

# ***Taking responsibility for health***

**Erik Peper, PhD**

**San Francisco State University**

and

**Biofeedback Health**

[epeper@sfsu.edu](mailto:epeper@sfsu.edu)

[www.biofeedbackhealth.org](http://www.biofeedbackhealth.org)

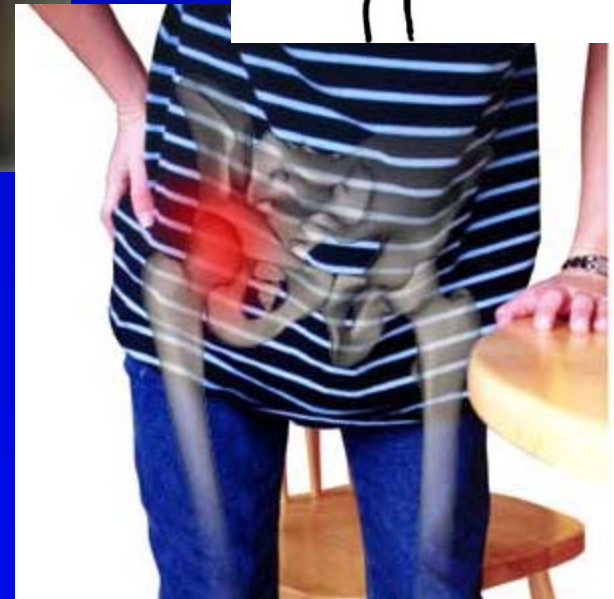
[www.peperperspective.com](http://www.peperperspective.com)

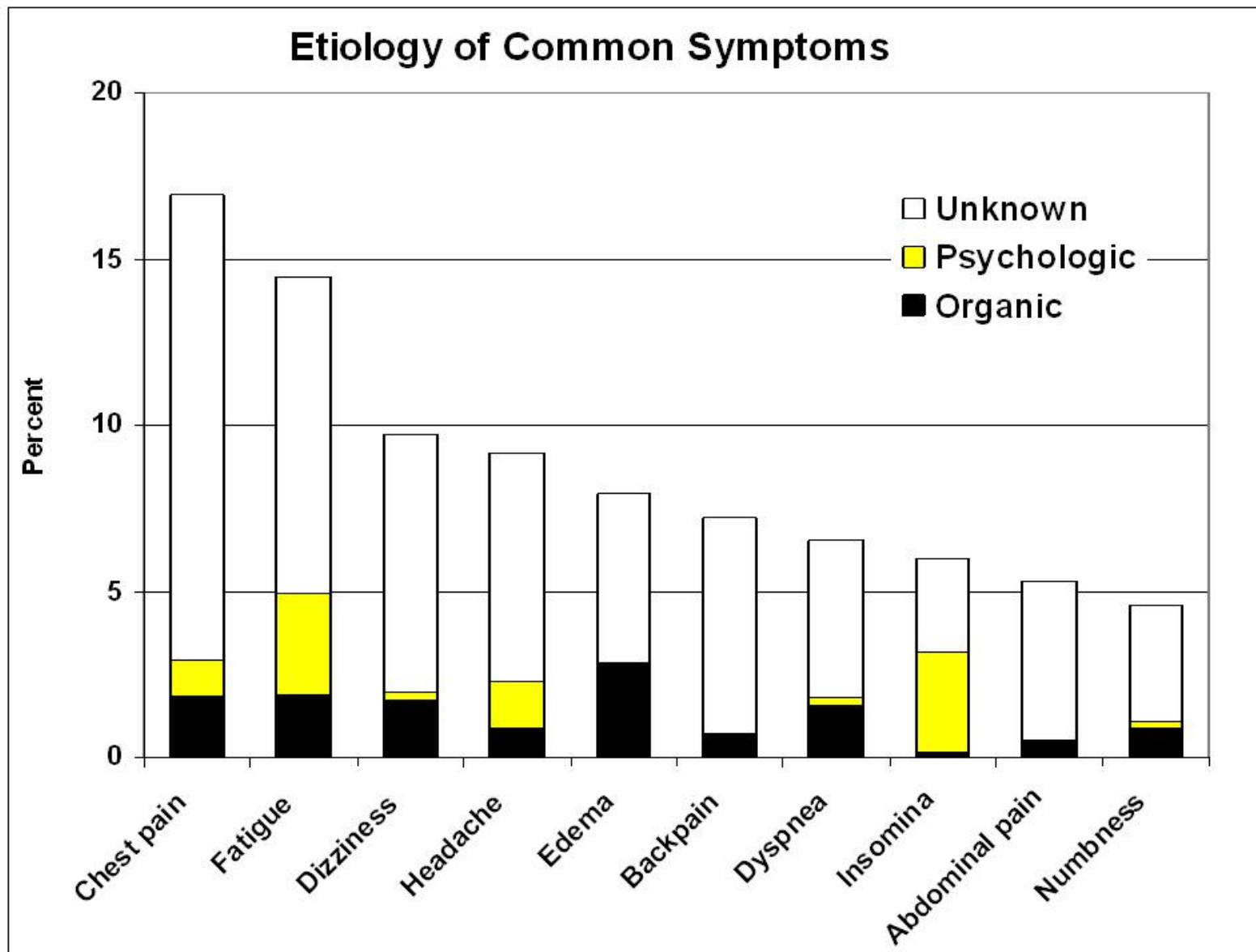
©Peper 2016

## *How many experience the following?*

- Tiredness/Exhaustion
- Burnout
- Disturbed sleep
- Vision difficulty
- Irritability
- Depression
- Physical symptoms

