

Play the Brain Quiz

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See if you're accessing the whole brain for healing.

Here Are 25 Ways to Know If Your Sessions Affect Your Clients' "Bottom Brain," and Change Emotional Patterns That Can Lead to Pain and Stuckness.

ARE YOU ENGAGING THE BOTTOM (Limbic, Primitive, Emotional) BRAIN WITH INTERVENTIONS?

Answer 'Yes' or 'No' to the following questions. In the past week during psychotherapy sessions with clients, I have:

1. Asked client to close their eyes and imagine something.
2. Used a relaxation exercise that involved deepening natural breathing.
3. Performed progressive muscle relaxation or focused awareness to body sensations.
4. Completed an exercise to intentionally focus client's attention.
5. Ask client to be mindful to increase present moment awareness.
6. Explained the Autonomic Nervous System and demonstrated how it can be influenced.
7. Used imagery that involves multisensory descriptions, such as visual, auditory and kinesthetic.
8. Shared a metaphor or asked client to symbolize something they were feeling.
9. Told a story.
10. Performed a hypnotic induction.

11. Utilized ideomotor signaling or muscle testing.
12. Spoke in multilevel brain language or communication style (varied tone, volume, tempo).
13. Recommended exercise or did physical actions during a session.
14. Recommended a skill for calming brain/body instead of a pill (e.g. psychotropic medication).
15. Laughed with the client.
16. Appropriately touched a client or sat within close proximity.
17. Session included aromatherapy or music in background.
18. Had the client stand up and do some deliberate body movement.
19. Recommended or did yoga postures or meditation.
20. Used some form of biofeedback or neurofeedback.
21. Used a non-cognitive, psychosensory, experiential process.
22. Used some process to include client doing Eye Movement (Integration, Desensitization and Reprocessing).
23. Used some form of client tapping on their body, energy points or bilaterally.
24. Used visual/kinesthetic (V/K) dissociation technique for reprocessing
25. Intentionally used association, repetition and reassociation of words or images.

QUIZ SCORING

For every item you answered “Yes” give yourself 1 point, and add all the 1’s for your Total score.

The closer the score is to 25 the more likely the interventions you are currently using are engaging and influencing the Limbic (Primitive-Emotional) Brain in your sessions.

Lower scores indicate what you may be doing is a talk-only, cognitive, TOP Down (engage Prefrontal Cortex) approach.

Adding Emotional Pain Intervention (EPI) to your skills will enhance your effectiveness in playing the whole brain for transformation.