

BILATERAL STIMULATION

The Only Road uses Bilateral Stimulation, EMDR* and Brainspotting to tap into the body's innate ability to heal itself. The process will reduce and neutralize the impact of injury, memory traumas, depleting beliefs, and emotional distress.

The main goals of EMDR and Brainspotting are:

- Determine the underlying root of emotional over-reactions
- Desensitize so you no longer display an over-emotional reaction to triggers
- Reprocess your past and present distressing memories or traumas that have been 'stuck' in your brain. These have potentially had a profoundly negative impact on your performance and personal life. Once processed the body spontaneously moves to more adaptive resolutions and reactions

The root of both therapies is to eliminate the distress associated with unresolved trauma and emotionally distressing memories. The similarities, along with the differences, is why we utilize both techniques. Depending on the individual, we will create an 'a la carte experience'.

*EMDR is an integrative psychotherapy approach that has been extensively researched and proven effective for the treatment of trauma, fear, and other mental health problems

What Can EMDR Do

1

- Take the bite out of the memory
- Shift emotionally charged memories to factual memories
- Target depleting beliefs and memories that impact performance, inhibiting resilience and reactions, decision making
- Create beneficial instantaneous reactions
- Neutralize depleting core beliefs, replacing with rejuvenating beliefs that allow our clients to elevate to the next level by: tapping into a person's own healing potential
- Calms the nervous system, allowing an increased ability to respond
- Appropriately and effectively overcome professional and personal fears that currently inhibit future growth potential, elevating to a new level of performance (the professional and the personal are NOT separate)

How Does EMDR Work

2

- History is taken to highlight memories, patterns, events that may be considered impactful or traumatic; experiences and issues that at one point have caused emotional distress
- Determine targets or touchstone memories to reprocess
- Learn and strengthen stress reduction techniques to tap into if necessary during the reprocessing phases
- Identify a vivid image related to traumas, memories, or concern
- Target depleting beliefs associated with trauma, memory, or concern
- Discuss body sensations, physical response and emotions associated with an event

Reprocessing begins: what is it like?

- Reprocessing is like riding on a train: the feelings, thoughts, body sensations are like the scenery, rolling by.
- Focus is then aimed at the image, depleting belief, and uncomfortable body sensations: the bilateral stimulation will begin and we will let the mind watch the 'scenery' go by.
- Throughout the process, we will stop and briefly discuss what is being noticed
- The emotional distress level will be monitored and eventually, the distress level will diminish
- Cognitive links & somatic techniques will assist in the reprocessing

- A brainspot is the spot or focal point of the eyes – the eye position – that correlates with the area in the brain that holds the traumatic memory (the injury, humiliation, failure, distressing event).
- This is the source of the negative emotions – the place where the trauma got stuck
- You can have several brain spots. The brainspot is used to help process the depleting experience
- Before the processing can occur, the brainspot must be located. The brainspot can be located with the Only Road in person or on video by noticing an increase in distress, observing a reflexive response in your eyes or body (change in breathing, twitch, a yawn, a change in expression)
- Focus is then aimed at a specific spot in front of the visual field (internal or external) while simultaneously focusing on the performance trauma or depleting memory/core belief.
- During this process, bilateral sounds will be listened to
- Observing and processing the stuck trauma begins
- As the trauma releases, healing immediately starts to occur deep within our unconscious
- This will gradually lead to a deep sense of relief as the processing continues

How Does Brainspotting work

3



What Can EMDR and Brainspotting Not Do

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- Facts are facts, reprocessing a belief or a memory doesn't change reality
- Will not change what a client does not want to be changed. For example: if someone is making you do EMDR, it may not be as effective (or work at all)
- Sometimes the memory has been going on or so long, it is hard to believe it will actually be cleared – it may take a bit for you to believe you no longer feel the bite of the memory or that you don't believe that limiting belief about yourself anymore
- Will not teach new skills (BUT the Only Road may do skill-building during the 3- Day intensive, dependent on client needs)
- Will not remove real emotions such as grief or sadness. At the end of the reprocessing real emotions of grief or sadness may still be present but the overwhelming feeling of distress will be diminished

What Can Brainspotting Do

5

- Produce positive and lasting results relatively quickly
- Does not require the trauma to be relived as part of therapy
- A good choice for anyone who's been avoiding treatment because they don't want to go over specific details of the trauma
- A good alternative to talk therapy where previously unable to resolve the issue
- Do not have to further explore the performance concern in depth
- Alleviate anxiety and emotional distress
- Create inner peace and joy after finally resolving past trauma
- Reduces depleting and irrational beliefs
- Improves sleep
- Promotes greater resilience
- Improves coping skills and ability to handle stress
- Improves concentration
- Enhances creativity
- Improves energy levels
- Improves reaction times
- A decrease in somatic symptoms
- A decrease in impulsive tendencies

