

BRAIN RETRAINING

- Michelle Karaman <https://brainretrainingsolution.com/testimonials/> – designs person-specific neuroplasticity programs for individuals. I have worked with her myself and am glad I chose to work with her before trying other less personalized modalities. [Handout available for download.](#)
- Patients with MCAS, POTS, mold and EMF sensitivities, other limbic system disorders, and chronic pain give good feedback regarding Dynamic Neuro Retraining System (DNRS). The website is at <https://retrainingthebrain.com/> and was created by Annie Hopper, author of Wired for Healing. Their testimonials are phenomenal.

DNRS is a program that rewires the limbic system of the brain involving visual, spatial, movement, language and emotional restructuring exercises to regulate the chronic stress response and promote optimal health. This results in a decrease of the firing of threat and protective mechanisms, allowing for the formation of new neural pathways that shift the brain and body from a chronic sympathetic response associated with the fight or flight state into a parasympathetic state, or a state of growth and repair, where true healing can take place. It therefore can be very helpful for chronic pain, depression, anxiety, hypersensitivity, etc.

This intensive program is available in video format either online or via DVD, is experiential in nature and integrates components of:

- cognitive-behavior therapy
- mindfulness-based cognitive restructuring
- emotional restructuring therapy
- neural linguistic programming
- incremental training (a form of neural shaping)
- behavior modification therapy

The program also has private coaching, as well as more intensive in person training workshops intermittently around North America.

Commitment is 60 minutes daily for 6 months, then regular sessions (15 minutes per day for instance)

- [Gupta Programme](#) is similar to DNRS, it is neuroplasticity/amygdala retraining, but involves meditating twice daily then doing exercises briefly throughout the day that train you to stop feeling and thinking in a negative, fearful fashion. There are additionally many videos to watch, journaling exercises, you can make a full time job of this one or you can leave many parts out. Ashok Gupta encourages people to make it their own and, of my colleagues who have done both Gupta and DNRS, they always prefer Gupta – they say that it doesn't become too routine and boring over time, there is lots of variety and interest and stimulation, and they have found "the rounds" in DNRS to be too difficult to maintain over time. [This is a good review](#) of what it takes to do Gupta, and the Gupta site has dozens of testimonials.
- LIEF Therapeutics – "The Lief is the most intelligent, clinically accurate HRV wearable device for mental health, and the only one that can intervene in real time to help your body de-stress." this is a wearable that helps with clinically-significant reductions in anxiety in 2 months. The device adheres to the skin below your breast, and reminds you when your breathing and heart rate are not coherent. You train for coherence, and increase your heart rate variability (HRV). There is a \$49/month (rental of device and training) or \$99/month (also includes a coach) option. Insurance may reimburse; [use the evaluation engine at Lief to assess.](#)
- Frequency Specific Micro-current (FSM): is a system of treatment using micro-amperage current and the resonance effects of frequencies on tissues and conditions to create beneficial changes in symptoms and health. This new refinement of micro-current technology uses tiny doses of

electrical energy of very specific frequencies of energy applied to the body in sequence. Correct frequencies are determined by direct observation of how the body responds to them. You can find available practitioners of this therapy by visiting www.frequency-specific.com. Also Robert Rudelic <https://www.robertrudelic.com>.

- Neurofeedback – including LENS -- Low Energy Neurofeedback System, the most well-known: resets the neural-connectivity of the brain. It allows the brain to communicate better with itself, and in doing so the brain optimizes its own functioning. As a result, it has the capacity to address numerous symptoms and deficits. It also changes attention, affect dysregulation, many frontal lobe functions. Results can be seen quickly, often beginning within the first session, and are lasting. For you, this may allow the parasympathetic nervous system signaling to get down into your gut to aid motility. Other technologies in use are NeuroOptimal, and LORETA, a 3-dimensional option, which maps not only to the cerebral cortex but to subcortical structures as well, expanding utility to OCD and eating disorders, amongst other applications.
 - Vagus Nerve Exercises
 - Vagal nerve exercises, handout [available here](#), are easy to add in regularly. [Demonstrations are here](#)
 - You can also take a seminar through PESI Seminars with Deb Dana, [author of these books](#) on polyvagal exercises
 - Or you can use the [Safe and Sound Protocol by Stephen Porges](#), the architect of polyvagal theory, and [author of many titles on the topic](#). Ask me for direction if you are interested in more information on the program
 - Brain Tap (<https://braintap.com/>): utilizes light therapy with bi-neural beats, guided visualizations, isochronic tones and holographic music to increase neuroplasticity and help you exercise the parasympathetic nervous system response. You can try the product for free with your phone; a headset is around \$650
 - Craniosacral osteopathy is another modality that helps invoke a strong parasympathetic nervous system response
 - Ketamine is a dissociative anesthetic that acts in the limbic system to modulate/antagonize NMDA receptors, thereby inhibiting the activity of glutamate, an excitatory neurotransmitter that causes nerve damage when it's "out of its lane". While acting on these receptors during treatment, ketamine allows for new neural connections to start forming – significant "dendritic branching" and production of brain derived neurotrophic factor (BDNF) follows each session. Ketamine acts in the limbic system to reduce rumination, and increase positive thoughts. Autonomic nervous system functioning is in part regulated by the limbic system also – it influences the emotional and physiologic symptoms of trauma and anxiety. And the dissociative experience itself offers psychotherapeutic benefit.
 - EFT – [tapping](#) – lessens the impact of traumatic response
 - [EMDR](#) and [Brainspotting](#)
 - Also, listen to [Lisa Wimberger of NeuroSculpting](#) on how she conceptualizes fight, flight, and freeze, and the outcomes of trauma, and how people can rewire – which techniques work for some individuals while not for others. Very smart conceptualization and practice, and she works virtually. [Here is her podcast with Dave Asprey](#).
-

