Self-Help Video #1:

Introduction of IN-SYNC Psychotherapy

<https://youtu.be/xvyJOvAfnLI>

There is a specific viewpoint that is presented in all these readings. This viewpoint is based upon the research of how trauma affects our bodies, emotions, brains, and our personal perspectives on everything we see, hear, smell, touch, or experience through any of our human sensibilities.

In this first video, we will begin with knowledge of how body sensorial input travels through multiple nervous systems. Here are some videos which provide simple explanations of brain energy and functions:

<https://youtu.be/XSzsI5aGcK4>

<https://youtu.be/5_vT_mnKomY>

Breathing, as well as functions of the heart, stomach, intestines, and pupils of the eyes are controlled by the autonomic nervous system (ANS) and these functions are largely involuntary. These systems operate without conscious control. The ANS is actually divided into three parts: the sympathetic, parasympathetic, and enteric nervous systems.

When you are calm, the parasympathetic nervous system is in primary control and breathing is slow and relaxed.

When a real or perceived emergency arises, the sympathetic nervous system kicks in to prepare you to respond. Breathing becomes faster and heart rate increases to supply your body with the oxygen it will presumably need to escape danger. But, for people, adults and children, who suffer from Trauma Disorders, stressful breathing and muscular tension maintain the trauma reaction. This reaction can affect you physically and mentally because breathing and muscular tension affects the bio-chemistry balance in the body that affects the health and performance of brain and body functions.

These automatic systems can, however, be controlled at a conscious level. We can modify the hormonal chemistry of the body and alter the release of neurotransmitters. The first techniques you will learn will focus upon two body systems: the sympathetic and the parasympathetic divisions of the autonomic nervous system. Then you will learn two techniques to begin your healing journey of impacting these nervous systems: 1) How to change your breath and 2) How to change your body muscular tension.

For further knowledge on the autonomic nervous system, read this article:

 <https://www.scribd.com/document/489082175/Breathing-2015>

Practice the breath with these YouTube videos:

https://youtu.be/8vkYJf8DOsc

[www.youtube.com/watch?v=OZK8RMVXZXs](http://www.youtube.com/watch?v=OZK8RMVXZXs)

[www.youtube.com/watch?v=t7WFq17NxWA](https://www.youtube.com/watch?v=t7WFq17NxWA&t=0s)

[www.youtube.com/watch?v=S6BGyY7jTX0](https://www.youtube.com/watch?v=S6BGyY7jTX0&t=0s)

[www.youtube.com/watch?v=qJ41galuqv4](https://www.youtube.com/watch?v=qJ41galuqv4&t=0s)

From your education by these materials, you now know that the lungs are “passive” and that your breath quality depends upon the management of your muscle tension. Your ability to “breathe in and out” depends upon the “tensing and relaxing” of the muscles. If you only practice “breathing” techniques, you are leaving out the “energy” of the process.

Dr. Edmund Jacobson, in 1921, introduced the application of psychological principles to psychosomatic medicine. Employing low micro-voltage apparatus, Jacobson made the first accurate electrical measurement of muscular tonus, nerve impulses and mental activities in neuromuscular sites in living humans. Dr. Jacobson was able to prove the connection between excessive muscular tension and different disorders of body and psyche. He found out that tension and exertion was always accompanied by a shortening of the muscular fibers and that the reduction of the muscular tonus decreased the activity of the central nervous system. Read this chart on Progressive Relaxation:

 <https://juniperpublishers.com/jojnhc/pdf/JOJNHC.MS.ID.555726.pdf>

Watch these videos to practice techniques for muscle tension awareness and control:

[www.youtube.com/watch?v=ihO02wUzgkc](https://www.youtube.com/watch?v=ihO02wUzgkc&t=0s)

[www.youtube.com/watch?v=0qHDoNiPksw](https://www.youtube.com/watch?v=0qHDoNiPksw&t=0s)

[www.youtube.com/watch?v=5JLwkk20lFc](https://www.youtube.com/watch?v=5JLwkk20lFc&t=0s)

After you have explored these techniques, please create your audio recording. Download this software of Audacity to your computer:

[www.audacityteam.org/](http://www.audacityteam.org/)

Watch YouTube videos for how to record an mp3 audio recording in Audacity.