The Meier Clinics Radio Program featuring Paul Meier, M.D., has expanded! The program is airing Monday through Friday on more stations around the country.

- WABS-AM—Baltimore/DC area 1:00-1:30 p.m.
- WTSJ-AM — Cincinnati 1:00-1:30 p.m.
- WPIT-AM — Pittsburgh 11:00-11:30 a.m.
- WORD-FM — Pittsburgh 2:30-3:00 a.m.
- KWRD-FM — Dallas Time to be determined
- WYLL-AM — Chicago 8:00-8:30 p.m.

Log on to Focus on the Family’s website www.family.org and read Dr. Paul Meier’s monthly contributions to Men/Women—Focus Over Fifty.

Read Dr. Meier’s article, “High Maintenance Relationships,” in the April issue of Christianity Today.

For a complete listing of the 70+ books by Dr. Paul Meier, go to www.meierclinics.org and select his biography under Richardson, Texas.

Call our national toll-free number 888-7-CLINIC to be connected to the Meier Clinic nearest you. A caring professional will be happy to speak with you regarding your concerns and the services available.

For more information about Meier Clinics, please log on to our website at www.meierclinics.org.
powerful. Pain from your past may frighten you away from intimacy now, but carefully choose safe people with whom to go down this healing road. We all have job pressures, but all of us can look for a better job, delegate more, and develop other boundaries to keep our careers from taking over our lives. For what we really need in life is to love and be loved by God and people – safe people who know us and love us as we are.

Every marriage also has its stresses, so don’t be so proud as to think you can work these all out on your own. Get help from other couples or from a professional marriage counselor. Most marital conflicts are merely repeats of the marital conflicts our own parents had. A professional can point out insights that produce dramatic changes for the better.

God bless you on your journey!

Dr. Meier is founder of Meier Clinics and practices at the clinic in Richardson, Texas. His life mission is to love, assist, and educate the Christian community in integrating sound psychological knowledge with fundamental Christian beliefs to achieve the wellness God intends for us. Christianity Today Magazine commented a few years ago that “Dr. Meier is the equivalent of a modern day reformer like Wesley, Luther, or John Knox of old.”

They say a picture is worth a thousand words, and many people go to therapy for years without finding a total solution to their problems despite many words. I found a way of representing psychiatric problems visually, and I have taught over four thousand people how to make diagrams to describe their problems and find solutions more quickly.

There is a way of dividing up all psychiatric problems into three neat boxes. By using one of 150 diagrams, I am able to visually explain to people how to divide up the sources of any problem they face and arrive at effective solutions.

These diagrams explain the intimate connection between biology (brain chemistry), psychology (one’s style of using the mind, emotions, and spirituality), and stress (which comes from the outside world). It also explains the triple role of medicines, counseling, and one’s personal decision-making in total healing of a psychological problem.

Consider your biology to be just like your brain’s hardware, your psychology just like your brain’s many software programs you have installed over the years, and stress just like the data that gets plugged into the computer that is your mind. Only the user of a computer can decide what data to put into a computer in the first place.

Stress comes at you from the outside world. It is negative emotional energy in our environment. Its only cure is to make a decision about the stress, which many of us do not like to do. We would rather just sit and wait for answers. Instead, you could decide to think about the stress differently, stay in

Mission Statement
Meier Clinics is committed to providing excellent mental health care services that address the whole person—physically, emotionally & spiritually.

Meier Clinics Locations
CALIFORNIA — Gold River, Laguna Hills, *Long Beach, Riverside
ILLINOIS — Chicago, Deerfield, Edwardsville, South Roxana, *Wheaton
KANSAS — Colby, Goodland
MARYLAND — Rockville
MICHIGAN — *Battle Creek
MISSOURI — Chesterfield, Defiance, Farmington, *St. Louis
 PENNSYLVANIA — Pittsburgh, Wexford
TEXAS — Fort Worth, *Richardson
VIRGINIA — *Fairfax
WASHINGTON — Bothell, *Seattle, Tacoma

*Denotes locations with Day Programs as well as Outpatient services.
For more information about Meier Clinics and our services, call us toll-free at 1-888-7-CLINIC or visit us at www.meierclinics.org
the environment but use a tougher skin against it, or else just decide to get out of the stressful environment. Getting counseling can help. One thing is for sure though—if you do not decide what to do about stress in your life, staying in it will sooner or later start to hurt your psychology. You might become a more negative, pessimistic person or have a crisis of faith.

