Hu Dalconzo, along with his staff of Life Coaches and Spiritual Counselors, has clinically proven that his self-help, psycho-spiritual exercises work. For over a decade the HLC staff has demonstrated time after time that their field-tested exercises will create permanent behavioral change for anyone willing to internalize and emotionalize them.

Hu Dalconzo is the founder of Holistic Learning Centers (HLC), which is a Life Coaching and Spiritual Counseling self-help school. During the last eleven years, Hu has facilitated over 16,000 hours of psycho-spiritual healing exercises. His work has evolved into fifty-four clinically tested Self-help exercises, nine textbooks and seven public workshops. It has taken Hu’s team twenty-five years to simplify and organize his research into an easy-to-understand self-mastery terminology composed of sixteen mastery lessons that contain over 165 self-mastery healing assignments.

These clinically proven, psycho-spiritual exercises take the concept of psycho-spiritual healing from an abstract, hard-to-understand theoretical concept and break it down, piece-by-piece, into a step-by-step, easy-to-understand, specific set of emotional healing and Self-nurturing exercises that create permanent behavioral change for anyone who is willing to practice them.

Hu and the staff and graduates of Holistic Learning Centers are often asked the question, “How can you clinically measure a person’s emotional, psycho-spiritual progress?” After many years of trial and error, Hu and his staff have developed a clinical measuring technique that effectively evaluates psycho-spiritual growth. When the student first enrolls, the HLC Staff member or graduate notes the decrease in the student’s emotional upsets by taking a baseline measurement of their most severe areas of psycho-spiritual pain using the criteria of intensity, duration and frequency, followed by a subsequent measurement taken after each semester. This testing method has proven to be a dependable way to clinically quantify a person’s psycho-spiritual improvements.

This method is professionally similar to the one used by Emergency Medicine physicians, nurses and EMTs to assess patients with chest pain. When a patient comes to the Emergency Department (ED) of a hospital complaining of chest pain, the patient is asked several important questions concerning the pain, in addition to questions about his or her medical history. The doctor will ask about the duration of the pain, the frequency of the pain in the past and the intensity of the pain graded on a scale of 1-10. Throughout his or her stay in the ED, the patient will continually be asked to grade his or her pain; this will allow the ED staff to know whether or not the medical therapy is helping the patient to improve. Although this is a very subjective evaluation of the patient’s clinical improvement, because it is always the same person (the patient) grading the pain throughout the medical treatment, it is an accurate assessment of the effectiveness of the medical therapy.
Similarly, the Counselors and Life Coaches of Holistic Learning Centers also take a personal history from a new student. They then ask the student to grade the duration of their emotional upsets (how long they last), the frequency (how often the student gets upset) and the intensity (how severe they are) on a scale from 1-10. After each semester, consisting of fifteen (15) one-on-one tele-classes and the corresponding exercises, the student will be asked to re-evaluate his or her pain using the same scale. This score will be compared to the initial assessment, thus allowing the student and the counselor to see how much improvement has occurred as a result of consistently doing the Self-mastery psycho-spiritual exercises. Typically, Hu’s students improve by 35% or more after only fifteen (15) Self-mastery classes.

One of the ways that students improve is by doing written exercises called SMAs (Self-mastery Assignments). By writing the SMAs, students are able to see what they have learned about their fears, their anxieties and themselves. In addition, the students are able to express their feelings about stressful or traumatic events in their lives. In doing so, these written exercises (along with their mastery tele-classes and experiential exercises) help HLC students to see, feel and heal their pain.

Within HLC’s 250 page website you can:

