Talk Of The Town

The Comfort Talk® Newsletter

Summer 2014

Comforting Words from our President

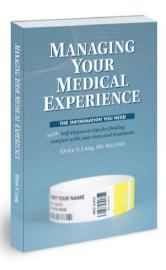


Right now we are busy working on an electronic teaching module for the Comfort Talk® technique which we will unveil as a "flipped classroom" experience on 10 October at the 2014 Annual Meeting of the Society of Clinical and Experimental Hypnosis.

It's taken a while, but I finally finished something near and dear to my heart: a book that helps people to build a strategy to better cope emotionally and intellectually with their medical encounters. The book is called Managing Your Medical Experience. It draws on more than 20 years of rigorous clinical trials and testing to find effective techniques for relaxation and pain management in the

As a physician myself, I often am asked by friends, or friends of friends what they should do when they experience certain symptoms or receive a diagnosis and feel overwhelmed by what is offered to them. Or, they just don't feel that what is suggested "feels right." This scenario reflects our research which found that patients have two key needs in managing a medical experience. One is knowledge to navigate the medical system and make wise decisions. Two is access non-pharmaceutical tools for emotional balance and a resourceful mental state at a moment's notice. My new book addresses both of these needs. Follow these links for the Comfort Talk® experience.

Elvira Lang, MD



You can have a peek preview and download a sample chapter: **Click Here**

The book also can be tied to our Apple app where you can listen to some of the suggested relaxation techniques.

Download the My Comfort Talk® app FREE for a limited time!

Paul Levy, former CEO and President of the Beth Israel Deaconess Medical Center calls Lang "...a doctor of extraordinary compassion. She reminds us that the "normal" steps in medical diagnosis and treatment can attack our ability to remain calm and in control... She presents the reader, in a simple and direct fashion, with a number of low-tech, but sophisticated approaches to stress reduction and pain avoidance..."

Upcoming Speaking Engagements and Training Sessions

Comfort Talk® Refresher Course, The Ohio State Wexner Medical Center, Main Campus MRI, Columbus OH, 29 July 2014

Comfort Talk® Training of the Stefanie Spielman Comprehensive Breast Center, The James, The Ohio State University, Columbus, OH, 31 July 2014

Dr. Lang will lecture on "Advanced Communication Skills in Radiology" at the Boston Medical Center, Department of Radiology, 6 August 2014, 7:30 AM

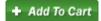
Basic Hypnosis Workshop for medical professionals using the Comfort Talk® with an extensive on-line module to complete at the learner's leisure and at home. This teaching will be supplemented by a one day life and on-site practice where Comfort Talk® practitioners will deepen their knowledge and meet fellow trainers and trainees. 65th Annual Workshops and Scientific Session, San Antonio, TX, 10 October 2014 More details...

We're Not All Talk

Our book, Patient Sedation Without Medication was written to help healthcare professionals help their patients overcome the anxiety they feel when undergoing medical tests and procedures—without traditional medication. Managing Your Medical Experience is direct help for those who have tests and treatments themselves.



Managing Your Medical Experience By Elvira V. Lang, MD, PhD, FSIR, FSCEH 178 pages \$11.95

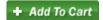


Now Available for the Kindle, iPad, and Nook! click here



Patient Sedation Without Medication By Elvira Lang, MD and Eleanor Laser, PhD

230 pages \$20



Now Available for the Kindle, iPad, and Nook! click here

"Lang and Laser really get it: patients' fears, their helplessness when caught in the midst of medical procedures, and the huge need of patients to be treated with dignity and respect."

- Judy Foreman,

Nationally Syndicated Health Columnist

TALK TO US

Whether you have questions, need clarification or just want to know more—we want to hear from you.

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