



FLEMING VIGNA BALMER  
REGISTERED PSYCHOLOGISTS

# Stress Reduction and Health Psychology Programs at Fleming Vigna Balmer

**Fleming Vigna Balmer offer a range of stress reduction and health psychology programs.**

Fleming Vigna Balmer offer a range of stress reduction and health psychology programs. These programs are designed to assist adults with stress-related illness and/or assist in the adjustment to chronic illness. Training in progressive muscle relaxation, biofeedback and meditation give patients skills to reduce the physiological symptoms of stress (e.g., muscle tension, high blood pressure, gastrointestinal distress, etc) which contributes to their illness. Psychological interventions, such as cognitive behavior therapy and psychotherapy, help patients to

change their beliefs and thought processes which make them prone to react to situations with a harmful stress response and which contributes to feelings of anxiety, depression and helplessness. Our psychologists work in collaboration with the primary physician.

Patients with the following medical problems would likely benefit from our programs: migraine and tension headache, chronic pain, irritable bowel syndrome, inflammatory bowel disease, essential hypertension, angina, post-myocardial infarction, cancer, AIDS and insomnia. Referrals can be made by phone or fax to any of our three offices.

**Fleming Vigna Balmer - Registered Psychologists**

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