

NEURO-SOMA INTEGRATIVE THERAPY

Presented by
Minnie Loubser

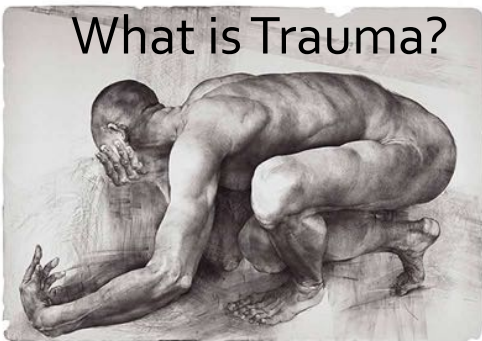
Healing trauma through an integrative approach.



"A person who has successfully renegotiated a traumatic event is transformed by the experience, and feels no need for revenge – shame and blame dissolves in the powerful wake of renewal and self-acceptance."

Peter Levine in 'Trauma – the Vortex of Violence'
www.traumahealing.com

What is Trauma?



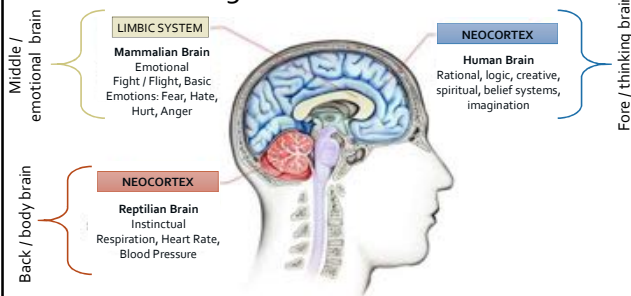
Why use multi-sensory and body-based therapies for the treatment of trauma?

To answer this question we need to...



- Redefine trauma
- Explore the neuro-biology of trauma and the far reaching effects of trauma on the human being

Understanding the Triune Brain



Copyright © 2005 by David Berzeli

5

THE ANATOMY OF ANXIETY

WHAT TRIGGERS IT...

When the brain perceives a threat, it sends a signal to the body to respond. This signal is sent through the brain's limbic system, which is the part of the brain that controls emotions and behavior.

THE ANATOMY OF ANXIETY

The brain's limbic system is the part of the brain that controls emotions and behavior. It is located in the center of the brain, between the cerebrum and the brainstem.

The limbic system is made up of several parts, including the amygdala, hippocampus, and hypothalamus. The amygdala is the part of the brain that is responsible for processing emotions, and the hippocampus is responsible for memory.

The hypothalamus is the part of the brain that controls the body's internal organs and functions. It is responsible for regulating the body's temperature, hunger, and thirst.

The limbic system is also responsible for controlling the body's stress response. When the brain perceives a threat, it sends a signal to the hypothalamus, which then sends a signal to the adrenal glands to release stress hormones.

These stress hormones then travel through the bloodstream to the rest of the body, where they cause the body to respond in a "fight or flight" manner.

This is the body's natural response to a threat, and it is designed to protect the body from harm. However, if the body's stress response is activated too often or for too long, it can lead to anxiety.

Anxiety is a feeling of worry, nervousness, or uneasiness about something with an uncertain outcome. It is a common experience that most people have at some point in their lives.

There are many factors that can contribute to anxiety, including genetics, environment, and life experiences. Sometimes, anxiety can be a symptom of a medical condition, such as a thyroid problem or a heart condition.

However, in many cases, anxiety is a psychological condition. This means that it is caused by the way the brain thinks and feels, rather than by a physical problem.

There are many different types of anxiety disorders, including generalized anxiety disorder, panic disorder, and social anxiety disorder. Each type of anxiety disorder has its own set of symptoms and treatment options.

It is important to seek help if you are experiencing anxiety. A doctor or mental health professional can help you understand your anxiety and develop a treatment plan that works for you.

There are many different treatment options for anxiety, including medication, therapy, and lifestyle changes. The best treatment for you will depend on the type and severity of your anxiety.

Remember, anxiety is a common condition, and there is nothing wrong with you if you experience it. With the right help, you can learn to manage your anxiety and live a healthy, happy life.

