

### Subtle Communication Systems

is an outgrowth of work with linguistics and energy, including the relationship between language and subjective experience. You can use language to assist your healing process.

**Joel P. Bowman**, Ph.D., is a Licensed Master Practitioner and Trainer of Neurolinguistic Programming, and an Instructor of Hypnotherapy. He is a Reiki Master Teacher and a Licensed Instructor of Hypnotherapy (ABH).

**Reverend Debra Basham** is a Certified Healing Touch Practitioner. She has nearly 20 years of clinical experience. She trained in Prepare for Surgery/Heal Faster™ with Peggy Huddleston and is a Licensed Master Practitioner and Trainer of Neurolinguistic Programming, and a Licensed Instructor of Hypnotherapy.

**Esther K. Ames** is a Certified Clinical Hypnotherapist, and business consultant. She has offered wellness training, mediation services, and clinical hypnotherapy since 2003. Esther shares with clients the technologies she tested for herself through two decades working in the adrenaline-driven business climate, using techniques for peak performance, and pain and stress management. These include self-hypnosis, neurolinguistic programming, process-oriented psychology, EFT, and Healing Touch. She is certified by the American Council of Hypnotist Examiners, and is a professional member of the Association for Pre- and Perinatal Psychology, and the American Association of Family and Consumer Sciences.

Esther is licensed by SCS Matters LLC to provide you the benefits of Pre- and Postsurgical Support.

Research indicates that an individual who has been well prepared for surgery—mental, emotional, and other levels—can, on average, experience:

- *20% less blood loss during surgery*
- *23-50% less need for pain medication*
- *Earlier discharge from the hospital following most surgical procedures*
- *Fewer instances of an individual's needing to be readmitted to the hospital for complications following surgery*

**Esther K. Ames, MA, CCHt**  
**Ames Consulting LLC**

Seeing clients in Tucson, Arizona,  
and across the U.S.

Phone: 520.444.9729

Email: [esther@yournewnormal.com](mailto:esther@yournewnormal.com)

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



**SCS Matters, LLC**  
[www.scs-matters.com](http://www.scs-matters.com)

4230 Lincoln Avenue  
St. Joseph, MI 49085  
Phone: (269) 921-2217  
Email: [joel@scs-matters.com](mailto:joel@scs-matters.com)  
[debra@scs-matters.com](mailto:debra@scs-matters.com)

# Pre- and Postsurgical Support



*Helping you heal  
faster and create well-  
being in all areas of  
your life.*

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**Esther K. Ames**

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

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## How You Benefit from *Pre-and Postsurgical Support with SCS*

*Pre- and Postsurgical Support with SCS* uses guided imagery to close the stress loop that anticipation of surgery or need for serious medical procedures can create.

You will be more relaxed and peaceful.

*Pre- and Postsurgical Support with SCS* brings into consciousness information that typically remains beneath the level of conscious awareness.

As you learn about the healing process, you will be developing understanding and how you will apply that understanding to other areas of your life as well.

*Pre- and Postsurgical Support with SCS* educates physicians and medical staff about what they can do to support patients beyond the physical level.

You will feel more cared for and safe before, during, and after your medical procedure.

*Pre- and Postsurgical Support with SCS* informs patients and clients about many ways they can help themselves heal more quickly and completely.

You will cooperate with your own healing.

*Pre- and Postsurgical Support with SCS* assists you in understanding and using guided imagery.

You will become skillful in using creative visualization to change your life in desirable ways.

*Pre- and Postsurgical Support with SCS* provides support while you are healing.

Following your complete recovery, you can continue to use the CD to relax.

Contact the person listed on the front of this brochure, and let your healing begin.

You know you are ready to schedule an appointment for a *Pre- and Postsurgical Session with SCS* when...

- You are anticipating surgery
- You are scheduled for a medical procedure
- You are undergoing chemotherapy
- You are ready to take control of your own healing process
- You believe that health is more than just not being ill
- You recognize the benefit you receive from having support in your life
- You know you feel better when you are able to identify resources within yourself
- You prefer to make critical decisions with confidence and trust
- You understand that surgery or other medical procedure provides you with the opportunity to heal emotional and spiritual issues
- You desire to reconnect to your innate healing abilities
- You could enjoy the benefit from a release of memories of a past trauma
- You are willing to find meaning in the midst of your healing journey

If you are a nurse, massage therapist, energy worker, or other interested health care professional, and you want to know more about *Pre- and Postsurgical Support with SCS*, call Debra at (269) 921.2217 or send email to [debra@scs-matters.com](mailto:debra@scs-matters.com).

[www.scs-matters.com](http://www.scs-matters.com).

### For your additional support!

A three CD set, "Pre- and Postsurgical Support," includes Karunesh's "Heart Chakra Meditation," a trance induction by Debra Basham, co-developer of *Pre- and Postsurgical Support with SCS* and with "Heart Chakra Meditation" as background music, and a CD in MP3 format designed for your use during surgery, chemotherapy, dialysis, or other extended medical procedures.

This CD set is a powerful tool you can use to facilitate a rapid healing process in your life.

The set of three CDs (a \$45 value) is often included with your Pre- and Postsurgical Support with SCS session.

For a complete listing of SCS CDs and the names and locations of certified SCS practitioners and Licensed Trainers, visit the SCS Website today:

[www.scs-matters.com](http://www.scs-matters.com)

