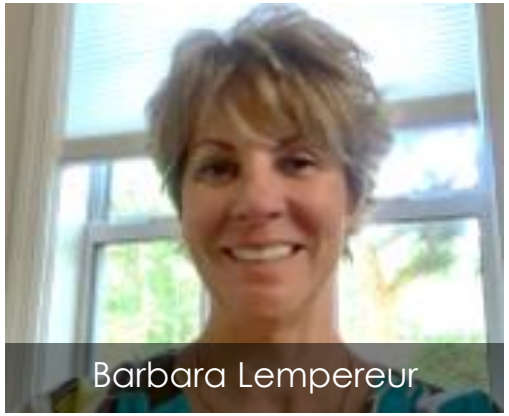
WELCOME

THE ALL-NEW UNIFIED HEALING SEMINAR

PRESENTED BY ~



THE RISE AND FALL OF HUMANITY IS AN INSIDE JOB

The most important message of our time is to shift our focus from an external locus of control to an internal one.

We spend the majority of our time distracted and focused ***outward***.

We need to focus ~ ***inward***. New brain, new body.

TOOLS TO BOOST YOUR EFFECTIVENESS

Included in the Workbook

- **Understand how to *recognize* and *trust* the regulatory processes** that promotes safe, fast and efficient ANS and Limbic re-regulation.
- **Learn how to *effectively interact* with** Sensory Processing and Mindfulness in shifting states of anxiety, depression and more.
- **Learn *how to use props* that can help a person to sense & feel in their bodies** in order to enhance their ability to access deep emotions & states.
- **Acquire *new tools to work with* Implicit Memory when it arises.**
- **Learn how to use sensory processing** to return from challenging stimulus (memories, emotions, traumatic experiences) to a safe baseline (homeostasis).
- **Learn to recognize signs of changes in levels of Allostatic Load.**
- **Recognize the signs of shifting from Dysregulation to Re-Regulation to Self-Regulation.**

UNIFIED THERAPY™

Included in the Workbook

Accesses regulatory processes that promote safe, fast and efficient ANS & Limbic re-regulation.

Teaches interaction through direct experience with Sensory Processing & Mindfulness (Middle Prefrontal Cortex).

Promotes development of Prefrontal Cortex to gain Conscious control over affect of Limbic Structures by directly interacting with fears that arise during the process.

Treats Comorbid Conditions Concurrently.

Accesses and teaches how to interact with Implicit & Explicit memory in a safe environment.

Re-Creates Conditions (memories, emotions, traumatic experiences) moment-to-moment and returns from this challenging stimulus to a safe baseline (homeostasis).

Decreases acquired Allostatic Load

Supports shift from Dysregulation to Re-Regulation to Self-Regulation.

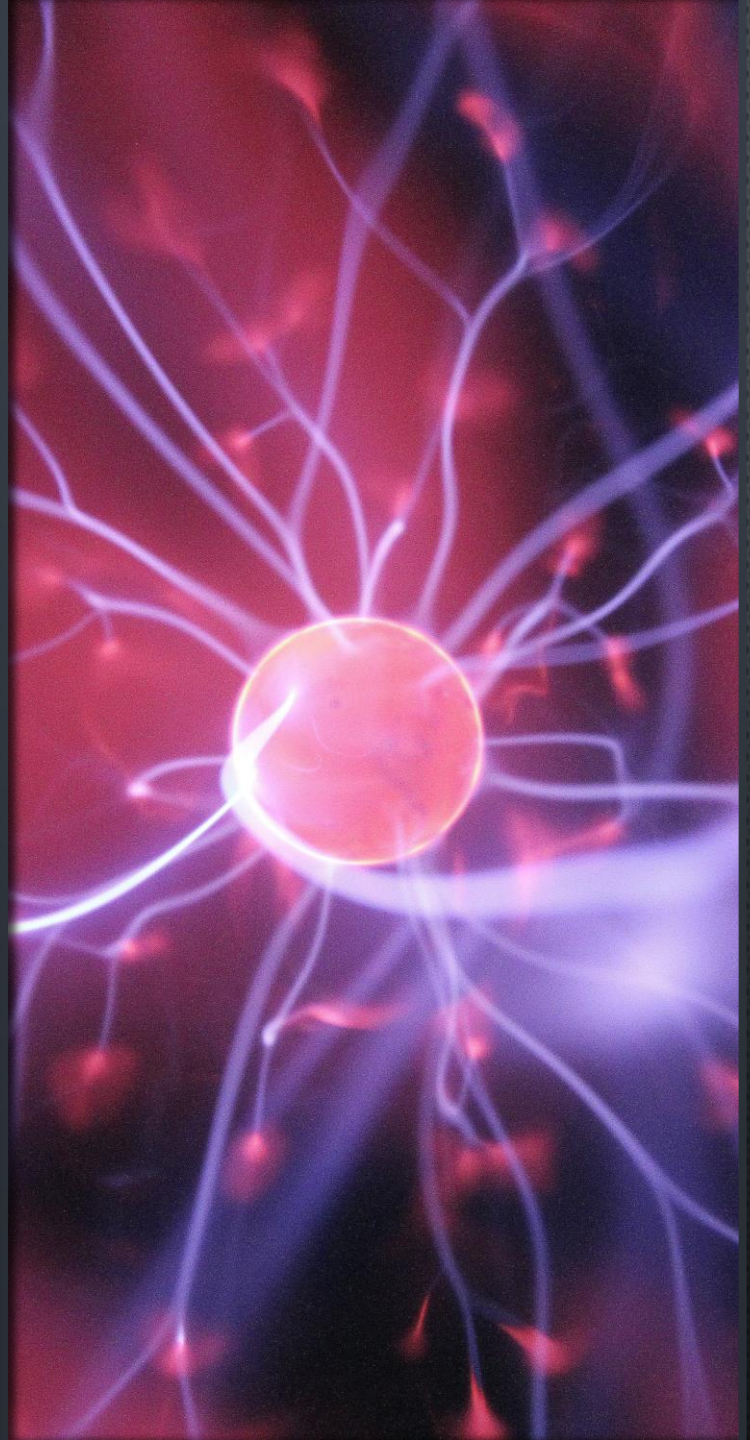
Highly reproducible and evidence based.

THE GREAT SHIFT

External control and distraction of external environment *TO* **Internal** surrender, observation and trust in the Innate Process

Over-Dependence on technology and pharmacology

- Neurobiology, ACE and TRAUMA
- Nature / nurture and Super-consciousness
- Merging of tech and self-awareness ?