How is Bilateral Stimulation Integrated

6

Unique to EMDR and Brainspotting

- Assists in the process that allows the mind & body systems to unblock stored material that is having a draining/depleting impact on performance
- Helps to pull out relevant memories, beliefs and body sensations so they can be processed (digested), once processed the body spontaneously moves to more adaptive resolutions and reactions
- 4 types of BLS available for us to use: visual (eye movement back and forth), audio (headphones with alternating tones), vibration (buzzers alternating left-right) and hand tapping (individual taps right-left)
- The back and forth of the eye movement, the tone, and the tapping act as the conduit for the broken memory to heal much like a cast sets the arm, allows healing when broken
- To process the performance targets, we reprocess experiences & sensory items connected to depleting beliefs. We do this by bringing the memories, experiences and sensory items out of emotional or episodic experiences where we are closely attached to the memories to those of cognitive or semantic memories where we are able to think rationally about the experience.

- Arousal is used by the back of the brain to talk to the front of the brain.
- It affects the functioning and reactions of the front and back of the brain

- Scenario 1: Imagine you are driving and see a ball roll out into the street a block away, the front of the brain sees the ball and you think there may be a child nearby so you slow down

- Scenario 2: Now imagine if the ball rolls right out in front of you, your foot hits the brake without thinking about it. After the car stops, you start to shake: the front of the brain will then catch up as you say to yourself, I almost hit a child!

- Triggers live in the back of the brain and are alerted without us even being aware of it. It is very difficult to control our 'tells' and what is triggering them.

- Imagine a scene in the Canadian wilderness. There are unsuspecting deer in a field. Along comes a wolf, the deer need to see, hear, and smell the wolf in order for the deer to be aroused by the wolf.

- People are different. If I ask you to imagine a wolf. You can picture the wolf, feel the wolf, and hear the wolf but the wolf isn't there

- Even without a threat, people can be triggered to react with an arousal response that is the same if we are in a real life-threatening situation

- Over time, if we have been stimulated often enough (or one BIG stimulating event occurred), keywords and actions can trigger an aroused, response in the body that may or may not appropriate for the situation. In turn, our performance can be affected

- An injury: Hurt often enough in football, in the same position, in the same manner, the body may automatically start to respond to a threat when in that position. Similarly, when a major injury occurs, the body may be triggered and brace for a 'hit' even when there is no threat – this can shave seconds off reaction times and inhibit maximum performance output. Smells, sights, sounds, body sensations of the original traumatic injury, may also trigger a response

7

Triggers and Arousals – The Only Road Finds Those Triggers

API

ADAPTIVE INFORMATION PROCESSING

Eye movement· desensitization and reprocessing (EMDR) is a therapeutic approach guided by the adaptive information processing (AIP) model, which proposes that trauma is stored and stuck in the brains neural network. Any memory of a traumatic event causes the person to connect to the negative feelings and cognition associated with it. The goal is to add adaptive emotions to the neural network. This is obtained through bilateral stimulation, a process that creates new neural pathways and the ability to access the stored trauma. This allows for the reprocessing of the trauma and a reduction of associated anxiety, thereby creating new associations with memories and increasing adaptive behaviours

How Does API Work

1

In order to more fully understand the mind and how the adaptive information processing system (how we process experiences – the belief system in which we process experiences) works, think of your information processing system as your immune system. When properly functioning, it is comparable to your physical immune system able to fight disease. Similarly, the adaptive information processing system can help you respond to an emotionally disturbing event with healthy resources. So when triggered, the response comes from a place of healthy core beliefs, rather than depleting beliefs.

Moment by moment, the system allows you to take in new information you receive through your sense and integrate it with what you have previously experienced so that your past informs the future. You are able to experience a fresh event not only through your senses, your eyes, your ears, your skin, your nose and taste buds, but also your sensorium, the components of the brain that interpret and label your experience. If the adaptive information system is functioning properly, you are able to behave proactively rather than merely reactively to the input. A simple example of this is for you to think now of a lemon. As you think of the lemon, you may have a picture of it and even feel the tart sensation in your mouth. You may even be salivating as you think of a lemon at this moment. (can also use examples of warm sand or a cold drink to strengthen the point of sensory memory.) The lemon is a great example of how your senses take in an event, and store what you see, hear, feel, and allow you to also think about it, remember it, put it into words, and have beliefs about it and yourself.

