

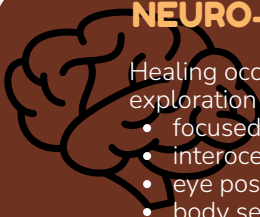
# NEUROEXPERIENTIAL MODEL

OF

# 4 PRINCIPLES

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## NEURO-EXPERIENCE



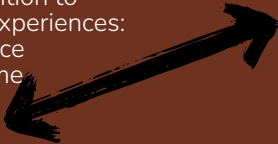
Healing occurs through experiential exploration of our own nervous system:

- focused mindfulness
- interoception
- eye position
- body sensations, thoughts, memories, etc.
- implicit/explicit feedback

## DUAL ATTUNEMENT FRAME

Deep connection and attention to relational & neurological experiences:

- compassionate presence
- co-developing the frame
- patience (WAIT)
- following the comet
- noticing eye position and reflexes



## UNCERTAINTY PRINCIPLE



Embracing uncertainty allows us to attune with ourselves and others:

- humility
- flexibility and non-protocol
- mindful acceptance
- compassionate inquiry

## LIBERATORY PRACTICE

Breaking from narrow interpretations of knowing & experiencing ourselves and the world:

- cultural humility & non-compliance
- self disclosure
- honoring client language and worldview
- seeking wisdom from various traditions
- incorporating intuition and spirituality

