STEP 7: EYE ROLLS

**PREPARATION FOR SESSIONS**

Please “prepare” your body and mind for the session by beginning your personal part of the session at least 15 minutes prior to joining the televideo with me. Please do the entire Progressive Muscle Relaxation with Deep Breathing 4-8 pattern. Perform the yawn and sigh exercise as a continual function of the Progressive Relaxation and Deep Breathing integration,

Then do Mindful Body Scanning, and activation of your senses (both internal and external). Then do Mindful Movement of “Sitting Up” to be prepared to begin your telehealth session.

Thus, you will begin the session with your body and mind ready for the next interventions. If you do not take the time to do this preparation work, then the beginning of each session will consist of this 15 minute preparation task.

When you start the session in this prepared “mind-state,” we will do a “quick-reset” to begin the session. This skill also will become your “emergency” reset in behavioral re-activation trigger events. You will learn how to do this “reset” in the sitting position, but it can be done in the standing position. To increase the impact, it is vital that you have gained the “Mindful Movement” skill.

**TODAY’S SESSION**

Please prepare for the shift to Energy Interventions by reading the document:

“Shifting Your Mind-Set About the Human Body”

In this session, we continue to activate the Social Communication System of the vagus nerve. We proceed “top-down” in an energetic manner with this activation. In today’s session, you will learn how to activate the visual systems.

Watch these videos and read their attached written text documents:

(Self-Help Video #4 Part 1): Background for Mindful Vision Techniques:

 <https://youtu.be/76F7FLVU5Vw>

(begin at 2:40 minutes to bypass Medical Disclaimer)

(Self-Help Video #4 Part 2): Introduction for Theories and Techniques for Vision:

 <https://youtu.be/q2evr5Fyv7Y>

(begin at 30 seconds to bypass Medical Disclaimer)

We will choose one intervention for you to add to your Mind-Body practice, a Reichian-based eye roll technique. See Attachment: Eye Rolls

After this Eye Roll Exercise, we will then review your Daily Journal entries for the prior week.

We will begin in a chronological order of entries since your last session. You will briefly describe the various “activities” you did during the past week. Then we will return to the “activity” which caused you to experience the strongest “emotions” (body sensations) during this retelling. If there were no strong “emotions”, then we will return to the “activity” which caused the strongest feelings and thoughts (cognitive responses).

You will begin the telling of the event from the sensory memories (what did you see, hear, smell, taste, touch during the “activity”) and linking to your cognitions (whether OCD, memory recalls, future worries, etc.).

Dr. Clark