Copyright © Time Magazine, 2002

... AND HOW THE BODY RESPONDS

The brain's limbic system is the part of the brain that controls emotions and behavior. It is located in the center of the brain, between the cerebrum and the brainstem.

The limbic system is made up of several parts, including the amygdala, hippocampus, and hypothalamus. The amygdala is the part of the brain that is responsible for processing emotions, and the hippocampus is responsible for memory.

The hypothalamus is the part of the brain that controls the body's internal organs and functions. It is responsible for regulating the body's temperature, hunger, and thirst.

The limbic system is also responsible for controlling the body's stress response. When the brain perceives a threat, it sends a signal to the hypothalamus, which then sends a signal to the adrenal glands to release stress hormones.

These stress hormones then travel through the bloodstream to the rest of the body, where they cause the body to respond in a "fight or flight" manner.

This is the body's natural response to a threat, and it is designed to protect the body from harm. However, if the body's stress response is activated too often or for too long, it can lead to anxiety.

Anxiety is a feeling of worry, nervousness, or uneasiness about something with an uncertain outcome. It is a common experience that most people have at some point in their lives.

There are many factors that can contribute to anxiety, including genetics, environment, and life experiences. Sometimes, anxiety can be a symptom of a medical condition, such as a thyroid problem or a heart condition.

However, in many cases, anxiety is a psychological condition. This means that it is caused by the way the brain thinks and feels, rather than by a physical problem.

There are many different types of anxiety disorders, including generalized anxiety disorder, panic disorder, and social anxiety disorder. Each type of anxiety disorder has its own set of symptoms and treatment options.

It is important to seek help if you are experiencing anxiety. A doctor or mental health professional can help you understand your anxiety and develop a treatment plan that works for you.

There are many different treatment options for anxiety, including medication, therapy, and lifestyle changes. The best treatment for you will depend on the type and severity of your anxiety.

Remember, anxiety is a common condition, and there is nothing wrong with you if you experience it. With the right help, you can learn to manage your anxiety and live a healthy, happy life.

Copyright © Time Magazine, 2002

Copyright © Time Magazine, 2002

Copyright © Time Magazine, 2002

Copyright © Time Magazine, 2002

Copyright © Time Magazine, 2002

Copyright © Time Magazine, 2002

Copyright © Time Magazine, 2002

Copyright © Time Magazine, 2002

Copyright © Time Magazine, 2002

Copyright © Time Magazine, 2002

Copyright © Time Magazine, 2002

Copyright © Time Magazine, 2002

Copyright © Time Magazine, 2002

Copyright © Time Magazine, 2002

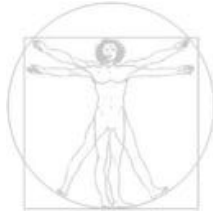
Copyright © Time Magazine, 2002

Copyright © Time Magazine, 2002

Copyright © Time Magazine, 2002

The effect of Trauma on

- Spiritual level
- Psychological level
- Cognitive level
- The brain
- The nervous system
- The body



7

Understanding Trauma

- Robert Scaer: in "The Trauma Spectrum"

TRAUMA is defined as:

Any Negative Life Event that occurs in a
Position of Relative Helplessness.



8

Understanding Trauma

Auto Accident	Death of Loved One	Divorce	Illness	Injury	Ridicule
Assault	Bullying	Witnessing Terror	Kidnapping	Embarrassment	Financial Stress
Poor Business Decisions	Being Fired or Laid Off	Choking	Coming Out (Sexuality)	Wartime Experiences	Illness of Loved One
Foreclosure	Bankruptcy	Natural Disaster	Alcoholism	Addiction	Physical Confrontation
Feeling Unloved	Abandonment	Miscarriage	Abortion	Being Robbed	Empty Nest Syndrome
Single Parent	Adoption	Anaesthetic Awareness	Poisoning / Toxicity	Cancer	Neglect
Oppressive Spouse / Boss	Inability to Stand Up for Yourself	Demanding Parent / Teacher	Living in Fear	Emotional, Physical or Sexual Abuse	Negative Self Talk
Unresolved Injury	Defamation of Character	Suicide (family / friend)	Failed Surgery	Holocaust Survivor	Betrayal