When an event occurs, it is deconstructed in your memory and stored not as an entity but in parts. This means that sometimes when reconstructing the memory, you pull out a piece from storage and it is connected to a part of another memory. It is like magician's handkerchiefs that go separately into the hat and come out attached one to the next in a long stream.

Reprocessing A Memory

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When you reprocess a memory it would be best to have as many aspects of mind available to separate the possible parts and then put them together in a way that could be thought of as healing or rebooting the adaptive information processing system. In the reprocessing, you will keep all of the information, you need to keep and lose only the unhealthy clutter of old stories that were stored with body compromising memories or limiting thoughts and beliefs. You will also have an opportunity to develop healthier beliefs about yourself.

For example, if you as a child were told by an important adult in your life that you were stupid or no good, not because you were stupid or no good, not because you were either, but because the adult was having a difficult time with life, you could grow up believing you were flawed and no amount of success could be enough to dissuade you of the belief.

Targeting the Depleting Belief

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The targeting of the sensory information, irrational cognition, emotion, and body response combined with alternate stimulation (eye movements) will allow reprocessing of the incompletely processed information.

As dysfunctional information is reprocessed, from the root (touchstone memory) up to current distresses (three-pronged protocol) the organism will move towards health. Much like defragging a computer or re-sorting a library to more efficiently use the space and energy of the system in an adaptive way.

The Container Exercise

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Whenever something distressing happens (a threat we're not prepared to handle, i.e. trauma), our mind needs to review everything seen, heard, tasted, touched, smelled, experienced in any way, to identify what is dangerous so we can determine what we need to do to protect ourselves or others. That's what's happening when we go over and over something in our minds. If we can't focus on it right away, our right hemisphere is made to hold all that sensory information until we can review it.

When we do review it, we need to give it our full attention, or we won't be able to learn what we need to learn from the experience. Our right hemisphere will hold whatever we need to review until we can thoroughly sort through the experience and determine what's important to remember. When we're little, it does it automatically. If there's too much-unresolved trauma in a person's system, though, or the situation is perceived as life-threatening, the right hemisphere becomes less and less willing to just stuff those experiences away.

What usually happens then, is, we keep feeling upset, but we aren't giving the issue our full attention, so we can't process through (learn from) it. That's when it helps to intentionally set aside distressing experiences or concerns until we can give them our full attention and learn what we need to learn. Our built-in imagination can help us do that quickly by having a specific place or container to hold them.

Calm Space Safe Space

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Why do we need a calm place?

It is the place we create to help us ground ourselves and contain or regulate our emotions before and after doing any intensive work.

What is the calm place?

We create a place that we can go to in our minds where we feel completely safe and relaxed.

When do we use the calm place?

We use the calm place before and after intensive work, we may also use it during intensive work when prompted.

HEARTMATH

HEART RATE VARIABILITY

BIO FEEDBACK

Heart rate variability biofeedback (HRV-BFB) training, promotes resiliency and efficiency by training the heart to be more coherent. The heart rate changes from a chaotic to a consistent state. HRV reduces stress levels, helps develop emotional control, and increases self-security. The method has also been shown to reduce anxiety by 46%, decrease depression by 56%, and decrease fatigue by 48%. We use the HeartMath Inner Balance sensor to digitally track your heart rate variability during our sessions.

Heart Focused Breathing

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The Heart-Focused Breathing (HFB) Technique is an easy-to-use, energy-saving self-regulation strategy designed to reduce the intensity of a stress reaction and to establish a calm, but alert state.

This technique allows you to take a "time-out" where you can step back and neutralize your depleting emotions. We can gain benefit from conscious breathing if we use it to help us shift into and sustain a more balanced state, understanding that breathing is only the start of what we call the coherence-building process.

Step: Focus your attention on the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. Find an easy rhythm that's comfortable.

Step 1: Start Heart Focused Breathing: Focus on the heart and focus on breathing in and out of the heart.

Step 2: Activate a positive feeling: As you continue breathing think about an experience or a regenerative feeling such as gratitude, affection, or care for someone. Try to re-experience a feeling of love for a person, pet, or a place. Example: Think of your best friend, your dog, the beach, or hiking in the mountains. You can also think of an accomplishment where you felt confidence, courage, joy, or gratitude.

