



John F. Miller,
MSW, CSW, ACH
Counselor and
Hypnotherapist

John is a skilled counselor specializing in management of stress, anger, anxiety, conflicts. He works to improve relationships at work and at home, with families and marriage partners. A registered hypnotherapist, he treats depression, addictions, anxiety, smoking, phobias, compulsive behavior with hypnosis. He can teach you self-hypnosis and guided imagery to use when needed for fears, pain, stress and to help coping and improve outcome.

John is a poet and musician with a terrific sense of humor. He takes a practical approach to counseling, making it easy for clients to use what they learn.

He accepts many insurance plans, including Medicare and most Blue Cross Blue Shield plans with counseling coverage. Partial payments can be arranged.

To schedule an appointment with John at The Downing Clinic, please call 248-625-6677.

To call John Miller for more information, please call 248-634-0512. John also has offices in Waterford and in Genesee County.

Other Services —

- Acupuncture
- Electrodermal Screening
- Chelation and IV Therapy
- Massage, Reiki and Healing Touch
- ION Cleanse Foot Baths
- Selected Books, CDs and Skin Care Products



The Downing Clinic

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COUNSELING
HYPNOSIS
GUIDED IMAGERY
SELF-HYPNOSIS TRAINING

Manage Stress

Improve Relationships

Aid Healing



The Downing Clinic



The Downing Clinic believes that the whole person needs to be evaluated and, if necessary, treated to ensure good health.

Nedra Downing, D.O.

Just as you may have heard the common phrase “you are what you eat” – it can also be said “you are what you think”. If you are having negative or depressing or angry thoughts that are affecting your life and relationships, it can affect your health, vitality and longevity as well.



Laura Kovalcik, D.O.

The Downing Clinic has enlisted the services of a qualified counselor, John F. Miller, MSW, CSW, ACH to provide counseling support to our patients. John has been conducting therapy with individuals, families and couples for over 28 years. He specializes in management of stress and anxiety, as well as in improving relationships between individuals, within families or at work.

COUNSELING SERVICES

John F. Miller, MSW, CSW, ACH is experienced in many types of counseling. He teaches coping skills for better handling of stress and anxiety and specializes in defusing conflicts at home or at work. He is a skilled hypnotherapist who can help undo harmful habits and thought patterns that may be perpetuating problems.

Personal Counseling

One-on-one sessions where John:

- 1) LISTENS to you to hear your concerns
- 2) Helps SORT OUT, EXPRESS, and DEFINE these concerns with you
- 3) WORKS with you on the best way to handle them using successful COPING SKILLS
- 4) ASSISTS YOU in recognizing and using your STRENGTHS AND ABILITIES

Family Counseling, Marriage Therapy

John will work with both individuals and families to:

- 1) Bring into FOCUS the issues causing conflict, confusion, anger
- 2) Improve COMMUNICATION and LISTENING skills
- 3) Ensure that all family members or partners GET WHAT THEY NEED to grow and become whole in the family or marriage

Hypnosis and Self-Hypnosis

Old fears and issues need to be dealt with for you to proceed with healing and personal growth. Hypnosis is a pleasurable way to do this. Hypnosis helps with a variety of things, such as:

- Smoking cessation
- Weight loss
- Depression
- Better work habits
- Stress reduction
- Anxiety or panic
- Worry or unwanted thoughts and feelings
- Unresolved issues from your past

- Fear of public speaking, heights, snakes, crowds, flying, etc.
- Buried trauma, issues from your past
- Obsessive thoughts

You will receive a cassette tape to use at home. Self-hypnosis is very convenient and easy.

Guided Imagery

While in a very relaxed state you will learn to think positive thoughts and see in your mind's eye the favorable outcomes you want. You will learn to go where your thoughts and images take you. Worry and negative self-talk can be damaging and you may not even realize you are doing it. Beautiful thoughts and images can improve outcome and tolerance for procedures such as chemo, and influence healing. Usually guided imagery takes four to six sessions to learn well. You will be given a tape to use for practice at home.

Conditions that John works with include:

- Depression
- Coping with disease
- Grief Issues
 - loss of child, spouse or family member
 - loss of job
- Dealing with moving or change
- Anxiety or panic
- Relationship Problems
 - marriage counseling
 - conflicts in raising children
 - conflicts related to money
 - impending or recent divorce
 - children of divorced parents
 - parenting, step-parenting, or adoptive parenting issues
 - empty nest
 - remarriage and blending families
 - homosexuality issues
 - elder-care issues