

BETTER LIVING FOR TODAY

April 2005
Vol. 4—No. 2

Resource Library

The Meier Clinics Radio Program featuring Paul Meier, M.D., has expanded! The program is airing Monday through Friday on more stations around the country.



WABS-AM—Baltimore/DC area
1:00-1:30 p.m.
WTSJ-AM — Cincinnati
1:00-1:30 p.m.
WPIT-AM — Pittsburgh
11:00-11:30 a.m.
WORD-FM — Pittsburgh
2:30-3:00 a.m.
KWRD-FM — Dallas
Time to be determined
WYLL-AM — Chicago
8:00-8:30 p.m.



Log on to Focus on the Family's website www.family.org and read Dr. Paul Meier's monthly contributions to Men/Women—Focus Over Fifty.

Read Dr. Meier's article, "High Maintenance Relationships," in the April issue of *Christianity Today*.



For a complete listing of the 70+ books by Dr. Paul Meier, go to www.meierclinics.org and select his biography under Richardson, Texas.

Improving Your Quality of Life Improving Your Quality of Life

by Paul Meier, M.D.

As a male psychiatrist with a little bit of pride in both my "maleness" and my field of medical practice, I was disappointed to read some psychiatric research a few years ago. It seems that single men have 300% more physical and mental health problems than married men do (with all other factors being equal). On the other hand, single women only did 2% worse than married women, with all else being equal.

"Why are we men so much weaker than women emotionally?" I asked myself. I came to the personal conclusion that women are more balanced in sharing feelings with their families and close friends. Men in our society are programmed to put job first, money second, sexual prowess third, and family as a fourth-class home base of operations.

My own daughter, Dr. Cheryl Meier, has become a psychologist and has taught me a lot about balance and how men can learn so much from the lifestyles of women in our culture. Together, we wrote a book, *Unbreakable Bonds: Practicing the Art of Loving and Being Loved*, that explains how to improve our quality of life through intimacy.

Psychiatric research shows that the happiest people on this planet are people who have:

- ♥ A spiritual relationship with God
- ♥ An intact family that supports one another
- ♥ Friends who know all their secrets and love them anyway

James 5:16 says that if we confess our faults to each other, we will be healed. The Bible is absolutely right. Nothing is more

(Continued on page 2)

Call our national toll-free number **888-7-CLINIC** to be connected to the Meier Clinic nearest you. A caring professional will be happy to speak with you regarding your concerns and the services available. For more information about Meier Clinics, please log on to our website at www.meierclinics.org.

Taking the Byte Out of Stress

by Paul Dobransky, M.D.

powerful. Pain from your past may frighten you away from intimacy now, but carefully choose safe people with whom to go down this healing road. We all have job pressures, but all of us can look for a better job, delegate more, and develop other boundaries to keep our careers from taking over our lives. For what we really need in life is to love and be loved by God and people – safe people who know us and love us as we are.

Every marriage also has its stresses, so don't be so proud as to think you can work these all out on your own. Get help from other couples or from a professional marriage counselor. Most marital conflicts are merely repeats of the marital conflicts our own parents had. A professional can point out insights that produce dramatic changes for the better.

God bless you on your journey!



Dr. Meier is founder of Meier Clinics and practices at the clinic in Richardson, Texas. His life mission is to love, assist, and educate the Christian community in integrating sound



psychological knowledge with fundamental Christian beliefs to achieve the wellness God intends for us. Christianity Today Magazine commented a few years ago that "Dr. Meier is the equivalent of a modern day reformer like Wesley, Luther, or John Knox of old."

They say a picture is worth a thousand words, and many people go to therapy for years without finding a total solution to their problems despite many words. I found a way of representing psychiatric problems *visually*, and I have taught over four thousand people how to make diagrams to describe their problems and find solutions more quickly.

There is a way of dividing up all psychiatric problems into three neat boxes. By using one of 150 diagrams, I am able to visually explain to people how to divide up the sources of any problem they face and arrive at effective solutions.