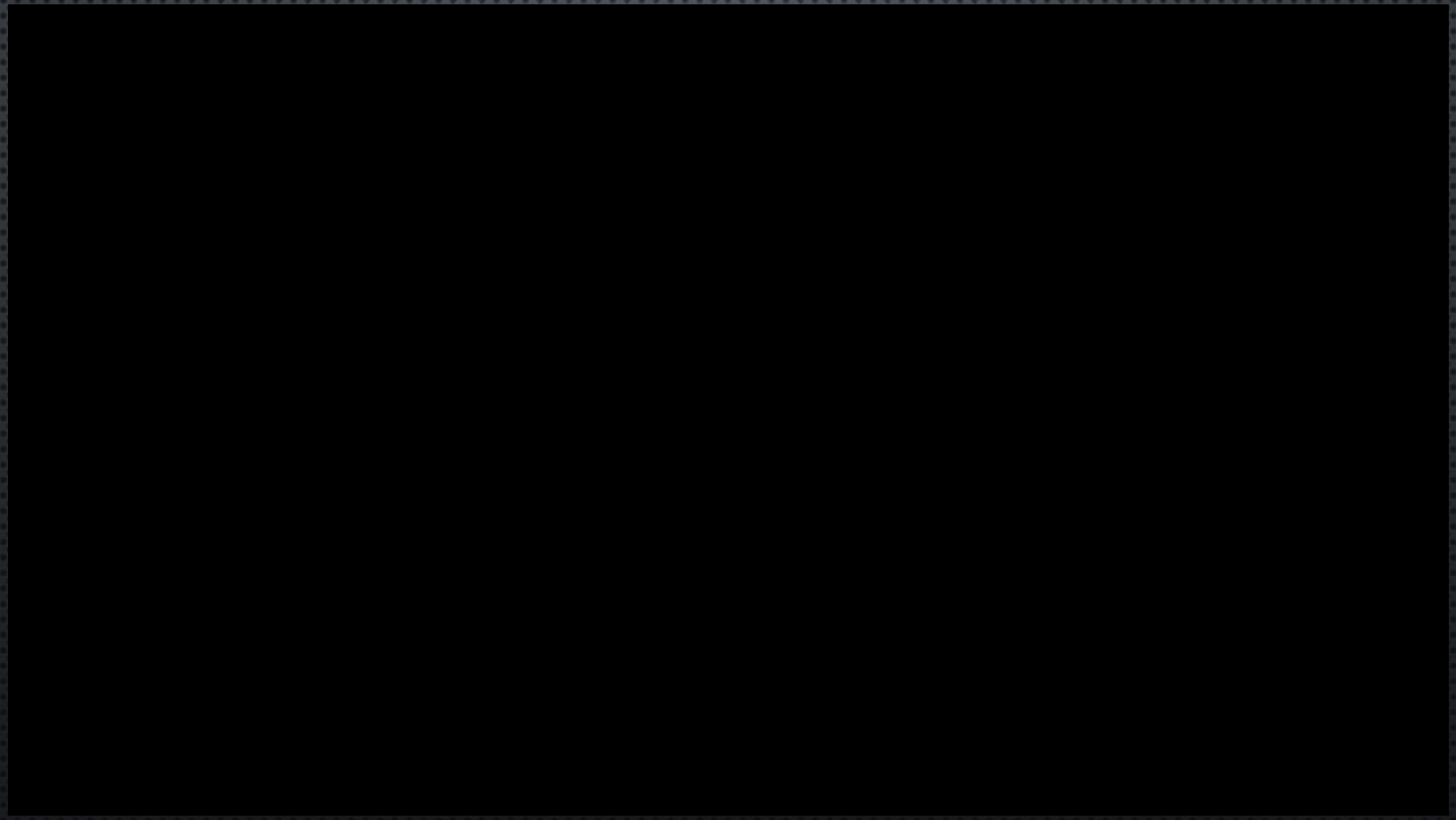


LAWS OF THERMODYNAMICS

- Energy cannot be created or destroyed
- Only transformed

THE MOST DESTRUCTIVE FORCE ON THE FACE OF THE EARTH IS HUMANS UNABLE TO PROCESS, RELEASE, AND WORK WITH FEELINGS AND EMOTIONS.

ALL THE RAGE



HEALING IS **NOT**:

~ AVOIDANCE

~ DISTRACTION

~ DEPRIVATION

~ CONTROLLING

TRADITIONAL PSYCHOTHERAPY: A TOP-DOWN TECHNIQUE

TRADITIONAL PSYCHOTHERAPY RELIES ON TOP-DOWN TECHNIQUES TO **MANAGE** DISRUPTIVE EMOTIONS AND SENSATIONS.

THESE ARE APPROACHED AS UNWANTED DISRUPTIONS OF "NORMAL" FUNCTIONING THAT NEED TO BE HARNESSED BY REASON, RATHER THAN AS REACTIVATED OR UNINTEGRATED FRAGMENTS OF TRAUMATIC STATES.

~ Bessel van der Kolk, MD
Beyond the Talking Cure: Somatic Experience, Subcortical Imprints, and the Treatment of Trauma (2002)

UNIFIED THEORY OF BEING HUMAN

THE FUTURE OF ANY SOCIETY DEPENDS ON ITS ABILITY TO FOSTER THE HEALTHY DEVELOPMENT OF THE NEXT GENERATION.

EXTENSIVE RESEARCH ON THE **BIOLOGY OF STRESS** NOW SHOWS THAT HEALTHY DEVELOPMENT CAN BE DERAILED BY EXCESSIVE OR PROLONGED ACTIVATION OF STRESS RESPONSE SYSTEMS IN THE BODY AND BRAIN.

SUCH **TOXIC STRESS** CAN HAVE DAMAGING EFFECTS ON LEARNING, BEHAVIOR, AND HEALTH ACROSS THE LIFESPAN.

UNIFIED ALL ENCOMPASSING THERAPY

- Neurobiology
- Psychotherapy
- Manual Therapy
- Movement
- Breath
- Acupuncture
- Functional Medicine
- Psychotropics
- Search for Purpose, Meaning
- Symbiotic Relationships

YOU'VE GOT TO GO THROUGH UNCOMFORTABLE TO GROW & EVOLVE

Everyone needs a place to down-regulate on a regular basis

There's re-regulating work, and then there's the deeper inner work.

View 30-minute video on https://youtu.be/ZVsCO48lods

An Open Nervous System Receptivity Relative to a Non-Open System

When Open - Expanding

- Words
- Sounds
- Smells
- Music
- Touch

When Closed - Contracting

- Words
- Sounds
- Smells
- Music
- Touch

ACTIVE DIAGNOSIS

WHAT DOES THE TERM "ACTIVE DIAGNOSIS" MEAN?

Practicing *Active Diagnosis* means that you are constantly observing and re-assessing what is going on with the patient.

During any given session, symptoms/affect/physical sensations/movements can shift and change their nature within minutes or even seconds.

It is important to stay present and adjust your strategy at any moment depending upon what you observe.

Included in the Workbook – pages 13-14

ACTIVE DIAGNOSIS

Premises for Practicing UT™:

1. There is an innate intelligence that you can trust.
2. Higher consciousness/awareness/perception is the goal.
3. Keen observation and presence on the part of the Therapist is KEY.
4. Know the difference between leading and invitational languaging.
5. Support, encourage, call out the moment when you see the client engage.
6. Integration time is important-pause-take your hands off-stop talking.
7. Remember you are reading a different language:
   Everything You Need to Know is in Front of You - Just Observe.

Try to be AWARE AT ALL TIMES

Included in the Workbook – pages 13-14

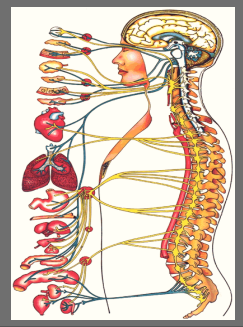
SUPER SYSTEM

EXPANDING BRAIN FUNCTION

RESILIENT NERVOUS SYSTEM

CONSCIOUSNESS & HEALING

BRAIN



ANS

HIGHER GUIDANCE

MULTIDISCIPLINARY APPROACH

Unified Therapy™

must have direct experience

cognitive knowledge

compassionate inquiry

ability to surrender

BIOHACKER

Get by the fire wall

Make it safe by being safe

GOOD WILL HUNTING – "IT'S NOT YOUR FAULT"

LITTLE IS BETTER THAN A LOT

TO TOUCH OR NOT TO TOUCH

Exploring the Myth of Prohibition On Touch In Psychotherapy And Counseling

Clinical, Ethical & Legal Considerations

Training Is Key:

It takes an aware and highly trained Therapist to control sensory stimulation to restore the brain.

- Touch has to be purposeful and have meaning
- Provided in a safe environment
- Trained in specific types of touch

