STEP 15: REVIEW OF STEPS 1 THROUGH 14

A review from Step 14 email: With this understanding of the vestibular system, you will be able to understand the “connection” between Eastern and Western science on energetic healing, including how the Nadis, Koshas, Meridians, Chakras, and Human Energy Field (HEF) fit together in your psychotherapy. The next IN SYNC steps will continue to make connections with the HEF, especially as this energy relates to social interactions.

The IN SYNC Connection between Eastern Spirituality and Western Science

Or:

It is not about “what it is about”!

When You (“you” is the term I will use to refer to any individual; the statements made are not “personal” about you, my client) first comes to psychological treatment, there is a cultural expectation that you will “talk about” all the personal and interpersonal problems with which you may be dealing. You want quick answers and solutions to stop the distress you are feeling. When I tell you that it will “take some time” before I will be able to directly address those issues, I may “lose you” as a client because it is your “expectation” that “talking about” the problems IS the WAY of change.

In the initial assessment, you do talk about these issues, but then I follow your history facts with a brief statement about the IN SYNC process of psychotherapy. I assign “homework” (which goes against your expectation that I have the answers and solutions). I may “lose you” as a client at this point because you do not expect your personal responsibility to be a part of psychotherapy.

When you continue with the homework and learn the very important body structural skills of “Progressive Muscle Relaxation” and “Deep Breathing” then a change happens in our sessions with each other. By getting “IN SYNC” with your very basic human energy system, you develop an awareness that you, and only you, are going to be responsible for the changes which you want to occur. I am a guide to your journey. I may “lose you” as a client at this point because you cannot handle the body sensations of which you begin to be aware.

At any point in the next steps of the treatment, I may “lose you” as a client due to your misunderstandings of the process, lack of follow through on homework and your own judgments of your own commitment, or other life factors which overwhelm the stage of your process as you have not developed the skills to handle these stressors in a new way, and you regress to the behaviors which have worked for you in the past. In other words, you still think that “what it is about” is the real issue.

During the prior steps, treatment has focused upon “underlying causes” of your distress:

Step 1: PTSD Description & Workbooks

Step 2: Integration of Progressive Relaxation & Deep Breathing

Step 3: Mindful Body Scanning, Senses, & Movement

Step 4: Journals

Step 5: Vagus Nerve Preparation & Journal Review

Step 6: Yawn & Sigh

Step 7: Eye Rolls

Step 8: Facial Muscle Exercises

Step 9: Exercises for Throat Support Muscles

Step 10: Pelvic Exercises for Throat Tension

Step 11: Exercises for Tongue and Mindful Eating

Step 12: Speak and Read Aloud on Exhale Exercises

Step 13: Introduction to Auditory Systems

Step 14: Function of the Sixth Sense of Vestibular System

During these steps, if you had previously left treatment and then returned, you have now gained a deep understanding of what the IN SYNC process is really about.

We are now at an intersection in your treatment. There is going to be a “directional change” in that we are now going to address your initial beliefs of “what it is about” as being an issue that we will begin to change. But again, the method by which we address your concerns is not going to be the way you may have envisioned it.

Please read the attached brief summary of this “IN SYNC Directional Change.” As in the beginning of your treatment, all explanations deepen as you engage yourself totally in the process. I am going to present information that you may never have heard before. Please write down any questions that you have so that I can provide you with some sense of the next steps in your journey which will answer these questions.

To further help you in preparation for this psychotherapy change, please watch the following Self-Help Videos and read the attached text documents:

Self-Help Video #7 Part 3:

<https://youtu.be/EHwTJqhk00Y>

Self-Help Video #7 Part 4:

<https://youtu.be/mnR3n179kXU>

Please review of the instructional videos about the IN SYNC psychotherapy process.

<https://www.cfcninc.org/treatment-process>

Recall/review Steps 1 through 14 and understand the logical format of IN SYNC treatment. As you progress in your treatment, you will be re-visiting these first steps again and again, as change does not follow a linear path. Rather, it follows a circular path; but most often, a Mobius strip function. If you do not know the Mobius journey, read this, and we will discuss this in your session: <https://sprott.physics.wisc.edu/pickover/mobius-book.html>