

Feeling No Pain
Jude LaClaire, Ph.D., LCPC, LCSW

The greatest discovery of my generation is that human beings can alter their lives by altering their state of mind.

William James

William James made this statement long before physics, neurobiology and other scientific approaches had proven that we are able to change our mind-body states. We are now harnessing the power of the body-mind for healing in ways never before imagined.

Dr. John Leonard has developed a program to help reduce pain, stress and negative emotions, while boosting joy and enthusiasm for life. The NeuroBehavioral Pain Management program is a holistic mind-body treatment which gives new hope to pain sufferers. The program has been shown to effectively reduce pain in 90% of chronic pain cases. As you might imagine, when pain is more manageable, the depression and stress that accompany it are reduced.

The NeuroBehavioral Program is based on more recent theories in mind-body medicine. Candace Pert in “Molecules of Emotion” tells us that our biochemical messengers communicate information, intelligently integrating the amazing complex of the conscious and unconscious activities at any one moment. This information transfer takes place by linking the networks of all of our systems. This bodywide information is dynamic and flexible, directing information simultaneously while intelligently guiding life.

Ernest Rossi in “The Psychobiology of Mind-Body Healing” talks about the process of information transduction. Imagine for a moment that you take a nice ripe lemon and prepare to cut off a piece of it. You slice the knife through the juicy lemon. You pick up the piece of lemon and bring it to your mouth. What do you taste? Perhaps your mouth watered or you puckered your lips, even tasted the sour flavor of the lemon. Your body-mind acts as if the lemon was there and you actually tasted it. This demonstrates how the powerful process of words, images and thoughts can produce a physical, multisensory result. This is an example of information transfer.

Dr. Leonard has developed a simple, teachable protocol that combines biofeedback, words and images to help people manage pain. In three individual phases of training with a certified neurobehavioral program practitioner, you can learn to turn off pain by using a simple command. You will also learn to reduce stress, anger, sadness and worry. By practicing between sessions, you will build the neuronal networks that will eventually bring you nearly automatic relief.

In the last six months, I have been studying with Dr. Leonard, learning this effective and powerful approach. I was very skeptical, as there are many other tools, which claim success in the area of pain reduction and mind-body healing. As I began to see people using the system and getting results, I became more convinced of the efficacy of the NeuroBehavioral Program. It has helped me with back pain and migraine headache pain.

After learning and practicing the protocol, I found that I could just say, “I want my pain to go to zero” and my headache, hip or back pain would subside or disappear completely.

One person suffering from chronic pain due to a severe shoulder injury five years earlier is reporting that she can control her pain without medication for hours at a time. This approach is helpful for people with lupus, MS, fibromyalgia, chronic fatigue syndrome, injury-related pain, endometriosis, back pain and many other types of pain.

To learn more about Dr. Leonard’s approach go to www.neurobehavioralprograms.com
If you have any other questions please call or email me. I am ready to help you claim back your life from chronic pain.

*Jude LaClaire, Ph.D., LCPC, LCSW is a counselor, educator and author. For counseling appointments, seminars or training, speaking engagements, supervision or information on NeuroBehavioral Programs call 913-322-0023. For more information about Dr. LaClaire or the Kansas City Holistic Centre go to: www.kcholistic.com
Email: jude@kcholistic.com*