**FOUNDATIONS OF YOUR TREATMENT PLAN**

**YouTube (locate by title is URL will not work on your phone)**

**Progressive Relaxation:**

**Title: Progressive Muscle Relaxation by** [**Mark Connelly**](https://www.youtube.com/channel/UCSKwgvOeUrDoKeBao1cjTtA)

[**https://www.youtube.com/watch?v=ihO02wUzgkc**](https://www.youtube.com/watch?v=ihO02wUzgkc)

**Body Movements:**

**Title: 2016 DDM Eight-form Moving Meditation—Sitting Posture**

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

**Active Deep Breathing:**

**Title: Mechanism of Breathing Part 01 by 7activestudio**

**https://www.youtube.com/watch?v=OZK8RMVXZXs**

**Title: Conscious Breathing by** [**quarktechinc**](https://www.youtube.com/channel/UCdx02zYiakqpx67l1IsBFxg)

[**https://www.youtube.com/watch?v=t7WFq17NxWA**](https://www.youtube.com/watch?v=t7WFq17NxWA)

# Title: Yoga: Complete 3-Part Breath (Mahat Yoga Pranayama) by [DoYogaWithMe](https://www.youtube.com/channel/UC2ZEmNa1Q2yottu4fn3Ok7Q)

[**https://www.youtube.com/watch?v=S6BGyY7jTX0**](https://www.youtube.com/watch?v=S6BGyY7jTX0)

# Title: Powerfully calming breath with longer exhale by [Sonja Lockyer](https://www.youtube.com/channel/UCDe8BAy3uVSgcLTgNhxneBA)

# <https://www.youtube.com/watch?v=qJ41galuqv4>

**Various Mindfulness practices:**

[**https://www.csusm.edu/mindfulcsusm/mindfulpractices/index.html**](https://www.csusm.edu/mindfulcsusm/mindfulpractices/index.html)

**Breathing Patterns:**

**Title: 5x7 Breath Metronome for Diaphragmatic Breathing: 5 sec. inhale, 7 sec. exhale**

**By** [**orgforlearning**](https://www.youtube.com/channel/UCqiNRWVXURLiiGpgi6dpwYg)

**5-7 pattern:** [**https://www.youtube.com/watch?v=5eUGInoEIUY**](https://www.youtube.com/watch?v=5eUGInoEIUY)

**6-9 pattern:** [**https://www.youtube.com/watch?v=UrFhzX7E5Sc**](https://www.youtube.com/watch?v=UrFhzX7E5Sc)

**9-12 pattern:** [**https://www.youtube.com/watch?v=95tu9f1v3IU**](https://www.youtube.com/watch?v=95tu9f1v3IU)

**Counting breath in and breath out**

[**https://www.youtube.com/watch?v=5eUGInoEIUY**](https://www.youtube.com/watch?v=5eUGInoEIUY)

Breath In & Out:

<https://www.youtube.com/watch?v=8vkYJf8DOsc>

**Polyvagal theory and breathing:**

# Title: Breathing by Michael Grinder- supported by Sarah Payton (2015) by [Michael Grinder](https://www.youtube.com/channel/UC7rsPsowNSLAc-7sUby6T4g)

[**https://www.youtube.com/watch?v=PVbk-kV0FhU**](https://www.youtube.com/watch?v=PVbk-kV0FhU)

[**https://youtu.be/Ywft-lXrurM**](https://youtu.be/Ywft-lXrurM)

Diaphragm Stretch Tutorial

**Bates Eye Movement Exercises:**

[**https://www.bateseyeexercises.com/relaxation.php**](https://www.bateseyeexercises.com/relaxation.php)

# Title: Three Ways Trauma Can Change The Brain

[**https://www.youtube.com/watch?v=LKWUmwxi1ZI**](https://www.youtube.com/watch?v=LKWUmwxi1ZI)

More Information on the Breathing Process

Mechanism of Breathing by Armando Hasudungan

(explains how lungs interact with atmosphere in breathing)

<https://www.youtube.com/watch?v=GD-HPx_ZG8I>

**More information on mechanical/organic nature of breath:**

1. Respiratory|Mechanics of Breathing: Pressure Changes|Part 1 by Ninja Nerd Science

(explains the nature of the “passive” (natural organic) breath)

