STEP 6: YAWN & SIGH

**REMEMBER: NEW FORMAT 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.

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 being 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**

In this session, we begin to activate the Social Communication System of the vagus nerve. In addition, we are beginning IN SYNC Stage 3 Sensory Integration psychotherapy interventions. Please watch the following videos for psychoeducation on Sensory Memory functions:

<https://youtu.be/LD_Fh6bf1Sk>

(Stage 3 Part 1 IN SYNC Sensory Memory)

<https://youtu.be/lYoBZj5vd-s>

(Stage 3 Part 2 IN SYNC Sensory Processes)

In this current session, you will begin to add two interventions (the yawn and the sigh) which will have an impact on the “time memory” aspect of trauma symptoms. The above video will provide more information on the “time memory” function.

Please watch the below video and read its text script to be prepared for this session’s interventions:

<https://youtu.be/xvM7WcAuwm4>

(Begin at 1:10 minute to bypass Medical Disclaimer)

Self-Help Video #5 Part 2: Integration of Yawn and Sigh

If you are interested in the “science” of the yawn and its social communication connection, here are additional articles:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3678674/>

<https://www.karger.com/Article/Fulltext/307086>

<https://www.karger.com/Article/FullText/307093>

The above article provides scientific evidence that the “yawn” impacts the vmPFC (ventromedial prefrontal cortex) which is activated when people contemplate various aspects of themselves and their life, such as their traits, experiences, preferences, abilities, and goals. The vmPFC is associated with emotional processing of internal and external stimuli and associated emotional responses to these stimuli.

Here is more information on the vmPFC:

<https://www.frontiersin.org/articles/10.3389/fnhum.2013.00372/full>

In summary: the “yawn” is the “starter button” which prepares you for IN SYNC Stage 4, which is the point when “psychotherapy” techniques can be applied to change cognitive habits (OCD, etc.). Recall that “trauma” disrupts your “psychological time sense” (vmPFC functions). Therefore, the “yawn” begins to repair your “disconnected” time-sense of self, a specific dysfunction of the “dissociation” aspects of trauma.

**DAILY JOURNAL REVIEW**

After the Session Learning, 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