http://www.zurinstitute.com/touchintherapy.html

Somatic Awareness

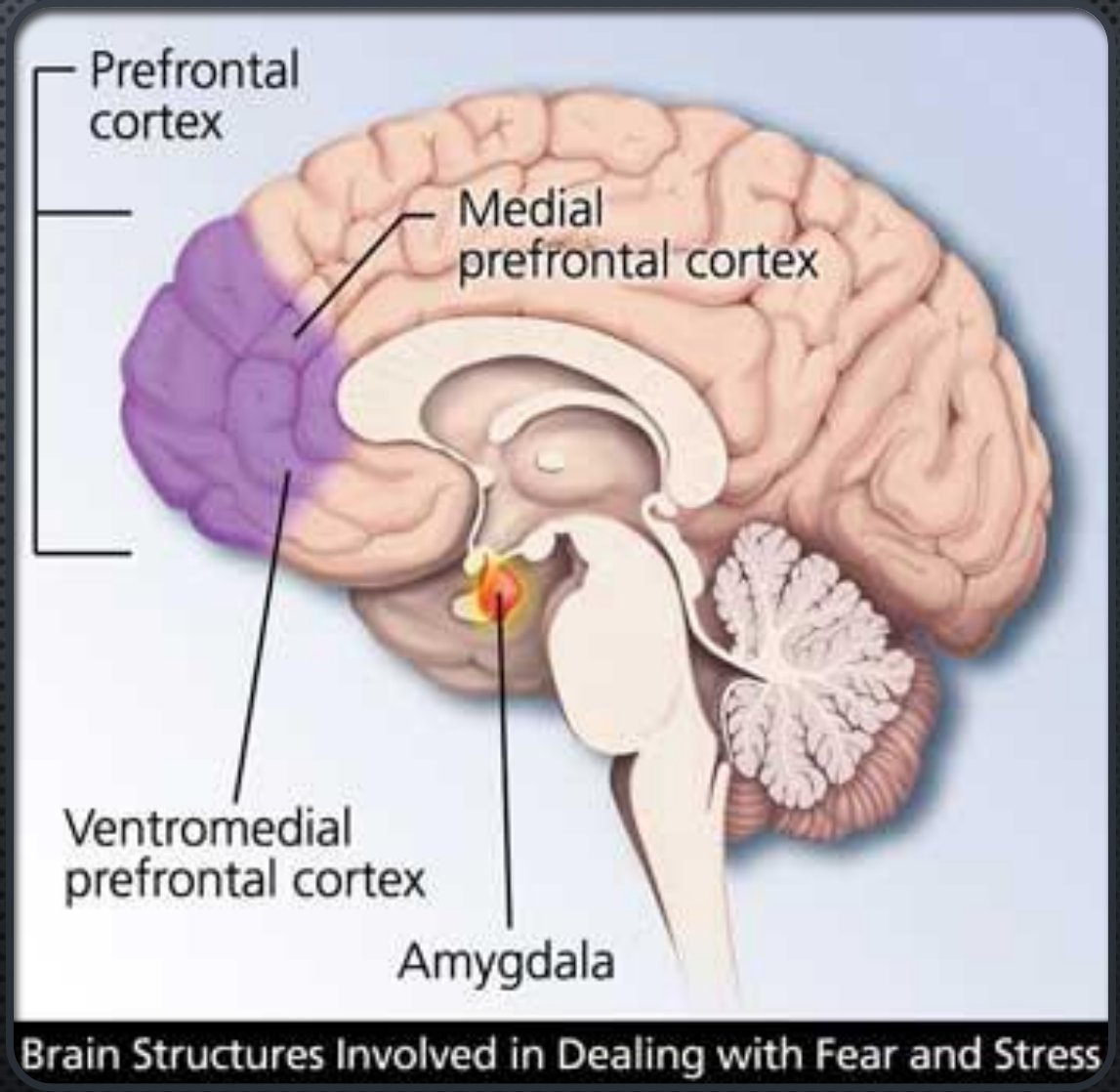
Mindfulness

ENERGY FLOWS WHERE THE ATTENTION GOES

THE PRE-FRONTAL CORTEX

NINE FUNCTIONS OF THE PFC:

- BODY REGULATION
- ATTUNED COMMUNICATION
- EMOTIONAL BALANCE /AFFECT REGULATION
- RESPONSE FLEXIBILITY
- EMPATHY (MIND SIGHT)
- INSIGHT OR SELF-KNOWING AWARENESS
- FEAR MODULATION / FEAR EXTINCTION
- INTUITION
- MORALITY



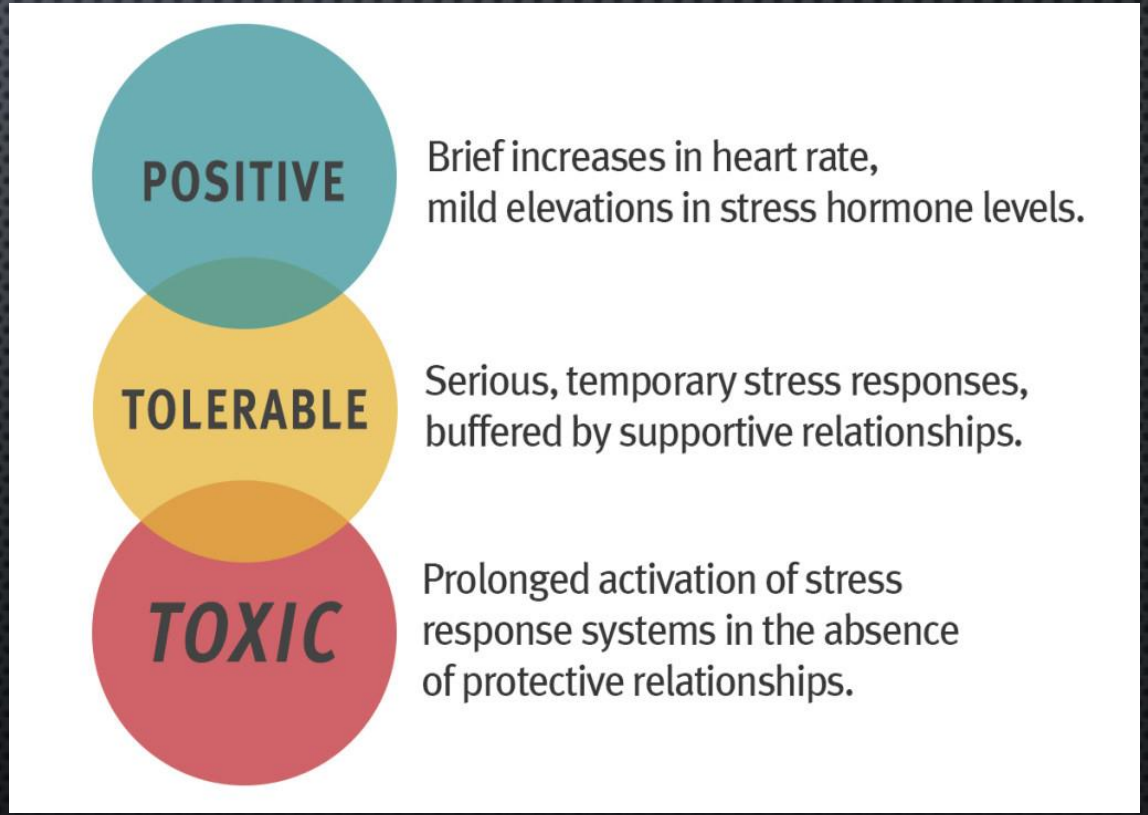
Brain Structures Involved in Dealing with Fear and Stress

UNIFIED THEORY OF TRAUMA AND ANXIETY

Center on the Developing Child
HARVARD UNIVERSITY

When toxic stress response occurs continually, or is triggered by multiple sources, it can have a cumulative toll on an individual's physical and mental health – for a lifetime.

It's important to distinguish among three kinds of responses to stress.



UNDERSTANDING THE NATURE OF DISEASE AND SUFFERING

THE ACE STUDY

The ACE Study

A collaborative effort between Kaiser Permanente and the CDC

Many chronic diseases of adults are determined decades earlier, in childhood.

Not by disease, but by life experiences.

Human Nature & Early Experience
Notre Dame University, IN October 12,2010

Vincent J Felitti, MD
Robert F Anda, MD

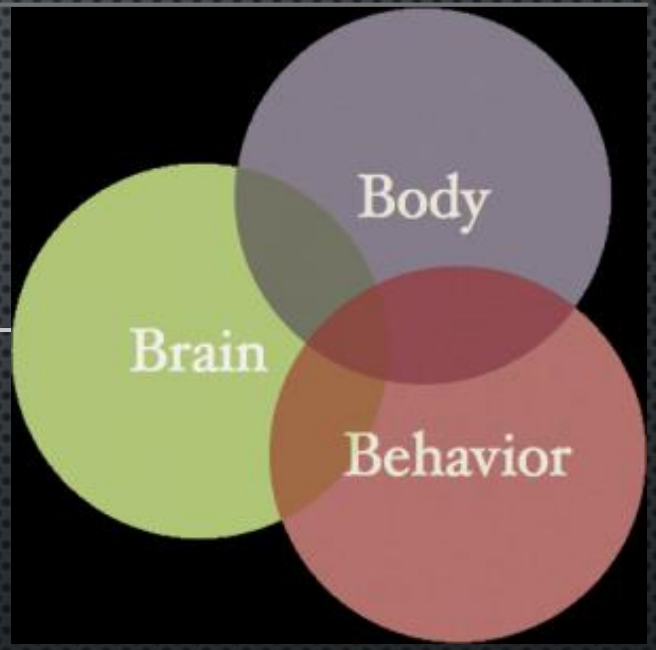
THE ACE STUDY

It turns out that adverse childhood experiences, trauma, and toxic stress has an effect on three major areas:

our **brain**

our **body**

our **behavior (life views)**



BIOPSYCHOSOCIAL FACTORS

That Affect Systemic Healing

BIOPSYCHOSOCIAL FACTORS

- The Biological
- The Psychological
- The Social
- The Super Conscious / Spiritual - Search for Purpose & Meaning

