

Neural Desensitization and Integration Training Outline

Module 1: Building the Alliance

1. The Neuroscience of Connection
 - a. Increased mirror neuron activation
 - b. Decreased amygdala activation
 - c. Increased right hemisphere activation
 - d. Increased prefrontal cortex activation
 - e. Decreased cortisol/increased oxytocin
2. Techniques for Alliance Building
 - a. Witnessing techniques
 - b. Mirroring techniques
 - c. Co-regulation techniques
 - d. Coordinated movement techniques
 - e. Rupture repair techniques
 - f. Self-disclosure techniques
3. Homework Assignments
 - a. Worksheets
 - b. Logs
4. Therapeutic Approaches to Integrate

Module 2: Reconnecting with the Body

5. The Neuroscience of Body Connection
 - a. Increased insula activation
 - b. Increased hippocampal activation and volume
6. Techniques for Reconnecting with the Body:
 - a. Sensory awareness and utilization techniques
 - b. Inside vs. outside grounding techniques
 - c. Interoceptive awareness techniques
 - d. Proprioceptive awareness techniques
 - e. Movement-based techniques, Part I
7. Homework Assignments
 - a. Worksheets
 - b. Logs

Module 3: Regulating the Stress Response

8. The Neuroscience of Regulating Stress
 - a. Decreased amygdala activation
 - b. Increased hippocampal activation and volume
 - c. Increased cingulate activation
 - d. Decreased cortisol
9. Techniques for Regulating the Stress Response
 - a. Body-based techniques

- b. Body positioning techniques
 - c. Breathing techniques
 - d. Vagus nerve techniques
 - e. Movement-based techniques, Part II
 - f. Fast and simple regulation techniques for acute stress situations
10. Homework Assignments
- a. Worksheets
 - b. Logs
11. Therapeutic Approaches to Integrate

Module 4: Strengthening the Mind

1. The Neuroscience of Strengthening the Mind
 - a. Increased prefrontal cortex activation
 - b. Increased cingulate cortex activation
 - c. Increased hippocampal activation
2. Techniques for Strengthening the Mind
 - a. Cognitive restructuring techniques
 - b. Decentering and cognitive defusion techniques
 - c. Narrative techniques
 - d. Meditations
3. Homework Assignments
 - a. Worksheets
 - b. Logs
4. Therapeutic Approaches to Integrate

Module 5: Processing Trauma

1. The Neuroscience of Processing Trauma
 - a. Decreased amygdala activation
 - b. Regulated insula
 - c. Increased hippocampal activation
 - d. Increased prefrontal cortex activation
 - e. Increased cingulate cortex activation
 - f. Integration of left and right hemispheres
2. Techniques for Processing Trauma
 - a. Creating a trauma profile
 - b. Target selection
 - c. Memory-based trauma targets
 - d. Somatic trauma targets
 - e. Thought-based trauma targets
 - f. Emotion-based trauma targets
 - g. Belief-based trauma targets
 - h. Environmental-based trauma targets
 - i. Neural desensitization techniques
 - j. Neural integration techniques

3. Homework Assignments
 - a. Worksheets
 - b. Logs
4. Therapeutic Approaches to Integrate