



## Personal Development

acquire Cognitive Behavioral Psychology coping skills and new ways to cope with pressures and challenges at home and work

### Depressurize NOW with

- **www.Tool4Change.com ~ Dr. Ray's online self-assessment tool**

rapidly measure over 1500 personal concerns in about 20 minutes  
completely anonymous ~ fully protecting your privacy  
immediate This is Me! online report ~ for your eyes only

- **Online and Private Coaching with Dr. Ray**

video, telephonic and e-mail based coaching  
learn Cognitive Behavioral Psychology coping skills

- **Focused Action**

depressurize with Dr. Ray ~ quickly acquiring new self-care coping skills

- **Online Courses**

modern communication technologies ~ making change possible without leaving office or home

[www.yourvoicematters.com](http://www.yourvoicematters.com)



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*Depressurize NOW with Dr. Ray*

[yourvoicematters.com](http://yourvoicematters.com)



## Innovative Psychology

for those seeking more control over their life

acquire the skills of cognitive-behavior psychology and engage in Focused Action making the tools of cognitive behavioral psychology your own

### ONLINE COACHING

following completion of Dr. Ray's online self-assessment tool, review your online "This is Me!" report. You can then contact Dr. Ray with your questions and comments at [DrRay@yourvoicematters.com](mailto:DrRay@yourvoicematters.com)

*together we will replace problems with solutions*

from your office or home

acquire cognitive-behavioral psychology coping skills ~ your best path to depressurization and a fulfilling life

## Depressurize NOW with Dr. Ray

We know how it feels to be overwhelmed. We know the confusion, frustration and distress when unable to make ends meet.

It is common to be strained by daily stress and tension. We can feel alone, fearful and pressured beyond our ability to cope.

We also know how gratifying it is to be in control of our lives and we want more of that.

The good news is, depressurization is possible with the right coping skills and strategies.

It is about clarifying priorities, making the right choices ~ replacing problems with solutions.

*Read on* and see how Chris found her way.

Chris was overwhelmed, desperate to move her life forward. She had little money and certainly not enough for a therapist. Mouse in hand, she browsed the internet, searching for anything to help. She came upon the Personal Change Indicator (PCI) on [www.yourvoicematters.com](http://www.yourvoicematters.com). She was intrigued.

Chris called and our interactions began, starting with her "This is Me!" report. She could now clearly see what her real stressors were, but didn't yet know how to best deal with them. Our journey together began. She was to soon acquire the skills and power of "Focused Action".

Long story short, Chris addressed her primary concern for financial problems. This would require her full concentration and with only minimal coaching, she did just that. All this setting the stage for continued Focused Action as she later addressed her next most significant concerns. Chris did achieve her goals and much faster than she thought possible.

There is more to Chris's story but you get the idea. Her honest self-assessments, enhanced self-awareness, focused approach to self-care, led to a happier, more fulfilling life. THIS you can do.



## Ray Mulry, Ph.D.

Clinical & Sport Psychologist,  
Author, Teacher and Life  
Health Coach

Knowing stress and tension management skills play a significant role in our ability to handle pressure, Dr. Ray first authored *Tension Management & Relaxation*.

Later in his career, along with orthopedic surgeon, Arthur White, M.D., he published *The Back School and 12-Steps To A Pain Free Back*.

These publications led to *Freedom From Stress & Back Pain, Watch Your Back! First Aid for Back Pain, In The Zone: Making Winning Movements Your Way of Life, Teeing Off With The Masters: A Sport Psychology Novel and Trust Your Swing: The power of the Pendulum and Rhythmic Flow* Audio CD, co-authored with Canadian Film Composer, Karl Mohr.

Dr. Ray has held faculty positions in the Clinical Psychology graduate training programs at the University of Texas at Austin and Indiana University at Bloomington, and was a member of the allied medical staff of the Eisenhower Medical Center in Rancho Mirage, CA.

He has authored numerous scientific articles and addressed a wide variety of professional organizations.



## Depressurize NOW

replace frustration and distraction with clearly stated goals and Focused Action

### Innovative Psychology

integrates Dr. Julian Rotter's

**Cognitive Behavioral Psychology** with Dr. Ray's **4-Core**

**Competencies of Elite Performers In The Zone.**

They have researched and published together with specific focus on

**Internal & External Locus of Control.**

Innovative Psychology views personal change as a **teaching and learning process** with special emphasis on achievement of self-defined goals.

We start with the axioms, "*What get's measured, is what gets done*" and "*Do the most important things first.*" *Taking charge* means actively taking the reins to depressurize.

This is where the PCI and coaching enter the scene. Achieve your goals as you call the plays ~ skillfully guided by well credentialed, experienced coaching.

### Premier Coaching

Upon completion of the PCI you will immediately receive your **"This is Me!** report. Coaching with Dr. Ray accelerates Focused Action, your best path to quick results and control over your life. Finding and maintaining focus on outcomes delivers the results you need.

### High Tech Coaching

Dr. Ray's affordable, easily accessed coaching allows you to take action from home or office ~ a requirement in today's fast paced, time pressured environment.

In addition to Dr. Ray's coaching and personal change tools, he fully encourages utilization of well documented self-care information abundantly available on the internet.

### YourVoiceMatters.com

is the result of Dr. Ray's many years of leadership in stress and tension management, self-care for back pain and many other significant personal concerns. His innovative Personal Change Indicator (PCI) is but one of many tools he developed to help you take charge of your Life Health!

Dr. Ray focuses on teaching ~ while you focus on learning. It is about the power of knowledge and the capability mindset.

Getting the most out of life and being the best you can be means taking charge of your life.

This is why Dr. Ray emphasizes your ability to make decisions, with clarity, confidence and focus. YES, your voice does matter.

**"Taking charge means actively taking the reins to depressurize"**



### Effective Goal Setting

The Personal Change Indicator (PCI) functions like a highly efficient, well-organized mind.

Starting from the perspective of a wide-angle lens, you will examine a panorama of possible concerns. The PCI automatically adjusts your lens, rapidly prioritizing these concerns according to their relative significance to you.

Zooming in for a close-up, the PCI surfaces your most significant personal concern, available immediately in your online **"This is Me!"** report

### Maintaining Focus

Maintaining consistent focus on your dominant concern - yes, over time - is your second important step.

Rapid personal change results by maintaining focus on the goal you define as most important.

**This is Focused Action.**

### Depressurizing

When you have resolved your most significant concern, you will then progress toward resolution of your next most significant concern as revealed in continued completions of the PCI.

Because life is a continuing process of challenge and resolution, continued use of the PCI provides a reliable pressure gauge and the foundation for self-regulation in your ever-challenging world.

### Finding your Focus

is your most important step toward depressurization and rapid personal change.

## COGNITIVE BEHAVIORAL PSYCHOLOGY

*A fulfilling life is more likely when you understand how pressure shapes your emotions and behaviors*

## SELF-ASSESSMENT

*There can not be a precise answer to a vague question. Scarcely any other principle is more important in relation to a consideration of the befuddlement and conflict that make for inefficiency and unhappiness.*

*Wendell Johnson*

*The first step in taking full charge of your Life Health is to accurately measure pressure and where pressure is coming from. This is what the Personal Change Indicator does for you.*

*Ray Mulry, Ph.D.*



Let your mouse do the talking.

As you rate each concern, allow gut level reactions to prevail. Your inner self is best revealed when you listen to these inner voices.

Your Voice Matters