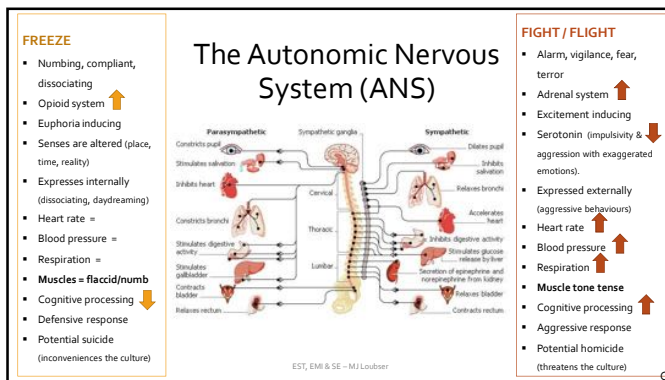
www.wellnessandperformance.com

9

Trauma: A total body effect

Emotional and physical experiences
of a traumatic event
are stored
in the unconscious procedural memory
as part of the freeze response





The Polyvagal Theory ~ Stephen Porges

The Dorsal Vagal Complex (DVC)

- Parasympathetic Nervous System
- Immobilization
- Freeze
- "play dead"



The Sympathetic Nervous System (SNS)

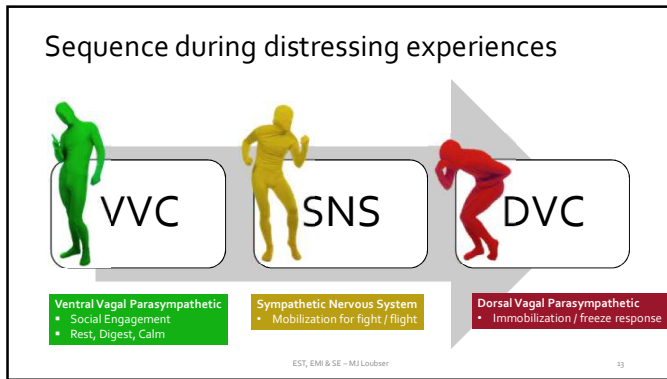
- Mobilization system
- Fight / Flight

The Ventral Vagal Complex (VVC)

- Parasympathetic Nervous System
- Rest, Digest, Calm
- Social Engagement

EST, EMI & SE – MJ Louboer

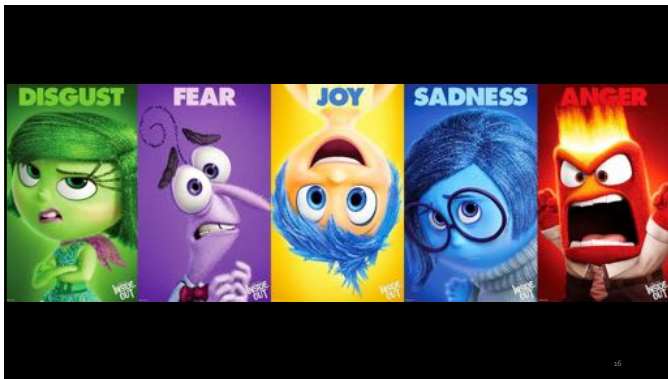
13

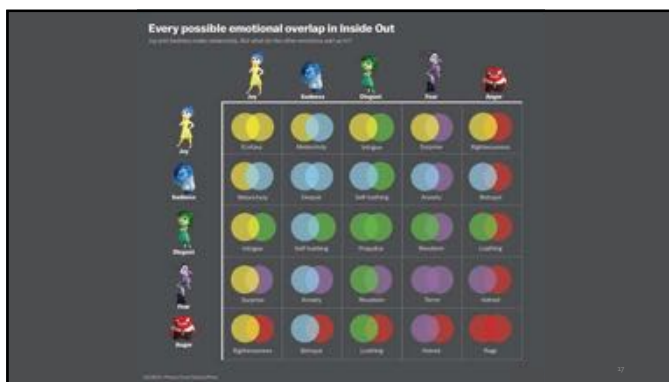


Freeze = Dissociation

- Structural Dissociation - Nijenhuis
- Ego-states – John and Helen Watkins
- Resource Therapy – Gordon Emmerson,

- Neuro-networks hold raw unprocessed traumatic experiences separate until it can be processed to an adaptive resolution.
- The structure of the self would be influenced by the need to keep neuro-networks separate, as a means to maintain dissociation.





