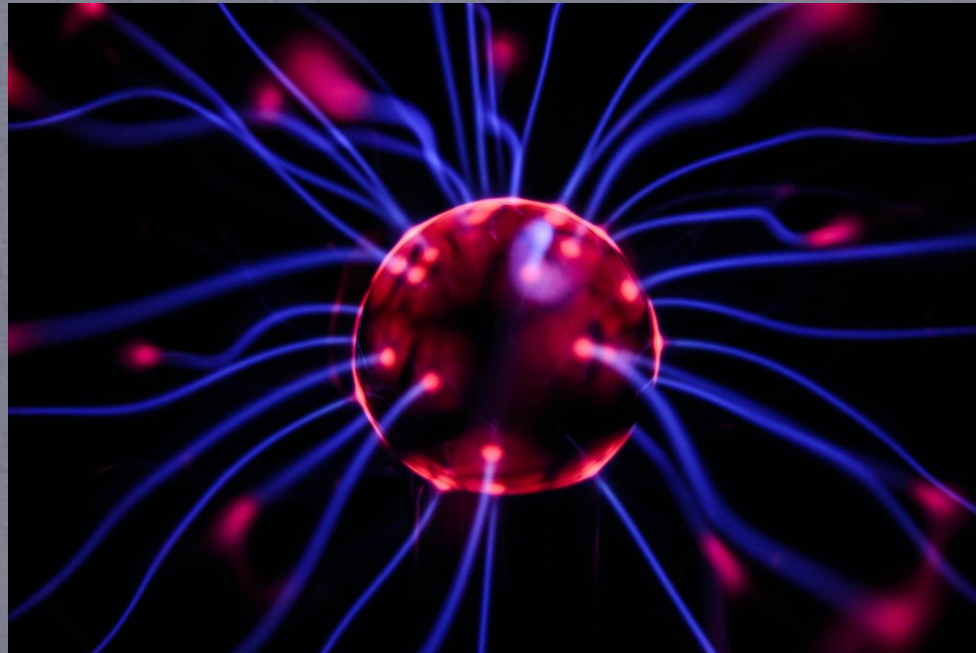


Moving Forward – Movement Patterns in the therapeutic Space



Rod Aungier

Ever more new research in neuroscience seems to support ideas and principles already accepted and in use – particularly with regard to movement patterns and trauma.



In Scientific Literature

- Mirror Neurons
- Memory Reconsolidation
- Neuroglia: The Other 80% of the Brain
- Plasticity
- Neural–Somatic Interplay
- Neuropsychopharmacology
- Proprioception

- I knew that! - But what does it mean?

Background

- What the public should be receiving in the way of treatments when they go to see a psychotherapist should be based on the best science available.
- Science and technology would be easy if all our challenges could be solved with simple memorization of accepted facts, and purely procedural application of known principles and laws, In the real world, things are messy and one size does not fit all.

- *Students might be able to fill in the right answers on a national assessment of science learning, but they don't necessarily have a deep understanding of the material.*

More than one perspective

- Traditional Knowledge
- Indigenous Knowledge
- Native ways of knowing
- Multiple world views
- Multiple Knowledge Systems