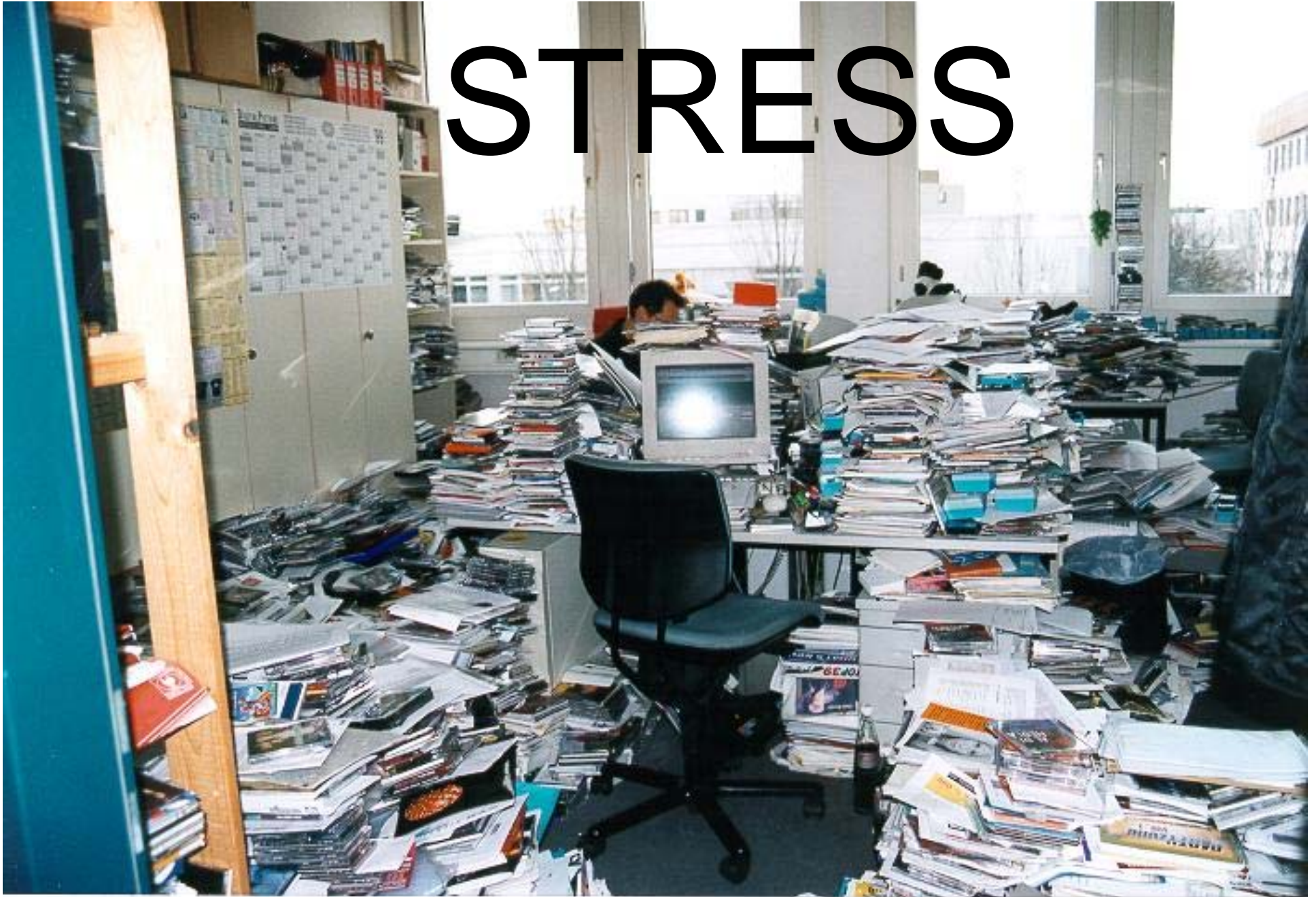
***Many experiences headaches, neck, shoulders, back, hip pain, eye discomfort, exhaustion, etc?***





Three-year incidence of ten common symptoms observed in primary care. 16% of the symptoms have organic causes and 10% of the symptoms have psychic causes while 74% of the symptoms have unknown causes. Most likely, the symptoms are a manifestation of stress, anxiety and depression. Graph drawn from the original data in Kroenke & Mangelsdorff, 1989

