

Welcome Video

Hi! I'm Dr. Donna Dannenfelser the creator and CEO of Eudaimonia Psychology. I'm so excited to begin this journey with you into a holistic approach to psychotherapy. Each lesson will begin with a brief summary of the goals for that particular lesson and end with the take-a-ways for you to practice before you begin the following lesson. At the conclusion of the course there will be an evaluation in the form of a written exam. After your successful completion of the written exam, you will receive your certificate in Eudaimonia Psychology from me and be given entrance into our peer support community. It is within this community where you will become a participant, along with other mental health clinicians, in ongoing conversations pertaining to the advancement of this holistic approach to therapy and where you will find peer support for your needs as a practitioner.

You will then be invited to a weekend retreat with other clinicians at a destination to be determined at that time. It will be at that weekend retreat where you will meet with me personally, and in small groups, to further your training. At that time, you and I will determine if joining the Eudaimonia Referral Program is a good fit for all involved.

If you have any questions or concerns while taking this course, please go to the contact page on the website and send an email to Michelle, our Administrative Associate who will attend to all your needs and concerns.

And now, without any further a due, I Welcome you to the world of "Calm"...

Welcome to the world of “Calm”

If you’re taking this course, I already know three things about you. You believe you can be better than you are right now; there is something about Eudaimonia Psychology that is resonating with you; and you believe that living in a state of *well-being* is not only possible, it is learnable.`

It’s Really simple

I utilize the methods and tools of Eudaimonia Psychology because they work all the time, for everyone. Over the course of my life, I have accomplished things that went against all odds. People told me I couldn’t achieve my dreams because what I wanted to do had never been done before. And why...because they, themselves, hadn’t achieved their dreams. I defied the odds, not once but many times. Being the first female hypnotherapist to work for an NFL team in the 1990’s broke a barrier. Getting a TV show that was based on my life’s work with athletes picked up by a major network without an agent or manager, (and without being part of the entertainment industry) was also a so-called, “miracle.” Self-publishing my first Amazon book, “Game On! What I learned During My Time As The Shrink To The NY Jets,” and having it become an Amazon best seller during the first few days of its release was also a spectacular achievement.

I did all that and more, with the power of thought, through visualization and focus, and by not allowing others to dictate to me who I was and what I was supposed to do. By believing there are no mistakes, by having the courage to not be afraid, by never taking “no” for an answer, by believing that age doesn’t matter, by not wanting to be ordinary, by focusing on what I wanted and being relentless about it, by knowing that everything happens “for” me not “to” me, by being

grateful, and knowing that dreams do come true if you believe. I achieved my dreams with the methods and tools I preach today, and so can you! And even more than that, I'm going to teach you how to deliver all of it to your clients.

Eudaimonia Psychology works if we allow ourselves to clear our minds for greatness. Life should not be as difficult as people say it is. That's another reason why I teach this course, to show that it is not. Life shouldn't hurt and if it does there will always be someone there to help you turn your thoughts around and cheer on your greatness and the greatness of others.

The Truth Of The Matter Is...

I'm sure many of you, and your clients, have read amazing self-help books, incorporated the newly learned techniques into your life, saw the difference it makes, and yet six weeks later find yourself having slipped right back into your old bad habits. There is a reason for this, and that is the difference this course will make. Eudaimonia Therapy addresses subconscious irrational beliefs that we've developed before the age of eight. I refer to them as the irrational subconscious tapes of the *wounded inner child*. This course addresses the wounded inner child, enables you to identify irrational tapes, delete them or modify them so that they never again can hold the client emotionally hostage by their past. This is what those other books have neglected to add. Ninety-five percent of all our decisions that we make every day are based on these subconscious irrational beliefs. We need to delete them and replace them with the truth. After we do that, we will never again make decisions based on lies and fear.

The Goal...

The goal is that when you finish this course and incorporate the methods and tools taught, you will begin viewing psychology with a new set of eyes. Utilize a holistic approach to therapy. Develop an objective conversation with your clients addressing their needs, teaching them how to live in a state of calm regardless of what life throws their way, because the truth of the matter is, when you change the way you look at things, the things you look at change. We do that by changing subconscious irrational beliefs. By changing belief systems, you will change thoughts, and once that is accomplished, it is guaranteed you will change lives!

What You Will Deliver To Your Clients?

At the conclusion of this course, you will be delivering to your clients:

- Methods and tools in achieving a state of well-being and remaining there no matter what life throws their way.
- How to love life and remember that this life is an adventure that we choose to have, and we are never alone.
- How to tap into the spiritual energy that is all around us, guides us and protects us.
- Because at the end of life the question will not be, How well were you loved? But rather, “How well did you love?”
- How well did you love yourself? Because if you love yourself, then and only then, are you open to love others. In the purest form of love...love without strings.

“Eudaimonia” Is Not New Age

So, let’s begin with the fact that Eudaimonia Psychology is not new age hocus pocus. As a matter of fact, the ancient Greek philosophers were obsessed with the idea of a good life and used the word, “Eudaimonia” to describe it. They spent much of their debates around the question, “What makes a human life good, noble, and worthwhile.” Aristotle’s philosophy wasn’t a one-size fits all ranking of pursuits as was Plato’s view that philosophers were better than warriors, who were better than farmers. Aristotle would argue that *what* a person does is not as important as *how* they do it. In other words, a farmer who has dedicated his life to growing the best crops possible was to be held in higher regard than an arrogant, selfish warrior. In today’s vernacular, if you want to be a stripper, be the best stripper you can be! What always stood out to me when working with high profiled athletes was what they really wanted was to be loved and respected for who they were, not what they did. Aristotle’s ideas have gained a lot of attention in recent years, especially through the positive psychology movement.