These diagrams explain the intimate connection between biology (brain chemistry), psychology (one's style of using the mind, emotions, and spirituality), and stress (which comes from the outside world). It also explains the triple role of medicines, counseling, and one's personal decision-making in total healing of a psychological problem.

Consider your biology to be just like your brain's *hardware*, your psychology just like your brain's many *software programs* you have installed over the years, and stress just like the *data* that gets plugged into the computer that is your mind. Only the user of a computer can decide what data to put into a computer in the first place.

Stress comes at you from the outside world. It is negative emotional energy in our environment. Its only cure is to *make a decision* about the stress, which many of us do not like to do. We would rather just sit and wait for answers. Instead, you could *decide* to think about the stress differently, stay in

Mission Statement

Meier Clinics is committed to providing excellent mental health care services that address the whole person—physically, emotionally & spiritually.

BETTER LIVING FOR TODAY

"For I know the plans I have for you, plans to give you hope and a future."
Jeremiah 29:11

Editor & Designer: Sandy Newport

Asst. Editor: Nancy Meier Brown

Proofing/Distribution: Amy Wiener

Contributing Writers/Information:

Dr. Paul Meier, Dr. Paul Dobransky

Subscriptions are free of charge, compliments of Meier Clinics Foundation.

Comments, suggestions, and subscription changes:

Write: Meier Clinics, Attn: Sandy Newport, 2100

Manchester Road, Suite 1510, Wheaton, IL 60187-4561

E-Mail: snewport@meierclinics.com

Call: 800-848-8872, x338

Reproduction in whole or in part without written permission is prohibited.

© 2005 Meier Clinics. All rights reserved.

Meier Clinics Locations

CALIFORNIA — Gold River, Laguna Hills, *Long Beach, Riverside

ILLINOIS — Chicago, Deerfield, Edwardsville, South Roxana, *Wheaton

KANSAS — Colby, Goodland

MARYLAND — Rockville

MICHIGAN — *Battle Creek

MISSOURI — Chesterfield, Defiance, Farmington, *St. Louis

PENNSYLVANIA — Pittsburgh, Wexford

TEXAS — Fort Worth, *Richardson

VIRGINIA — *Fairfax

WASHINGTON — Bothell, *Seattle, Tacoma



*Denotes locations with Day Programs as well as Outpatient services.

For more information about Meier Clinics and our services, call us toll-free at **1-888-7-CLINIC** or visit us at www.meierclinics.org

the environment but use a tougher skin against it, or else just *decide* to get out of the stressful environment. Getting counseling can help. One thing is for sure though—if you do not decide what to do about stress in your life, staying in it will sooner or later start to hurt your *psychology*. You might become a more negative, pessimistic person or have a crisis of faith.

If you are in stressful environments long enough, you will start to take on the characteristics of the stress and become more pessimistic in your psychology. It is as if your *software* is being reprogrammed to be more negative and, therefore, less efficient—more clunky. The only way to fix the problem is to *reprogram* your computer through counseling, education, and spiritual experience.

If you do not change your mental functioning, you may very well find that your pessimism caused by the stress stays around long enough to start to corrupt your *hardware*, your brain's biology. Soon you are low on Serotonin, that brain chemical responsible for keeping you out of depression. Now therapy and education are not powerful enough because you have a corrupted *hard drive*.

When your biology is impacted by a problem, things are very far along toward impairment or disease. It is very similar to getting a nasty computer virus and not doing anything about it.

If the problem is on your system long enough, you may start to see that not only do your software programs not work as well, now your computer hardware starts to fail too. If your computer hardware gets messed up enough by the virus, you may end up having to go buy a whole new computer—software can't fix the problem. This is similar to starting on a medicine for a psychiatric condition—it changes the very hardware of your

brain, replacing it with more functional hardware.

But, if you still have the same bad software on your system or the same virus, it will continue to affect the brand new hardware you have installed. This is why the concepts of stress, psychology, and medicine for psychiatric problems, especially mood disorders, are “one-way deals”.