For the purpose of healing...



An **event is traumatic** if the person who went through it, **experienced it as traumatic.**

Treatment of Trauma

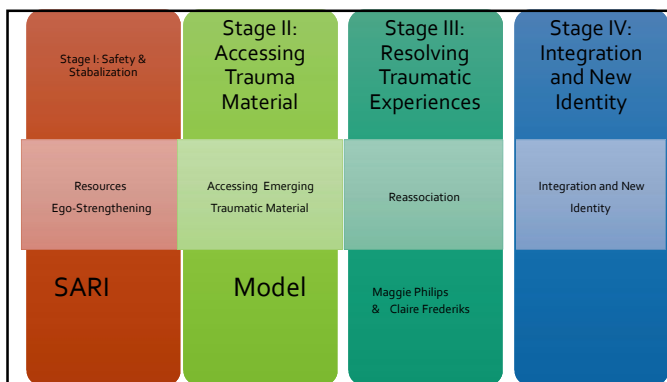
Step 1: Safety & Stabilization

- Ensure the person's safety in the "here and now"
- Includes rest, reassurance, human voice & touch (if tolerated)

Step 2: Connection to resources

- Through-out the process it is important to help the person connect to internal resources and external resources (Somatic Experiencing)

19



Eye Movement Integration (EMI)

- Roots in Neuro-Linguistic Programming
- Steve and Connirea Andreas, 1989
- "Eye Movement Integration Therapy. The Comprehensive Clinical Guide"
 - Danie Beaulieu, 2003
 - A neurological, multi-sensory approach



20

How does EMI work? What do we know about the human eye?

■ The Human Eye

- Most important channel - visual
- **60%** of all sensory information received enters the brain through visual perception
- The retina has +/- **150 million** receptors
- The optic nerve +/- **1 million** fibres
- Eye movements represent more than a search for information – our eyes also transmit vital information (Arien Levy-Schoen)



22

How does EMI work? What do we know the human eye?

■ The Human Eye (cont.)

- Brightness, blink rate, pupil size
- Eyes to amygdala: **17 milliseconds**, less than 1/100th of a second.
- Working with eye movements we work with a very sophisticated structure in the body



23

Eye Movements and Thought Processes



"...eye movements...are the primary liaison through which internal representations are continuously co-indexed with external entities, locations, and events to support a fluid interaction between language, vision and memory." (Spivey, 2001)

During EMI, the combination of guided EM and cognitive focus on a traumatic experience, assisted by spoken words (poison words), may create a unique synergy that is absent during normal habitual thought and reflection.

24

EMI as a Neurotherapy

- EMI is a means of **activating unconscious neural networks** to reset themselves
- It activates all sensory modalities and then helps to integrate the trauma memories with more healthy, beneficial memories
- Metaphors used to describe this
 - The dots are connected and the completed picture can be seen



25

The Brain and EMI

During trauma **the brain becomes overwhelmed** with all the sensory information ...
(visual, auditory, kinaesthetic, olfactory, taste)

This sensory information becomes fragmented
and stays in present tense memory -
as part of the freeze response



26

EMI

- EMI addresses the multi sensory, fragmented memory itself
- It helps the brain recall, reconnect, process and integrate the fragmented multi-sensory information
- It helps the brain to heal itself



27

EMI to resolve Trauma

- A typical EMI protocol will include some time for **building and strengthening resources** and **teaching different skills**
- Somatic Experiencing (SE) protocols for self-regulation, pendulation and resource activation may be added



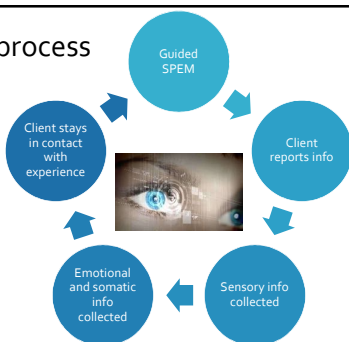
Processing a traumatic incident with EMI

