

## Why take a mind-body approach?

Every aspect of physiological functioning is regulated by our brain & nervous system.

The “mind” is not just located in your head and brain; for example, there is evidence that neural networks in the gut are directly connected to the brain, likely affecting the neurotransmitter dopamine which is associated with the pleasure and rewards center.

Our mental state can directly & indirectly affect every bodily system, e.g., cardiovascular, muscular-skeletal, somatosensory....

## Some benefits of integrative methods and therapies:

- Minimize stress-related symptoms, exacerbations of chronic illness and accidental injuries
- Learn to heed psychophysiological signals about your health/safety, significant relationships and other life choices
- Improve your emotional coping and stress tolerance - alleviate anxiety, depression, trauma, etc.
- Decrease susceptibility to addictive/compulsive behaviors
- Become better connected & integrated – physically, emotionally, and spiritually

## Mechanisms of Change

### Visualization

**Light stream visualization** – helpful for general calming/relaxation, and physical or emotional pain or discomfort. See: [EMDR - Light Stream Visualization Ariel Friese](#)

### Regulation of Autonomic Nervous System

**Conscious breathing** - Dr. Andrew Weil's *4-7-8 Breathing Exercise* helps your nervous system quickly & easily shift from sympathetic (fight/flight/freeze) to parasympathetic (calm, relax, digest).

See: [4-7-8 Breathing Dr Andrew Weil](#)

**Sequence of three kinesthetic holds** - For calming and grounding. Sit comfortably with feet flat on the floor, and place your hands for at least 15 seconds each on:

- a) forehead & back of your head
- b) chest and stomach (*can also do this lying on your back – helps you settle in to sleep*)
- c) tops of thighs

**Sedating triple warmer meridian holds** - These can help calm any level of autonomic hyperarousal.

Sitting comfortably upright:

1. Bring right arm across body and rest hand on left side under ribcage + bring left arm across and rest hand on bent right arm above elbow; hold this position for at least 15-30 seconds.
2. Rest right hand against side of bent right knee while resting left hand on right arm above elbow; hold for at least 15 seconds. Then then repeat w/ left side - left hand against side of left knee + right hand on left arm above elbow and hold for at least 15 seconds.

## Lateralization

**Eye Movement Desensitization and Reprocessing (EMDR)** - a psychotherapy treatment originally designed by Francine Shapiro to alleviate the distress associated with traumatic memories. Research validates how EMDR helps access and process traumatic memories and other adverse life experience to bring adaptive resolution. See: [What is EMDR? - EMDR Institute](#)

**Neuview Lateralized Sunglasses** - Specially designed sunglasses that utilize light to alleviate stress and facilitate adaptive information processing – seem to increase neuronal connectivity and optimize communication between the brain’s hemispheres. Therapeutic or self-guided use. See: [Neuview Glasses website](#)

**Lateralization “Energy Correction”** – Sitting comfortably:

- a) Cross right wrist over left and clasp your hands/fingers together
- b) Bring your hands inward & up toward chest, making somewhat of a pretzel shape
- c) Cross your right ankle over left ankle (feet on the floor)
3. OPTIONAL: breathing naturally, press your tongue against gum inside upper teeth when you breathe in, and against gum inside lower teeth when you breathe out.

## Other Energy Methods

**Third Eye Hook-Up** – Based on energy medicine techniques taught by Donna Eden and Dr. David Feinstein, among others. Purpose is to join the central & governing meridians:

- a) with the third finger of either hand, touch between your eyes and place the other hand on back of your neck (hold each of these at least 30 seconds)
- b) still touching the point between your eyes, go to your naval with other third finger
- c) still on naval, rest back of other hand against your sacrum at bottom of the spine.

**Thought Field Therapy** – A mind-body self-treatment developed by Dr. Roger Callahan, the foundation of the growing field of Energy Psychology. TFT utilizes the meridian points and bilateral stimulation with a gentle tapping procedure believed to facilitate the information processing needed for healing a particular problem. (See reference for book by other TFT experts below.)

General relaxation algorithm - can also decrease phobic anxiety or reality-based distress.

- a) Tap 7-8 times: forehead, cheekbone, upper lip, chin, under collarbone
- b) Tap outside edge of either hand 7-8 times
- c) Repeat original tapping sequence
- d) Tap back of either hand and slowly roll eyes from floor to ceiling.

Tapping Shortcuts: Trauma = forehead

Phobic or unrealistic anxiety = either cheekbone

Deep relaxation = upper lip

Shame = chin

Guilt = outside index finger next to the nail

Anger = inside pinky next to the nail

Reference: Gallo, F. and Vincenzi, H. (2008). *Energy Tapping: How to Rapidly Eliminate Anxiety, Depression, Cravings, and More Using Energy Psychology* (2<sup>nd</sup> Edition).