Stress can mess with your psychology, and your bad psychology can mess with your brain chemistry or biology, but fixing your brain's biology with medicine does NOTHING to change how your psychology's style of operation works. And medicine certainly does nothing to solve the stresses of life. They are still there waiting for you. (In the same vein, alcohol and drugs of abuse do not solve the stresses of life; they just change how you feel).

If I got a big bill in the mail, I might feel *stressed* or even get *depressed* about it. Now if I took a medicine, such as a tranquilizer, I would *feel* different and better in mood. I might then just let the bill slide. After all, I *feel* different about the bill. But, next month I will get a double bill and be twice as stressed or depressed. Maybe take TWO tranquilizers, then , ahhhh...*feel* better about the bill. Does that

mean the *stress* has been solved? NO! The only cure for that stress is a *decision* to “pay the bill.”

So you might start to see how lack of attention to this kind of detail of our mind's workings lead us to addiction and denial by keeping us *passive* in our psychology. Part of the solution to always staying healthy and solving ANY psychological or social dilemma is to strengthen our psychology against stress in the first place, before it ever gets in.

This is what I learned about myself recently. I was not so depressed or anxious that my biology was impaired, but I was indeed stressed by not



YES, I want to join others in helping change and save people's lives through a tax-deductible donation to the Meier Clinic Foundation.

I would like to be a MCF Partner by committing to a monthly gift of:

\$500 \$250 \$100

\$50 \$25 \$ _____

For convenience, I am giving permission for MCF to debit my charge card monthly on the _____ day of each month until further written notice.

I am making a current donation of \$ _____.

Charge my VISA MasterCard Discover Am. Express

Acct # _____ Exp. Date _____

Name _____

Address _____

Daytime Phone _____

Signature _____

I would like to include MCF in my estate plans. Please call me.

Make checks payable to Meier Clinics Foundation. Mail to MCF, 2100 Manchester Road, Suite 1510, Wheaton, IL 60187-4561. You may also make a donation online at www.meierclinics.org or by phone at 800-848-8872. Thank you for your generosity.

being able to do as much for people as I wanted to and still have enough time for myself. My psychology was limiting me to think that I had to stay in the same job and same city and just try to force things. I needed to be open to change—change of home, city, job, and even nearby friends. It took me a whole year to plan a solution, but it's done.

You can learn to do the same. I deeply believe that every problem can be solved. Sometimes there are problems that have no solution *right now*, but even those, ironically, are solved just by the very action of dropping them from your radar screen for now. Every other problem that is solvable now or in the near future can be resolved simply by paying attention to your biology, psychology, spirituality, and stresses with more care for the details.



Dr. Dobransky recently left an active practice in Denver to join Meier Clinics. “The respect for the power of both a patient’s Christian faith and for science is what led me to the Meier Clinics. I found that the works of Dr. Meier are rooted in both, and the philosophy and mission of the organization he founded could be relied upon, both as a Christian and a scientist.” Dr. Dobransky has developed an innovative approach to helping people work through their problems and has effectively helped thousands find the answers they were seeking. Call 800-848-8872 if you would like to schedule an appointment with Dr. Dobransky at the Wheaton or Chicago, Illinois, clinics.

Spanish Services in Illinois



Left to right: Alicia La Hoz, Psy.D. Intern; Nancy Brown, President of Meier Clinics; Rossana Sierra-Swiech, LCPC; Danny Huerta, LCSW, from Focus on the Family Counseling Department.

The Meier Clinics in Chicago and Wheaton, Illinois, are pleased to announce that counseling services are now available to those who speak Spanish. Pictured above are some of the attendees at a recent meeting in Chicago where they discussed the new program. The dream is finally a reality!

If you know someone who might be interested in counseling with one of our Spanish-speaking counselors, please have them call us at **630-653-1717** or **800-848-8872**.

Chicago staff: Rossana Sierra-Swiech, LCPC

Wheaton staff: Juliet Cáceres, MA; Alicia La Hoz, Pre-doctoral Intern; Karla Saruk, LPC.



CORPORATE OFFICE
2100 Manchester Road, Suite 1510
Wheaton, IL 60187-4561