

Media Kit - Emmett Miller, M.D.

"Dr. Emmett Miller has performed an invaluable service by bringing the theory and techniques of mental imagery to professionals and laymen... Dr. Miller's unique blend of talents ... transforms this interesting material into a deeply moving experience; ...[his] voice is soothing and unobtrusive, and the music is perfectly attuned to the situation."

Anees A. Sheikh, PhD, Professor and Chairman, Department of Psychology, Marquette University, WI

Dr. Miller has been acclaimed as a master speaker and workshop leader. His seminal trainings at the Esalen Institute in the 1970s spearheaded the development of modern Mind/Body Medicine. He has extensive experience in addressing audiences of all types, from the American Medical Association to Stanford University graduate students, and from major corporation executives to music and dance therapists.

Dr. Miller has appeared many times on national television, led hundreds of intimate weekend workshops, and has spoken to thousands at national conferences of medical and psychiatric professionals. He lectures at numerous universities and medical schools, and has appeared on many national TV shows, including Sally Jesse Raphael, Regis Philbin, and 20/20.

Scheduling Appearances: Groups, Shows, Blogs, or Webinars

Please contact Susan McGuire to schedule Dr. Miller to write an article, speak on your show, to your group, corporation, association, or organization. The presentation can be selected from one of the titles below (on the Most Requested Topics Page), or, a special talk can be prepared to meet your unique needs. We hope that this kit will make it easy for you to get the information you need to make the best decision possible. And thank you for considering Dr. Miller.

An Overview of this Media Kit

This page provides an overview of what Dr. Miller offers, along with a taste of what you can expect. Links to further information on specific topics are provided throughout this media kit.

- Page 2 - What You Can Expect & What Others Are Saying
- Page 3 - A Little Bit About Dr. Miller
- Page 4 - Most Requested Topics
- Page 5 - Sample Interview Questions
- Page 6 - My Video Clips & Your Next Step



Dr. Miller has a unique and effective way of communicating ageless wisdom and modern techniques. The approaches he pioneered have made a powerful impact on the lives of leaders and others who want to bring their best to life.

*Vic Conant,
President,
Nightengale-
Conant Corp.*

For more info, contact:
Susan McGuire
(530) 478-1807
ProductManager@DrMiller.com

Here's what you can expect from Dr. Miller and his team:

1. Prompt, professional replies to your phone calls and email messages.
2. A personal phone consultation with Dr. Miller prior to your event, so he can better understand how he can best serve you and your audience.
3. An announcement about your event on DrMiller.com and numerous social media channels. (Only, of course, if your event is open to the public and you want additional visibility for it.)
4. A custom post-event resource page on DrMiller.com, exclusively created for your attendees. It will include a selection of the slides Dr. Miller used in his presentation, along with links to suggested books, articles, and other resources he believes will be helpful.
5. A quick follow-up communication after the event, to make sure Dr. Miller met your expectations. (We also want to know how you think we can improve!)

What Others Are Saying

"Dr. Emmett Miller helped create the field of mind/body medicine. To learn about the healing power of your own consciousness, go to the source."

Larry Dossey, M.D. Author, Healing Words and Prayer Is Good Medicine

"Training and working with Emmett Miller has been transformational for me personally, and has provided a powerful pathway for the evolution of my own work. His love for humanity, passion for healing, intuitiveness, and mastery of language are all evident in his pioneering approach."

Darcy Lubbers A.T.R., M.F.C.C., Author, Adult Art Psychotherapy

"Dr. Miller is a physician with an artist's conception of medicine. He has a much more profound conception of healing and has gone a lot deeper...to the soul itself, so to speak. He really has a way of bringing that out in people."

Gunnar Sivelius, Medical Director, Lockheed Missiles and Space

"As a result of my work with Dr. Miller, I am a better and more efficient businessman—all accomplished through working smarter instead of longer. I am working less, accomplishing more, and feeling better."

John R. Finch President, North Wind Co., Former VP at Nat. Semiconductor

"I enjoyed every minute of professional training with Emmett... Even after some years, the value of it has not faded. He is a sensitive trainer who challenges people to grow, yet knows when to stop people from getting in too deep when they're not ready. This approach demonstrates integrity and care as it protects people when they need protection and confronts them when they need that."

