

CHANGE AT THE SPEED OF LIGHT: Emotional Healing Through Light Technology



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www.wellness-innovations.com

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Emotional Healing
Through Light Technology

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Experience a breakthrough approach to improving and sustaining physical, emotional, and spiritual well-being through the use of innovative light therapy techniques. Light therapy is a safe, alternative approach to healing that can lead to long lasting changes without the extended time commitment often required by traditional therapies. Innovative techniques which combine discussion and verbal guidance with colored light technology create possibilities for personal change which could scarcely have been imagined a few years ago. Experience the power of Light Technology to:

- Change negative emotional states
- Resolve emotional blocks
- Bring forth insights and creativity
- Enhance wellness and recovery from illness

Light Technology refers to the use of cutting edge light and sound devices for personal growth. It involves the use of two separate but related methods which utilize two different machines. One method, involving rhythmic light only, is Emotional Transformation Therapy (ETT), an approach developed by Steven Vazquez, Ph.D. ETT is best performed in a health practitioner's office on a light and color device known as the Photron. The other method, involving both light and sound, was developed by David Siever, President of Mind Alive, Inc. David Siever's method involves the use of the Paradise machine, a combined light and sound device which may be used at home.

The Role of the Paradise Machine

In 1982, David Siever of Mind Alive, Inc. developed one of the first brainwave entrainment devices to utilize both light and sound. He called his machine the DAVID Paradise. Since its inception, Comptronic Devices has devoted a great deal of time to research and development, and David Siever's Paradise Machines have undergone many upgrades and revisions. Michael Hutchison, an author and leader in the field of brain-mind technology, has recommended the Paradise Machine as being among the very best brainwave entrainment devices in the world today.

Since the 1930's it has been known that looking at a flashing light results in a person's brainwaves becoming synchronized with the flash rate of the light itself. This synchronization process is known as entrainment. The Paradise Machine uses flashing light and pulsating sound to move the person's brainwave patterns to an alpha, beta, theta or delta state, depending on the desired effect.

To increase its effectiveness, the Paradise Machine also utilizes various colored filters and types of sound patterns. Verbal audiocassette tapes (on stress reduction, peak performance, etc.) may also be played during Paradise sessions to heighten the usefulness of the experience. One of the advantages of the Paradise Machine is that it is highly portable and may therefore be used at home or at work. In this way, it can be used as part of a daily program for health improvement, stress reduction or peak performance training.

How does the Paradise Machine Work?

The Paradise Machine uses lightweight darkened glasses to emit gentle colored light into the user's eyes, along with headphones which generate pulsating sounds. The combination of light and sound gradually moves the user's brainwaves to an alpha, beta, theta or delta brainwave state. The use of various colored filters in the glasses adds to the effectiveness of the device, since colors can influence the mind in terms of mood and other effects on a neurological level.

What are Brainwaves?

Our brains produce “synchronized” electrical charges. These charges create a rhythm known as brainwave patterns. These patterns are observable through electroencephalograph (EEG) instruments. EEG’s record and measure large amounts of nerve cells firing in unison to create patterns. Brainwave patterns are commonly grouped into four different categories: beta, alpha, theta, and delta. Each of these brainwave patterns is associated with various states of mind.

How Does the Paradise Machine Improve Health by Enhancing Brainwave Patterns?

Research has revealed that a number of medical and psychological conditions are characterized by slow brainwave patterns. These conditions include Premenstrual Syndrome, Chronic Fatigue Syndrome, Fibromyalgia, migraine headaches, Attention Deficit Disorder, Obsessive-Compulsive Disorder, and some forms of anxiety and depression. At the same time, some pain and sleep disorders appear to be associated with difficulty achieving and maintaining a slow brainwave state. Depending upon the nature of the difficulty, people are directed to use a fast flash rate or a slow flash rate on the Paradise Machine in order to train their brains to maintain a healthier brainwave state.

What are the Potential Benefits of the Paradise Machine?

