STEP 4: JOURNALS

**NEW FORMAT FOR SESSIONS**

We are now adding some changes to the structure of the telehealth sessions. You will “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. You will do the entire Progressive Muscle Relaxation with Deep Breathing 4-8 pattern. You will do Mindful Body Scanning, and activation of your senses (both internal and external). Then practice Mindful Movements.

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. **To learn the “Quick Reset”: Please read the “Installing Muscle Memory Habit” Instructions (see attachment).**

Quick Reset: Begin the Progressive Relaxation by tensing the facial muscles, moving quickly down to tensing the shoulders, then tensing the arms, then tensing the pelvic, then tensing thighs, and ending with feet. This entire process will be very quick, and increasing in speed with practice. You will breath in with count of 4 during this entire tensing process. Then quickly release all tension throughout all body muscle groups, with the extended 8-count exhale. The Quick Reset is more effective if you can do the entire process, with the audible sigh. But if you are in a public setting, you can omit the facial tensing and the audible sound, but do not minimize the exhale. Then do a Quick Internal Body Scan, followed by Quick External Sensory Scan, maintaining 4-8 breath during this scanning.

**TODAY’S SESSION**

We are introducing the journaling phase of your treatment. Since your treatment is a “self-discovery” process of psychotherapy, there are various tools which we will use to further your desired “self-identity” changes.

There are other “complimentary” aids which we will also use.

Please read all the attachments which explain these techniques:

1. Complimentary Resources & Journals
2. Daily Journal
3. Sleep Journal
4. Dream Journal

We will discuss these journals in this session. You will begin to write in the Daily Journal after today’s session.

You will continue to choose one exercise from each of the three workbooks and do them. In your Daily Journal, you will write about your experiences with each of these exercises. This Daily Journal will now become the “way” in which you will share and inform me of your life events, reactions to events, and integration of your mind-body during your life changes.

Please recall that your Daily Life, therefore your Daily Journal, is always the true reflection of your current “self-identity” and your written entries will therefore reveal the current extent to which “old and outworn habits” continue to unconsciously direct your emotions, feelings, and thoughts via reactionary impulses. When this occurs, your brain cannot process new learnings or new choices. And any consequences (emotions, feelings, thoughts) occurring from a reactionary impulse only serves to re-inforce the “old and outworn habits” and make it more difficult for therapeutic change in “self-identity” to occur.

Through your written entries, you will become aware of those times when you were able to perform a “Quick Reset” and enable a “change” in your life. You will also become aware of what conditions may have prevented a “Quick Reset” and permitted the “old and outworn” habit to get reinforced. Psychotherapy growth progress is measured by changes in your ability to “Quick Reset” whenever an “old and outworn” habit occurs. Our “talk therapy” portion of your session will be based on those areas where you were unable to apply the “Quick Reset” and continue to suffer emotional pain as a result of the “old and outworn” habit.

Dr. Clark