Step 3: Continue slower and deeper breathing and focus on the heart. Shift to the renewing emotional state. The brain and heart will act as one.

The Heart Lock-In Technique helps you accumulate energy and renew and recharge your emotional system with these steps:

Step 1. Focus your attention on the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. Find an easy rhythm that's comfortable.

Step 2. Activate and sustain a regenerative feeling such as appreciation, care, or compassion.

Step 3. Radiate that renewing feeling to yourself and others.

This benefits them and especially helps recharge and balance your own system. When you catch your mind wandering, simply refocus your attention on the heart area and reconnect with feelings of care or appreciation. After you're finished, sincerely sustain your feelings of care and appreciation as long as you can.

The Freeze-Frame technique gives you a chance to add more efficient options and resolve problems and conflicts that may be depleting your energy.

Step 1. Acknowledge the problem or issue and any attitudes or feelings about it.

Step 2. Focus your attention on the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. Find an easy rhythm that's comfortable.

Step 3. Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life. Now that you have added more coherence to your system, you can see the issue from a broader, more balanced perspective.

Step 4. From this more objective place, ask yourself what would be a more efficient or effective attitude, action, or solution.

Step 5. Quietly observe any subtle changes in perceptions, attitudes, or feelings.

Commit to sustaining beneficial attitude shifts and acting on new insights.

Attitudes, just like emotions, can either be depleting or renewing. The Attitude Breathing Technique helps you replace draining, negative, attitudes with healthier positive ones.

Step 1. Recognize the feeling or attitude that you want to change and identify a replacement attitude.

Step 2. Focus your attention on the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual. Find a rhythm that's comfortable.

Step 3. Breathe the feeling of the new attitude slowly and casually through your heart area.

Freeze Frame

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Attitude Breathing

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GLOSSARY OF TERMS

Bilateral Stimulation - BLS is the use of visual, auditory, or tactile external stimuli occurring in a rhythmic side-to-side pattern. It is a core element of eye movement desensitization and reprocessing therapy

Biofeedback - is the process of gaining greater awareness of many physiological functions of one's own body, commercially by using electronic or other instruments, and with a goal of being able to manipulate the body's systems at will

Brainspotting - Using bilateral sound and eye position, brainspotting taps into the body's innate ability to heal itself to reduce and neutralize the impact of traumas, depleting beliefs, and emotional distress. The three goals of brain spotting are to desensitize, where you no longer react emotionally, to triggers, to determine the underlying root of those over-reactions, and to re-process or rewrite our brain with regards to past and current distressing memories – traumas that have been 'stuck' in our brain, having an impact on our performance and personal lives.

Calm Place - It is the place we create to help us ground ourselves and contain or regulate our emotions before and after doing any intensive work

Container - A built in space in our imagination to store traumatic memories until we can reprocess them

Depleting Beliefs - Beliefs that constrain us in some way. Just by believing them, we do not think, do or say the things that they inhibit. We may have beliefs about rights, duties, abilities, permissions. Depleting beliefs are often about our selves and our self-identity

Earliest Memory - It is the age from which a first memory can be retrieved. This is usually at the age of three or four, but it can range from two to eight years.

EMDR - (Eye Movement Desensitization and Reprocessing) is an integrative psychotherapy approach that has been extensively researched and proven effective for the treatment of trauma, fear, and other mental health problems.

Float back Technique - is a powerful and efficient way for the therapist to assist the client to make his or her own associations to past events. It is highly appropriate for use when the client is experiencing a disturbance in the present moment.

Heart Rate Variability - is the physiological phenomenon of variation in the time interval between heartbeats. It is measured by the variation in the beat-to-beat interval.

GLOSSARY OF TERMS

Performance Concern - The issues or performance blocks stopping an individual to achieve a greater level of success in business, sport or career.

Performance Goals - Short-term objectives set in order to improve your performance in your career or elevate your current level of success. Examples: Overcome my fear of public speaking, appear more confident in business meetings, and perform well under pressure.

Rejuvenating Beliefs - A set of positive beliefs that will replace depleting beliefs during reprocessing.

Secondary Loss: Sometimes we can not clear a target because there will be another loss. Example: If you are an athlete with an injury but you are exhausted and do not want to continue to play. Once you recover from this injury there is pressure to resume play. You will not want to clear the injury or target because it is your reason to retire.

Target - The target is your depleting belief or fear that you want to eliminate.

Touchstone Memory - The past event that laid the foundation of a current problem or future concern. You will identify and process this memory.

