



# THE HEALING *Foundation*

**Holistic & Complementary Medicine For All**

Why the *HuMethod*<sup>™</sup> Spiritual Life Coaching Clinically Tested Exercises...

## **Create Permanent Behavioral Change**

By Jane Sennett, D.O. & Cheryl Delbridge, M.D.

For over two decades Coach Hu Dalconzo, along with his staff of *HuMethod*<sup>™</sup> Spiritual Life Coaches have demonstrated time and again that their well field-tested coaching exercises will create *Permanent Behavioral Change* for anyone who is willing to internalize and emotionalize them as prescribed.

Holistic Learning Centers, Inc. twenty-two years of clinical field-testing was focused on which life coaching exercises *created the greatest amount of self-help improvement, with the most amount of life coaching clients, in the shortest period of time.* This scientifically based research has resulted in *new, clinically proven healing discoveries* that are the most advanced and effective coaching techniques available in the life coaching industry today.

The *HuMethod*<sup>™</sup> title was chosen because the word “Hu” refers to the subconscious, divine and quantum powers that exist within

all human beings. The *HuMethod*<sup>™</sup> materials are *spiritual signposts* that point the coaching client to a place that cannot be found within the realm of thought. Mastering how to tap into these *Universal Powers* is why *HuMethod*<sup>™</sup> Certified Coaches are able to create the *Permanent Behavioral Changes* needed for their clients to manifest their self-help goals as quickly as humanly possible.

“**Coach Hu writes, “Our clinically proven, spiritually-based coaching exercises take the concept of psycho-spiritual healing from an abstract, hard-to-understand theoretical concept and break it down, piece-by-piece, into a step-by-step, easy-to-understand, specific set of emotional healing and Self-nurturing exercises that create permanent behavioral change for anyone who is willing to practice them.”**”

*HuMethod*<sup>™</sup> coaches are often asked the question, “*How can you clinically measure a person’s psycho-spiritual progress?*” After many years of trial and error, Coach Hu developed a *Clinical Measuring Technique* that effectively evaluates self-help growth. When a new coaching client first enrolls, their *HuMethod*<sup>™</sup> Spiritual Life Coach takes a baseline measurement of their client’s most important three self-help areas where they want to make the most improvement using the criteria of Intensity, Duration and Frequency.

“**Dr. Cheryl Delbridge, M.D. writes, “I have benefited from the *HuMethod*<sup>™</sup> psycho-spiritual exercises. I worked with Coach Hu from 11-9-2000 to 12-21-2002. I was searching for a spiritually based program that could help me to transcend four paradigm crashes by which life was testing me ... namely the loss**”

*of a child, a marriage, my mother and a job all within 18 months. I was feeling immobilized, angry and depressed. Authenticity is the primary benefit that I have received from these exercises. Being true to my Self has resulted in more intimate relationships, a better job, and the ability to detach from the past and learning how to process my life through my feelings, not just through my intellect.”*

HLC’s Subjective Diagnostic Measuring Method was modelled after the one used by *Emergency Medical Physicians* to assess patients with chest pain. When a patient comes to the Emergency Room complaining of chest pain, in addition to questions about his or her medical history, the patient is asked several important questions concerning the pain. The doctor will ask about the *Duration* of the pain, the *Frequency* of the pain, and the *Intensity* of the pain graded on a scale of 1-10.

Similarly, in addition to taking a personal history from a new client *HuMethod™* Certified Spiritual Life Coaches facilitate HLC’s *Subjective Diagnostic Exercises* to determine the client’s *Duration* of their emotional upsets (how long they last), the *Frequency* (how often the client gets upset) and the *Intensity* (how severe they are) on a scale from 1-10. After each fifteen (15) coaching sessions the client is asked to re-evaluate using the same scale. This score is compared to the initial assessment, thus allowing the coaching client to quantify how much improvement has occurred as a result of them consistently doing the *HuMethod™* clinically proven coaching exercises.

HLC’s Clinical Measuring System creates a clear and specific, professionally agreed to accountability benchmarks about the client’s three most important self-help goals, which *proves* to the client that their self-help objectives are being achieved. Typically, *HuMethod™* coaching clients improve by 35% after only fifteen (15) coaching sessions. The *HuMethod™ Proprietary Trademarked Coaching Exercises* are only available from HLC.

**“Dr. Jane Sennett, D.O. writes,**  
***“When I first began to work with Coach Hu, he asked me to grade my emotional pain clinically. He told me to grade the duration of my emotional pain, which initially lasted 2 weeks at a time. I told him the intensity of the pain was a “10”. When asked, I initially graded the frequency of the painful events at 7 times daily. I was very surprised that after only 15 hours of sessions that my frequency had decreased to 4 times daily, the intensity was only a 4 and the duration only an hour. My work with Coach Hu has helped me to heal my emotional scars. By healing the pain of my past, I am better able to live in the present and enjoy my life and my family. The work has helped me to be a more loving wife, a more understanding mother, a more trusting friend and a better emergency medical physician.”***

Another technique that *HuMethod™* Spiritual Life Coaching Clients experience significant improvement is by completing *Written Exercises* termed *Self-mastery Assignments [SMAs]*. It is through writing the SMAs that *HuMethod™* Spiritual Life Coaching Clients gain

valuable insight into what they have learned about their goals, fears, hopes, dreams and anxieties. During the SMA process, the clients are able to release their repressed feelings about stressful events that they have experienced, which is one of the key reasons why HLC’s coaching clients improve so quickly.

A similar type of written exercise was used in a clinical study published in the *Journal of the American Medical Association (JAMA) April 1999; 281:1304-09*. This study demonstrated that *“patients with moderately severe asthma and rheumatoid arthritis who wrote about stressful life experiences had clinically relevant changes in health status compared to the control group.”* By allowing themselves to express their feelings about stressful experiences, these patients showed greater improvement from their chronic illnesses compared to the control group who only wrote about emotionally neutral topics.



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**DR. CHERYL DELBRIDGE, M.D.** is a surgical pathologist and clinical instructor at Cornell University and Mt. Sinai Medical Center in New York City. She has been a seminar leader for several forums and workshops designed for personal development and transformation including Landmark Education Corporation and the Institute of Trans-Personal Development.



**MASTER COACH HU DALCONZO, C.S.L.C.** is the founder of Holistic Learning Centers (HLC), which an over twenty year old Spiritual Life Coaching Certification School. Since 1993, Coach Hu has facilitated over 25,000 hours of spiritual life coaching sessions. His work has evolved into ten professional coaches textbooks.