Potential Mental and Emotional Benefits

- Increased relaxation
- Improved concentration and attention span
- Heightened mental clarity and alertness
- Accelerating learning
- Heightened creativity
- Improved memory
- Increased intuition
- Enhanced problem-solving abilities
- Increased self-confidence
- Enhanced mood
- Reduced emotional stress and anxiety
- Reduced worrying and obsessive thinking

Potential Physical Benefits

- Improved attention span and reduced hyperactivity in people with Attention Deficit Disorder (research article available upon request)
- Reduction in symptoms associated with Premenstrual Syndrome (research article available upon request)
- Decreased depression in people with Seasonal Affective Disorder/”Winter Blues” (research article available upon request)
- Reduction in the frequency and intensity of migraine headaches (research article available upon request)
- Decreased pain, anxiety, and depression in people with fibromyalgia (research article available upon request)
- Improved sleep in people with insomnia, fibromyalgia and Chronic Fatigue Syndrome
- Improved alertness and concentration in people with fibromyalgia and Chronic Fatigue Syndrome
- Reduced pain levels in people with chronic pain

- Improved brain functioning in people with closed head injuries (experimental use)
- Reduction in the stress component of such medical problems as TMJ, Irritable Bowel Syndrome, and tensions headaches
- Reduced physical tensions and muscle spasm
- Enhanced sports performance

What Does the Research on Colored Light Stimulation Show?

- In 1985, G. D. Solomon reported in the professional journal, *Headache*, on a research study which found that using flashing light as a treatment for muscle contraction headaches resulted in nineteen out of the twenty-one patients reporting complete relief of their headaches.
- In a preliminary study published in the journal *Headache* in 1989, D. J. Anderson reported that of a total of 50 migraine headaches in seven patients, 30 migraines were “stopped” and all but one of the remainder were “helped” by flashing light treatments.
- In 1977, D. J. Anderson and his colleagues reported in *The Journal of Obstetrics and Gynaecology* that seventeen women with confirmed, severe, and long-standing PMS who were treated with flashing light for fifteen minutes a day experienced a median reduction in their PMS symptoms of 76%. At the end of the trial, twelve of the women could no longer be considered to have PMS.
- In an unpublished study conducted in 1989, Jill Ammon-Wexler, Ph.D. treated ten adults with self-reported phobias with twenty sessions of colored light stimulation over a four week period and found that all the subjects receiving light stimulation scored lower on all measures of fear, anxiety and depression, and scored higher on all measures of self-esteem following their twenty sessions treatment sequence.
- In a study conducted by Juan Abascal, Ph.D. and Laurell Brucato, Ph.D. at a community college, it was found that college students who received six sessions of light and sound stimulation had lower levels of anxiety following their series of treatments.
- In 1999 David Siever and Kathleen Berg conducted a study on treating Seasonal Affective Disorder (“Winter Blues”) with flashing lightglasses and found that 100% of the participants who used a fast flash rate during the study experienced a reduction in depression, with 84% achieving a “non-depressed” state by the end of the study.
- A 1999 study also conducted by Siever and Berg found that people diagnosed with fibromyalgia who were treated with flashing colored lights in addition to their regular medical treatment achieved significant reductions in pain, anxiety and depression.

How Does Light Stimulation Work to Improve Brain Functioning?

In a research study reported at the December, 1990 meeting of the American Academy of Neurological & Orthopedic Surgery, Normal Shealy, M.D., Ph.D., described the results of neurochemical analyses conducted on blood samples taken from adult volunteers before and after thirty minute light stimulation sessions. The results of the analyses showed an average increase of serotonin levels of 23%, and an increase of nor-epinephrine by 18%. The study also showed that beta endorphin levels increased an average of 14%. Dr.

Dr. Shealy has attributed the pain reduction and antidepressant effects of colored light stimulation to these increased neurotransmitter levels. Additional research studies have shown that light stimulation greatly increases blood flow to the brain, thereby apparently making these neurotransmitters available for the enhancement of brain functioning.

How Can the Paradise be used in Combination with Other Personal Growth Methods?

The Paradise Machine is primarily used by clients in their homes, often on a daily basis. While the above benefits may be achieved while using the Paradise Machine alone, experience suggests that personal growth is usually best achieved and sustained by using a combination of techniques. Clients often find that the second Light Therapy process, known as *Emotional Transformation Therapy*, serves as a dramatic catalyst to the creation of the kinds of emotional breakthroughs which support both mental and physical improvement. Whereas the Paradise machine can be effective at creating changes in symptoms, ETT can be effective at treating the personal issues and conflicts which intensify many emotional and physical symptoms. The most progress is perhaps made by clients who utilize the Paradise Machine at home, while engaging in the ETT process at a facilitator's office.