Muriel James, Author, Supervisor, International Lecturer, and Workshop Leader

Read more testimonials and endorsements: <http://drmiller.com/meetdrmiller/testimonials/>



"I just wanted to thank you most gratefully for providing us with one of the most memorable experiences of my lifetime in Cancun last November and for ALL the help you continue to give us in our daily lives."

*Mildred Ortega RN
San Francisco CA*

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Meet Dr. Miller

Often acknowledged as one of the fathers of Mind/Body Medicine, Dr. Miller is a physician, poet, musician, and master storyteller, whose multicultural heritage has given him a unique social, medical, and spiritual perspective. His commitment to helping us to reclaim our inborn personal wisdom, integrated with the scientific knowledge and techniques of modern medicine, has allowed him to unite seemingly disparate fields of knowledge and experience. For more than 45 years, it has been his inspiration and his challenge to help people – individuals, families, and organizations – discover this truth for themselves. His message of hope, his vision of a brighter future, and his spirit of wellbeing have touched millions. As a physician, health educator, and a pioneer in a field that is now on the cutting edge of modern medicine, Dr. Miller brings us a deeper understanding of how the mind and body can work in harmony to produce healing, balance and wellness.

Dr. Miller, a graduate of the Albert Einstein College of Medicine, has been a lecturer and preceptor at Stanford University and the University of California, as well as other universities and medical schools. In 1977, he gained international prominence as a founder and Medical Director of the Cancer Support and Education Center (now the Center for Healing and Wellness) and, in 1987, as a co-convenor of the groundbreaking California State Task Force on Self-Esteem. A pioneer in the development of mind-body medicine, he has been widely acclaimed for his invention and development of the first deep relaxation/guided imagery audiocassettes. His recordings are widely used by such medical facilities as Kaiser Permanente, the Mayo Clinic, and by health professionals, businesspeople, performers, and athletes, including members of the U.S. Olympic Track and Field Team.

Dr. Miller is the author of numerous books, beginning with the seminal *Selective Awareness for Self-Healing*, in 1973. His *Deep Healing: The Essence of Mind/Body Medicine* published in 1997 remains a classic, and *Our Culture on the Couch - 7 Steps to Global Healing* reveals that the roots of our global malaise are the same as those responsible for our individual illnesses and dysfunction. (See them all at <http://www.ShopDrMiller.com>)

The instruments of healing Dr. Miller offers are not scalpels and drugs, but words and experiences – images, memories, and emotions. They do not substitute for or replace needed medical or psychological therapy – instead, they enable you to do your part in changing your diet, exercise patterns, thoughts and relationships. His techniques teach you to relax, and his presentations inspire you to take charge of your life and realize your full potential. He has shared his insights into Deep Healing on hundreds of television and radio shows. He has appeared in the *San Francisco Examiner*, *Los Angeles Times*, *Journal*, as well as *American Health*, *Prevention*, *Essence*, *Women's Day*, *Woman's World*, *Yoga Journal*, and *Shape* magazines. His columns have appeared in more than 30 newspapers and magazines.

Learn more about Dr. Miller at: <http://DrMiller.com/MeetDrMiller/>



"To feel good is our human heritage. Dr. Miller shows us how to do this."

Virginia Satir
Creator of the Field of Family Therapy

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Our Most Requested Topics

Some sample titles of Dr. Miller's most requested workshops and trainings. All include many beautiful and instructive photographic and video images as well as experiential portions utilizing deep relaxation/meditation, mental imagery, and cognitive restructuring tools:

Heal Your Body/Conquer Stress:

We begin by examining the fundamental cause of human illness, anxiety, and habitual dysfunctions. Next, how our minds make us sick, how to create the Healing/Creative state, and how to use relaxed intention to focus your attention (Selective Awareness), relax into meditation, and use Guided Imagery to heal and create success.

Balance Mind and Emotions:

We explore the secret of healing and personal power, balance (homeostasis), and how the mind and emotions create it, how to restore balance among the emotions, how to balance the two primal forces of the mind/brain, and how to use mind and emotions to create your desired future of health and peak performance.