If you are in stressful environments long enough, you will start to take on the characteristics of the stress and become more pessimistic in your psychology. It is as if your software is being reprogrammed to be more negative and, therefore, less efficient—more clunky. The only way to fix the problem is to reprogram your computer through counseling, education, and spiritual experience.

If you do not change your mental functioning, you may very well find that your pessimism caused by the stress stays around long enough to start to corrupt your hardware, your brain’s biology. Soon you are low on Serotonin, that brain chemical responsible for keeping you out of depression. Now therapy and education are not powerful enough because you have a corrupted hard drive.

When your biology is impacted by a problem, things are very far along toward impairment or disease. It is very similar to getting a nasty computer virus and not doing anything about it.

If the problem is on your system long enough, you may start to see that not only do your software programs not work as well, now your computer hardware starts to fail too. If your computer hardware gets messed up enough by the virus, you may end up having to go buy a whole new computer—software can’t fix the problem. This is similar to starting on a medicine for a psychiatric condition—it changes the very hardware of your brain, replacing it with more functional hardware.

But, if you still have the same bad software on your system or the same virus, it will continue to affect the brand new hardware you have installed. This is why the concepts of stress, psychology, and medicine for psychiatric problems, especially mood disorders, are “one-way deals”.

Stress can mess with your psychology, and your bad psychology can mess with your brain chemistry or biology, but fixing your brain’s biology with medicine does NOTHING to change how your psychology’s style of operation works. And medicine certainly does nothing to solve the stresses of life. They are still there waiting for you. (In the same vein, alcohol and drugs of abuse do not solve the stresses of life; they just change how you feel).

If I got a big bill in the mail, I might feel stressed or even get depressed about it. Now if I took a medicine, such as a tranquilizer, I would feel different and better in mood. I might then just let the bill slide. After all, I feel different about the bill. But, next month I will get a double bill and be twice as stressed or depressed. Maybe take TWO tranquilizers, then, ahhhh...feel better about the bill. Does that mean the stress has been solved? NO! The only cure for that stress is a decision to “pay the bill.” So you might start to see how lack of attention to this kind of detail of our mind’s workings lead us to addiction and denial by keeping us passive in our psychology. Part of the solution to always staying healthy and solving ANY psychological or social dilemma is to strengthen our psychology against stress in the first place, before it ever gets in.

This is what I learned about myself recently. I was not so depressed or anxious that my biology was impaired, but I was indeed stressed by not...
being able to do as much for people as I wanted to and still have enough time for myself. My psychology was limiting me to think that I had to stay in the same job and same city and just try to force things. I needed to be open to change—change of home, city, job, and even nearby friends. It took me a whole year to plan a solution, but it’s done.

You can learn to do the same. I deeply believe that every problem can be solved. Sometimes there are problems that have no solution right now, but even those, ironically, are solved just by the very action of dropping them from your radar screen for now. Every other problem that is solvable now or in the near future can be resolved simply by paying attention to your biology, psychology, spirituality, and stresses with more care for the details.

Dr. Dobransky recently left an active practice in Denver to join Meier Clinics. “The respect for the power of both a patient’s Christian faith and for science is what led me to the Meier Clinics. I found that the works of Dr. Meier are rooted in both, and the philosophy and mission of the organization he founded could be relied upon, both as a Christian and a scientist.” Dr. Dobransky has developed an innovative approach to helping people work through their problems and has effectively helped thousands find the answers they were seeking. Call 800-848-8872 if you would like to schedule an appointment with Dr. Dobransky at the Wheaton or Chicago, Illinois, clinics.

The Meier Clinics in Chicago and Wheaton, Illinois, are pleased to announce that counseling services are now available to those who speak Spanish. Pictured above are some of the attendees at a recent meeting in Chicago where they discussed the new program. The dream is finally a reality!

If you know someone who might be interested in counseling with one of our Spanish-speaking counselors, please have them call us at 630-653-1717 or 800-848-8872.

Chicago staff: Rossana Sierra-Swiech, LCPC
Wheaton staff: Juliet Cáceres, MA; Alicia La Hoz, Pre-doctoral Intern; Karla Saruk, LPC.