Course Objective:

STRESS - the root cause of ALL physiological symptoms, and thus the place to begin!

“Stress for Success” will explain:

- The positive healthy response of your body when experiencing a stressful situation
- The effects of emotional stress on the autonomic nervous system and the central nervous system, including the HPA Axis and related hormones
- Why and how accumulative stress impacts the various body systems creating “dis-ease” and “dis-orders” (Research shows that at least 90% of illness is stress induced!)
- The impact your thoughts and spiritual beliefs have on the relief or acceleration of stress-induced symptoms – the spirit/mind/body connection
- How to energetically balance the key “stress players” on your iLife iNfinity app and LIFE Biofeedback Systems for chronic stress issues

Required Textbook: Mind Over Medicine by Lissa Rankin, M.D.
Recommended Textbooks: The Fear Cure by Lissa Rankin, M.D.
You Are the Placebo: Making Your Mind Matter by Dr. Joe Dispenza

Order through Integrity Biofeedback Academy:
www.biofeedbackedu.com – “bookstore” tab

Instructor: Sharron Oyer, MEd, CBS, CBI, SHL
Contact Information: integritybiofeedback@gmail.com (239) 221-8977

NTCB CEUs: 20
Stress for Success Homework Assignments:

This course can be ordered separately or taken as part of the Biofeedback Certification Program or Stress Management Certification Program through the Natural Therapies Certification Board. Completion of homework is required for NTCB certification.

PLEASE PUT “Stress for Success” and Assignment # with your name on the top of your email message.

Session 1 Assignment:
1. Read Chapters 1-3 in Mind Over Medicine Part 1, Chapters 1-3
2. Send “aha” insights to integritybiofeedback@gmail.com

Session 2 Assignment:
1. Read chapters 4-6 in Mind Over Medicine
2. Complete the Session 2 worksheet. Email to Integritybiofeedback@gmail.com
3. Send your ‘aha’ insight(s) to integritybiofeedback@gmail.com

Session 3 Assignment:
1. Read Chapters 7-9 in Mind Over Medicine
2. Send your ‘aha’ insight(s) to integritybiofeedback@gmail.com

Session 4 Assignment:
Essay questions: Email to integritybiofeedback@gmail.com
1. Identify one of the greatest stressful experiences in your life that you feel you can share in this homework assignment. (this assignment will remain confidential)
2. What foundational spiritual beliefs did you have at the time that either helped you get through the trauma with positive thoughts or precipitated physiological whispers and screams because of chronic negative thoughts?
3. What was the most important teaching or realization you received in this course?