BRAIN RETRAINING FOR CHRONIC PAIN

All of my brain retraining resources above are appropriate, every one – All of these techniques apply, because chronic pain is not actually experienced in the body – acute pain involves pain receptors in the body; chronic pain involves your brain's interpretation of what is happening, and can be reprogrammed. When your limbic system does not perceive danger, you no longer feel what we call chronic neuropathic pain.

Programs written specifically for pain resolution include:

Online, and on app –

- <https://oldpain2go.com/>, utilizing the [Blake Methodology for BrainBargaining](#)
- [The Tapping Solution with Rick Ortner](#) – his version written for resolution of pain
- The [CURABLE](#) app – with education, brain training, meditations and writing exercises that helps people get out of chronic pain

A group class –

- DANIELLE ROSENMAN'S CLASS for resolving pain through neuroplasticity
A Change of Mind: Neuroplastic Tools for Healing – Dr. Danielle Rosenman
Danielle Rosenman, M.D. is a physician who helps people with the impact of pain, illness, medical conditions, anxiety, depression, stress, and life's challenges
510-701-0134
www.medicalcounseling.net
[Information on the class](#)

drosenman@medicalcounseling.net

Berkeley

Danielle Rosenman, M.D. is a physician who has helped people with the impact of illness and pain over many years, initially practicing Family Medicine, then transitioning to her Medical Counseling practice. Dr. Rosenman has lived with persistent pain herself for many years, now very much reduced (!) from learning and practicing the neuroplastic method and techniques.

In these 8 session classes you will

- Learn principles of brain science (neuroplasticity), and
- Well-studied techniques such as meditation, imagery, journaling, expressive arts, and many others, in order to change the brain to decrease pain, discomfort related to illness or medical conditions, anxiety, and depression.

Classes use the neuroplastic method Dr. Rosenman adapted from Michael Moskowitz M.D. and Marla Golden D.O. Their work, and Dr. Moskowitz, a psychiatrist and pain specialist, are profiled in the first chapter of "The Brain's Way of Healing," by Dr. Norman Doidge (who wrote "The Brain that Changes Itself").

A few representative comments from participants:

- This group was a great way to connect with others facing health challenges and to learn to use tools to improve symptoms. Overall a high quality group!
- Being in a group of people who understand pain is a huge thing.
- This group was very helpful to me as I struggled with illness.
- I use many of the tools to help me deal with symptoms and anxiety.
- I am more cheerful and happier.

Using these principles (MIRROR) to apply to other important life issues beside pain is also very life-changing; it opens to moving in another direction.

For clients with illness, medical conditions, anxiety, depression, or pain, who want to:

- Feel better
- Decrease pain
- Decrease discomfort from illness
- Lower stress and reduce anxiety
- Do more in life (feel like “I’m getting my life back!”)
- Strengthen your immune system
- Get the most out of medical treatments

Dr. Rosenman also teaches this method as part of her individual Medical Counseling practice – all are invited to call for a free telephone consult.

Podcasts:

- [Tell Me About Your Pain](#) – with leading pain psychologist Alan Gordon
- [The Cure for Chronic Pain](#) – with Nicole Sachs, LCSW, also a pain psychologist
- [Like Mind Like Body](#) – a podcast by Curable, the app listed above

Books:

- [The Way Out](#) by Alan Gorson, LCSW – up to date brain science and retraining techniques
- [The Mindbody Prescription](#) by Dr. John Sarno, the pioneer who discovered the BRAIN is the cause behind most chronic pain and symptoms
- [The Great Pain Deception](#) by Steve Ozanich – this one is more clinical and somewhat scattered, but helpful

Educational Websites:

- [Psychophysiologic Disorders Association](#)
- [The Tension Myositis Syndrome \(TMS\) Wiki](#)
- [My TMS Journey.com](#) by Dani Fagan, who recovered from chronic pain and created a great hub of resources for you to benefit from
- [Pain Free You.com](#) Dan Buglio coaches and has a really good membership model for his program. He also has a [fantastic YouTube channel](#) as part of his educational model – new videos every single day!
- [Pain Psychology Center.com](#)

Some medical literature: [pain reprocessing\[ti\] OR \(pain\[ti\] AND emdr\[ti\]\)](#)