STEP 5: VAGUS NERVE PREPARATION & JOURNAL REVIEW

**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.

Please print-out the attachment “Quick Reset” for use at each session.

**TODAY’S SESSION**

In this session, we introduce education to prepare you for integration of the vagus nerve functions into your trauma resolution psychotherapy. The basic science knowledge presented in these videos will provide the cognitive understanding you need for the next interventions.

In the next sessions, we will begin to focus upon the head sensory organs and integrate the “social communication system” into your psychotherapy. This is a very vital part of our success in telehealth as this “social communication system” is the only way in which we can interact with each other via telehealth. It is through this type of connection that I will understand and develop psychotherapeutic empathy of your experiences with the mind-body techniques and know how to best guide your recovery.

Please watch these videos:

<https://youtu.be/vmtcxayfQOQ>

Title: Stage 1 Part 1 IN-SYNC Psychotherapy: The Brain

This above video explains the basic functions of your body and brain connections which will be activated during your psychotherapy.

<https://youtu.be/qIJBl5-fqwA>

(Self-Help Video No. 5 Part 1): “Face-Heart” and “Heart-Brain” Social Communication System

This above video explains how your 3 brains (heart, head brain, gut brain) function together and gives a brief summary of how the vagus nerve “connects” these brains.

Read the attached text documents of those two videos.

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

**NEW FORMAT FOR SESSIONS**

After the Session Learning, we will then review your Daily Journal entries for the prior week. This is our very first “therapy review” of your journal. We will follow the below format today. But, this format may change as you progress in your understanding of the purpose of this journal in your trauma resolution.

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.).

In today’s session, you will also present further information on your progress with the Mindfulness OCD workbook.

Please read the attachment “OCD Explanation.”

Dr. Clark