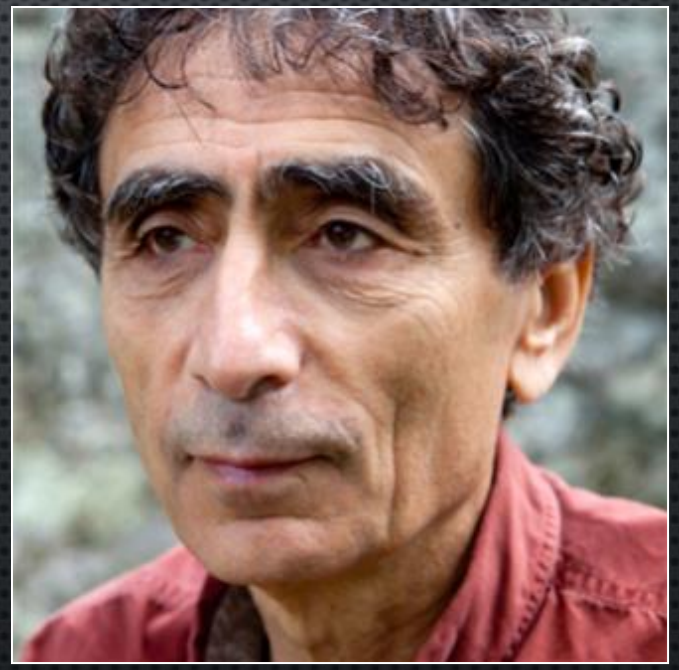
All factors must be addressed and *Unified* for genuine healing to take place.

BIOPSYCHOSOCIAL FACTORS

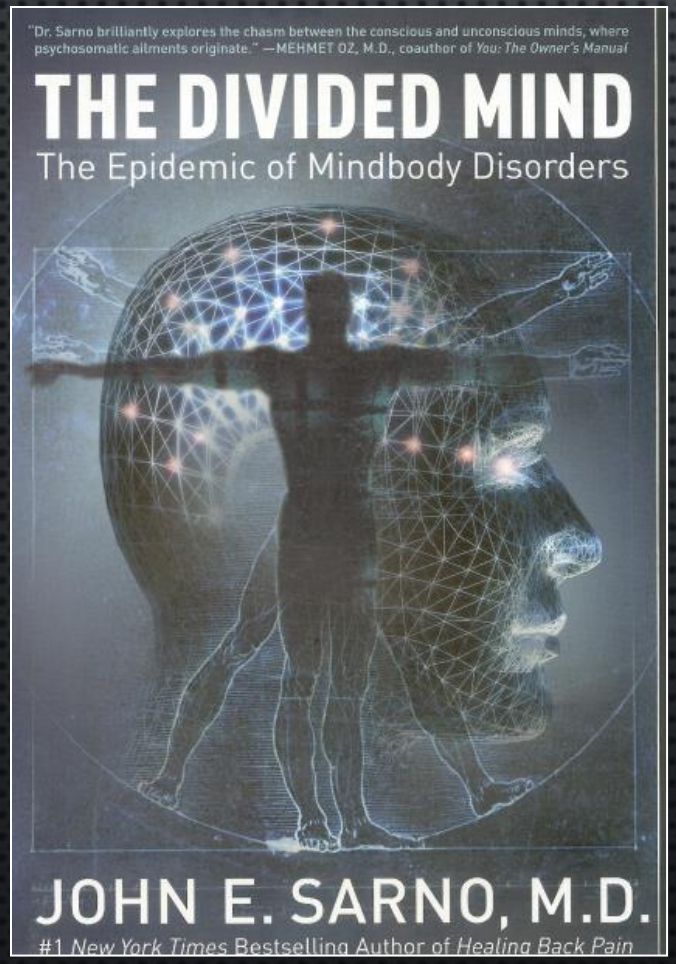
"Emotional stress is a major cause of physical illness, from cancer to autoimmune conditions and many other chronic diseases."

Gabor Mate

When the Body Says No



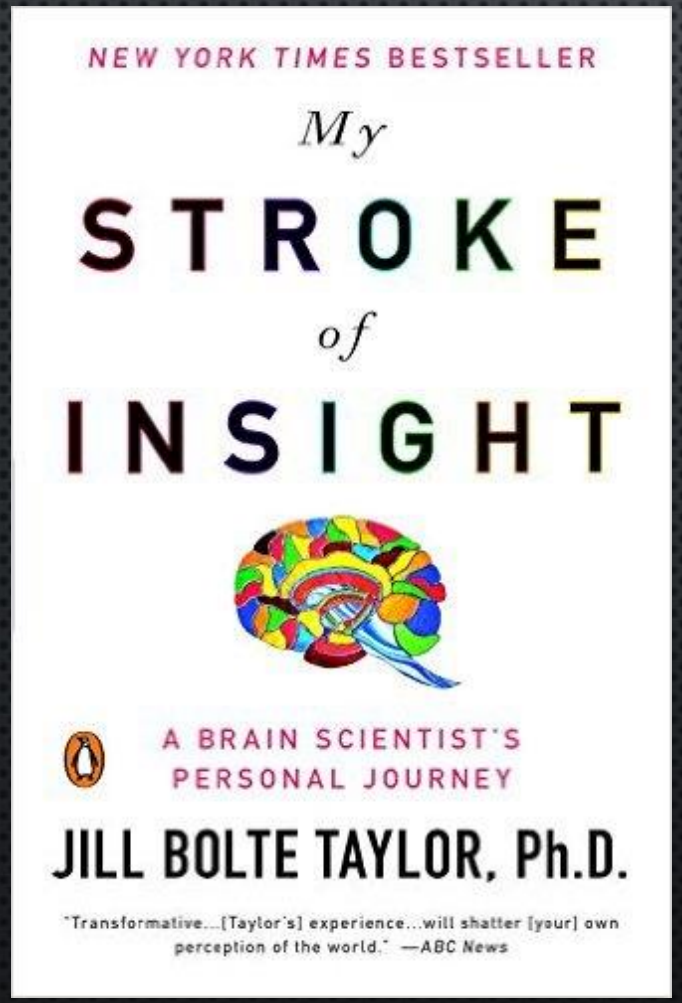
BIOPSYCHOSOCIAL FACTORS



THE BIOLOGICAL COMPONENT

"EVERYONE IS UNDER PRESSURE OR STRESS OF SOME KIND OR ANOTHER, AND WE ALL HAVE BOTH INTERNAL AND EXTERNAL REACTIONS TO THESE PRESSURES, AND THEN ***PHYSICAL SYMPTOMS*** *MANIFEST IN RESPONSE TO THESE FEELINGS."*

BIOPSYCHOSOCIAL FACTORS

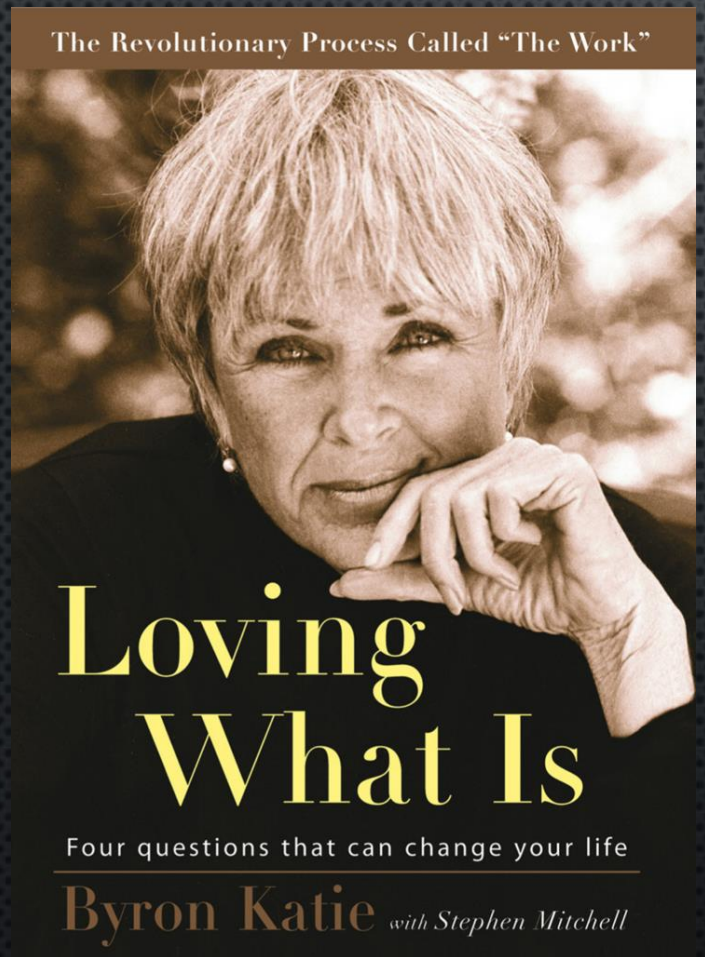


"One of the greatest lessons I learned was how to **feel the physical component of emotion.**

Joy was a feeling in my body. Peace was a feeling in my body.

