

# *How to Teach Stress Management*

## *Professionals: Learn to Train Your Own Staff & Clientele*

Presentation and Materials by  
Dr. Richard Pinneau

The **stress epidemic** is here!  
Let us train your staff to teach  
stress management in **your** setting.

Author of:

### *At Peace with Power*

*Higher Forms of  
Stress Management*

Richard Pinneau, Ph.D.

**80% of Americans are job-stressed;  
40% want help.** —2000 Gallup poll.

**Stress costs American business  
\$7,500 per worker per year.**  
—The Stress Solution, Miller & Smith,  
Am. Psychol. Assn, 1997

#### **The elements you'll learn in this session:**

- The most modern strategies used by psychologists and biofeedback therapists, but without need for high-tech equipment.
- An essential understanding of the mind-body psychophysiology that underlies damaging stress responses and how it can be turned into a positive coping process.
- Subtle nuances of teaching effective visualization, mindfulness, and optimal breathing to a highly stressed population.
- How to master the mind-body reeducation in yourself so you are a model to your students; the ability to respond positively under stress to protect your health and individual effectiveness.

#### **Special features of this training:**

- Direct and personal instruction by Richard Pinneau, Ph.D., director of a biofeedback and stress management practice for 15 years, and teacher of mind-body medicine for 30 years.
- Includes handouts from WellPath Resources, LLC, and the right to reproduce them for use in your own programs.
- Provides trainees with free consults from Dr. Pinneau via phone and email for six months after the training.
- Can be completed in a three-hour morning, afternoon, or evening. Expandable to four hours at no extra charge (for extra individual supervision and practice) if your schedule allows.
- Budget-friendly: \$300 - \$500, depending on travel distance, for a group of up to twelve trainees.

Dr. Pinneau has thirty years of experience in clinical and organizational stress management: conflict resolution, psychosomatic medicine, biofeedback and mind-body methods of holistic health.

His doctoral dissertation at the University of Michigan studied how job stress affects worker health. After teaching at Wake Forest University School of Medicine he was the first licensed psychologist to open a private biofeedback clinic in North Carolina. Now based in Colorado, he speaks and consults on stress management and professional effectiveness nationwide.

Please contact us to arrange for Dr. Pinneau to present this program at your organization:

[Training@WellPathResources.com](mailto:Training@WellPathResources.com) • (719) 485-0123

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Further biographical and professional info: [www.wellpathresources.com](http://www.wellpathresources.com)

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