# STRESS



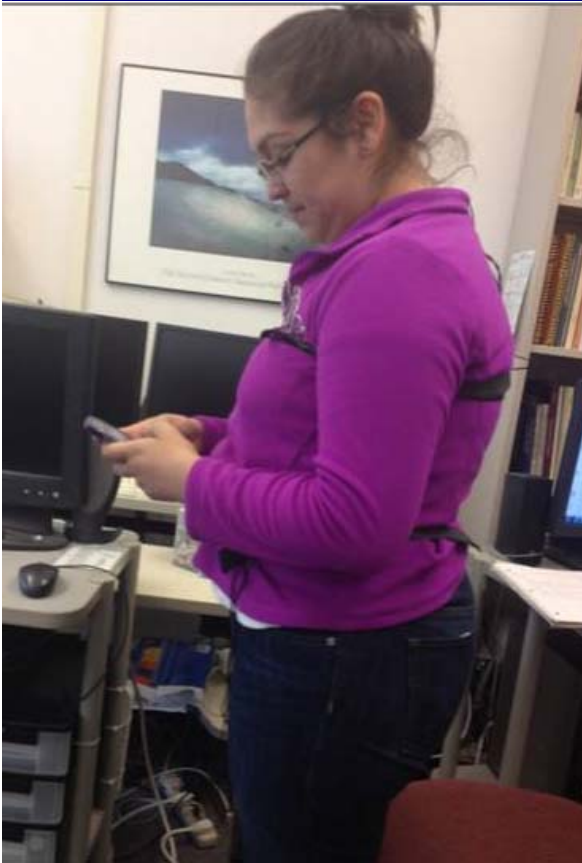
**Feel overwhelmed?**

©Peper 2016

*Zur falschen Zeit am falschen Ort im falschen Job?*



# *Now a new generation*



# 3 BIGGEST FEARS OF OUR GENERATION

1



2







3







# *Challenges with elearning/screen learning*

- Led blue light emission (insomnia, macular degeneration)
- Near visual stress (myopia, increase sympathetic arousal, shallow breathing)
- Immobility
- Head forward/collapsed position
  -  eye, neck, back, shoulders, headache symptoms
  -  pedestrian deaths (captured by the screen)
  -  energy
  -  depression

## ***What happens when you treat versus prevent illness***

- Hundreds of billions on cardiovascular disease and many types of cancers that have been linked to diet and lifestyle
  - 448,000 coronary by pass operations at \$99,000 per procedure (total **44.5 Billion dollars**)
  - 1.3 million coronary angioplasty procedures at \$48,000 per procedure (total **62 Billion dollars**)
  - Cost of these procedures is **\$356.00 per person**
- \$147 billion to treat obesity
- \$116 billion to treat diabetes
  - 1 in 3 Americans born in 2000 will get this
  - Medical costs \$6000/year or \$400,000/lifetime.

***70% of disease is preventable***

*Healthy People 2000, DHHS, 1991, #91-50213  
National Center For Health Statistics, DHHS, 1992, # 92-1232*

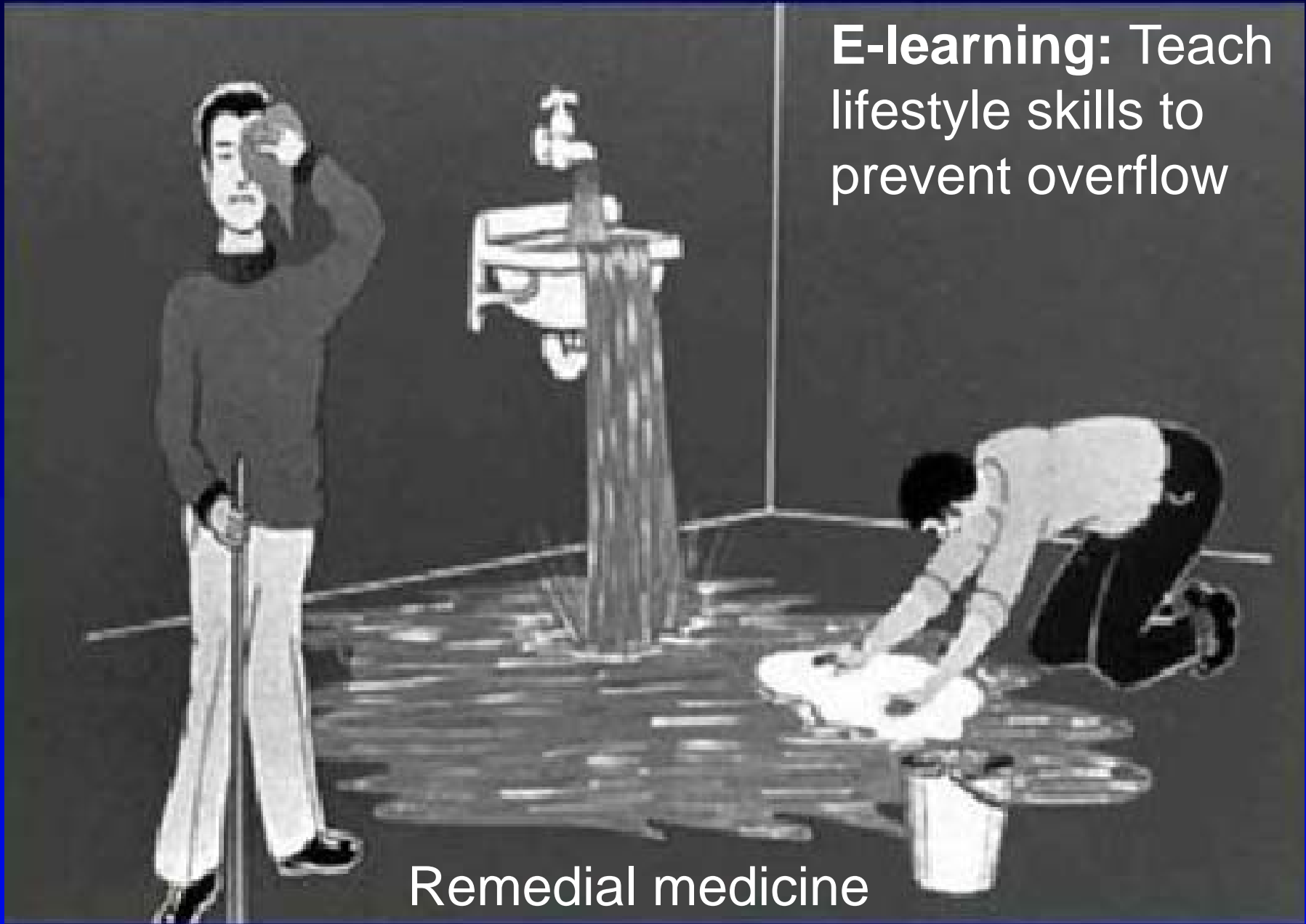
**8 of 9 causes of disease are preventable**

