



PRACTICE NEWS



Decision-Making Partnership

Life is full of decisions that can cause stress, anxiety, missed opportunities, and regret. But they don't have to. Comprehensive Wellness is pleased to announce our partnership with Decide LLC to offer patients valuable support in making challenging life decisions.

Using a proprietary approach, the team at Decide LLC serve as neutral facilitators to help you tackle life's difficult decisions—methodically and analytically—so you can make clear choices that positively impact your future. Our approach is:

- **Data Driven.** Numbers don't lie. We use data to rank and analyze the factors that are most important in making your decision.
- **Efficient.** Unlike therapy or life coaching, our approach is highly structured and efficient. The whole process takes less than an afternoon.
- **Actionable.** We create an action plan that numerically illustrates which choice is best, and identifies the trade-offs.

Whether you are evaluating treatment options, growing your family, moving to a new city, selecting a college, changing jobs, or deciding when to retire, we can help. Many decisions have no clear right or wrong answer and have difficult trade-offs. Our mission is to **empower everyone**—individuals, families, and small teams—to make their best decision, identify what's important, understand the trade-offs and get on the fast track to progress, productivity and joy.

A decision usually requires only one session. Appointments at Comprehensive Wellness are currently scheduled on Tuesdays; however, home and hospital visits are also available.

Read more about the founder of Decide LLC and her recommendations for decision-making inside. For more information about Decide LLC, visit their website at www.decideforyourself.com.

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SPECIAL OFFER

SPRING REIKI ENERGY CLEARING



Spring is a time of renewal. Letting go of old or stagnant energy creates room for new levels of well-being.

The natural flow of your own energy allows you to feel relaxed, renewed and ready to engage with life in new ways.

Experience your body's own natural healing energy!

Schedule a spring Reiki Energy Clearing session with Denise Arline and receive **25% off through March 31!**



Denise Arline, MA is an Energy Medicine Practitioner, Reiki Healing Master and Holistic Life Coach. Denise holds

a Masters Degree in Transformative Healing Arts from JFK University. She completed graduate level training in Intuition and Healing at Intuitive Way, LLC in Walnut Creek. She is a Certified Life Coach from Journey Paths Institute and also a Teaching Coach.

MORE THAN PROS & CONS

HOW TO THINK ABOUT MAKING A DIFFICULT DECISION

My research into (and love) of decision-making began when I was a graduate student working on a breast cancer study at Mass General Hospital and Harvard Medical School. For patients who didn't have a clear "best choice," the doctors would outline treatment options and say something along the lines of "We think that you could do Option A or Option B and have the same survival rate. We support you either way, but the decision is yours." This was empowering for some people and extremely stressful for others.

These types of difficult, and deeply personal, decisions are not limited only to the medical world. We encounter them in many different areas of our lives. Should I take Job A or Job B? Should we move or stay where we are? Should I go to College A or College B? And just like the patients in our study, some people find this empowering and others find it overwhelming and stressful.

Part of what makes these types of decisions difficult is not having process that works (i.e., getting to a decision that you can live with and feel good about). Most of us learn to make decisions using tools (like pros & cons) and when those methods don't get you a final decision, then what? In working to answer that "then what?" I spent years using qualitative and quantitative ways of understanding how and why people made decisions and—most importantly—how to support someone making a difficult decision. That work resulted in the five step structured approach called *Decide For Yourself*.

If you are struggling with a decision, here are seven general decision-making tips to consider:

1. **A deadline helps.** If you don't have an external one, give yourself an internal deadline and stick with it.
2. **Try not to censor yourself.** Make a decision based on what is important to you, not what others think you should do.
3. **Stop researching** at some point. We will always have to deal with uncertainty and imperfect information—no matter how much research we've done.
4. **Make one decision at a time.** Sometimes decisions can get jumbled together like a bowl of spaghetti, it helps to pull them apart and tackle them individually.
5. **Use an analytical approach and then check your gut instinct.** We're partial to the *Decide For Yourself* process, but research shows that going through any analytical process informs your gut instinct and makes it more reliable.
6. **Be clear on the trade-offs.** Accept those you can't do anything about and mitigate those you can.
7. **Once you decide, dive in with both feet.** Don't torture yourself with what-ifs—research shows that once you commit to a decision and make it yours, it builds positive momentum.



Maria Carson Breber developed her proprietary decision-making method, *Decide for Yourself*, based on 25 years of experience and research. She started Decide LLC to share her decision-making method with people and businesses everywhere.

HEALTH & WELLNESS CLASS Sleep for Health

Saturday, May 4, 2019

11:00am—1:00pm

\$95

Are you trying to increase energy, prevent or manage diabetes, reduce blood pressure, or lose weight? Newest research shows that better sleep is a critical step in all of these goals. There are many things you can do to improve your sleep. Medication can be avoided or stopped.

Join us for this informative class, where you will go home with the following tools to help you sleep well and gain the benefits of more energy, improved concentration and better health.

- Insomnia basics
- Lifestyle practices to support sleeping well
- Cognitive restructuring: ways to improve thought patterns
- The relaxation response
- Forming long-term patterns in behavioral techniques



Rebecca Berke, BCH, is a board certified Hypnotherapist and Mindfulness Educator and

Coach. She has the latest training in Cognitive Behavioral Therapy for Insomnia and has actively been teaching about sleep strategies.