First There Was Freud...

Let’s start at the beginning with a brief overview, First there was Freud...Psychoanalysis begins in the 1930’s with Freud’s research based on the mentally ill. And by the way his research was based on, and this is his diagnosis, “hysterical females.” Then he took his findings and applied it to the masses. I have my issues with that. But that’s a whole other lecture.

Cognitive behavioral Therapy comes on the scene in the 1960’s with Albert Ellis at the helm. He postulates that if we challenge our irrational thoughts, we can change our behavior. If we think logically, we will feel rational and thus behave

“normal”. But then again what is, “normal?” It is at this juncture that the term “subconscious” becomes more of a metaphysical discussion.

Positive Psychology

Positive psychology works at identifying the root cause of happiness, why some people are happier than others even without the material objects that our society deems valuable. Many psychologists have concluded that “Eudaimonia” is a valuable tool for achieving long term contentment and remaining in a peaceful state of mind. Researchers have discovered that there is a direct correlation between human happiness and being in the “flow.” Flow is the experience we get when we are doing something challenging that we are really good at. Athletes do it all the time. Its utilizing the talents we were born with. If we made a career out of what we are naturally talented at we would maximize our satisfaction in life and ultimately reach that state of well-being. Positive psychologists say that if we can’t make a career out of the talents we were born with, for whatever reason, we should still pursue our purpose outside of our careers in order to feel fulfilled in life.

Positive Psychology

Positive Psychology asks us to challenge our thoughts and look for the proof to back up these thoughts, and if we can’t find the truth in those thoughts, it encourages us to go on an alternative exploration of ourselves. Positive psychology promotes self-compassion and self-appreciation as important factors in achieving well-being. Rather than self-criticism, it focuses on self-soothing. Because at the end of the day, the truth of the matter is... if you don’t love yourself why should anyone else love you?

Eudaimonia Psychology Was Born:

I studied under Albert Ellis himself, in his practicum program in NYC. His teachings served my clients well, until that is I was hired to work with the NFL. I was the mental health clinician for the NY Jets. Working with an NFL team and having to assist players psychologically overcome the obstacles of their minds took me down a different path. It was a path where the luxury of time does not exist. It was where psychological changes needed to happen quickly and remain intact. There was no room for falling off the wagon, so to speak. It became very clear to me that subconscious work had to be included in my therapy when dealing with high performing athletes as it was proven to me over and over again that sports is 90% mental and 10% physical, as is life, the ultimate sport. And I began my work with the wounded inner child. It was at that point that quantum physics and metaphysics began to have an important piece in my therapeutic practice. Meditation and visualization began to prove the undeniable fact that bringing our subconscious into our conscious awareness provides both, the lessening of negative energy associated with childhood trauma and the positive changes in current behaviors. And then the thought, “What would happen if I combined traditional psychotherapy, with cognitive behavioral therapy, positive psychology and energy work (power of thought)?” So, that’s what I did for the next 30 years, until I had the program locked down. As of this date, I have worked with thousands of clients who have responded to it miraculously. Yet, it was still missing something, it needed a coaching component.

After years of being a psychotherapist in private practice, I have combined behavioral psychology, positive psychology, and energy work with a coaching component. As a result, Eudaimonia Psychology was born.

Eudaimonia Psychology

The methods and tools of Eudaimonia Psychology are timely, the energy is pure, the delivery is simple, the material is profound, and the possibility of its healing is limitless.

Best Way To Learn About A Process...

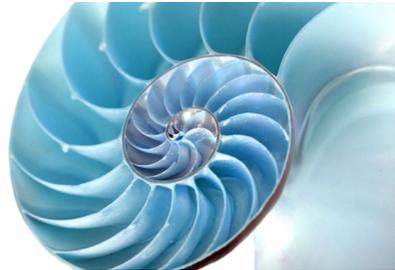
Now, we all know that the best way to learn about a process is to actually go through it.

So, if you are ready to:

- understand the language of your subconscious,
- soothe your wounded inner child,
- put fear and worry in check,
- separate the drama of life from the reality,
- live life by intention, rather than reaction,
- manifest your dreams in a New York minute,
- have daily meetings with your future best-self, the best coach you will ever meet,
- live in a constant state of well-being regardless of what life throws your way,
- then let's get going and add new chambers to your life. We have a lot of work to do!

We Start With “The Nautilus”

The symbol for Eudaimonia is the nautilus shell. I wanted a symbol that represented this new form of psychology. The nautilus is a metaphor for powerful, spiritual evolution and strength. The nautilus is a sea creature in the shape of a “golden ratio,” a fascinating and mysterious pattern that appears in all living things, like flowers, hurricanes, and even the solar system. The nautilus is considered to be a symbol of beauty, balance, and strength. This sea creature can be found as far as 25,000 feet deep in the ocean, withstanding immense pressure as it continues to grow throughout its life, resulting in ever expanding chambers to the very end. Very similar to the human spirit. It is a constant reminder to always be expanding, learning and growing to the bitter end. It’s connecting chambers are a symbol of how we are all connected to each other, and to everything else in this world.



Nautilus Shell

Let’s Add New Chambers To Your Life

At the end of each chapter, there will be a section titled, “Let’s Add A Chamber.” Listed below it will be activities I suggest to reinforce the Eudaimonia methods and tools spoken about in that chapter.