

Change is not as hard as staying the same.

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Atlanta, GA. "Change is not as hard as staying the same," states psychotherapist Lynn Seiser Ph.D. "Conventional wisdom has most people afraid to change. So they just keep doing the same things repeatedly, even trying the same things harder, hoping for some different outcome than the one they have always gotten (and always will get). So we have to ask which is truly harder, changing for the better or staying the same which usually means depressed, anxious, addicted, and a failure?"

Dr. Seiser is the creator of two new models of change. The first he calls Aiki-Solutionsä and the second is IdentityTherapyä. Both are exclusive trademarks, copyrights, and licensed property of Dr. Seiser.

Aiki-Solutionsä applies the strategies and concepts of Aikido, a nonviolent martial art, to mindful and compassionate communication, problem-solving, and conflict-resolution. Rather than resisting force with more force, meeting violence with more violence, Aikido teaches one to enter and blend with an attack, to redirect its energy, to take the balance and center of the attacker, to throw or control the situation without doing damage. Aikido follows a naturally flowing circular path making its application easy. While practiced physically in the training hall, these same principles apply successfully to interpersonal, intrapersonal, familial, communal, national, and world problems, conflicts, and violence. More information can be found on Dr. Seiser's web site, [Aiki-Solutions.com](http://Aiki-Solutions.com).

IdentityTherapyä is different and distinct from applying traditional psychotherapeutic concepts and interventions to the larger generic field of study on identity. IdentityTherapyä recognizes that the pronoun "I" does not stand for intelligence, but the active process of what one identifies with, identity. Everything one thinks, feels, or does originates in the frame of reference of "I". Too many professionals and self-improvement programs only focus on superficial changes in thoughts, feeling, or behavior, but never changing this central essence or self-reference, identity. Therefore, the change is always in opposition to the identity and will always eventually fail. Change on an identity level and everything changes. Its easier and faster than most people think and a lot easier than constantly being in conflict with ourselves and failing to become who we want to be, who we know we should be, and who we already are. More information can be found on Dr. Seiser's web site [IdentityTherapy.org](http://IdentityTherapy.org).

Dr. Seiser is an internationally respected psychotherapist with 30 years of education, experience, and expertise in the treatment of offenders and victims of violence, trauma, abuse, and addiction. He has already authored over 400 articles, 4 books, and is working on many more projects. He has over 40

years of training and experience in various systems of martial and fighting arts and holds a 3rd degree black belt in Aikido. Dr. Seiser can be contacted at 770-375-1139 or at [DrSeiser@AOL.com](mailto:DrSeiser@AOL.com).