*New England Journal of Medicine, Fries, Koop, et al,  
329:321-325, 7/93*

**Virtually all of the top 10 leading causes of death in US adults are moderately to STRONGLY influenced by lifestyle patterns and behavioral factors**

**Lianov, L. (2013)**

**E-learning: Teach lifestyle skills to prevent overflow**



**Remedial medicine**

Shurney, D.W. (2013). American College of Preventative Medicine Webinar: Lifestyle medicine approaches to effective employer health & wellness initiatives. ©Peper 2016

[https://www.blueskyvideo.com/sub/clip/CL\\_DEFAULT.asp?ClipID=485598&CAT=4369&PCAT=2603](https://www.blueskyvideo.com/sub/clip/CL_DEFAULT.asp?ClipID=485598&CAT=4369&PCAT=2603)

# *Levels of Influence on Health Behavior Change*

- **Intrapersonal:** Knowledge, attitudes, beliefs personality
- **Interpersonal:** Influence of family, friends, peers, health providers
- **Institutional:** Rules, regulations, policies which might influence the intent to change behavior
- **Community factors:** Social networks, social norms which exist in one's community
- **Public policy:** Local, state, and federal policies and laws that regulate action for disease prevention, detection, control and management

***Skills not pills***

***-Richard Harvey***

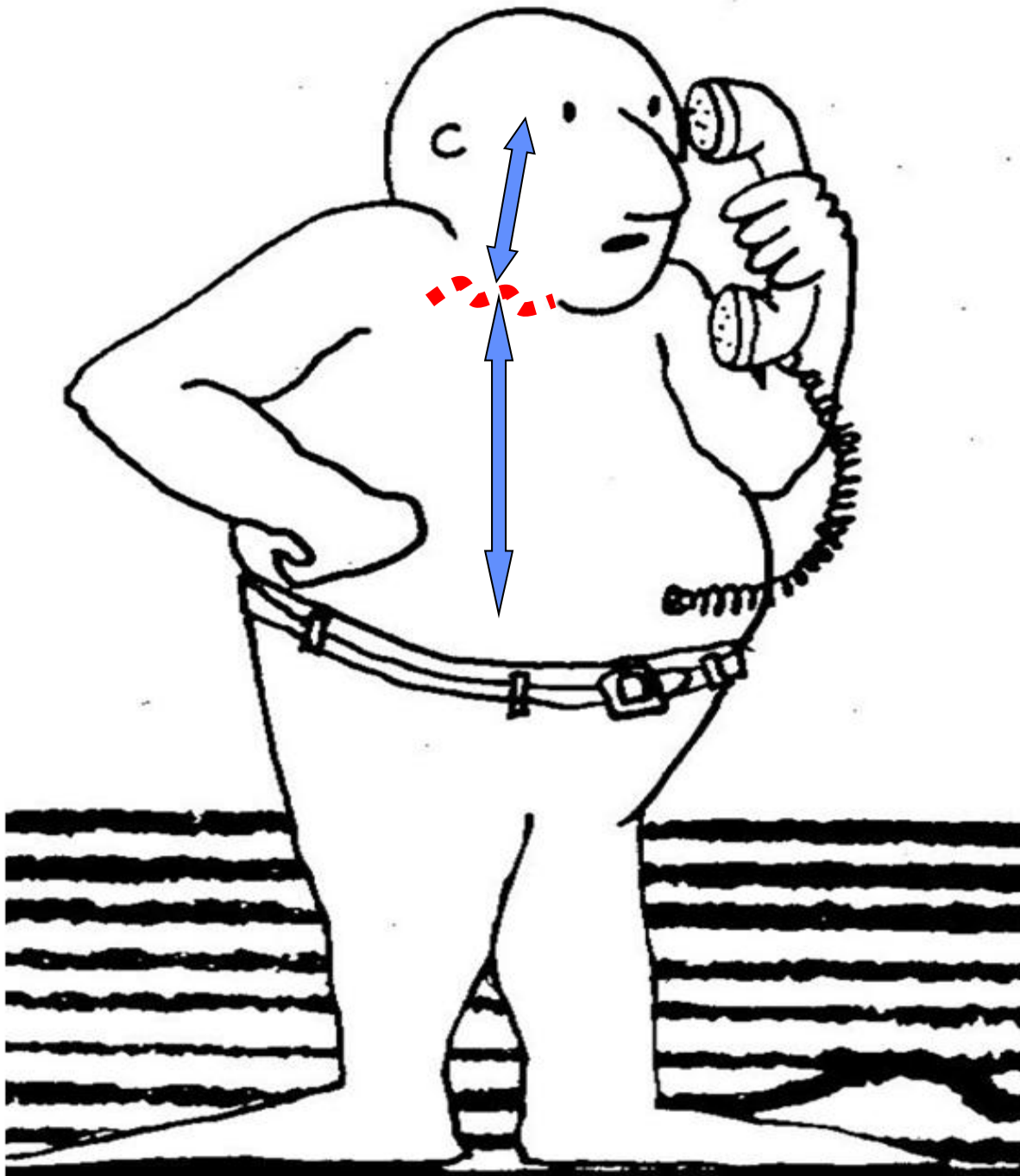
# ***Educational approach***

- Teach awareness
  - Body affects mind/emotions
  - Mind/emotions affect body
  - Environment effects mind/body (food, exercise, work habits)
- Teach skills
  - Somatic skills
  - Cognitive skills
- Teach strategies to integration of skills into daily life

