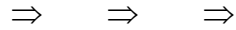


Before Training



After Training

High arousal-disorganized-rigid

Lower arousal-organized-flexible

Reactions, symptoms have high frequency and magnitude

Lower frequency and magnitude

Hypervigilant

Less hypervigilant, on edge

Catastrophizing

Ability to reason allows modulation of the fear

Anxiety

Panic attacks, compulsive behaviors decrease

Anger

Anger episodes decrease

Depression

Outlook and openness changes

Hopeless, Suicidal thinking

Suicidal thinking falls off, person can see options and resources

Tension is high, activities to reduce tension

Tension is released; Less tension relieving activities (avoidance/ addiction, etc) are necessary

More guilty, self-critical

More aware of own strengths

Difficulty making decisions

More decisive, more in control

Emotionally overwhelmed

Sorting it out, knowing what's in my control and what's not

Helpless

Feeling capable

On automatic pilot

Can pause and think before acting

Ignoring/ Censoring underlying feelings

Acknowledging feelings

More zoning out/ dissociative

More present and grounded

Narrow problem focused mindset

Can see the whole picture

Inconsistent overall attention

Mind is clearer and more focused

Difficulty coping, low confidence

More coping self efficacy

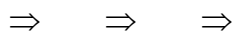
piR HEG Neurofeedback

Direction of progress across diagnoses

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Before Training



After Training

High arousal-disorganized-rigid

Lower arousal-organized-flexible

Stuck, unable to move forward

More self agency and more proactive

Learning is impaired, functioning is state

Less state dependency, cognitive dependent skills more consistent

Difficulty observing and reflecting on one's experience

More mindful and apt toward reflective learning

Prone to physical manifestations of stress

Autoimmune and inflammatory conditions improve

Sense of direction and athletic skill varies

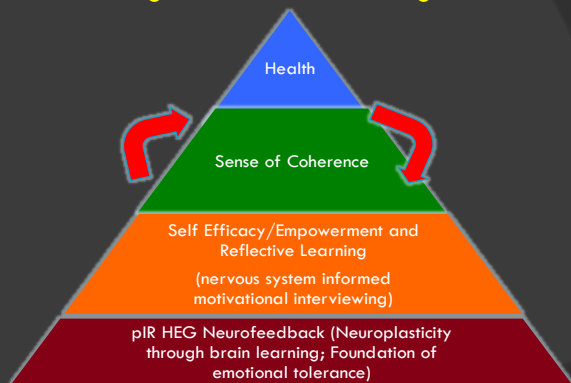
More neuromuscular control

4 key aspects of the changes unfolding from a more regulated brain

- Quieting the nervous system
- Window of Tolerance expands
- Spontaneous self agency
- Spontaneous self observations and capacity for reflective learning

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Stress Regulation and Learning Model©



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5 key components of Stress Regulation and Learning Model© approach to complementary psychotherapy

- Observe with brain arousal in mind
- Expect change
- Help people notice changes
- Facilitate empowerment/ self efficacy
- Enhance reflective learning

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