I thought it was interesting that I could feel when a new emotion was triggered. I could feel new emotions flood through me and then release me."

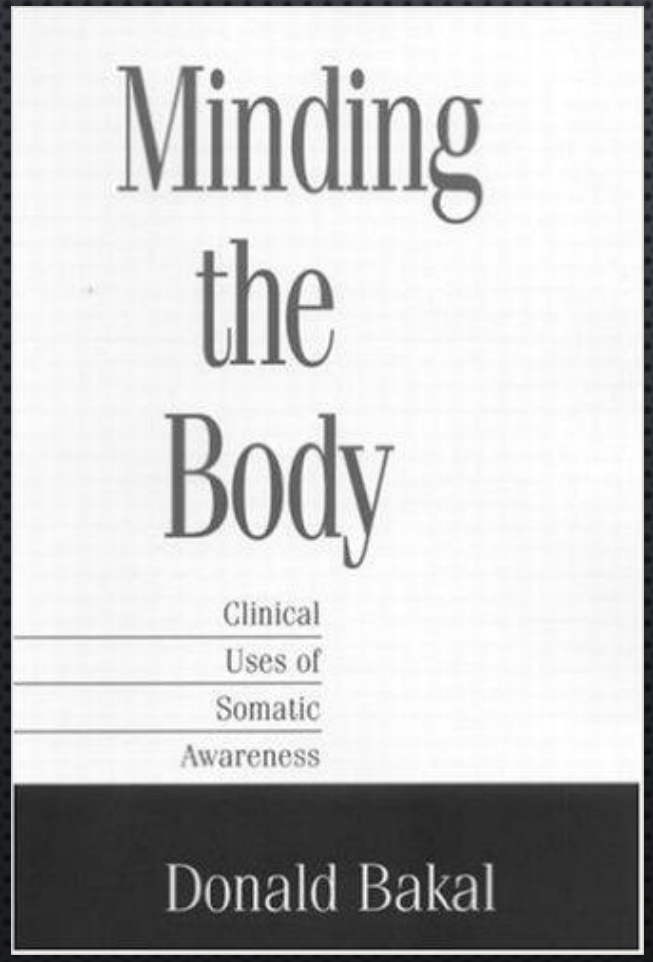
BYRON KATIE



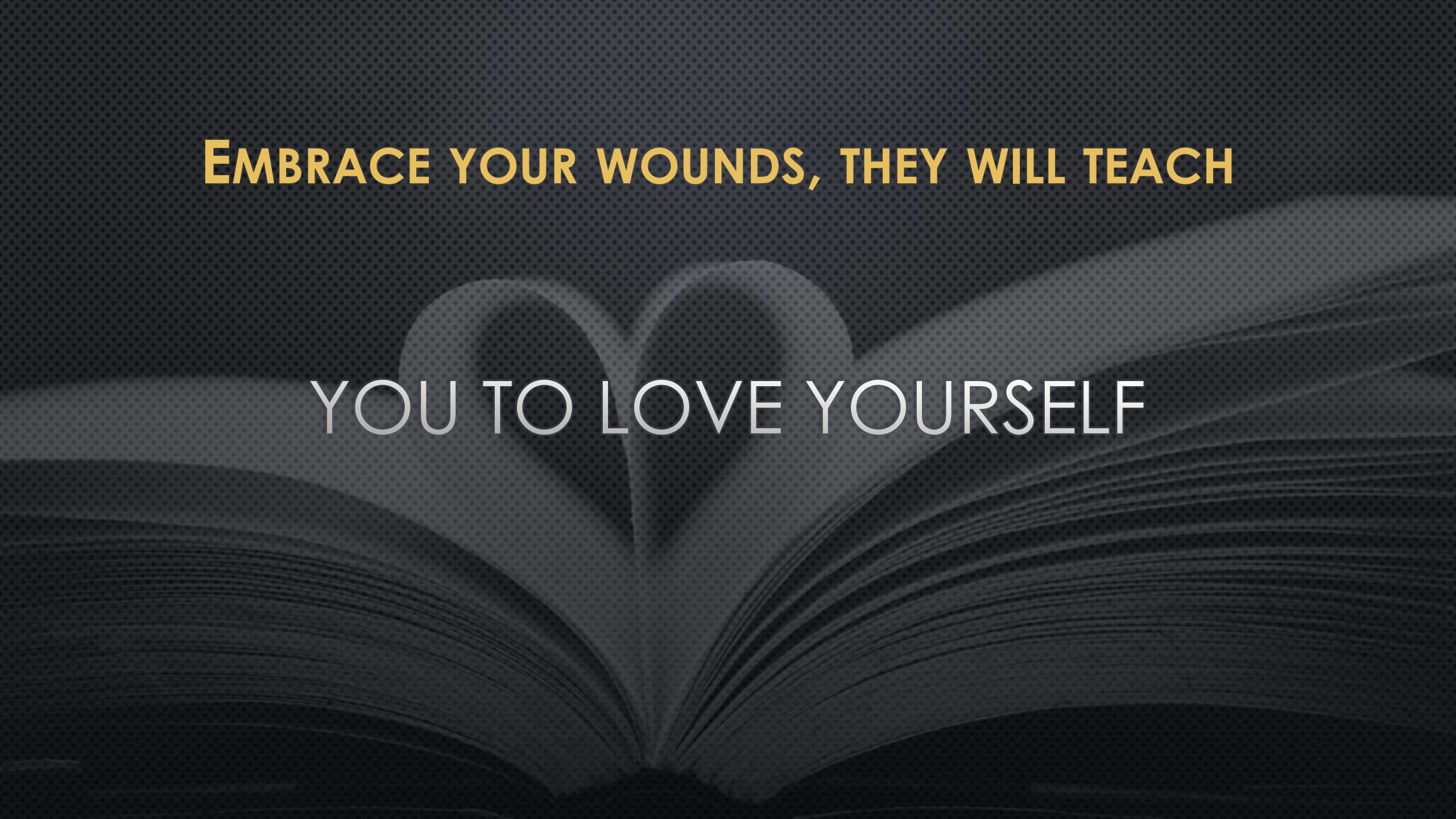
Byron Katie became severely depressed in her early thirties. For almost a decade she spiraled down into rage, self-loathing, and constant thoughts of suicide.

Then one morning in February 1986, she experienced a life-changing realization. She realized that what had been causing her depression was not the world around her, ***but the beliefs she'd had about the world***.

CLINICAL USES OF SOMATIC AWARENESS



- SOMATIC AWARENESS CONSTITUTES AND INNATE WISDOM THAT PEOPLE HAVE ABOUT THEIR OWN PSYCHOBIOLOGICAL HEALTH. IT INVOLVES **UTILIZING SENSORY INFORMATION** THAT IS READILY AVAILABLE, AND THAT WHEN UTILIZED CAN CONTRIBUTE TO ALL ASPECTS OF HEALTH.
- FOR VIRTUALLY ALL SYMPTOMS, DISEASES, AND ILLNESS CONDITIONS, THE MIND'S AWARENESS OF THE BODY'S SENSATIONS HAS A VERY SIGNIFICANT ROLE TO PLAY.