<https://www.youtube.com/watch?v=uYm4l_alVV0>

1. Respiratory|Mechanics of Breathing: Inspiration|Part 2 by Ninja Nerd Science

(beginning explanation of how nervous system interacts with inhalation mechanics)

<https://www.youtube.com/watch?v=LewPdsjzEic>

1. Respiratory|Mechanics of Breathing: Expiration|Part 3 by Ninja Nerd Science

(explanation of “quiet inspiration” versus “forced inspiration” with extra muscles of upper chest, throat. Description of expiration when it is totally “quiet” and passive without use of muscle activation; impact on brain stem nervous system to “relax” the muscles. Difference with “forced expiration” and muscle activation.)

<https://www.youtube.com/watch?v=-oVL0CDduAY>

**Preparatory Practice for the yoga art of breathing**

Luise Wörle BSc(Hons) Osteopathy MA, Erik Pfeiff DiplPsych, in [Yoga as Therapeutic Exercise](https://www.sciencedirect.com/science/book/9780702033834), 2010

Deep Exhalation Supine: The exhalation is mainly a passive rebound. In prāāyāma special emphasis is placed on slow and smooth exhalation to calm the mind. This slow, controlled exhalation is achieved by keeping the upper chest lifted at the start of exhalation, only slowly releasing the intercostal muscles in this area. To slow down the recoil of the floating ribs, control the lumbar area. At the end of exhalation let the lower abdomen be relaxed to finish the exhalation smoothly and prepare for the movement starting at the lower abdomen with the beginning of inhalation. Even if you are not able to keep the upper chest lifted while breathing out, just feeling the area soft and listening to the inner sound of breath helps to slow down exhalation. In summary the exhalation can be felt from the upper chest to the lower abdomen through all layers of the body.

INFORMATION ON HRV (effects of deep breathing & 4-8 breath pattern)

<https://ouraring.com/heart-rate-variability-basics/>

Heart Rate Variability (HRV) is a measure which indicates the variation in your heartbeats within a specific timeframe. The unit of measurement is milliseconds (ms).

Here’s a tip for anyone who wants to experience it: place a finger gently on your neck or wrist and find your pulse. **You should feel that the longest intervals take place when you exhale, and the shortest intervals when you inhale.**

To understand HRV, we first need to understand our nervous system and heart rate.  The autonomic nervous system regulates very important systems in our body, including heart and respiration rate and digestion. The autonomic nervous system has a **parasympathetic (rest)** and a **sympathetic** **(activation)** branch. Heart rate variability is an indicator that both branches are functioning – the parasympathetic in particular.

**Parasympathetic regulation lowers** your heart rate, giving more room for variability between successive heartbeats. **Sympathetic regulation elevates** your heart rate, and there is less room for variability between successive heartbeats.

When the parasympathetic branch is active and the sympathetic branch is inactive, your heart rate is lower and HRV higher. Activation of sympathetic branch, even when you are resting, leads to elevated heart rate and lowered HRV.

<https://www.health.harvard.edu/blog/heart-rate-variability-new-way-track-well-2017112212789>

HRV variation is controlled by a primitive part of the nervous system called the autonomic nervous system (ANS). The ANS is subdivided into two large components, the sympathetic and the parasympathetic nervous system, also known as the fight-or-flight mechanism and the relaxation response.

The brain is constantly processing information in a region called the hypothalamus. The hypothalamus, through the ANS, sends signals to the rest of the body either to stimulate or to relax different functions. It responds not only to a poor night of sleep, or that sour interaction with your boss, but also to the exciting news that you got engaged, or to that delicious healthy meal you had for lunch. Our body handles all kinds of stimuli and life goes on. However, if we have persistent instigators such as stress, poor sleep, unhealthy diet, dysfunctional relationships, isolation or solitude, and lack of exercise, this balance may be disrupted, and your fight-or-flight response can shift into overdrive.

