

Mp3 Robert J Smith - Ease Your Pain

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Spoken Word utilizing clinical hypnosis 1 MP3 Songs SPOKEN WORD: Storytelling Show all album songs: Ease Your Pain Songs Details: People have pain for many reasons due to accidents or injuries, medical illnesses, behavioral health problems, post-surgical pain, and trauma. Pain problems are one of the major reasons for family and financial problems. Pain is a leading cause for absenteeism and decreased job productivity in the workplace, Treatment for pain is one of the major costs of health care today. The hypnosis audio program is designed to help you learn how to better manage and diminish your pain. Developing awareness and learning new skills can lead to becoming healthier and active, and ultimately having a better quality of life. Robert is a Licensed and Board Certified Diplomate in Clinical Social Work with 30 years of clinical experience. He has worked with people of all ages experiencing a wide array of problems. He has specialized training in utilizing Clinical Hypnosis for managing stress, anxiety, pain, and insomnia. He also holds Fellowship status in Psychotherapy, Pain Management , and Clinical Hypnotherapy as well as certifications in Gerontological Social Work, and Addictions. Robert has taught and supervised graduate students in clinical social work, psychology, counseling, and psychiatry residents. He has been married for 30 years and has two children. Services Offered: Brief or Long term Therapy tailored to meet your specific needs Individual , Couples, and Family Therapy Cognitive Behavioral Therapy Solution Oriented Therapy Clinical Hypnosis Progressive Relaxation Therapy Guided Imagery Alcohol Substance Abuse Counseling SAP/DOT Evaluation and Referral Problems Treated: Relationships/Couples Conflict/Divorce Mood Disorders/Depression/Anxiety Personal and Work Related Stress Grief and Loss Pain Insomnia Coping With Chronic Illness Alcohol Substance Abuse/Recovery Life Transitions Robert J. Smith MSW 241 Golf Mill Center, Suite 708 Niles, Illinois 60714 (847)824-8366 Website: RobSmithLCSW.com

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