STEP 2: INTEGRATION OF PROGRESSIVE RELAXATION & DEEP BREATHING

In telehealth, the challenge is to help you to perform independently, without "somatic touch" from me. We will review your understanding of these two skills of Progressive Relaxation and Deep Breathing. We will focus upon developing the following psychotherapy skills:

1) perform the Integration of progressive relaxation and deep breathing

2) develop sensory neuroception

3) develop "safety" in your own home/room and confidence in your own ability to self-regulate your responses to any triggered memories

In this session, we begin the skill training for Progressive Relaxation and Deep Breathing.

Watch these videos:

<https://youtu.be/xvyJOvAfnLI>

<https://youtu.be/XwYZo2xjjsY>

As you watch the videos, read along with these printed texts of the video script. You can print these out and make your notes on these print-outs:

1. Self-Help #1 Introduction
2. Self-Help #2 Integration Relax-Breath

Watch and practice with these videos:

<https://youtu.be/ihO02wUzgkc>

(Progressive Muscle Relaxation Training)

<https://youtu.be/8vkYJf8DOsc>

(Deep Breathing Coaching)

<https://youtu.be/Ywft-lXrurM>

(Diaphragm Stretch Tutorial)

Please follow the instructions in the above video for the Open-Throat sighing on the breath exhale. If your diaphragm has a lot of tension, you can follow the additional exercises to help loosen that tension.

You do not need to watch all the other “referenced videos” listed in the video text at this point. These videos are to further your psychoeducation about the functions of your body. You may return and watch them later.

We will spend as many sessions as you need to develop these skills. Do not feel rushed for “perfection”!

For further understanding of the “science” of the breath, watch these videos:

Stage 2 Part 1 IN SYNC Treatment Breath Science: <https://youtu.be/Mnq8HregwLY>

Stage 2 Part 2 IN SYNC Treatment Breathing Techniques: <https://youtu.be/fCIw3x0jeks>

For further understanding of Progressive Relaxation, watch these videos:

Stage 2 Part 3 IN SYNC Relaxation Training: <https://youtu.be/JrS3tZmfPoc>

We follow the functional science which underlies the use of Progressive Relaxation and Deep Breathing because these two techniques, when combined, create changes in two very basic organs of your body which impact most of your psychological distress. For more information, read the attachment:

IMPACT OF “IN SYNC” TECHNIQUES ON BODY & MIND

If you have not ordered the 3 workbooks, please do that now. We will begin soon to integrate these workbooks into your treatment.

Dr. Clark