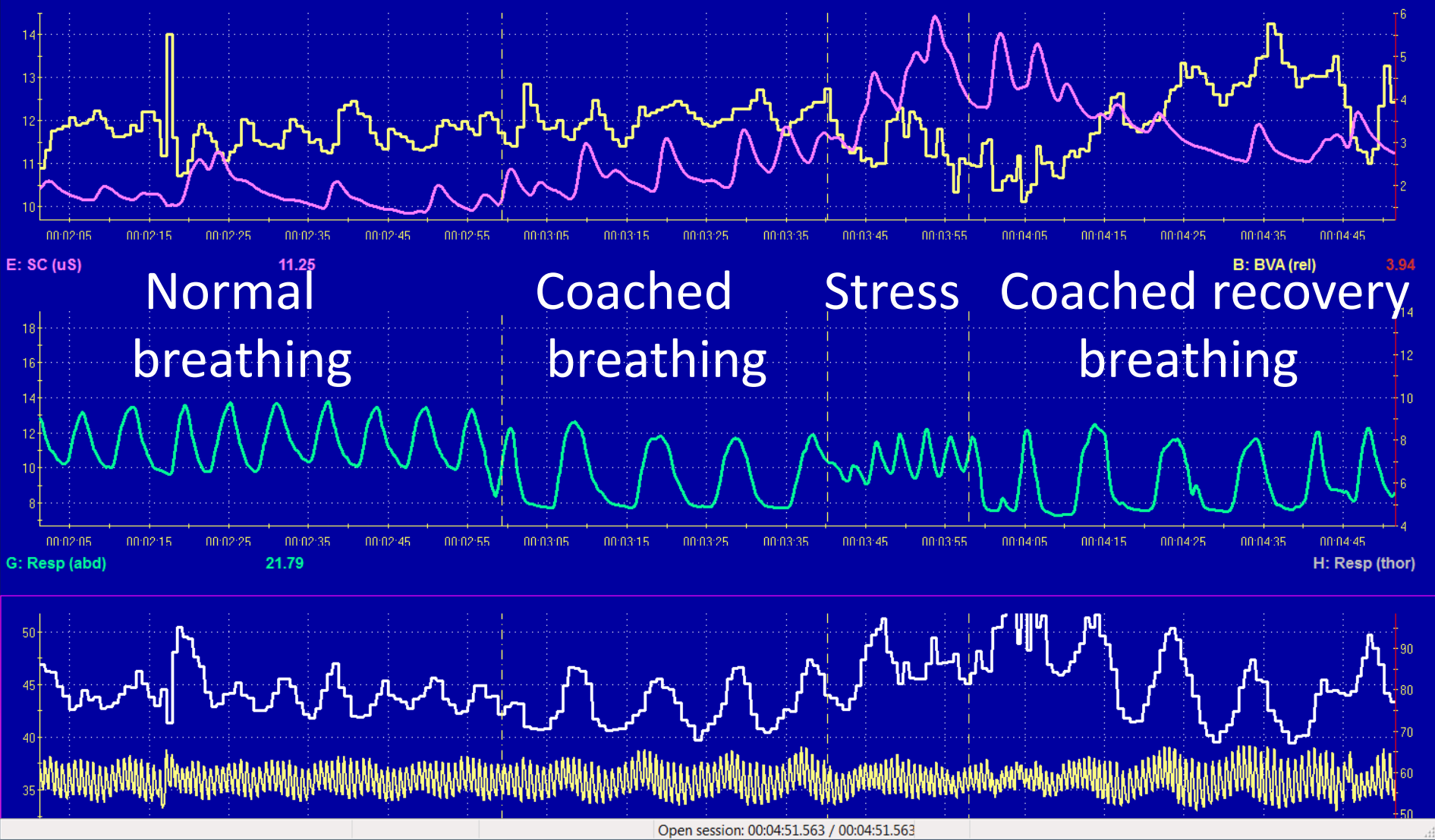


# *How to teach*

- Technology to demonstrate effects and provide feedback and reinforce behaviors
- Integrate it into the educational curriculum



***Biofeedback  
The mind/body  
bridge  
that makes the  
invisible visible  
undocumented  
documented***

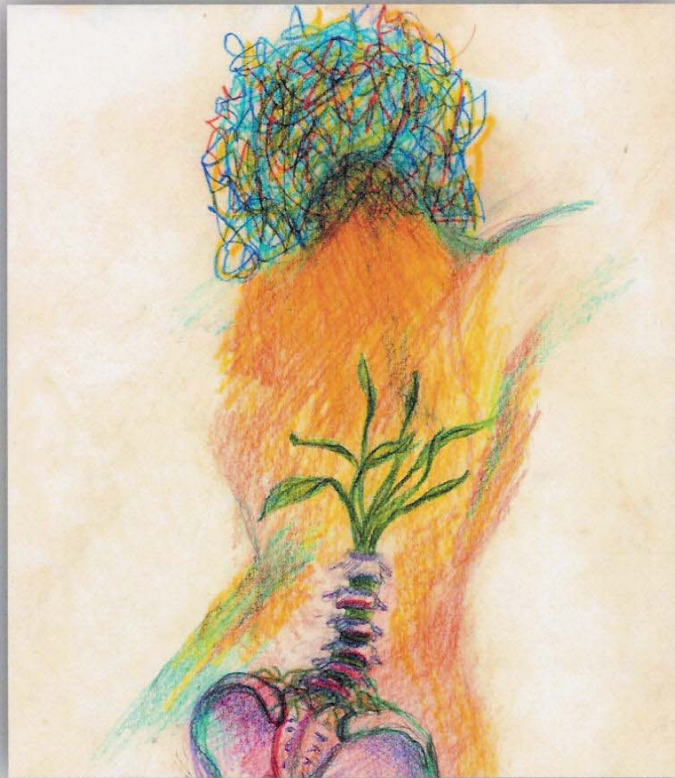


# Effect of mental stressor on physiology

Second Edition

# MAKE HEALTH HAPPEN

Training Yourself to Create Wellness



Erik Peper • Katherine H. Gibney • Catherine F. Holt

You have more control over your health than you think!

*Make Health Happen* is a step-by-step guide to:



- Manage stress effectively
- Relax at will
- Set realistic goals and action plans
- Nurture a health-supporting world view
- Reprogram your patterns of thoughts and behavior
- Use mental power to heal your body
- Control negative emotions
- Resolve interpersonal conflict
- Use visualization to mobilize health
- Enhance mental & physical performance

"I have spent hundreds of dollars on medicines and not a penny has done me any good. Imagine how I felt when I found this book! For the price of one bottle of pills, I got advice that'll last me a lifetime of new habits."

– Client

"I'm excited about *Make Health Happen*. It maps out a path to develop habits that help us live in harmony with our bodies—a path that offers emotional and spiritual strength as well. This book draws synergistically on important insights from many fields: peak performance training, biofeedback, spiritual practices, ergonomics, guided imagery, and more."

– Diana Roberts, Technical Writer, Jeeves Solutions, Inc.

"I know now that I can recover my sense of joy in life... my mood and energy have enabled me to work more effectively and cut down on procrastination... I feel more invigorated than drained as a result of learning a good balance between work and play...**My only wish for the project is that I had started sooner: Months and months ago.**"

– Student at San Francisco State

Front cover illustration adapted from a self-healing imagery drawing by Shelah Barr.