What is Emotional Transformation Therapy (ETT)?

Emotional Transformation Therapy refers to the use of a light and color device that projects rhythmic colored light into the person's eyes while he or she is seated in front of the machine. During the light stimulation process, the facilitator helps the person explore emotional conflicts, stresses, old emotional wounds, and emotional blocks which may be interfering with the person's progress in the areas of mind, body or spirit. The facilitator then assists the person with neutralizing or releasing those difficulties. ETT is also very helpful with neutralizing self-limiting emotions, such as anger, fear, guilt, shame and unresolved loss. For a complete discussion of the uses of ETT, please refer to the following sections which consist of excerpts from a longer report written by Steven Vazquez, Ph.D., the originator of ETT.

ETT: The Power of Light and Color

There have been many new discoveries in medicine and psychology in the last decade, but there may be none more exciting than the use of light. We have seen new wonder drugs capture the imagination of everyone who wants a quick fix, only to have hopes dashed when it is discovered that they are sometimes dangerous. At the same time, more and more people are seeking natural remedies, alternative approaches, and ways to solve suffering that really last. For those who are looking for an answer that goes deep and does not take forever to see results, ETT may be the preferred method of healing. Imagine an approach to healing the mind, body, and spirit that has the following characteristics:

- Natural
- Quick
- Effective
- Cost-efficient
- Can change negative emotional states
- Can resolve emotional blocks
- Can bring forth insights and creativity
- Can facilitate personal transformation by accelerating mental, emotional, physical and spiritual change

Dr. Steven Vazquez originated ETT in 1991. After observing hundreds of people who were exposed to rhythmic colored light, he developed a comprehensive system to maximize the effects of light and color. This system has undergone several major advances in the last twelve years.

Light: The Ultimate Catalyst

In most cases, light stimulation is not a separate method in itself, but instead is used to deepen or speed up improvement in a variety of personal transformation methods. Just as a psychotherapist or a chiropractor may use music to enhance his work, so too can light stimulation be used to help achieve goals. Therefore, it can be part of many personal growth procedures.

What is the LightWork Experience Like?

The human response to light and color has a broad range of reactions. The process works by simply seating the person about 18 to 24 inches in front of the device that flashes light into the eyes. While this is occurring, a facilitator guides the verbal interaction. The person receiving the light stimulation benefits most if he or she is honest and willing to participate fully. Depending upon the objective and the responsiveness of the individual, the session can bring forth everything from deep crying to absolute peacefulness. Sessions can provoke previously forgotten memories or completely eliminate unpleasant emotions. Part of the success is due to the skill of the facilitator, part of it is due to the efforts of the recipient, and much is enhanced by the light stimulation.

How Does it Work?

- **Brainwave Patterns and the Power of the Mind**

Each time a nerve cell gives off an impulse it also gives off a tiny electromagnetic wave. There are billions of nerve cells that comprise the brain, and at any given time, different ones are firing, depending upon what the brain is doing. When large numbers of nerve cells give off waves, they create cumulative patterns which can be measured. These “brainwave patterns” are associated with specific states of awareness or consciousness. Specific brainwave patterns are known to occur with dream states, normal waking state, deep states of relaxation, etc. Various brainwave patterns may occur in different parts of the brain. Strobic light strongly influences these patterns. Brainwave patterns roughly correspond to different personal experiences of our thoughts and feelings. Most of the time people go to healthcare professionals because they are in emotional or physical states that they want to change. If a facilitator could change brainwave states easily, it could assist enormously with helping people change their unpleasant experiences and ongoing emotional and physical states.

- **The Magic of Entrainment**

In 1665, Christina Huygens of the Netherlands first noticed that when two pendulum clocks were put next to each other over a period of time, their rhythms aligned. He initially referred to this as mutual phase interlocking, but it was later referred to as entrainment. When one tuning fork brings forth a similar vibration in another, it is called resonance. It was later found that living things like plants, animals, and even humans resonate or entrain with each other. For instance, when two women work around each other on a daily basis, their menstrual cycles often align with each other. We now know that non-living things, such as a musical beat or a strobic light, can entrain human brainwave rhythms. There are several devices which capitalize on this concept.