→ Involves client & therapist choosing
trauma / poison* words

* Identifying most intense part of the
trauma, and choosing words to
represent this part



EMI: The process



EMI: The process - detail

- Guided SPEM are used across the entire visual field of the client
- After each movement, **information is collected** across all sensory modalities, as well as emotional and somatic information
- "What is there? Anything you see, hear, smell, taste, feel?
- **Emotions? Where** in your body do you experience this? Notice your breathing, heartbeat....



35

EMI: The process

- The person reports this information. He/she is instructed to **stay in contact** with these sensations and somatic experiences, while the next guided movement is presented.
- **Note:** the information is **not discussed, analysed, interpreted**. It is reported and the next movement is presented.



36


EMI as a Therapy

- EMI (as SE) is **one of the most respectful therapies** I have ever encountered
- The therapist **does not need all the details**
 - It's not about the narrative

37

[illegible]

What is the essence of EMI?




- EMI
 - Facilitates access to **positive, resourceful information** in the sensory, cognitive and emotional modes

35

[illegible]

What is the essence of EMI?

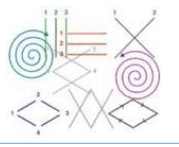


EMI

- Helps to integrate the client's **negative memories** to such an extent that they **lose their capacity to disrupt** the healthy functioning of the client – **THUS EMI helps to integrate the non-integrated memory itself**

How does EMI facilitate an integration of a traumatic event?

1. Left – right hypothesis
2. Low to high hypothesis



37

How does EMI facilitate an integration of a traumatic event?

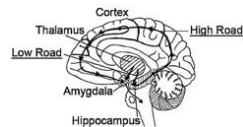
- Talk therapies – can deal only with high road
- Low road is where the autonomic instinctual survival response is



38

How does EMI facilitate an integration of a traumatic event?

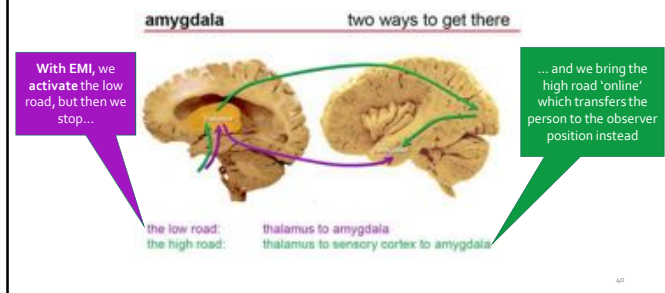
Any therapy that activates the **low road** too long will **flood the system** – person will become **overwhelmed** again and remain invaded by **cortisol**



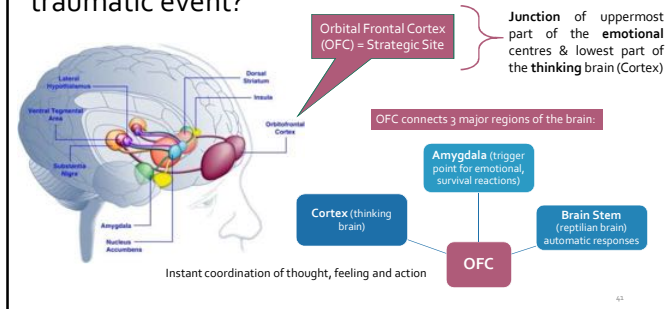
In EMI we titrate, bit by bit of information

39

How does EMI facilitate an integration of a traumatic event?



How does EMI facilitate an integration of a traumatic event?



EMI & Somatic Experiencing (SE)

▪ SE is integrated into the EMI process

▪ Why?

