



Personal Development

Be your own psychologist as you acquire new ways to cope with everyday challenges at home and work

It's all about your desire to charter your own course

Tool4Change

- **www.Tool4Change.com online psychological self-assessment tool**

rapidly measuring 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 Coaching with Dr. Ray**

e-mail your questions and comments to DrRay@yourvoicematters.com
online coaching for those seeking greater control over their life

- **Focused Action Online Meetings**

join Dr. Ray and others sharing solutions ~ learning new self-management skills

- **Online Courses**

modern communication technologies making learning possible without leaving home

www.yourvoicematters.com



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Out of the muck and mire *with Dr. Ray*

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 professional therapists your own

ONLINE COACHING

following completion of Dr. Ray's online self-assessment tool, review your online "This is Me!" report. You can then e-mail your questions and comments to DrRay@yourvoicematters.com

together

we will

find solutions



from your home

acquire the skills of professional therapists, making cognitive-behavioral psychology your best path to a fulfilling life

Out of the muck and mire *with Dr. Ray*

We know how it feels to be overwhelmed. We know the confusion, frustration and distress when we are not able to make ends meet and the resulting financial pressures.

We know relationships are strained by daily stress and tension as we seek balance in our work and family life. We can feel alone and fearful, continually influenced by negative media influences causing even greater uncertainty about our future.

We also know how gratifying it is to be in control of our lives and we want more of that. The good news is, getting out of the muck and mire is possible with the right coping skills and strategies.

It's about clarifying priorities, making the right choices, making changes, replacing problems with solutions.

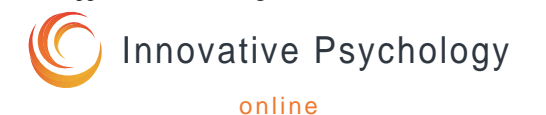
Read on to see how Chris found her way.

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. She was intrigued.

Chris called and our interactions began, starting with her "This is Me!" report. She could now clearly see what her real problems 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-management, led to a happier, more fulfilling life. You can do this too.



Ray Mulry, Ph.D.

Clinical and Sport Psychologist, author, therapist, teacher and coach for personal success

Knowing stress and tension management skills play a significant role in our ability to meet life challenges, 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.

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.



Focus is everything!

You can replace indecision and confusion with clearly stated goals

Innovative Psychology

integrates Dr. Julian Rotter's Social Learning Theory with Dr. Ray's 4-Core Competencies of Elite Performers In The Zone. Together, they have researched and published with specific focus on Internal versus External Locus of Control.

Innovative Psychology views psychotherapy as a "teaching and learning" process with special emphasis on achievement of personal goals through development of personal skills and capabilities.

Innovative Psychology starts with the axioms, "What gets measured, is what gets done" and "Do the most important things first." Controlling your life means you must actively take the reins.

This is where the PCI and online coaching come into play. To achieve your goals you must call the plays.

Online 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 will deliver the results you need.

Online Courses

Our affordable, easily accessed courses allow you to learn from home, a requirement in today's fast paced, time limited environment.

In addition to our online courses, we promote utilization of the many valuable information sources on the internet with demonstrated credibility.

Innovative Psychology

Our First Aid For Back Pain course is now offered by PureSafety, a nationally leading provider of online health and safety training. It is affordable, easily accessed and helps you reverse your pain the moment it happens. You are in the driver's seat.

"Controlling your life means you must actively take the reins"

Getting the most out of your life and being the best you can be is mostly a matter of taking charge of your life.

This is why Innovative Psychology emphasizes your ability to make best decisions, with clarity, confidence and focus. Your voice does matter.

We focus on teaching while you focus on learning. It is all about the power of knowledge and the capability mindset

the Personal Change Indicator (PCI)

Effective goal setting requires Focus

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 consistent 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 consider most important.

This is Focused Action.

Resolving your most significant concern

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

Because life is a continuing process of challenge and resolution, continued use of the PCI provides a reliable tool for self-navigation in an ever-changing world.

Finding your Focus

is your most important step toward rapid personal change.

COGNITIVE BEHAVIORAL PSYCHOLOGY

A fulfilling life is more likely when you understand how much your emotions shape your actions

PSYCHOLOGICAL 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 is to accurately clarify your emotions and where they are coming from. This is what the Personal Change Indicator can do 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