- **The Secret of Metamorphosis: Disentrainment**

For some purposes, it is important to entrain brainwave patterns, while for other purposes, it is equally important to break up a brainwave pattern. This ability to interrupt a brainwave pattern is helpful when a person is entrenched in an unpleasant state. Examples are when emotional blocks, unwanted thoughts, negative behaviors, or unwanted habit patterns need to be disrupted. This is accomplished by first entraining the brainwave rhythms, and then using a variety of techniques to disrupt the self-limiting pattern and create healthier ones. Most of these procedures use a facilitator who is trained to help create these changes.

- **Turning on the Brain: Photic Driving**

In the 1930's, Dr. W.G. Walter placed electrodes on the skull of a person while he emitted a strobic light into the person's eyes. He found that the brainwave rhythm changed to match the rate of the strobe light. Then it was found that light emitted into the eyes also stimulated the entire brain! About 80% of all sensory stimulation to humans is visual in nature. When light enters the eyes, it follows three direct routes: one to the visual cortex of the brain that allows us to see, another to the hypothalamus, and a third to the brainstem. What this means is that light stimulation into the eyes either directly or indirectly affects virtually all significant areas of the brain, and ultimately affects the biochemistry of the entire body! The use of different colors (wavelengths) of light has different effects on the brain and the body. The ETT system uses these colors to achieve specific changes in mental or physical experiences.

It is now known that light stimulation also increases serotonin production in the brain. Serotonin is the most widespread neurotransmitter in the brain which is known to affect moods. Of course, the amount of brightness, length of time, and other factors also play a role in how light will impact the human body.

- **The Mystery of Color Unveiled**

It has long been known that specific colors bring forth certain moods and corresponding thoughts. For example, red is well-known to be related to moods of passion or anger. There are many theories about the meanings of colors, but these viewpoints often do not agree with each other. There may be two reasons for the meanings of color.

The first reason may be that we develop an association with a color through the experiences we have, such as the mental conditioning of linking the stopping of a car with a red light. Through association people could develop completely different meanings of colors depending upon their experiences. In this way, any color could be learned to be related to any experience.

A second reason for the meaning of color is that there may be a universal human response to colors. These are called "inherent meanings." Dr. Steven Vazquez discovered inherent meanings to colors after exposing hundreds of people to a wide variety of colored lights and listening to both the content of what they said and the moods that occurred. These deeper or inherent meanings usually arose after the associated ones. Since there can be so many different reactions to colors, Dr. Vazquez developed an assessment procedure to identify each individual's profile based on his reactions to eleven colors. This profile can be used to custom-tailor procedures so that each person will receive optimum benefit.

- **The Incredible Impact of Color on States of Consciousness**

Color has a tendency to bring forth specific states of consciousness. The term "state of consciousness" refers to a subjective awareness that includes thoughts, moods and physical experiences. For example, a person has distinct state of consciousness during aspects of having sex, laughing, or crying. When this tendency to bring forth specific states of consciousness through the use of color is combined with rhythmic light stimulation,

forth specific states of consciousness through the use of color is combined with rhythmic light stimulation, it helps to pin-point the experiences optimal for making a psychological or physical change. There has been scientific research in the fields of architectural design, stage lighting, and psychology on how color affects state of consciousness.

• The Transformative Power of Human Compassion

Entrainment and color assist in focusing the mind for therapeutic purposes, but interactive guidance by a skilled facilitator may be the most important component for getting the desired results. Technology alone is limited in its ability to help people, because only a human facilitator can provide compassion, understanding, and discernment when adjustments are needed. Research by Dr. James Pennebaker demonstrated that when people confide their deepest secrets, not only do they improve emotionally, but their health improves in numerous measurable ways. Therefore, when a facilitator can help a person talk about his/her issues, progress is greatly enhanced.

What Types of Devices are used?

As of February 2004, all practitioners have been trained to use either the Lumatron or Photron for ETT. These devices have been selected for their precision, durability, and quality. They have a range of strobic rates from 1 to 60 cycles per second and can be controlled to a tenth of a second. They emit eleven colors, plus white. The brightness is 40 watts. There are many light and color devices on the market. While some of them are basically entrainment devices only, and one is basically a disentrainment device, most of them only emit one color. Most engineers of these devices attempt to have the subject achieve tranquility or progress without the use of a human facilitator, which Dr. Vazquez believes severely limits the possibilities for improvement. Therefore, he developed ETT, a method which makes use of a facilitator.

What can ETT be used for?