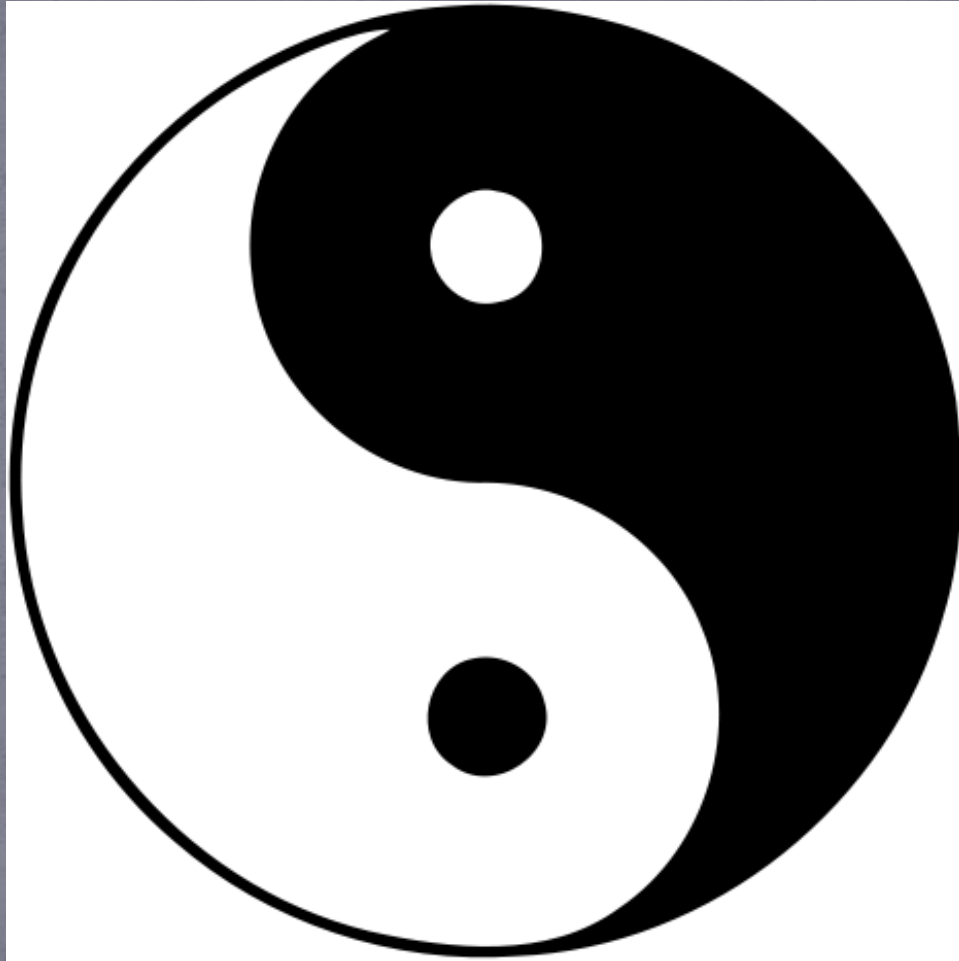
Traditional Knowledge Versus

- In general, traditional knowledge systems adopt a more holistic approach, and do not separate observations into different disciplines as does Western science. Moreover, traditional knowledge systems do not interpret reality on the basis of a linear conception of cause and effect, but rather as a world made up of constantly forming multidimensional cycles in which all elements are part of an entangled and complex web of interactions.

The best answer is to integrate



Opposites are complementary



Application from Neuroscience

- **Memory reconsolidation** is a fairly new process of unlocking, recoding and reorganizing the information in a memory, which allows the mind to form a more healthy version of the memory. So instead of trying to control depression or carefully avoid the memories, clients can undergo memory reconsolidation to be relieved from the emotional domination altogether.

Understanding from Neuroscience

- **Mirror neurons** allow us to learn through imitation. **They** enable us to reflect body language, facial expressions, and emotions. **Mirror neurons** play an **essential** part in our social life. **They** are key for the child development, as well as relationships and education.

Principle from Neuroscience

- Proprioception (or kinesthesia) is the sense through which we perceive the position and movement of our body, including our sense of equilibrium and balance, senses that depend on the notion of force (Jones, 2000).

One that caught my eye

- **A midline thalamic circuit determines reactions to visual threat.**
- Dr. Andrew Huberman (Stanford Neuroscientist)
- Essentially: Forward movement in space results in a suppression of the fear response.
- The amygdala is switched off and dopamine is released.

The Birth of E M D R

- In 1987, **Francine Shapiro** was walking in the park when she realized that eye movements appeared to decrease the negative emotion associated with her own distressing memories. She assumed that eye movements had a desensitizing effect, and when she experimented with this she found that others also had the same response to eye movements..

Personal Relevance

- Difficult to move forward
- Big reaction once achieved
- Mobilised other stuff
- Andrew Huberman is describing scientifically
- What I experienced bodily.
- It helps to have my experience validated in this way

Wider Relevance

- Dramatherapy
- Bioenergetics
- Feldenkrais
- Embodied Therapies
- Somatic Approaches
- All use body and movement Not just forward movement.

- Imagine what we don't know yet about the body and movement? Neuroscience may provide the answer in time and then we will probably all say.....

I knew that !!



Here and Now

- We are in relationship now
- Your reactions, attention span, Interest and engagement with the process are inter-related
- How does it feel?
- Do I really want to know?
- What is my world view?
- What is my way of knowing?
- Am I open to a different way or will I defend
- My point of view with determination?
- Choices and consequences
- What will you choose ?



Thank you for your interaction !

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