EMBRACE YOUR WOUNDS, THEY WILL TEACH
YOU TO LOVE YOURSELF

THE ROLE OF THE AUTONOMIC NERVOUS SYSTEM (ANS) AND THE BRAIN-BODY CONNECTION

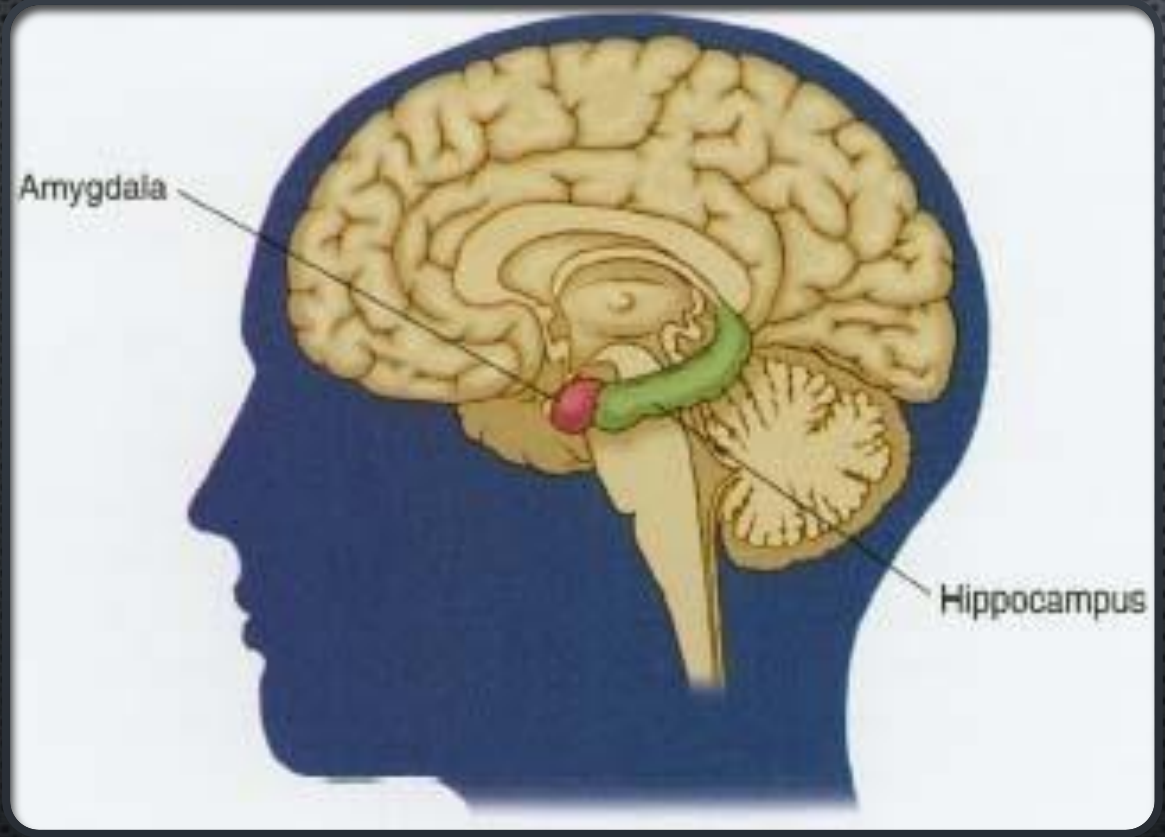
SURVIVAL MODE

CHRONIC STRESS/TRAUMA = SURVIVAL MODE

Survival Mode shuts down self-awareness (somatic dissociation).

It causes loss of body communication and feedback.

This loss opens the door for all kinds of disease and suffering to creep up on us while we are numb and unaware of what is going on...



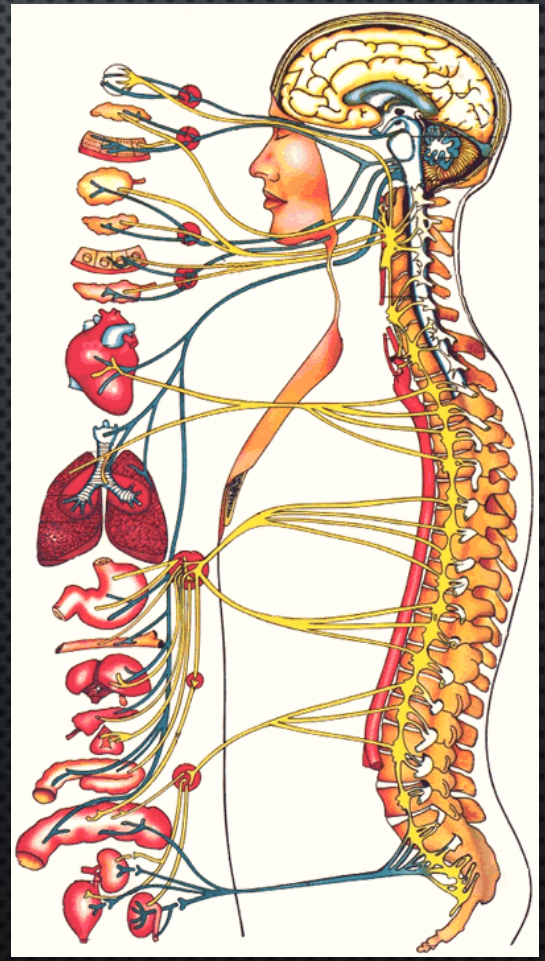
BRAIN – BODY CONNECTION

We now know that the parts in the brain that handle the **emotional center (Amygdala)** and **memory center (Hippocampus)** can turn up the volume to pain and has so much to do with the pain we feel.

AUTONOMIC NERVOUS SYSTEM
AND HOW IT RELATES TO GROWTH AND HEALING

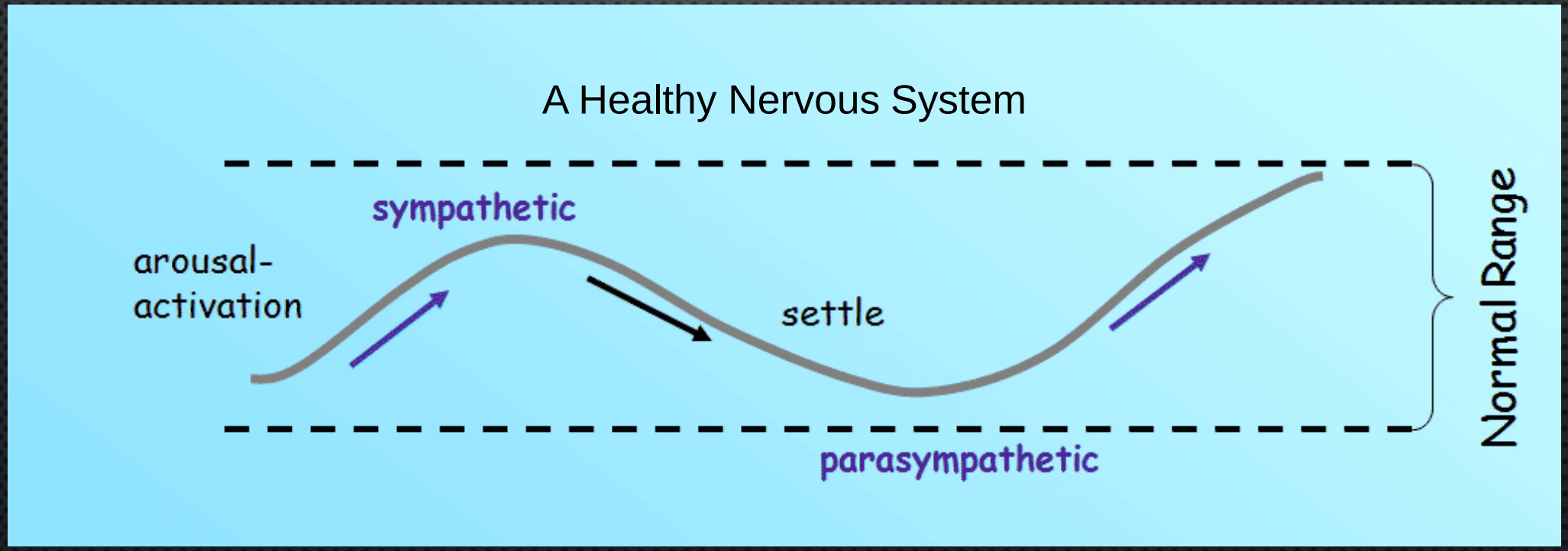
The Autonomic Nervous System influences every cell in the body!

...most illness and injuries cause or result from an imbalance between the branches of the Autonomic Nervous System.