Patty Geraghty, FNP-BC, WHNP, is a nurse practitioner with over 20 years of experience.

She is a fun and engaging speaker, recognized for her contributions to women's health. She speaks nationally on sleep and health.

HEALTH & WELLNESS CLASS

Reducing Stress for More Energy & Well-Being

Monday, March 18
11:00am—12:30pm
\$75

Would you like more clarity in the chaos? Handle stress in everyday life? This class will explore tools and resources that you already have but perhaps are not utilizing.

If you are curious about hypnotherapy or already know of the benefits; this is a great class to empower positive changes. Come join us, bring a friend, and learn about how you can:

- Feel a connection to your life
- Decrease anxiety naturally to regulate blood pressure and heart rate.
- Learn creative ideas to put a shine in everyday activities.

Presented by **Rebecca Berke, BCH.**

Space is limited! Call (925) 464-3916 to register.

SPECIAL OFFER

BOTOX® COSMETIC

We love Botox® Cosmetic and we want you to try it. We know you'll love it! Choose from one of these great offers:

- **10 free units** on your first treatment with Botox® Cosmetic. Botox® Cosmetic treatment must be with 20 units or greater. *New Botox® Cosmetic patients only.*
- or-
- Treat one area (at least 20 units) and **try a new treatment area for free** (up to 20 units). *Returning Botox® Cosmetic patients only.*

Valid through April 30. Offers cannot be used in conjunction with any other discount or promotional offer.

MUSCULOSKELETAL SPOTLIGHT

BEYOND THE OBVIOUS

UNDERSTANDING THE SOURCE OF PAIN

Have you ever treated pain in your joints, only to have it return a few weeks or months later?

Knee pain for example. The usual RICE treatment – rest, ice, compress, elevate – will help the knee heal, and hands-on therapy can accelerate healing. But what if the knee problem isn't THE PROBLEM. What if something else is going wrong in the leg that compromises the function of the knee? In this case the knee pain will eventually come back, usually accompanied by further injury.

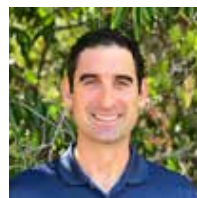
This too often is the case, and with knees it is easy to see why. Think about each joint in your leg. Your ankles and hips are made to move in all directions, while your knees only bend in one direction. Most compensated walking strategies involve lateral (side to side) motion in the leg, and because the knees do not bend sideways they tend to be the first joint to feel the strain. Imagine if you walked unknowingly with a small lateral strain on your knee. How long would it take before you became sensitive to the tissue damage? How much damage might you generate before seeking help? Would treating just the knee solve your problem?

Because the human body is so adaptable, it can be easy to compensate the normal function of your body. For example, all it takes to drive the knee a little sideways is a stiff big toe or weakness in the hip.

At Comprehensive Wellness we look for these underlying issues when we perform whole body biomechanical exams. Our exams include evaluation of posture, gait, movement, joints and soft tissue quality. By understanding why you move the way you do, we can formulate a holistic healing plan that addresses both the pain you currently have and the root causes or drivers of your pain.

Successful treatment programs typically integrate a variety of methods such as manual therapy techniques, joint rehabilitation, restoration of foundational body skills, and habituation of better movement patterns. It may sound like a lot, but we're able to focus where you'll target your work. Most of our patients regularly practice only 4-8 exercises and aim to keep just one body skill top of mind throughout each day. Even the most time-constrained professionals and busiest of moms have been able to integrate this type of programming into their life.

Visit our website to learn more about our Kinesiology/Movement program.



Jeremiah Dees, CSCS, is a movement specialist with over 18 years of experience specializing in kinesiology. He is a graduate of the University of California, Berkeley where he studied Human Biodynamics and Integrative Biology, while concurrently rowing on the national champion crew team.

PRACTICE NEWS (continued)

Our Clinicians in the Community

Jeremiah Dees, CSCS, spent three days with John Iams learning more about pain release techniques. Jeremiah is an advanced PRRT provider, using reflexes and bodywork to release nerve and muscle pain.

Patricia Geraghty, NP, attended a national course on medical marijuana; the uses and pharmacology. There are applications for Comprehensive Wellness's integrated chronic pelvic pain program and other aspects of our practice.

Denise Hilliard, MD, co-hosted an event with Epic Care where they enjoyed visiting and learning more about our practice.

Rebecca Berke, BCH will be representing Comprehensive Wellness at the *International Hypnotherapy Conference* in Southern California.

Sahar Berjis, RD, MPH, and **Rebecca Berke, BCH**, will be presenting workshops at the *YAC Attack Youth Conference* in Orinda on April 14.

We are pleased to announce that several of our clinicians will be presenting as part of Oakwood Athletic Club's annual spring Wellness Series:

- **Brett Beaver, LMFT** (Coping with Aging/Life Changes),
- **Denise Hilliard, MD** (Aesthetics), and
- **Rebecca Berke, BCH** (Mindfulness and Living Abundantly).



comprehensive
wellness

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Appointments

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