IN-SYNC INTRODUCTION VIDEO

<https://youtu.be/3NOvBJQLsxQ>

I = Integrative

N = Natural

S = Sensory

Y = Yin-Yang

N = Neuro-

C = Cognitive

IN-SYNC: based upon neurocognitive science, cognitive behavioral theories, and psychotherapy, with understanding of sensorial developmental processes.

IN-SYNC: brain chemistry and nervous systems synchronize with one another in a way that has implications for personality and lifelong emotional health. These synchronizations can be modified through psychotherapy.

IN-SYNC: integrates the natural internal and external sensory experiences with balancing breathing techniques to integrate the head and gut brains and the sympathetic and parasympathetic nervous systems.

IN-SYNC stages: 1) Psycho-education; 2) Breathing and Relaxation; 3) Sensory Integration; 4) Psychotherapy; 5) Neuro-Learning

 Stage One: About 50% of symptoms of trauma conditions, including PTSD, are related to extreme fear of the unknown of what is happening to you. Education shows how “normal” it is for you to have these reactions; that everyone in a traumatic situation will respond in some similar fashion as it is a human response mechanism. Education will resolve fears of the unknown symptoms, making progress more rapid. Education is “concept driven.”

You build new cognitive neural networks which ensure that treatment gains are placed into long-term memory by:

1) creating a “landing pad” upon which details can attach themselves. Without conceptual understanding, we lack the neural material upon which details must physically (by neuro-transmitter chemicals) affix themselves in order to be remembered.

2) making neural connections that supply mass, which then acts like an “associative magnet,” attracting further details that resonate with them. The more substantial our concept networks, the easier it is to associate and remember important details about those concepts.

 Stage Two: Affects the autonomic nervous system (Reticular Activating System--RAS), housed in the brainstem. The RAS controls every system in your body. It responds to painful chronic conditions with protective reflexes that results in the fight, flight or freeze response. We rebalance the enteric nervous system (ENS), the “gut brain.”

Progressive Relaxation training develops awareness of body tension states and breath holding and resolve them as both trigger the RAS to release more “fight or flight” chemicals and keep the gut brain unbalanced.

<https://www.youtube.com/watch?v=ihO02wUzgkc>

Progressive Muscle Relaxation Training: This teaches you how to do Progressive Muscle Relation Training.

[www.youtube.com/watch?v=OZK8RMVXZXs](https://www.youtube.com/watch?v=OZK8RMVXZXs&t=0s)

Mechanism of Breathing Part 01: video which explains the relationship of breathing with atmosphere; breathing is a “passive” act, evolutionary development, but can be greatly impacted by bodily tension states (survival responses).

[www.youtube.com/watch?v=t7WFq17NxWA](https://www.youtube.com/watch?v=t7WFq17NxWA&t=0s)

Conscious breathing techniques re Yoga teachings. Notice “thoughts” without attachment.

[www.youtube.com/watch?v=S6BGyY7jTX0](https://www.youtube.com/watch?v=S6BGyY7jTX0&t=0s)

Yoga: Complete 3-part breath. This is the conscious breath process which you will be integrating with the Progressive Relaxation process.

[www.youtube.com/watch?v=qJ41galuqv4](https://www.youtube.com/watch?v=qJ41galuqv4&t=0s)

Powerfully calming breath with longer exhale. This video teaches a simple counting method. We will use the 4-8 breath pattern with Progressive Relaxation integration.

Stage Three: Addresses the limbic system, or emotional brain, which creates emotional associations to experiences and memories. Every emotion you experience has a physical response. There is a conscious component to the emotional brain, as well as an unconscious component. Through associative Memory of the Limbic System, all current and past sensory and bodily experiences, along with your education, perceptions, and past memories are associated to each other. You will break the negative emotional associations that have developed and resulted in the ineffectual fight, flight or freeze response.

By using the relaxation techniques when stimuli (environmental, sensorial, thoughts, etc.) trigger these associative memory responses, we break the survival habit of that particular stimuli and its effects on the nervous systems. We balance the limbic system to regain control of involuntary responses and their impact upon your physical body, emotions, and thoughts.

We continue to effect the bio-chemical releases by doing guided imagery of pleasure-inducing memories so you gain the skill to change your bodily responses and emotional state. This helps you to gain hope to continue with memory exploration to undo all traumas held rigid by associational memory.

The sense memories of biological experience are integrated into your cognitive thoughts. You are taught how to replace the negative stimuli responses with positive habit breaking responses.

Stage Four: All techniques which have been found effective with PTSD and other trauma conditions will be used for wellness. We use techniques of cognitive behavioral therapy to change belief systems about your experiences. You use the conscious mind to override the unconscious primitive brain. You create new coping skills.

Stage Five: Develop new meaning with neuro-learning. Integrate all new knowledge to guide yourself to new cognitive development, and new meaning for yourself through the use of your coping skills and life choices. Many other emotional dysregulation will be changed (depression, anxiety, etc.) as you see the associational links between trauma of all sorts and how they have created residual symptoms as maladaptive responses to a survival effort, an “injury”, but not an uncurable disease. When prior traumatic life events have been resolved, then you can build new life choices as the old and rigid ways of survival are relinguished.