings and life once and for all.
- Wash away unwanted anxieties and stress secretly, easily and quickly.
- * Reduce PTSD without humiliation and without discussing it with anyone.
- Increase confidence and self-esteem. Overcome procrastination forever.
- Use proven Debriefing methods that are private, safe, quick, and predictable.
- Release the personal past and create a predictable, positive future.
- Conquer blocks, barriers and bad habits quickly, safely and permanently.

**Achieving All the Health, Happiness, Love, Financial Security
You Deserve Is Not Only Possible, It Can Be Fun and Predictable!**

**“I was suffering from severe Posttraumatic Stress Disorder and the techniques presented by
Dr. Dossey saved my life.”** Mike Gardner, Retired Sergeant, Cincinnati Police Department

**“Gave me a new outlook on life.” “Taught me a way to debrief safely and quickly.” “Helped me in
dealing with stress.” “Changed my whole life.”** Howard Geer, Vietnam Army Veteran, Los Angeles

Dr. Donald Dossey, Ph.D., a Korean War Veteran, is an internationally acknowledged authority on the treatment of disaster stress, anxiety disorders and addictions. He served on the research staff of the VA Hospital, Sepulveda, CA and the National Institute of Health as well as a graduate professor of clinical psychology at Pepperdine University. drdossey@drdossey.com www.drdossey.com

NOTE: Seminar is not psychotherapy or a substitute for it, does not replace current methods of debriefing nor is it a substitute for them and it is not designed to solve all problems.

-OVER -

- I. INTRODUCTION AND OVERVIEW
 - A. Seminar is not psychotherapy or a substitute for it, does not replace current methods of debriefing nor is it a substitute for them and it is not designed to solve all problems.
 - B. A How To approach not a What To approach.
- II. THE TRAUMA - THE STRESS/FEAR RELATIONSHIP
 - A. Definition of Disaster Stress and Psychological Aftershock (PTSD)
 - B. Fear and stress relationship - Accumulative effect
 - C. Think\feel\do\have motivation strategy
 - D. How we get stuck in anxiety and stress - Fear loop/ Stress loop
- III. THE “3 KEYS” TO PREDICTABLE SUCCESS AND “5 COPING SKILLS” PEOPLE USE TO GET THROUGH ANY STRESSFUL SITUATION
- IV. CONTROLLING YOUR BODILY FEELINGS PREDICTABLY - Preparing for Debriefing #1
 - A. Locking in calm, relaxed and alert feelings for present and future - Keying
 - B. Bailout Key for safety
- V. SCIENTIFIC DEBRIEFING #1 Letting go of the past secretly and REROUTING your future privately.
 - A. Washing away past negative feelings without discussing it with anyone - the Wash
 - B. Creating positive future feelings and actions - Future Pacing
 - C. In Vivo Wash for all participants and warding off vicarious traumatization
 - D. Scientifically creating new feelings and behaviors - Future Pace Debriefing
- VI. SCIENTIFIC DEBRIEFING METHOD #2 - Letting go of the past with communication methods secretly
 - A. How the past affects our future behavior in crises
 - B. Getting into the present to ward off disaster stress and vicarious traumatization
 - Letting go of the past and getting into the present to ward off disaster stress
 - 1. Group debriefing 2. Debriefing yourself and others
- VII. CONTROLLING YOUR MIND PREDICTABLY TO CONTROL YOUR FEELINGS
 - A. Refocusing techniques
 - 1. Changing your point-of-view
 - 2. Controlling your picture mind and your internal self-talk
- VIII. CONTROLLING YOUR ACTION and BEHAVIOR - PUTTING IT ALL TOGETHER
 - A. 5 Dimensional Goal Setting - planning correctly and properly setting specific goals
 - B. Using “Framing” to get and stay focused and to achieve predictable results
- IX. APPLICATIONS OF KEYING, REFOCUSING AND 5 DIMENSIONAL GOAL SETTING
 - A. Added Happiness, better Health, enhanced Relationships and improved Finances
- X. RELAXATION TECHNIQUES – Releasing stressful and unhealthful toxins from the body
- XI. PHYSICAL ACTIVITIES AND NUTRITION– Prevent illness/strengthen the Immune System
 - A. Nutrition – Dr. Wilson, MD
 - B. Physical activities – Dr. Morehouse, Ph.D.
- XII. REVIEW AND EVALUATION