→ To help the body discharge _____

Incomplete protective / defensive physical responses held in the physiology as it could not be completed during the traumatic event

Eye Movements and the Mind

Additional Information

43

Types of Eye Movements

REM: Rapid Eye Movement

SEM: Saccadic Eye Movement

SPEM: Smooth Pursuit Eye Movement

44

Types of Eye Movements

REM

SEM

SPEM

Controlled by complex interactions of Cortex



45

Eye Movements in Sleep

$f(\text{sleep}) = \text{memories \& learning}$



The diagram illustrates the relationship between sleep and eye movements. An orange circle labeled 'Sleep' has an arrow pointing to a plus sign, which then branches into two orange circles labeled 'REM' and 'SPEM'. In the background, a woman is shown sleeping with her head resting on her hand. Above her, several 'Z' characters are drawn, symbolizing sleep.

Eye Movements in Sleep

Distressing Memories Disrupt Sleep



Disrupted sleep means reinforcement of other, less distressing memories does not occur...

The image shows a silhouette of a person in a state of distress, with their arms raised and hands near their face, suggesting a nightmare or waking up in a panic. A large white arrow points downwards from the text 'Distressing Memories Disrupt Sleep' to the text 'Disrupted sleep means reinforcement of other, less distressing memories does not occur...'. The background is dark with some light streaks.

Eye Movements in Sleep

- Some of the Eye Movements in sleep resemble those used in EMI
- EMI may invoke some of the same processes which occur in sleep

EMI may provide a 2nd chance for the required consolidation to occur



This slide is similar to the first one, showing a diagram where 'Sleep' leads to 'REM' and 'SPEM'. The background features a woman sleeping with 'Z' characters above her head.

EMI for young children

- Finger puppets / other toys can be used to guide the eyes
- Soft toy / doll in their lap could also help the process
 - The toy can help children to say what the 'baby' is feeling / seeing / experiencing



Interesting EMI cases

The angry
young man

Trichotillomania

60 years of
anxiety

Non epileptic
seizures

EMI in my practice

I've used EMI every working day since completing my training in 2007, for the management of TRAUMA (anxiety disorders, panic, OCD, grief, Non-Epileptic seizures, medical procedures, and many, many more). I am in constant awe of the results!



SE in my practice

The practice of SOMATIC EXPERIENCING (SE) has greatly enhanced my understanding of the body's involvement in traumatic memories.

I've used these insights and SE skills with and without EMI to help the healing process of my clients.

"Without being peace
We cannot do anything for peace"

(Thich Nhat Hahn, "Being Peace")



References (A-L)

- Andreas, S. NLP Eye Movement Integration. Video, Boulder, Colorado: NLP Comprehensive. 1993.
- Beaulieu, D. Eye Movement Integration Therapy: The comprehensive clinical guide. Bancyfelin, Wales, Crown House. 2003.
- Berceji, D. The Revolutionary Trauma Release Process, Vancouver, Canada. Namaste Publishing. 2008.
- Jung, K. E. Post-Traumatic Spectrum Disorder: A Radical Revision, Psychiatric Times, 18, 2001
- Ledoux, J. E. The Emotional Brain, New York, Simon & Shuster, 1996.
- Levine, P. Waking the Tiger: Healing Trauma, Berkeley, California, North Atlantic Books. 1997
- Porges, S. W. The Polyvagal Theory for Treating Trauma, A Teleseminar Session with Ruth Buczynski, NICABM, 2011

References (P-Z)

- Scaer, R. The Trauma Spectrum: Hidden Wounds and Human Resiliency. New York, WW Norton & Company, 2005.
- Shapiro, F. Eye Movement Desensitization and Reprocessing. Basic Principles, Protocols and Procedures. New York, Guilford Press, 1995.
- Spivey, M. J. On Some Relationships Between Language, Vision, and Memory: Evidence from Eye Movements. Rutgers University, New Brunswick, NJ. 2001.
- Van der Kolk, B.A. McFarlane, A.C. & Weisaeth, L. Traumatic Stress: The effects of overwhelming experiences on mind, body and society, New York, Guilford Press, 1996.
- Van der Kolk, B. A, The Body Keeps The Score, New York, Penguin group, 2014

EST, EMI & SE – MJ Loubser

55

Questions & Answers

Thank you!

Minnie Loubser
Stellenbosch
South Africa

Mobile: +27 83 652 1581
Email: mjloubser@gmail.com



EST, EMI & SE – MJ Loubser

56
