

# MINI BRAIN RETRAINING COURSE

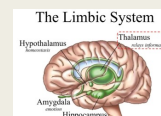
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## What is the limbic system

- The primitive part of our brains that tell us whether we are safe or in danger.
- The limbic system controls all of our autonomic functions and many of our emotional states.
- In modern societies, the triggers are different than in previous societies...now triggers can be emotions, sensations, smells, foods, chemicals, medications, people, work or illness.



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The phrase “Mind Body Medicine” is a bit of a misnomer b/c it really is a neurological disorder.



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## Brain Retraining

- Top down technique (brain down)- a cognitive reshaping process
- Focuses on thoughts/images (conscious brain activity)
- Bringing conscious awareness to limbic system triggers is a key step to brain retraining.
- Redirects attention away from threat and towards safety
- First, we have to teach the body that it is safe!! Once you can teach the body that it is safe, then it becomes safe to move into more somatic experiencing techniques.
- Example:
  - Conscious internal dialogue “Oh no, I just woke up and my body hurts all over and I feel tired. There must be something really wrong and I am going to have the worst day”
  - Subconscious dialogue- “Oh no, I woke up and my body hurt and I felt tired when all of this started so that means I am still unwell” and then the immune system gets activated to survive the threat.



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Change is one of the hardest thing we do as humans.

- Resistance/Addiction - addicted to the chemicals of stress. Start noticing patterns of calmness and then emotional outrage
- Ego- protects us from change. “I don’t need to change because everything is okay for me here”
- Self sabotage- doing things contrary to what would bring you health
- Procrastination - not doing the things that you know will bring you health
- Undeserving - “I am not deserving of health until I am a perfect person”
- Change comes from repetition, repetition, repetition. It took you \_\_\_\_ years to get into this mess, it will take a bit of time to come out of it.



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## Brain Retraining Basics

- Popular programs: DNRS, Gupta, ANS rewire, Primal Trust, Psych K, Joe Dispenza, Lightening Process
- Awareness
  - Cancel, cancel, cancel or stop stop stop or woah woah woah or shhhh, shhhh, shhhh!
  - Combine the words with a hand motion of choice.
  - Speak what you are doing. I am doing \_\_\_\_\_ (anxiety, depression, low motivation, body pains)
  - You can physically hug yourself and say “Thank you for the alert, but I am safe” or “I am okay”
- Get into your body
  - 3-4 Deep breaths with grounding technique
- Change the process
  - I am \_\_\_\_\_ (joyful, energetic, loveable, social, motivated)
  - Visualize a reality in which these traits exist...can be past or future. Make it as VIVID as you can. Use colors, symbols, details and then attach an EMOTION to it.



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## Functional Neurology

- Eye movement exercises
  - Thumb held out in front of you. Rotate head back and forth while looking at the thumb nail
  - Figure 8 with thumb nail out in front
  - H movement with thumb in front
  - Near and far with thumb



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## Social Engagement- Improving Ventral vagal tone

- Me and we practice – visualize yourself doing something you love alone and then visualizing yourself doing something you love with friends.
- Visualization of social situation that you either would like to be in or have been in the past and enjoyed
- Engagement with outside world – classes, lunch with a friend, phone call with a friend, movie night with a friend



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## Common Daily Practice- Total time 60 minutes daily

- Brain retraining rounds- 4x/day
- Vagal nerve toning exercise- 1-2x/day
  - Singing or humming- can be done in the car or when doing dishes or cooking
  - Functional neuro techniques
- Somatic experiencing exercise- 1x/day
  - 5-7 minutes of dance- can be done with the children or husband
  - Heart focused breathing – can also be done with the children
  - INCORPORATE the family and the techniques INTO your day.
- It doesn't have to be this thought! You are simply elevating emotion and teaching the brain that it is safe!!



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Advice:



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## Most common thought- that only works for other people....

- Trust me, you aren't that special ☺
- Persistence is in all of us. If you haven't succeeded with one way of doing things, then try something different. Stay open and curious.



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## Most common excuse- I don't have time!

- Self sabotage
- Do you have time for your illness?
- Fear of looking inward
- Ego resistance
- Undeserving
- Resistance to change
- Addiction to the chemicals of stress
- How are you approaching the process?



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It's not what you do, it's how you do it.



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Set Alarms as reminders throughout the day  
to remind you to engage in your  
neurological rehabilitation



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Do I feel expanded or contracted in this  
situation?

- If expanded, great! Revel in that feeling
- If contracted, how can you feel expanded?



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We don't see things as they are, we see  
things as we are. Curiosity will get you far in  
your healing.



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