THE AUTONOMIC NERVOUS SYSTEM

AND HOW IT RELATES TO GROWTH & HEALING…



A balance between the two branches of your ANS is essential for good health.

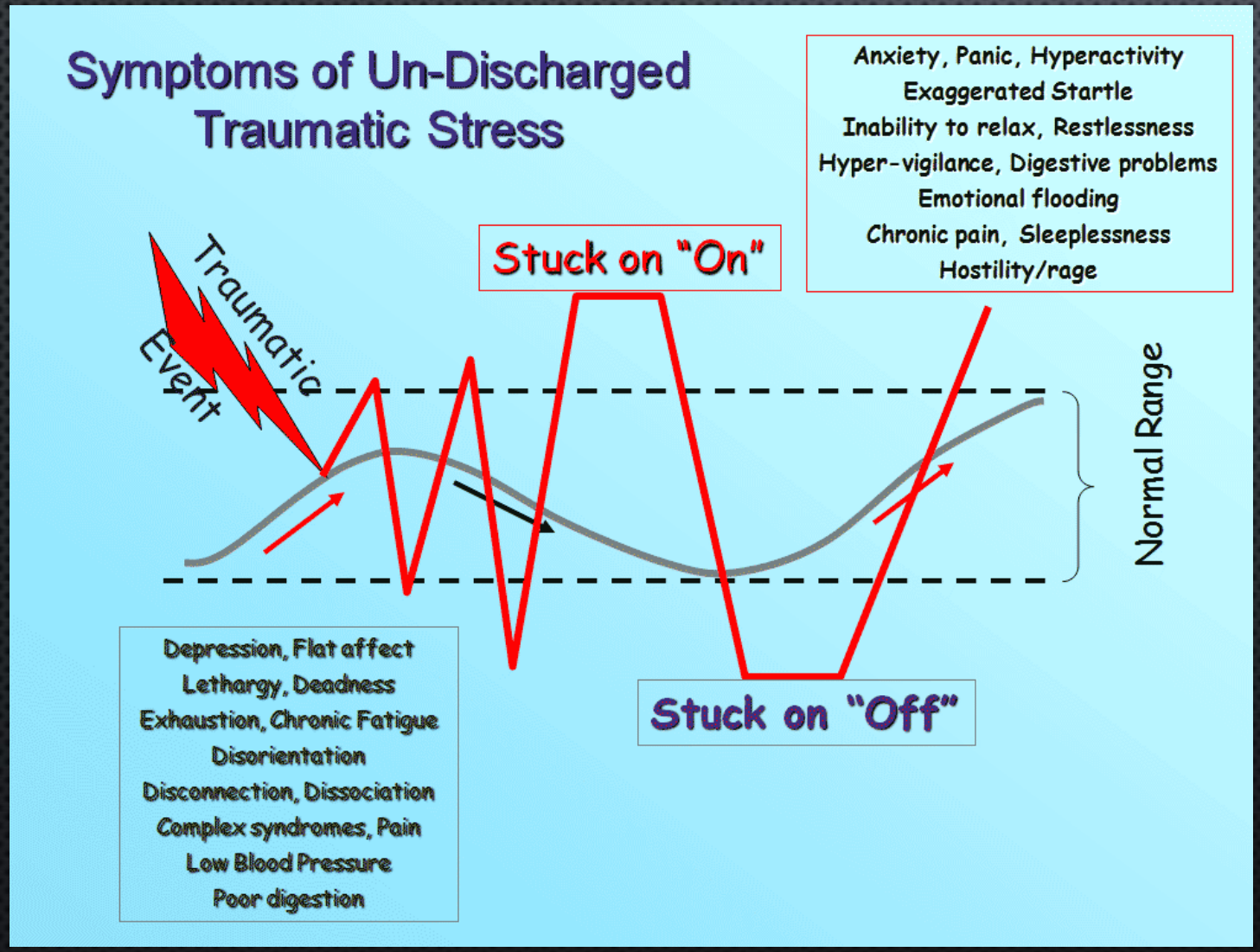
AUTONOMIC NERVOUS SYSTEM

STRENGTHEN YOUR BODY AND BE ABLE TO PREVENT DISEASE

Iceman Wim Hoff taught himself how to control his heart rate, breathing and blood circulation.

All these functions are regulated by the autonomic nervous system.

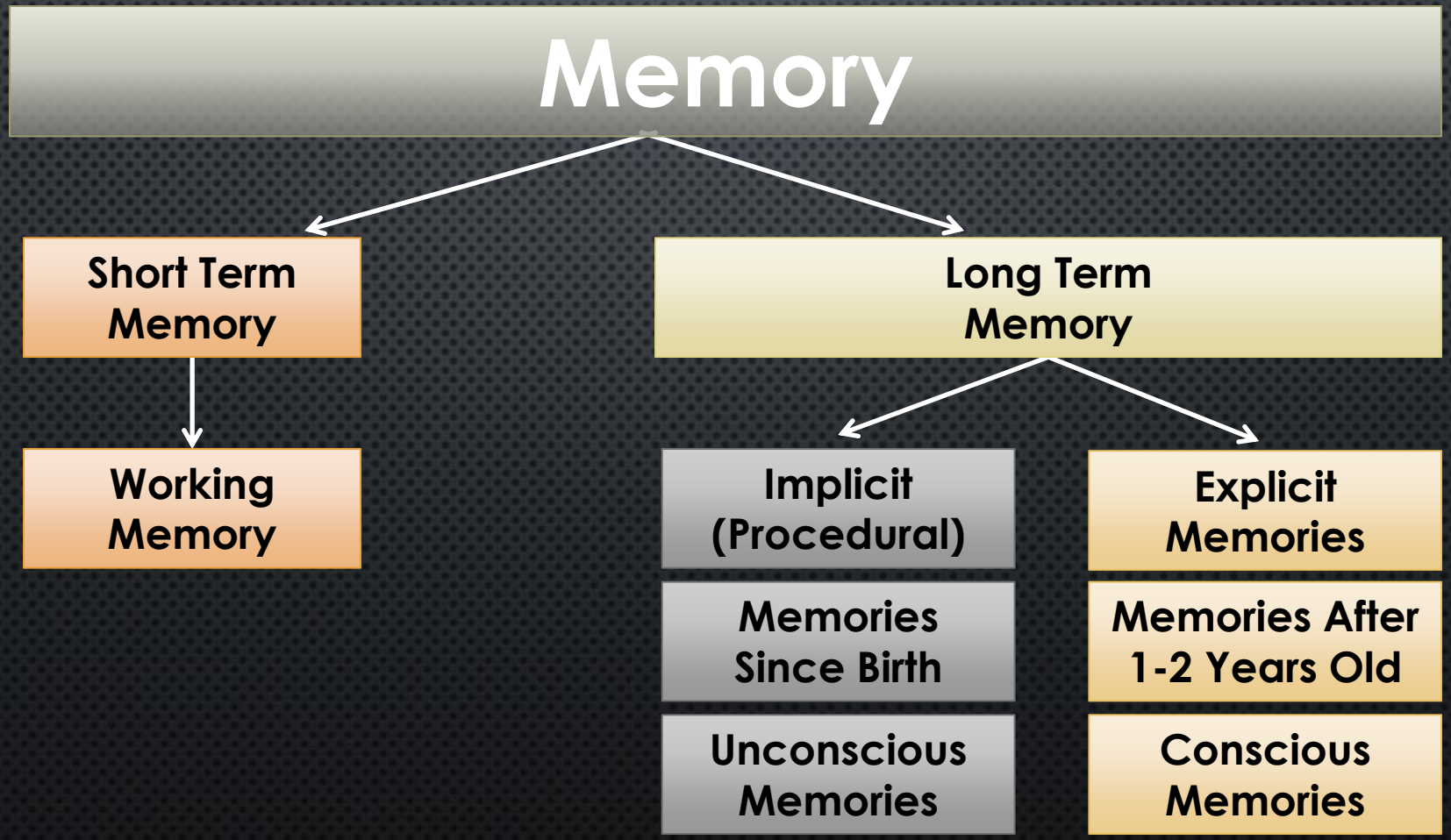
SIGNS OF ANS DYSREGULATION



THE AUTONOMIC NERVOUS SYSTEM INFLUENCES EVERY CELL IN THE BODY

"...most illness and injuries cause or result from an imbalance between the branches of the Autonomic Nervous System."

