

Article written for the Spring Hill Review – Vancouver, WA:

Vancouver Therapists Successfully Treat Holiday Depression, Other Issues

Like many a middle-class American, Robert Fletcher spent his 45th wedding anniversary in Hawaii. But unlike most of his peers, while there he made time for a consultation with a woman with multiple sclerosis. Her feet curled under by the disease, the woman had walked on her ankles for 13 years. But after an hour-and-a-half session with Fletcher, she was walking flat-footed for the first time in 13 years.

Fletcher, a silver-haired man with a broad smile, estimates he's seen an average of 5 clients a day for the past 20 years, and the stories just pour out of him. "I worked with a patient who was having grand mal epileptic seizures 2 to 3 times a day. Within one month after I began seeing him he was having petit mal seizures only. By the end of the second month, he was having no seizures. And they haven't recurred." Fletcher's work with the man consisted of 3 2-hour sessions over the 3-month period.

It all started back in 1977. "I was an educator, working at a school for the deaf and blind in Utah," Fletcher, says. "They gave me the hard cases, the ones who were not succeeding. Some of these kids were autistic as well. They said, 'Make them employable. Teach them to read.' And they gave me a free hand in experimenting. I studied pretty much everything out there, very successful therapists in various fields: hypnotherapy, NLP [neuro-linguistic programming], operant conditioning, and so on. And I took bits and pieces from various therapies. I found ways to solve ADD, ADHD, dyslexia, and so on—all of these conditions without drugs. And not just school problems—emotional phobias, too, and low self-worth."

Fletcher spent ten years as an educational consultant, then moved into working with adults as well. "We began with the kids," he says. "But then their parents, who were bringing them in for therapy, after seeing the changes in their children, would say, 'Can you use this to help me stop smoking?' Or 'to help me with my depression?'" And Fletcher found that the techniques he'd developed initially to use with kids' learning problems were successful with adults, too—with bipolar disorder, post-traumatic stress disorder, addiction issues, even schizophrenia. "And so after writing a program [to train therapists] to work with kids, I wrote a second program [to train therapists] to work with adults." He calls the therapy he developed Thought Pattern Management (TPM).

The unconscious mind, Fletcher says, knows everything about the body. "There are records there regarding how the body is built. Sometimes the unconscious mind doesn't know there's a problem—when someone was born with a problem, or it's been around for a long time—and the unconscious mind thinks that's just the way things are. My role is to tell the unconscious mind what needs to be done. The deeper part of the mind may be unaware what's going on at the surface. It's just 'running programs.'"

Vancouver's Educating the Mind is one of only four places on the West Coast where clients can receive TPM therapy. Educating the Mind's Rich Aydelott specializes in adult issues, treating depression—over 80% of all forms of depression respond to TPM—smoking, weight, and

addiction issues among others. Educating the Mind holds weekend group seminars in these areas. The weight seminars include naturopaths and weight trainers for a holistic mind-body approach. Sally Nelson specializes in Alzheimer's and other dementias, rebuilding neuro-systems that have begun to deteriorate. "As far as I know, drugs just slow the decline," says Fletcher. "We're seeing actual improvement. People are getting better." Glenn Fletcher (Robert's son), the third therapist at Educating the Mind, works with kids with difficulties in reading, math, and spelling. He also uses drugless techniques to treat ADD and ADHD, as well as helping children of divorce deal with abandonment issues. Educating the Mind is committed to helping clients throughout Southwest Washington develop a wide variety of positive life skills.

Educating the Mind™

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