

NeuroCoach® and EMDR Therapy

How Does NeuroCoach® work in conjunction with EMDR Therapy?

They are very complimentary working together. The NeuroCoach® program adds to the EMDR Therapy protocols. When we perform a task or express a behavior (i.e., emotions, decisions, etc.) the brain interacts with learned behaviors that were created and stored in memory. Within the memory system we have several types of memory that include episodic (recalled memories of events), procedural memory (how we automatically respond to certain types of events – learned behaviors), and implicit memory (things we can't totally recall, but still bias our thoughts, feelings, and emotional states). Often traumatic memories are improperly stored in the implicit memory system, never linking to episodic or procedural memory. For many, past life events can create or alter how a memory was stored, which can impact healthy behaviors, which we experience as a reduced ability to enjoy or experience life.

So, what NeuroCoach® basically does is strengthens all primary Network Systems, which helps the brain reorganize appropriately and requires the brain to transform unwanted memories, as the brain reorganizes back to a more efficient processing pattern. EMDR Therapy goes to the next level with that process. EMDR Therapy allows the memory systems to desensitize memories or events. It can help the implicit memory system to refresh. It works with the attentional bias system for those who are in recovery, in particular, when they react to environmental choices without thinking. EMDR Therapy protocols desensitize and reprocess those connections so the brain can discharge and reset those systems to a more productive healthy pattern.

NeuroCoach® and EMDR Therapy with PTSD

PTSD is the result of a traumatic or unresolved event or events that the mind does not know how to resolve or integrate. Symptomatically, it can create a number of somatic and psychological difficulties within the individual. This occurs when the event is not processed, released, or integrated properly in the human psyche. In that process, two things occur, 1) the brain reorganizes to avoid re-experiencing those events, which changes its optimal performance and loses neuro-efficiency, and 2) the memory systems encode a “red flag” indicating ‘danger’ to the psyche. EMDR Therapy essentially works with the implicit memory systems and helps the individual reprocess and release those events to “let it go” and to discharge the red flag. The next step in the process is putting the NeuroCoach® Training System in place to train the brain to fully reorganize appropriately for optimal brain performance and to rebuild brain resiliency to stress or triggers.

NeuroCoach® and EMDR Therapy with Eating Disorders?

Eating disorders are complex conditions. There are many inter-related issues that are involved with that disorder from a recovery point of view. Eating Disorders usually involve a large medical component, along with a psychological component, in addition to a cognitive brain repair component. Using both EMDR Therapy and NeuroCoach® together addresses the physiology of the human psyche at the same time working the human psychology aspect. The eating disorder itself typically has a negative effect on the liver, which in turn, affects the toxicity levels within the brain because the liver cannot eliminate toxins appropriately and that gets transferred to the brain. Additionally, perceptual and visual distortions often occur, due to the insula complex not registering information correctly or completely. NeuroCoach® allows the brain to reorganize (reset), which then allows other treatments and therapies to be put in place more effectively. When EMDR Therapy is used in conjunction with NeuroCoach® and other modalities, the person can more accurately reform images of self, sense of self, and self-concept. Coupling EMDR Therapy with NeuroCoach® has proven to work very effectively. Each builds upon the other allowing greater and faster improvement in the overall mental health of the individual.

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NeuroCoach® and EMDR Therapy with Addictions

When an individual is stuck in the addiction cycle, we see compromised neuro-functions that include many brain systems (i.e., feelings, perceptions, judgements, memory retention, learning ability and more). Regarding relapse, the brain is not able to effectively handle stresses and strains and will default to “checking out”, which leads to relapse. During these periods, the individual is in effect, *not present*, nor do they have access to their volitional faculties required to make proper decisions in the moment, much less execute them. As such they are at the mercy of the attention system, which operates unconsciously. Our attention system contains biases (those things we are biased to include in our world or screen out of our world). EMDR Therapy can help the brain pay attention to that which is healthy vs. that which is unhealthy by reprocessing and replacing the habit or draw. The addition of NeuroCoach® then allows the strengthening of brain resiliency and increases cognitive abilities and decision making for the individual to stay “present in the moment”. It allows the insula complex and the attention system to stay connected and become stronger and no longer at the effect of the internal and external environment, which in turn helps prevent relapse. NeuroCoach®, as part of the action plan helps the brain reorganize to it’s intended optimal performance to improve memory, learning, and judgement, which is needed to improve one’s quality of life.

What are the longer lasting benefits of NeuroCoach® and EMDR Therapy?

Strong, resilient mental health are the lasting benefits. Combining NeuroCoach® with EMDR Therapy allows the brain to reorganize appropriately based on reprocessing, then reforming proper procedural memories and processes within the brain to create a stronger, more resilient brain for better mental health and a better quality of life. Once they have gone through the program, we often hear from our clients and their families, that they are now able to get back on track with their life’s purpose and regain the life they were intended to experience.