ETT can be used in conjunction with so many personal transformation methods that the limitations are not yet known. Some of the best known uses of ETT are:

- Resolving emotional blocks and conflicts
- Transforming self-limiting emotions, such as anger, guilt, shame and unresolved grief
- Relieving anxiety disorders, depression and obsessive-compulsive disorder
- Healing from emotional trauma and abuse
- Accelerating recovery from physical injuries
- Resolving weight problems and eating disorders
- Mood enhancement
- Stress reduction
- Forgiveness
- Sleep enhancement
- Development of extraordinary capabilities at work, in the arts, in sports, etc.
- Spiritual awakening and resolution of spiritual conflicts

What are the Risks?

Generally speaking the risks are low because ETT is natural and uses a light source that is no brighter than a 40 watt bulb. In addition, ETT can only bring forth states of consciousness which already exist in a person, but may be outside of his or her awareness. This means that emotions could come forth during the healing process or that unpleasant physical states may temporarily emerge in the process of resolving an issue. Other than those events, the only concern might be the chance of an extremely rare seizure disorder

that occurs primarily in the presence of a flashing light. The facilitator should go over a list of possibilities for caution, and should offer the client the opportunity to sign an informed consent form explaining these risks. Just like any procedure, ETT could possibly be misused. As long as humans operate processes, they are subject to error.

The Current State of ETT

As of February 2004, there have been at least 600 people trained in ETT. While most of these people are in the United States, there are people trained to use it in at least six other countries. Although thousands of people have received this approach, it is still considered experimental because there is not enough scientific evidence to verify its effectiveness. However, many research projects are in the planning state. There is clearly an excitement spreading the more that people see its effects! Its use may be particularly valuable when other methods have failed, and it provides an alternative for hope.

Therapist

Daniel B. Lippmann, L.C.S.W., is the Director of Counseling & Wellness Innovations in Naperville and Downers Grove, Illinois. He is a Licensed Clinical Social Worker with more than 25 years of counseling experience. After facilitating his own recovery from a chronic pain condition in 1987, Mr. Dan Lippmann began collaborating with experts in the field of mind-body health to develop innovative stress reduction, counseling, and wellness techniques. He has been cited as a "Master Practitioner" in the book, *Light Years Ahead*, and in July 1999, his work on stress reduction was featured in the *Chicago Tribune*. He has been interviewed about his work on radio and television. Dan and his family have lived in Naperville for over twenty years.

Testimonial

Dear Mr. Lippmann:

I received the enclosed letter where you talk about your Rhythmic Colored Light Therapy. I was a patient of yours a couple of years ago (I don't remember exactly when) and I underwent your Light Therapy. Please allow me the opportunity to say that it was the best thing that I ever did. My only regret was (and still is) that I didn't do so sooner.

Due to unfortunate events throughout my life, I had internalized and was harboring a lot of destructive anger. Even though anger has always been my greatest motivator, it was also my biggest enemy. Anger impeded me from looking at situations more objectively which in turn made me give hurtful comments and actions undeserved importance.

Since undergoing your Light Therapy, I react a lot calmer to many situations. My husband and I are closer than we've ever been and I have rekindled lost relationships with friends and relatives. I gained a relationship with a lovely granddaughter that would not have been possible if I was still harboring angry feelings. Through I have not "forgotten" nor "forgiven" past injustices done to me, I'm no longer "destroying" myself either.....yes, anger is very destructive and it was destroying no one but me.

I remember going along with your therapy suggestion more out of curiosity and amusement. My thoughts, at the time, were to humor you and prove you wrong and possibly get a laugh out of it. You see, I have always loved psychology and am proud to say that I understand many of its concepts. Instead, today I am a different....no, better person because of you. Thank you for what you did and please, keep up the good work by helping others in similar situations.

Sincerely,

Patricia Carey

Frequently Asked Questions Concerning Light Therapy

Q: What is Rhythmic Colored Light Therapy?

A: Rhythmic Colored Light Therapy (RCLT) refers to the use of flashing colored light emitted into the eyes to create a therapeutic effect.

Q: What types of devices are used to generate rhythmic colored light?

A: The light devices involved with RCLT fall into two main categories: those which are worn on the eyes and involve the use of eyewear that generates flashing colored light, and those which are set at a distance of 12 to 18 inches from the face and project flashing colored light towards the observer.

