

NERVOUS SYSTEM TOOLKIT



The nervous system is critical for your health and well-being. It controls anything from basic behaviors like breathing, and heart rate to more elaborate mechanisms like learning and emoting. Being able to tune in and connect with your nervous system gives you access to the inner resources to ground and self-sooth. By being aware of your nervous system, and working on nervous system regulation you can create a sense of safety within. Experiment with any of these practices that can be used to help calm and regulate your nervous system.

1- Shake It Out

Shaking is the body's way of releasing cortisol (stress hormones) in order to calm itself down, and regulate.

How To:

- Bend knees slightly, plant both feet on the ground, begin slowly bouncing up and down
- Let shoulders, stomach, and hands relax as you shake
- Shake vigorously for 10-15 minutes, attending to how your body feels as you move.

2- Bilateral Stimulation

Through stimulating each hemisphere of the brain, you can access more high functioning parts of the brain like the prefrontal cortex. In hyper-arousal the limbic system cuts off communication, disallowing you to think using logic.

How To:

- Pick up a light object around you (pencil, phone, utensil, water bottle, etc.)
- Hold the object arms length away, and at eye level
- Without moving either your head or neck, move the object to the left slowly, following only with your eyes
- Move the object slowly back to the center, and continue on with the right side
- Practice for 30-60 seconds at a time

3- Patting Yourself Down

Patting yourself down brings awareness to the body, allowing yourself to experience the sensation can help with getting you out of your head. The abrupt stimulation of nerves through touch can disrupt anxious thought patterns, and the firm sensation can increase blood flow—stimulating the parasympathetic nervous system.

How To:

- Cup your hands like you're trying to hold water in each hand
- Begin at the top of your head and pat your cupped hand slowly and repetitively as you alternate between right and left hands
- Pat down your whole body from head, to shoulders, chest, stomach, thighs, knees, calves and feet.

4- Legs Propped Against the Wall

By laying flat on your back and propping your legs up against the wall at a ninety degree angle is a tool to relieve lower back pain, and reduce symptoms of anxiety.

If you're experiencing shortness of breath, or dizziness, this pose can also help restore a sense of balance within.

5- Balance Exercises

By engaging in exercises that require coordination and balance means you must pay attention to your internal landscape, while giving your body information about your physical environment. This use of proprioception and interception is an effective and quick way to bring your prefrontal cortex back on line.

Examples:

- Balancing on one foot
- Walking a tightrope or balance beam
- Walking backwards
- Practices like yoga or Tai Chi



Therapy Techniques Toolkit

Minjie Lin



Therapy Techniques Toolkit:

127 More Amazing Tips and Tools for the Therapeutic Toolbox Judy Belmont, MS, 2013-09-01 127 More Amazing Tips and Tools for the Therapeutic Toolbox is Judy Belmont's third Tips and Tools book in PESI's bestselling series that has offered thousands of clinicians practical hands-on strategies to help clients reach therapeutic goals. Judy Belmont's newest Tips and Tools addresses today's evolving needs using techniques from CBT, DBT, and positive psychology to help their clients and their practice. All reproducible worksheets and handouts will quickly become a clinician's best friend. Something for everyone and packaged in a creative and enjoyable way. 127 TIPS delivers a wealth of ideas, skills, and exercises to apply and customize to a vast array of clinical issues and situations. Speaking to eclectic and integrative therapists who comprise the majority of working practitioners, Judith Belmont taps in-demand and evidence-based treatments for their most practical interventions and teachings. Filled with psychoeducation, handouts, and worksheets for clients, active therapists will find TIPS to be a frequent and effective resource. Lane Pederson, Psy D, LP, DBTC, author of *The Expanded Dialectical Behavior Therapy Skills Training Manual* and *DBT Skills Training for Integrated Dual Disorder Treatment Settings*. *Basic Counseling Techniques* Wayne Perry, 2008-01-21 Wayne Perry has been a therapist for more than thirty years, but he still hears the same thing from beginning counselors and therapists: "Yes, I know what the theory says, but what do I do with this particular client?" Drawing on his decades of experience training marriage and family therapists, professional counselors, and pastoral counselors, he answers that question in the updated edition of his landmark book *Basic Counseling Techniques*. He provides practical suggestions for setting up the therapy room, using audiovisual recording equipment, and conducting those first critical interviews. You'll learn how to apply nine different sets of clinical tools, select the appropriate tool for the appropriate clinical situation, and improve how you carry out the clinical thinking process. Each chapter concludes with a "Living into the Lesson" section that allows you to participate in experiential exercises to master what you've learned. While designed for counselors and therapists in the beginning of their careers, even veterans in the field will find value in this updated edition.

The Dreambody Toolkit Joseph H. Goodbread, 1987 **Volunteering in Global Mental Health** Sophie Thomson, Peter Hughes, Sam Gnanapragasam, 2023-11-09 A practical, theoretical, and inspiring guide for clinicians embarking on global mental health volunteering. *The Coaching at Work Toolkit* Perry Zeus, Suzanne Skiffington, 2002-02-28 Recent studies show that life skills coaching, executive coaching, and business coaching are all effective ways of achieving sustainable growth, change, and development in an individual, group, or organization. *The Coaching at Work Toolkit* is the first comprehensive practical resource for coaches in the use of the theories, tools, techniques, and practices that affect learning and change. This book offers coaching tools and psychology-based techniques and is a much-needed guide to understanding the practice of coaching and applying the theories and language associated with it. The employment of life skills coaching, executive coaching, and business coaching is being heralded as the way to create organizations of the future. Anyone interested in achieving their

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