

LAURA *Dabney* MD

Achieve Change

PROGRAM OVERVIEW

Achieve Change

Program Overview

What is the *Achieve Change* program?

Achieve Change revitalizes your life by repairing your emotional health and the way you relate to people.

Laura Dabney, M.D. designed the program over fifteen years by working with hundreds of busy professionals, people who have succeeded in many aspects of life, but who have lingering emotional and relationship problems.

At its core, *Achieve Change* works by developing a picture of what makes you, you. Using an emotional assessment, we will discover what lies beneath the surface of your thoughts and feelings (your unconscious) and how those findings relate to your moods, your patterns of behavior, and your relationships. Ultimately, the program helps you develop the awareness and skills necessary to pave the path to an emotionally healthy, happier self.

Achieve Change in Three Phases—An Overview

One: Recognizing.

Bring your unconscious to light.

Goal: In the Recognizing phase, you will learn how your unconscious is creating emotional symptoms such as anxiety, irritability and depression.

Process: During regular therapy sessions with Dr. Dabney, you will allow your mind to wander in a safe, quiet place. As an unbiased observer, Dr. Dabney will examine these musings with you and point out the unconscious as it appears, often in the form of slips of the tongue, dreams, daydreams, etc.

Outcome: Most people report a decrease of emotional turmoil during this phase.

Two: Repairing.

Rework problems using your unconscious as your guide.

Goal: In the Repairing phase, you will learn to scrutinize your everyday activities and your closest relationships.

Process: Through ongoing discussions with Dr. Dabney, you will be able to recognize your unconscious more often on your own. As you do this, you and Dr. Dabney will discover how your unconscious affects your life as it relates to your relationships, your behavior and your decisions. You will use this knowledge to begin to rework problem areas.

Outcome: Most people report an improvement in their relationships in this phase.

Three: Practicing.

Learn to function independently from therapy.

Goal: In the Practicing phase, you will transition to becoming fully aware of your feelings, choices, and your relationship patterns. The goal is to become independent of therapy.

Process: In this final phase, you will work through problems as they arise. You'll do so in the presence of Dr. Dabney, but with less involvement from her. This is a time to practice all you have learned, applying your new knowledge and observing the results.

Outcome: Treatment is complete when people function successfully, independent of therapy.

Program Elements

1. Emotional Assessment

This evaluation is completed as a first step in the *Achieve Change* program and is conducted by either Dr. Dabney or one of her clinical associates. The assessment allows Dr. Dabney to formulate an understanding of your emotional processing, as well as what form of therapy will be most effective for you. Dr. Dabney will discuss all assessment findings with you and will provide you with a brief summary of your results.

2. Regular Therapy Sessions

You will attend weekly therapy sessions with Dr. Dabney where, together, you will explore how your unconscious affects you emotionally, including your symptoms, moods, patterns of behavior and relationships.

3. Uncensored Observation

Your sessions with Dr. Dabney will require you to speak as openly as possible about whatever is on your mind. You will strive to express uncensored thoughts, as you would in a social setting. But, it is your unconscious's job to elude you. Therefore, Dr. Dabney will serve as an impartial and experienced listener who is able to pick up on what your unconscious is doing.

Program Objectives

Through *Achieve Change*, you will learn to:

- Understand the details and correct terminology for your feelings.
- Understand how you typically process your feelings.
- Understand how you learned to process your feelings and when those patterns began.
- Turn your unhealthy processing of feelings into healthy processing.
- Examine unhealthy processing as it occurs so you can pick up on these patterns between sessions.
- Identify the unhealthy defenses (or protections) you are using and why.
- Examine how unhealthy defenses and emotional patterns hurt your relationships or keep you from forming healthy, lasting relationships.
- Discover what you are unconsciously doing to sabotage yourself and your life.
- Understand the friends and partners you pick and why.
- Examine what you think you're doing right, even when it's not.
- Recognize and improve the unhealthy interpersonal emotional patterns in your decisions and in your relationships.
- Practice new emotional patterns and defenses.
- Transition new emotional patterns and defenses to behaviors and relationships outside of therapy.

Membership Benefits

Achieve Change is designed to speed up and maximize the results of your treatment. Therefore, program members receive *free, exclusive* access to these benefits, not available to traditional therapy patients::

Unlimited therapy sessions (in person or video conference)

Flexible scheduling

- Schedule your sessions around your time. If you want to schedule therapy once a week or three times a week, this program allows you to move at the pace that suits you and your busy life. Additionally, you'll have the option to move appointments, as your situation and Dr. Dabney's schedule warrants.

Access to Dr. Dabney via her private email and cell phone

- Real problems occur in between sessions. In those cases, it can be helpful to process those issues in real time.

E-therapy with Dr. Dabney

- This convenient form of on-line therapy is available for program participants in addition to regular sessions.

Access to the locked, private waiting area with direct entry to

Dr. Dabney's office

- Dr. Dabney is sensitive to your high-profile reputation and her office is designed with your privacy in mind.

Access to Dr. Dabney's professional medical network

- As a physician who has practiced for more than twenty years, Dr. Dabney's network of professional colleagues includes many of the brightest and most trusted people in the mental health and medical fields. As such, most of these experts are not accessible without a personal referral from a colleague such as Dr. Dabney.

Free copies of Dr. Dabney's products and discounts on programs

- Dr. Dabney writes and teaches extensively on the problems she treats. Published e-books are offered to program members free of charge, and future programs will be offered to members at significantly discounted prices.

Membership Also Includes the Following:

- Video conference or phone sessions. When health or travel conflicts arise, maintain your consistency of treatment through online or phone sessions.
- Ultimate privacy. Dr. Dabney's private waiting area and office have been designed for the ultimate in privacy. Rooms are soundproof, patients do not have to check in with a receptionist, nor will you occupy a waiting room with other patients.
- Medication management. As an MD, Dr. Dabney can answer your medication questions and/or manage your medications, as needed.
- Couples therapy. There is no additional charge if another person attends a session with you.
- Encrypted medical notes. Dr. Dabney does not use any cloud-based programs for medical records. Therapy notes are encrypted and maintained on-site.

What This Program is NOT

This is *not* a done-for-you program. *Achieve Change* is a partnership between you and Dr. Dabney in which you will work to meet your emotional and relational goals. As such, Dr. Dabney will not tell you what to do. She will, however, work to help you develop a consensus about *how to* and *what to* do next.

The program is *not* designed to provide specific answers to your problems, but instead helps you find your best possible answers to your problems.

The program is *not* about punishment, criticism or blame. They do nothing to help the problem. Instead, Dr. Dabney will help you understand your feelings and behavior, resulting in improved mood, behavior and relationships.



Learn more about how Dr. Dabney can help you at drldabney.com

Achieve Change enrollment versus Traditional pay-per-session therapy

	Traditional pay-per-session therapy	Achieve Change program
Unlimited sessions for 6 months	✘	✔
Access to Dr. Dabney via text or emails between therapy appointments	✘	✔
Flexible scheduling	✘	✔
Access to the locked waiting area with direct entry to Dr. Dabney's office.	✘	✔
Access to Dr. Dabney's professional medical network	✘	✔
Free copies of Dr. Dabney's products	✘	✔
Significant discounts on future programs	✘	✔
Video conference or phone sessions	✔	✔
Medication management	✔	✔
Couples therapy	✔	✔
Encrypted medical notes	✔	✔