Unravelling defense mechanisms: How the subconscious mind releases early painful memories in order to heal physical, behavioral and emotional problems

The Sidman Solution's clients experience a formal relaxation process, and then proceed to follow their subconscious memories to the root cause of their presenting problem(s) by identifying and penetrating and eliminating unwanted defense mechanisms.

This allows the subject to release and replace negative feelings with positive feelings and attitudes. There is no re-traumatizing and the subject is always aware and in control. Negative perceptions that resulted from early painful experiences, such as early emotional trauma and physical abuse or neglect, are replaced with positive perceptions, literally restructuring the emotional memories and relieving the presenting problems. The memory remains intact, but the pain has been eliminated. At this point the subject may undergo a transformation, including visual evidence of emotional pain turning to relief and calm as he or she absorbs a new way of being. The inner struggle from many years of attempting to relieve these problems is almost immediately resolved in most cases.

Since most, if not all, of these problems present in some form of depression and/or anxiety, the baseline condition and treatment efficacy are quantifiable by Beck inventory testing. The therapist need not be present to administer The Beck Depression and Anxiety Inventories. In fact, clients can be treated long distance by modern methods like Skype, as it has been successfully accomplished.

Biography

Sidman earned her PhD in Clinical Hypnotherapy in 2000 from American Pacific University, now Kona University. Prior, she achieved her BA and DCH in Clinical Hypnotherapy from the American Institute of Hypnotherapy in 1989 in Irvine, CA. Jacqueline Sidman formed The Sidman Institute in Irvine, CA in 1998, a decade after she began, and has served over 10,000 clients over the past 25 years. Her experience in a wide variety of physical, emotional and behavioral problems in her private practice has shown considerable success. The Jacqueline Sidman Health Foundation, a non-profit 501(c)(3) organization, was founded by her in 2007. The purpose of the foundation is to research how working directly with the subconscious mind can have positive, often immediate, effects on one's physical and mental health. She has been published in the Journal of Reproductive Medicine for her successful treatment of Interstitial Cystitis, and her study on depression and anxiety was published by the American Psychological Association.

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