ISBN 0-7872-9331-8



KENDALL/HUNT PUBLISHING COMPANY  
Dubuque, Iowa

©Peper 2016

# Make Health Happen

Skills taught over 14 weeks

Self Healing Plan  
Imagery & Self Healing  
Imagery & Exploration  
Express Hidden Secrets  
Advantages of Illness  
Transform Failure to Success  
Energy Gains Energy Drains  
Changing Internal Dialogue  
Own Relaxation  
General Relaxation  
Quick & Warm  
Personal Relaxation  
Breathing  
Dynamic Relaxation  
Awareness of stress

## Requires

- Active participation
- Log keeping
- Daily practice
- Integration into life
- Group feedback

## Includes

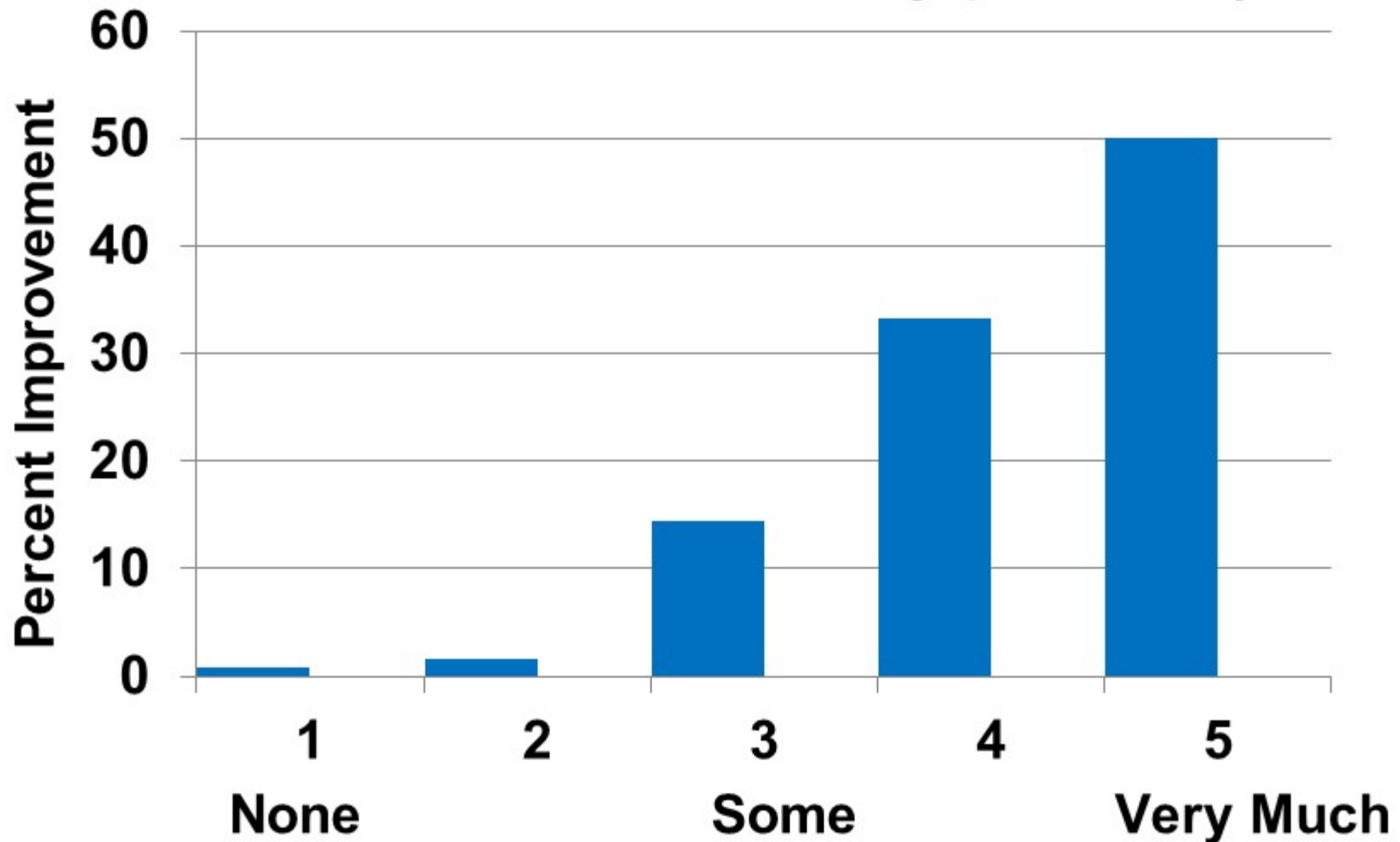
- Diet
- Exercise
- Biofeedback
- Gratitude visit
- Biblio-therapy

<b>Educational approach</b>	<b>Clinic/treatment approach</b>
Focuses on growth and learning	Focuses on remediation
Focuses on what is right	Focuses on what is wrong
Focuses on what people can do for themselves	Focuses on how the therapist can help patients
Assumes students as being competent	Implies patients are damaged and incompetent
Students defined as being competent to master the skills	Patients defined as requiring others to help them
Encourages active participation in the healing process	Assumes passive participation in the healing process
Students keep logs and write integrative and reflective papers, which encourage insight and awareness	Patients usually do not keep logs nor are asked to reflect at the end of treatment to see which factors contributed to success
Students meet in small groups, develop social support and perspective	Patients meet only with practitioners and stay isolated
Students experience an increased sense of mastery and empowerment	Patients experience no change or possibly a decrease in sense of mastery
Students develop skills and become equal or better than the instructor	Patients are healed, but therapist is always seen as more competent than patient
Students can become colleagues and friends with their teachers	Patients cannot become friends of the therapist and thus are always distanced

Peper, E., Miceli, B., & Harvey, R. (2016). Educational Model for Self-healing: Eliminating a Chronic Migraine with Electromyography, Autogenic Training, Posture, and Mindfulness. *Biofeedback*, 44(3), 130–137.