Becoming the Change: How to Change Your Habits & Behaviors:

Understand the true nature of addiction - and how we're all addicted. Learn to use the Master Skill, Mental Image Visualization, to focus emotional energy, and transform your behaviors. Empowering your Self to take charge of your body and your world.

Heal Your Relationships - The Magic and Power of Harmony:

We examine the elemental force, Love, and how the healing of relationships is merely an extension of one's inner healing. Learn to achieve fulfillment, satisfaction, balance and power in all your relationships.

Nurture Your Spirit:

An exploration of the central role of the spiritual dimension in everyone's life, how each of us has a unique spiritual vision, how to clearly distinguish between the superficial and the essential, and how to allow yourself to be guided and empowered by that Essence. Spiritually rich and moving.

Peak Performance - Awakening the Leader Within:

(Re)discover your personal Purpose, how to create those conversations and events in your life that lead to personal success and effective participation in collective enterprises. Learn the meditation, focus, and mental imagery techniques used by so many athletes, socially effective people, and team leaders.

***For more topic descriptions visit: <http://DrMiller.com/BookDrMiller/>
If you would like to request a specific topic, please contact Susan McGuire:
ProductManager@DrMiller.com



Thousands of people have experienced emotional healing through Dr. Miller's excellent audio programs. Now his deep humanity, wealth of clinical experience, and practical suggestions are available in this comprehensive written guide.

Joan Borysenko, Ph.D. , Author, Minding the Body, Mending the Mind and A Woman's Book of Life

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Sample Interview Questions:

1. **What is Stress?** How does it create illness in the body? How can we harness stress energy for health, wellness and success?
2. **Why is the mind our most powerful tool for healing and transformation?** In what way are emotions our most powerful allies, and how can we use our minds to balance them and guide their healing power?
3. **What is the true source of our bad habits, addictions, and sub-par behaviors -** and how can we use mind tools to change them?
4. **What are the secrets used by peak performers and top leaders,** and how can they be applied so we can bring our best to life?
5. **What is the spiritual level,** how can we access its power, and how can we use its wisdom and inspiration to transform every level of our lives?
6. **What are the characteristics of a high performing, effective, and loving relationship,** and how can we build them into all our relationships.
7. **What led you to pioneer the development of a new approach to medicine, the Holistic approach, the mental tools of Mind-Body Medicine, and the first guided imagery recordings?**
8. **What are the basic steps in healing at the physical, emotional, mental, behavioral, and relationship levels?**
9. **What is the Old Paradigm, what is the New Paradigm? Why do you say that Violence is at the core of all our problems and illnesses and that Love is the healing power?**
10. **What is the best thing we can do at this moment to quicken the healing process -** at whatever level, from the personal to the planetary.



Emmett is an extraordinary healer who listens deeply to and cares profoundly about his patients. He explores the deepest roots of illness by delving into the psychospiritual as well as the physical aspects of who his patients are. I recommend him as a physician healer without reservations.

Len Saputo MD,
*physician, Health
Medicine Center*

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Sample Media Clips

Video - Dr. Miller Live

A Sampling of Videos of Varied Presentations
<http://drmilller.com/meetdrmilller/videos/>

Audio - Hear Dr. Miller in his explorations with Leaders in the fields of healing, performance, and global transformation - his weekly radio show *Conversations with Extraordinary People* on OpenMindRadio.com every Thursday 12-1pm PST. Visit the Archives and listen on-demand:
www.DrMiller.com/category/free-audio/conversations/

Guided Imagery/Meditations

Experience the essence of Dr. Miller's teachings
<http://drmilller.com/category/free-audio/freemeditationandguidedimagery/>

The Next Step

Thanks again for considering me for your event. You can take the next step by checking my availability. Please email or call:

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The objectives of his class were spelled out clearly and then presented with great humor and style...Students were very pleased with Dr. Miller's class and I received complements like 'this is the best Short Course I have ever taken,' and 'when will he be coming back?'"

Kathleen Harmon,
Course Coordinator

"Emmett Miller is a consummate professional, a powerful, creative force in pioneering guided imagery and other immersive techniques for health and healing, and one swell human being."

Belleruth Naparstek
Founding Partner,
HealthJourneys

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