IMPLICIT MEMORY



Included in the Workbook – page 12

IMPLICIT MEMORY

It is important to recognize why early adverse developmental experiences imprint "neurological scars" (**implicit memories**), the relationship of **dysregulation** and the individual capacity to cope (**resiliency**) to future stressors.

- Implicit Memories
- Dysregulation
- Resiliency

CONSCIOUSNESS, THE BRAIN, THE BODY

"If we aren't aware or don't believe that Enlightenment is a possibility, then we may miss or ignore the **subtle neurological changes that allow our brain to see something that lies outside our limited beliefs**."

~Andrew Newberg, Mark Robert Waldmen,
How Enlightenment Changes Your Brain

PRINCIPLES OF UNIFIED THERAPY™

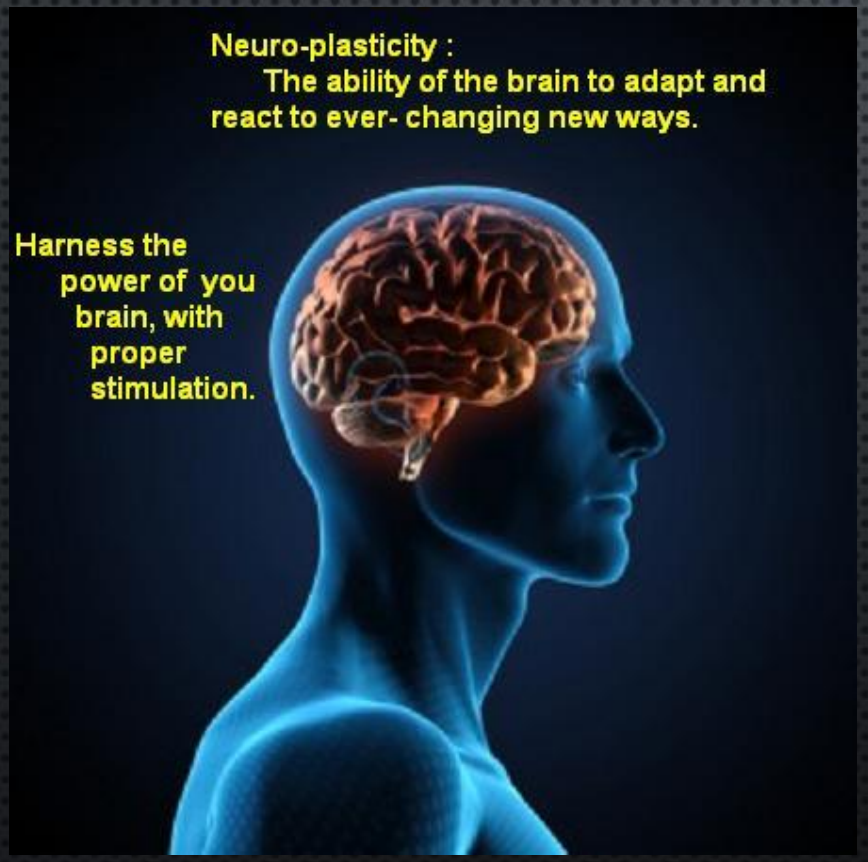
TURNING TOXIC STRESS INTO AWAKENING & HEALING

Unified Therapy™ is based on the discovery of an entirely new operating system that allows unprecedented communication into the brain, nervous system and the mysterious higher self.

UNIFIED THERAPY™

This operating system uses **specific sensory** and **motor input signals** along with cognitive, mindful attention to rewire the nervous system, positively altering **Allostatic loads** resulting in Autonomic Nervous System balance & super conscious or transcended states of mind.

STIMULATING & RE-SCULPTING AREAS OF THE BRAIN

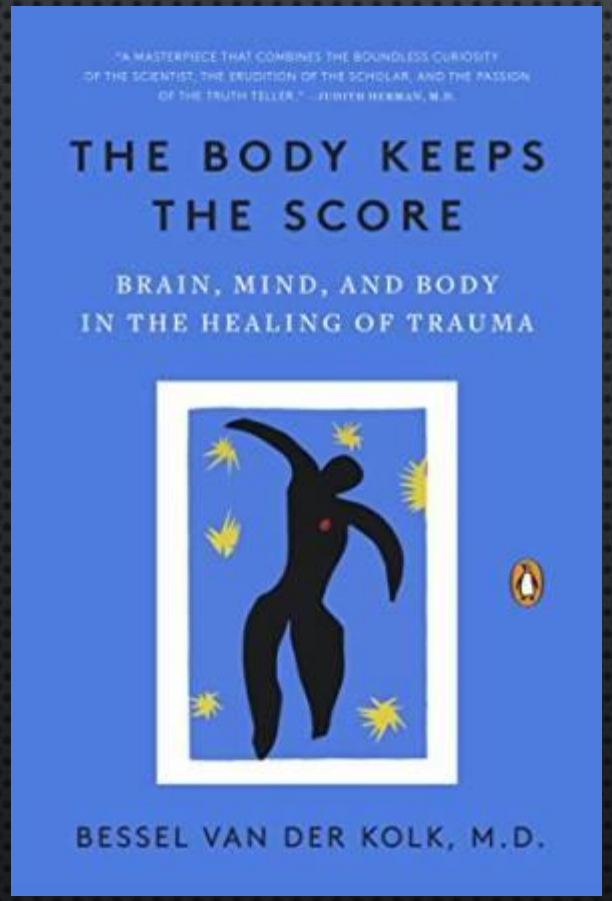


CRITICAL TO HEALING TRAUMA AND AFFECT REGULATION

Mindful Focused Attention

Sensory Stimulation

SENSORY PROCESSING / DIRECT EXPERIENCE



"Awareness, as opposed to avoidance, of one's internal states allows feeling to be known, and to be used as a guide for action.

Such mindfulness is necessary if one is to respond adaptively according to the current requirements for managing one's life.

By being aware of one's sensation, one introduces new options to solve problems. This allows people to not react reflexively, but to find better ways to adapt."

TO HEAL IS

TO FEEL

PROCESSING AND INTEGRATION

HEALING REFLEX

DISCHARGE STRESS AND TRAUMA

EMPTYING THE ALLOSTATIC LOAD

A

Autonomic Nervous System (ANS) controls functions in the body that normally occur unconsciously

B

Sympathetic Nervous System (SNS)
Your "fight or flight" or stress response

C

Parasympathetic Nervous System (PNS)
The **Vagus nerve**, mediates the activity of the "rest and renew" or relaxation response

Homeostatic Healing Reflex

The Autonomic Nervous System, or ANS, will automatically try to discharge frozen energy, sensations, movement, emotions, temperature changes, memories, and new information!

This release in turn will be followed by rest and deep states of peace and healing.

ENTERIC BRAIN TECHNIQUE™

Research suggests that when the gut brain is out of balance (homeostasis), weight gain, inflammation (inflammatory reflex), and diseases of the digestive system but also our very mood and outlook on life are all affected.

This is why **a method of positive autonomic stimulation that in turn balances Enteric Brain function is a milestone in therapeutic healing approaches**, with the potential to end a large amount of human suffering and disease.

DIRECTED INTERNALLY – SELF AWARENESS

Developing Primary Soft Skills:

- ✓ Empathy
- ✓ Compassion
- ✓ Resiliency
- ✓ Emotional Self Regulation
- ✓ Communication Skills
- ✓ Attitude
- ✓ Drive Strength/Core Beliefs
- ✓ Purpose and Meaning

DIRECTED INTERNALLY – SELF AWARENESS

Developing Primary Soft Skills

- ✓ Brain-Body Integration
- ✓ Somatic Integration
- ✓ Mindfulness
- ✓ Turning Within
- ✓ Discovering the Good

The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.

~ Martin Luther King Jr.

RESILIENCE

Resilience is the ability to **somatically renew** ourselves during and after stressful or traumatic experiences.

It is the ability to shift ourselves from a traumatic alert response to a calmed, cohesive state with a positive imagination for the future.

Resilience allows for both safety and connection to be re-established.

RESILIENCE

The capabilities that underlie resilience can be strengthened at any age.

The brain and other biological systems are most adaptable early in life. Yet while their development lays the foundation for a wide range of resilient behaviors, it is never too late to build resilience.

HEAL YOURSELF, THEN

HEAL OTHERS

COMPASSION

COMPASSION

COMPASSION

QUESTIONS?

NEXT – HANDS-ON DEMONSTRATIONS