- Enjoy reading eBooks Summaries (http://www.holisticlearningcenter.com/lesson-summary.html) about the sixteen Self-mastery lessons, which can be purchased for $10 each.
- Read free excerpts from Hu Dalconzo’s (http://www.holisticlearningcenter.com/bio.html) book entitled Self-mastery... A Journey Home to your SELF (http://www.holisticlearningcenter.com/self-mastery-book.html), which is the foundational textbook for all of HLC’s mastery courses. Hu’s empowering book transcends religious boundaries to a place where we all unite as One Spirit.
- Gain knowledge about HLC’s Professional Certification Life Coaching Course (http://www.holisticlearningcenter.com/life-coaching.html) that includes an Internship so you can practice how to facilitate HLC’s clinically proven mastery exercises with clients.
- Learn more about HLC’s Self-care, Mastery Courses:
  - Relationship Mastery (http://www.holisticlearningcenter.com/relationships-mastery.html),
  - Parenting Mastery (http://www.holisticlearningcenter.com/parenting-mastery.html),
  - Money Mastery (http://www.holisticlearningcenter.com/money-mastery.html),
  - Weight Mastery (http://www.holisticlearningcenter.com/weight-mastery.html), and
- Discover why HLC’s NEW STUDENT OFFER WILL SAVE YOU 50% (http://www.holisticlearningcenter.com/self-mastery.html). It includes the 283 page, sixteen lesson Self-mastery textbook and the 12 hour CD training album- Plus you get to experience an empowering, one-on-one, spiritually-based Life Coaching tele-class.
- Receive Free Info (http://www.holisticlearningcenter.com/freeinfo.html) about HLC’s mastery and certification courses. There is an HLC course to fit everyone’s budget- starting as low as $60 for our foundational Self-mastery home study course- all the way to HLC’s Professional Certification Course.
- Enroll Risk Free (http://www.holisticlearningcenter.com/5riskfree.html) – All of HLC’s courses and services come with a 30-day Risk Free Guarantee, so that you can safely experience how Self-empowering they are first hand risk free.

A similar type of written exercise was used in a clinical study published in the Journal of the American Medical Association (JAMA) April 1999; 281:1304-09. This study demonstrated that “patients with moderately severe asthma and rheumatoid arthritis who wrote about stressful life experiences had clinically relevant changes in health status at 4 months compared to the control group.” By allowing
themselves to express their feelings about stressful experiences, these patients showed improvement in their chronic illnesses compared to the control group who wrote only about emotionally neutral topics.

Dr. Jane Sennett, DO: When I first began to work with Hu as my counselor, he asked me to grade my emotional pain clinically. He told me to grade the duration of my emotional pain, which initially lasted 2 weeks at a time. I told him the intensity of the pain was a “10”. When asked, I initially graded the frequency of the painful events at 7 times daily. I was very surprised that after only 15 hours of sessions and the same number of hours doing written exercises (SMAs), the frequency had decreased to 4 times daily, the intensity was only a 4 and the duration only an hour.

My work with Holistic Learning Centers has helped me to heal my emotional scars. By healing the pain of my past, I am better able to live in the present and enjoy my life and my family. The work has helped me to be a more loving wife, a more understanding mother, a more trusting friend and a better emergency medicine physician.

Dr. Cheryl Delbridge, MD: I also have benefited from HLC’s psycho-spiritual, clinically-tested exercises. I worked with Hu Dalconzo from 11-9-00 to 12-21-02. I was searching for a spiritually based program that could help me to transcend four paradigm crashes by which life was testing me... namely the loss of a child, a marriage, my mother and a job all within 18 months. I was feeling immobilized, angry and depressed.

*Authenticity* is the primary benefit that I have received from HLC’s healing exercises. Being true to my Self has resulted in more intimate relationships, a better job, ability to detach from the past and learning how to process my life through my feelings, not just through my intellect. My psycho-spiritual improvement, as measured by my duration, intensity and frequency was measurable and significant.

In closing, it is fair to say that in today's self-help marketplace there are literally thousands of schools, coaches, counselors and self-help modalities and they all claim that they can help you to achieve your self-help objectives. So what sets Holistic Learning Centers so far beyond the competition? *Proven results* are what clearly separate Holistic Learning Centers from other self-help, life coaching and spiritual counseling schools. HLC offers you guaranteed, simple-to-use, field-tested exercises that work for anyone who does them. Your HLC exercises are customized to help you to achieve your specific self-help objectives. These mastery exercises have been clinically proven to work for hundreds of students and they are guaranteed to work for you. It is the best gift that you could give to your inner Self on your journey to Self-mastery.

**DR. JANE SENNETT, DO** is a graduate of UNDNJ-SOM and is a Board Certified Emergency Medicine physician. She has been practicing in New Jersey’s Monmouth and Union Counties for seven years. She is the mother of two wonderful, little girls and has been happily married for 8 years.

**DR. CHERYL DELBRIDGE, MD** is a surgical pathologist and clinical instructor at Cornell University and Mt. Sinai Medical Center in New York City. She has been a seminar leader for several forums and workshops designed for personal development and transformation including Landmark Education Corporation and the Institute of Trans-Personal Development.

For additional Information call Holistic Learning Centers, Inc. 888-HLC-0878 or visit HLCs' website: [www.HolisticLearningCenter.com](http://www.HolisticLearningCenter.com)