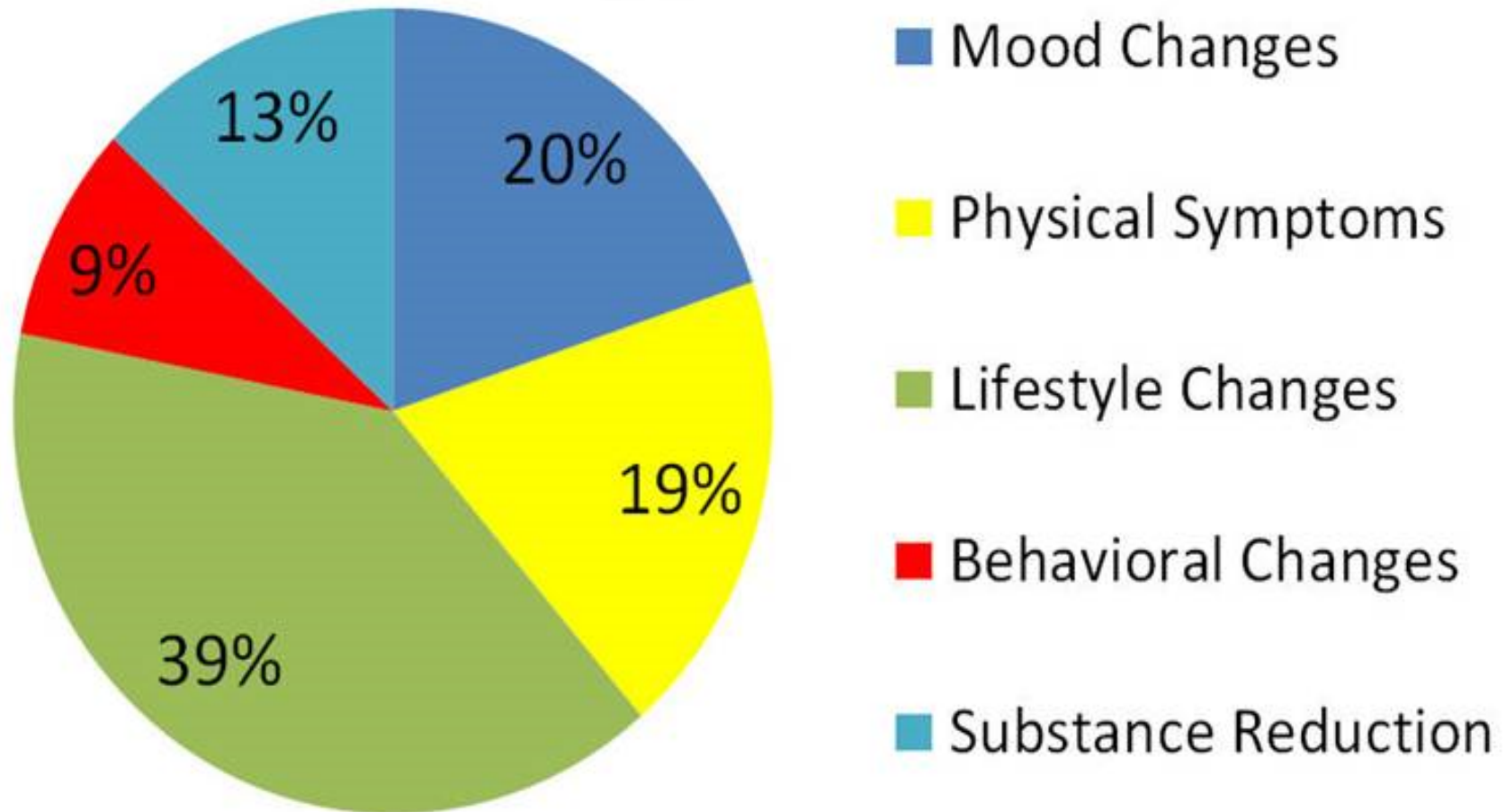
# There is Hope

Benefit after 4 weeks of daily practice (N=132)



From: Ratkovich, A., Fletcher, L., Peper, E., & Harvey, R.(2012). Improving College Students' Health-Including Stopping Smoking and Healing Eczema. Presentation at the 43st Annual Meeting of the Association for Applied Psychophysiology and Biofeedback. Baltimore, MD. © 2012 Erik Peper, Ph.D ISNR, Orlando, FL

## Categories of Self-healing Projects





“I never realized that I braced my shoulders and held my breath while typing. Now I know the importance of not doing this and have tools to change.”

–Secretary in training program,  
San Francisco State University