**If a person’s system is in more of a fight-or-flight mode, the variation between subsequent heartbeats is low. If one is in a more relaxed state, the variation between beats is high.** HRV changes as you incorporate more mindfulness, meditation, sleep, and especially physical activity into your life. For those who love data and numbers, this can be a nice way to track how your nervous system is reacting not only to the environment, but also to your emotions, thoughts, and feelings.

IMPORTANCE OF DAILY JOURNALS

As part of your psychotherapy, you will increase mindfulness understanding of your life processes through two journals: Daytime and Sleep

Instructions for Daytime Journal

You have begun IN SYNC Psychotherapy with Dr. Clark. Please complete all these videos as you progress in your treatment. <https://www.cfcninc.org/treatment-videos>

Do not try to watch them all at once. Do one at a time and practice all techniques and review all recommended literature. In "Self-Help" Video No. 1, I ask you to keep a journal.

In the IN SYNC treatment videos, I discussed the importance of keeping a journal.

I will review your journal with you at each session. The sessions are always "client-directed." If you never mention your journal, that does not mean that the journal is not part of your on-going therapy. I always begin each session by “asking” about the past life events which have occurred since our last session. All life events “change” the direction of therapy. “What” activities you choose for your life energy tells me “where” you are on the path to healing. When you show "memory recall" problems of your daily life events, I remind you of the importance of the written journal process.

You will determine your own therapy progress with periodic “reviews” with me of past entries and how these compare with current entries.

Directions:

Write your journal at the end of each day, before you go to bed. If an event is very important, write a few notes after it has occurred, then expand upon it in the written journal. Write the journal after you have completed your relaxation and breathing exercises before going to bed.

You will focus on three separate awareness descriptions. Leave enough writing space between the entries to allow for additional writing, as you may “remember” later.

First, write about your "activity"; everything you did during the day, i.e., eating breakfast, taking a shower, going shopping, typing a letter, doing progressive relaxation and breathing exercises, sexual activity, an argument with another person (adult or child), etc. Each “activity” is a separate entry. The focus on each activity increases your awareness of how you expend your life energy and what types of activities direct your life.

Second, focus your memory recall on one activity at a time. Write about the sensory memories of that activity: smells, sound, sights, touch, taste (external), and all internal sensations. This increases ability to do sense memory work as well as increase the sensorial scanning awareness.

Third, return to each entry, one at a time, and expand by writing about “thoughts” which you had during the activity. Did you like it, dislike it, what types of judgmental thoughts did you have, future projective thoughts, etc. This is part of OCD exploration, as well as helping you gain awareness of the difference between “actions” (behavior), emotions & feelings (sensory experiences and language for those experiences), and thoughts (conscious cognitions and how the meanings of thoughts are developed, stored, and recalled).

Sleep Journal

The Sleep Journal is used for recording your sleep preparation pattern as well as your sleep cycles.

Please read this article for a comprehensive understanding of the vital importance that your sleep cycle has upon your mental health, especially on your ability to alter the somatic biological components of your mental health:

<https://www.sleepassociation.org/about-sleep/what-is-sleep/>

Write your bedtime routine:

<https://www.sleepfoundation.org/sleep-hygiene/bedtime-routine-for-adults>

Follow these tips to improve sleep cycles:

<https://www.sleepassociation.org/about-sleep/tips-for-getting-a-good-nights-sleep/>

Here are instructions for using a sleep diary and samples:

<https://www.sleepfoundation.org/sleep-diary>

The two journals (Daytime and Sleep) are used together in your psychotherapy session.

The nightly review you make of the Daytime Journal allows your brain to integrate and process your experiences during its sleep cycles.

“During sleep, the brain replays neural firing patterns experienced while awake, also known as "offline replay." Replay is thought to underlie memory consolidation, the process by which recent memories acquire more permanence in their neural representation.”

 For more information about that process, read this article:

<https://www.sciencedaily.com/releases/2020/05/200505121711.htm>

During our psychotherapy session, we discuss the insights and cognitive processes of which you have gained mindfulness understanding. Each session builds upon your current status. No two individuals will experience the same psychotherapy process, though the overall treatment plan (as described with the “IN SYNC” videos) and the interventions (as described with the “Self-Help” videos) are the same.