Q: What kinds of changes are possible through RCLT?

A: Therapeutic changes via RCLT fall into four main categories: mental, emotional, physical, and spiritual.

Q: How could a light device facilitate changes in so many areas?

A: Preliminary research studies have indicated that RCLT quickly stimulates the release of neurotransmitters (brain chemicals) into the bloodstream and increases blood flow to the brain by up to 25%. RCLT also produces improved brainwave patterns within minutes. Therefore, the mind is in a state of heightened awareness and insight, which can result in accelerated learning and rapid change.

Q: What kinds of mental changes are possible with RCLT?

A: Pilot studies have shown that regular use of RCLT over several weeks results in improved scores on tests measuring auditory memory, reading comprehension, and Verbal IQ. Other studies have shown that RCLT resulted in improved academic performances in both college students with academic problems and elementary school children who had Attention Deficit Disorder (ADD). In general, there is an improvement in alertness, attention span, and concentration, along with a reduction in stress.

Q: What about potential physical changes?

A: Numerous medical conditions are characterized by an overabundance of slow brain waves, reduced neurotransmitter levels (especially serotonin), and reduced blood flow to various areas of the brain. These conditions include migraine headaches, fibromyalgia, Chronic Fatigue Syndrome, Attention Deficit Disorder and PMS.

Pilot research studies have indicated that RCLT can help significantly with many of the symptoms of these conditions. The possible mechanisms of improvement may relate to three effects of RCLT which have been discovered through scientific studies: 1) RCLT increases serotonin levels in the bloodstream by up to 23% during light stimulation; 2) RCLT increases blood flow to the brain by up to 25%; 3) RCLT can be used to generate faster brain wave patterns which combat the overabundance of slow brain wave patterns in these conditions.

Q: What about emotional changes?

A: RCLT reduces anxiety and depression by accelerating the counseling processes that treat these conditions. The light stimulation process itself takes place before or during the counseling process. Because RCLT stimulates the brain, it facilitates deep insight and rapid problem solving. It also facilitates the rapid resolution of phobias, Obsessive-Compulsive Disorder and trauma. In general, counseling works better and faster when combined with RCLT. And finally, light stimulation itself creates an anti-anxiety or anti-depressant effect by increasing serotonin levels.

Q: How does RCLT help with trauma?

A: Traumatic events appear to be stored in specific brainwave states. RCLT can quickly access those brainwave states and then disrupt the storage of the emotions attached to traumatic memories. It is very common for people with Post-Traumatic Stress Disorder to experience complete relief from a specific traumatic event in one or two sessions. This includes both small “traumas” (disappointments, hurt feelings) and large traumas (physical, emotional, or sexual abuse).

Q: How could RCLT help with spiritual development?

A: Many people find that their spiritual progress is impeded by emotional issues or personal problems. RCLT helps people resolve those problems and frees them from blocks to their spiritual development. Unfortunately, these blocks sometimes include negative experiences with organized religion. RCLT helps people with these traumas and disappointments so they can move forward and freely pursue their spiritual direction. RCLT can also facilitate spiritual awareness and awakening.

Q: Are there any side effects to RCLT?

A: It is possible for people with epilepsy to experience a seizure triggered by flashing light. However this is quite rare. Most practitioners who use light stimulation utilize an FDA approved light device called the Photron.

Q: Why haven't I heard more about RCLT?

A: RCLT has been around for several decades, but has been used primarily by a small group of optometrists to treat visual field problems. In the last ten years, it has been used for other medical and counseling purposes. Recently Dan Lippmann, L.C.S.W., and Steven Vazquez, Ph.D., the originator of counseling-related RCLT, have been on various TV and radio programs. The television show “20/20” has filmed a segment on RCLT but has not yet set a broadcast date.

Q: How can I find out more about RCLT?

A: The two main books on Light Therapy are: *Light Years Ahead*, by Brian Breiling, Psy.D. (ed.), and *Light: Medicine of the Future*, by Jacob Liberman, OD. In addition, two websites offer information on Light Therapy: www.mindalive.ca and www.lightworkassociates.com. For more up-to-date information on this rapidly developing field, contact Dan Lippmann, L.C.S.W. at Counseling & Wellness Innovations at (630) 960-2887. RCLT is available at his office in Downers Grove and Naperville.

(Please share this information with someone who is experiencing stress)
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