

## COUNSELOR GIVES CLIENTS TOOLS TO OVERCOME PAIN AND STRESS

By Susan Tuz  
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Linda Lubin enjoys helping people. Her job depends on it.

Lubin is a health and wellness counselor, guiding her clients in a few weeks to deal with chronic illness, chronic pain and stress.

Lubin also offers a 10-week course designed to promote healthier eating habits, as well as a 12-week life coaching program that addresses a client's relationships, body, work, spirituality and sexuality.

"I give them the tools to live a balanced life," Lubin said from her Wilton office. "I work to get them as quickly as possible not to need me. Everything I do is about empowering my clients."

Lubin is trained in psychology and public policy/gerontology. But after taking several years off to raise her family in Ridgefield, she went back to school to help people with a slightly different approach.

She pursued a two-year certification in health education and health counseling. She also trained as a life coach and in medical hypnosis and preparing people to heal faster from surgeries.

Her most recent degrees are from the New England School of Whole Health Education in Massachusetts and the Empowerment Institute in Rhinebeck, N.Y.

"Stress is epidemic in our culture," Lubin said. "Given the intense pace of life in Fairfield County, many of my clients feel overwhelmed by stress. I use the general concept of mindfulness, not using any particular religious orientation (like Zen Buddhism). I Westernize my approach."



The News-Times/Wendy Carlson

Linda Lubin of Ridgefield owns Mindful Healing in Wilton, which helps people deal with the stress of illnesses and impending surgery.

Lubin has basic skills she teaches her clients they can incorporate into their lives. All that is required is an open mind and the motivation to use the skills on a daily basis, she said.

"I don't assume my clients will be interested in yoga or meditation," Lubin said. "I'm not preaching to the choir. People may not have an interest in meditating or anything of that nature. Still, my approach is to take them to a quiet, peaceful place in their mind."

Lubin knows many people may not be aware of the concept of her approach, so she offers her first half-hour session free. She explains her technique and how the mind and body are connected.

"With most chronic pain, stress is the trigger to pain," Lubin explained. "A lot of people find that idea difficult to accept. They have been told too many times 'your pain and discomfort is in your head.' That's not the case. Rather, what we are thinking gets triggered into a physical reaction — pain."

Lubin said her service is not therapy.

"This is not analyzing. This is just knowing," she said. "It's taking a step back to look at your health issues in the context of all spheres of your life. We have much more power to shape our lives and sense of well-being than we often realize."

Lubin's eating program gets away from "looking at food by the numbers." The emphasis is not on how many calories a food contains or what the percentage of fats and carbohydrates are in foods.

"We look at food in the context of the role it plays in our lives," she said. "Food has so many powerfully positive aspects to it. Every major culture has rituals and ceremonies where food is part of them, where food is sacred."

Lubin helps her clients move away from eating on the go, to slow down and pay attention to what they are eating.

Clients gravitate to food with lots of flavor when they do this, she said. Fresh fruits and vegetables will replace store-bought, prepared snacks, she finds.

"People with chronic weight problems often have unhappy lives," Lubin said. "They find themselves overwhelmed with issues of life. Their mind is often spinning out of control. I give them tools to live a balanced life."

*Linda Lubin's practice is Mindful Healing, 525 Danbury Road, Wilton. She can be reached for appointments by calling (203) 470-5317. For information, visit the Web site [www.mindfulhealing.org](http://www.mindfulhealing.org).*