IN SYNC Directional Change

We are now entering into the Psychotherapy phase of IN SYNC treatment. Your biological body has experienced a “re-setting” of its energetic functions. This change has allowed your brain to begin “rewiring” through neuroplasticity (neurons that “fire together” will “wire together”) and to change and eliminate old habits through “pruning” (“use it or lose it”)—these are the two energetic functions of brain neuron synapses. For greater cognitive understanding of the next steps of IN SYNC, you are being assigned the homework of reading this book:

“The Women’s Brain Book: The Neuroscience of Health, Hormones and Happiness” written by Dr. Sarah McKay, neuroscientist.

[https://www.amazon.com/Womens-Brain-Book-neuroscience-happiness/dp/073363852X/ref=sr\_1\_1?crid=YXT4U2ETOYM8&keywords=the+women%27s+brain+book&qid=1669584521&sprefix=The+women%27s+brain+boo%2Caps%2C177&sr=8-1](https://www.amazon.com/Womens-Brain-Book-neuroscience-happiness/dp/073363852X/ref%3Dsr_1_1?crid=YXT4U2ETOYM8&keywords=the+women%27s+brain+book&qid=1669584521&sprefix=The+women%27s+brain+boo%2Caps%2C177&sr=8-1)

The years of birth to 5 years were amazing growth experiences for you. During this time, your brain had been on over-drive with rewiring and pruning neuron synapses. Not only did you gained the major body movements (standing, walking, running, eating, etc.) but you learned the basic social rules of your family and community. You developed your own personality with likes and dislikes. You began to tell stories, create art, and you were ready to begin formal educational training in abstract reasoning skills of reading, spelling, math, etc. You were able to think, to problem solve, and interact with others. And you had a basic understanding of “theory of mind” (being aware of others’ states of mind and having empathy for others).

As Dr. McKay explains: “Children don’t learn these skills in isolation. Every neural process, every thought, feeling and behavior they develop, is embedded in and influenced by the world around them…Children learn best by play. They’re driven by an evolutionary urge to play, do, taste, explore, feel, smell, experiment and interact—with people and animals, pots and pans in the bottom of the drawer, and puddles of rain. It’s by interacting so intensely with the world that their brains develop.” (McKay, page 46)

During the first 14 Steps of IN SYNC, you have been encouraging your awareness to return to those early days of youthful brain development. Your internal and external senses have been awakened, along with cognitive exploration of your renewed connection with your body. Now, you will be applying this new awareness to the exploration of your early life history, your educational history, and all the experiences (happy, sad, traumatic, etc.) which have created the foundation of your mind and your sense of self. You have been learning that these narratives of yourself are all changeable as you have been able to replace many “bad habits” with new ways of interacting with life during the past months of IN SYNC treatment.

The hardest challenge about change is that the new state of your experience is unknown. This stimulates OCD fear of being “out of control” of the future. You now know how to switch this fear state (sympathetic arousal) to the calm and exploring state (parasympathetic learning). With this skill being actively applied to every single cognitive memory work from this point onwards, you will experience the life quality that you longed for when you first began IN SYNC therapy. However, as you have already learned, the OCD projection of what this may be like is very different from the actual experience of the change. The basic comfort of knowing “how you will be in control” (via your IN SYNC trainings)-- and the placing of yourself into this mind/body state-- is a requirement for altering any pre-established neuron synapses. No change occurs without “pruning” of the old and “rewiring” of the new. You will be held to the requirement of completing your 15-minute integration of Progressive Muscle Relaxation with Deep Breathing prior to beginning any session with me.