

What makes me different?

by Dianne Ruth, CCH, PhD



Phone Calls are Answered by me Personally

- ♥ I answer my own phone.
- ♥ You will reach me direct and personally, most of the time.
- ♥ My voice mail is completely confidential. No one else has access to it.
- ♥ I return all calls personally, usually within a couple of hours at the most... and sometimes within minutes.
- ♥ I especially welcome calls from 10 am to 7 pm / 7 days including holidays.
- ♥ I offer you an initial, up to a half-hour, **FREE CONFIDENTIAL** Phone consultation. No strings, no commitment, no obligation!
- ♥ I welcome and respond to all contacts from my clients during my time off, through phone calls, text messaging and email. I enjoy giving this extra level of service.
- ♥ I will go above and beyond to do everything possible to help you when you are in need, even on my days off or after hours.

My Success Rate

- ♥ I have a 97% success rate using life coaching and holistic counseling methods.

- ☹ According to the NIMH (National Institute of Mental Health), the average success rate of psychotherapy is only 20%.
- ♥ **The average length of time a recovery takes place is 3 to 5 months when working with me.**
- ☹ According to the NIMH, the average length of time a person is in psychotherapy is from **2 to 7 years** of weekly visits.

My Fees are More Affordable

- ♥ **My way is much faster acting, which makes my fees way more affordable at potentially one-quarter of the cost of traditional psychotherapy.**
- ☹ A client in traditional psychotherapy over just a couple of years could conceivably pay well over \$15,000 in insurance co-payments alone!

Confidentiality

- ♥ **Your trust is sacred to me. I understand that the information you provide to me is meant only for me to better serve you. I promise to protect this information and that it will be treated as completely confidential.**

The only exception to this are circumstances where there is clear and imminent danger to you or to others. Then, disclosures of information to the appropriate authorities are usually restricted to only what are necessary and relevant.

- ☹ If you choose to do psychotherapy where you can use your mental health insurance coverage, **check the HIPPA privacy rules very carefully** as there are several exceptions and situations where confidentiality does not apply.

My Clients Are Happy and Hopeful

- ♥ **My clients tell me that they begin to feel better starting with the first session. They do not have to struggle for years with feeling miserable and overwhelmed. Each session after that is experienced with another quantum leap to recovery and feelings of hope and excitement.**
- ☹ Clients have reported to me that at the end of their sessions with a traditional psychotherapist, they always left their sessions feeling worse than when they came in.

My Techniques Become Your Techniques

- ♥ **I use techniques and methods that are powerful, advanced and leading edge. You will quickly and easily develop a mastery of each process I introduce to you. You will then be able to use these techniques for self-help on your own for many years to come. More savings!**
- ☹ Rarely will you learn enough self-help tools during traditional psychotherapy to avoid a dependence on that system.
- ♥ **I offer a large selection of FREE easy-to-use, self-help techniques on my website that really work!**
- ☹ Many psychotherapists have websites that do not offer any self-help tools for self-empowerment and personal crisis intervention. You end up having to pay them for their time to try talking you through any problem or other issues you may be struggling with.

What is different about the way I work?

- ♥ **I am a Doctor of Clinical and Counseling Psychology. Among my many certifications (I have 24 so far), I am also a Board Certified Clinical Hypnotherapist and a Board Certified Neuro-Linguistic**

Programmer. In addition, I have mastered advanced skills in TFT (Thought Field Therapy), EMDR (Eye Movement and Desensitizing and Reprocessing) and EFT (Emotional Freedom Techniques—also known as “tapping”).

You have undoubtedly heard that we only use about 10% of our brain.... What I do is show you how to reach that other powerful 90% of your brain to easily and quickly reprogram the responses, emotions and behaviors you want to change. I teach you how to use altered states of consciousness and cognitive and behavioral change work to take control of your life... for good. Any traumas are viewed only at the subconscious or unconscious level (without conscious awareness) while being therapeutically defused. This method helps resolve your issues, instead of tormenting you in the process.

- ☹ More traditional psychotherapy also known as the “talking cure,” concentrates on using skillful questioning techniques to help you talk about and re-experience your problems. One of the premises of psychotherapy is to revisit old trauma and relive it repeatedly until the horrors of it finally become desensitized. Some current research is now suggesting that this approach can make you worse each and every time you relive the same trauma.
- ♥ **I approach the work I do from a multi-level perspective. That means that I teach you simple effective management techniques you can use on your own to help you to control your symptoms. Then during our sessions, I guide you through the deeper work to help you eliminate the distressing issues by changing the root causes. With my approach, there is no struggle or will power needed—because change happens automatically that is outside of awareness and at the unconscious level.**
- ☹ There are a multitude of different therapies available. Some are of the talking variety; others give a cookie cutter recipe of exercises. Still others follow a specific formula for helping their clientele. There are

many management approaches such as AA and the many offshoots of that program. Most of them rely heavily on using your will power for change. If only one plan helped everyone, than there would only be one plan. Using your intuition by following the nudging of your inner wisdom, will help you to decide which way is right for you.

Board Certified Expert in Advanced Hypnosis and Neurolinguistic Programming (NLP), Dianne Ruth, CCH, PhD can legitimately boast a 97% Success Rate. She has coached thousands of clients over the past 37+ years enriching the success of not only multi-millionaires but financially strapped students as well.

Dr. Dianne Ruth's private practice in San Diego, California specializes in short-term, drug-free anxiety and related depression recovery. She offers sessions in person and by phone ... that really works!