STEP10: PELVIC EXERCISES FOR THROAT TENSION

**PREPARATION 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. Perform the yawn and sigh exercise as a continual function of the Progressive Relaxation and Deep Breathing integration.

Then do Mindful Body Scanning, and activation of your senses (both internal and external). Then do Mindful Movement of “Sitting Up” and perform your Eye Roll exercises followed by Facial exercises. Then do Mindful Movement of “Standing Up” and perform your throat support muscle exercises (shoulders and upper chest).

You are now prepared to begin your telehealth session.

If you do not take the time to do this preparation work, then the beginning of your 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**

Please read this document to continue your understanding of the bio-energetic fields:

A Short Story (Part 3): The Evolutionary History behind “Pelvic Exercises for Throat Tension”

Please watch this video and read the text script:

Self-Help Video #6 Part 2: Pelvic Exercises for Throat Tension

<https://youtu.be/FV01C4bYPTA>

(begin at 1:00 minute to bypass Medical Disclaimer)

It is very important that you read other materials linked in the text script, in specific, this information:

<https://www.youtube.com/watch?v=Udn646vHSgg>

<https://www.christinemathesonnd.com/blog/pelvic-health-jaw-tension-connection>

It is very important that you understand the connection between the throat and the pelvic area. These exercises are designed to assist you in resolving any trauma related to childhood (or adult) sexual abuse. It will help you understand “why” you may have “lost your voice” in that you never (or have trouble) “speaking up” for yourself in any conflicts (or in expressing verbally any of your needs).

After your successful implementation of this energetic exercise, we will begin further psychotherapy interventions for sexual abuse trauma issues.

**IMPORTANT:**

If you are engaging in a physical exercise program, please wait at least 30 minutes after doing the IN SYNC Progressive Relaxation interventions before you do the exercise program.

Recall that the brain needs 20 minutes of a continuous intervention in order to “grow new neurons”. IN SYNC is based upon “releasing” sympathetic arousal tension. Physical exercises activate the sympathetic nervous system for use in physical power needs. If you “combine” the switching of the biological use of the sympathetic nervous system, you may actually be “hard-wiring” the trauma tension into your brain, rather than resolving the trauma. That is why many people “erroneously” attempt to use “exercise” as a way to resolve trauma, only to worsen their condition. We can discuss this dynamic in session.

In most physical exercise programs, there is a focus on the abdominal (6-pack) area. If you are doing such programs for repair of “diastasis recti” I recommend a specific approach. (Diastasis recti can occur with pregnancy, or weight gain in males or females.) Please download the attachment “Diastasis Recti Brain Retraining Exercises” for this exercise. Please note that the instructions are the opposite as given for the trauma release. You are asked to “inhale while relaxed” and “exhale while tensing”.

**After learning the Pelvic exercises of this session:**

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.).

**During this next week, please begin notations in your Sleep Journal and Dream Journal.**  At the next session, we will begin integrating these insights into your psychotherapy, especially as the dreams may relate to sexual abuse trauma.