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Paradigm Shifts in Neuro-Integral Adapted Neurosciences (Mental Health Case Study - 5)

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ABSTRACT: "Reality is created in dreams." The visible and invisible forces of 21st Century have contributed towards a state of cognitive imbalance, notably Mental Health. It is quoted that "Your mental health is just as important as your physical health." Having a mental health issue is not a sign of personal weakness. This paper analyses a case study on mental health that was presented with a classic case of with issues related to emotional, job loss, financial and anger aspects. This study implemented Neurointegral Methodology, using neuroscience-based therapy sessions, which included use of virtual reality and relaxation techniques, among other approaches. The authors conclude that there has been a paradigm shifts in neuro-integral adapted neurosciences and mental health issues can be managed effectively through neuro-integral adapted interventions. The study recommends Brain Avatar model of Thomas Feiner as an additional methodology to the investigations.

I. INTRODUCTION

Mental Health and Human Resilience conference to be held in June 13-14, 2024 Rome, Italy states that "Mental health disorder includes one's emotional, social and psychological well-being. It directly effects on how we think, act. Mental health is very important in every aspects of life from childhood to adolescence through adulthood as it determines how an individual handle stress, relation to others and make choice. In the span of life, an individual's mood, thinking and behaviour is affected if the individual experience mental health problems. There are many factors involved behind experiencing this disorder. Biological factors, life experience such as abuse or trauma, family history having mental health problems. And, human resilience is an intuitive response to extreme adversity and/or acute stress observed across the life course." Creating solutions, identifying, responding, and understanding, promoting well-being, preventing illness, increasing resilience, and fostering recovery, and exploring emerging trends in mental health treatment and well-being promotion are some of the management measures in empowering communities. Of late, AI has resurged in light of chronic mental health workforce shortage and rising need for services. Evocatively engaging stakeholders all the way through all stages of research and execution can advance worth and appropriateness of neuro-integral adapted neurosciences -based interventions in mental health.

II. THE CASE

This is the case of a now 43 years male old Subject who is an Engineer by profession. The Subject reported with issues related to emotional, job loss, financial and anger aspects. This is a cascade of negative influences on the mind, body, health and spirits. These are stress inducing 'Agents'. There have been no vices as regards personal habits. But, subject has been receiving psychological or psychiatric treatment, pertaining to his health issues. Subject presented to the facility with severe panic attacks, anxiety and depression. Despite having seen various specialists, there were apparent improvements and, on the contrary, new symptoms appeared every day, such as sleep disorders, eating disorders, and obesity (with chronic stress). Subject always had to arrive accompanied to appointments with two friends, who sometimes refused to come with him, because his behavior would become aggressive, and they would have to return home and the appointment would be cancelled. The Subject had no

family history of any disorder. His family consisted of two minors and his wife, all without presenting any symptoms. Without having suffered any major illnesses of note, Subject had been treated for some time by psychiatry, clinical psychology and general medicine, in which he reported having some improvements, but temporary. There has been no personal medical history of any body system. Subject presented aggressive symptoms (feeling of agitation), despair and irritability (personality dimension characterized by a tendency to be angry and reactive to slight provocations and disagreements) upon contact (may be a symptom of bipolar disorder and anxiety). Subject has various phobias including being alone or in places with exposure to many people and stimuli. With chronic stress, Subject has lost look, distressed face, noticeably overweight and clothing shows signs of disarray (signs of behavioral health disorder).

III. EXPERIMENTATIONS

First Session was to evaluate Subject's condition, interview and case analysis. During this session, Subject arrived visibly distressed due to panic attack. The Therapist, aware of Subject's anxiety, adopted a calm and understanding approach. Therapist invited Subject to therapeutic process. Subject appeared anxious, with worried expression on face and tense body posture. Therapist, in a friendly gesture, explained how therapy would work and importance of confidentiality in their interactions. Activities in this session included initial interview in which Subject shared information about current situation and mental and physical health history. Therapist sought to understand possible triggers for Subject's mental health problems, paying attention to stress in his work and personal life, as well as his medical and mental health history. Additionally, clear and realistic treatment goals were established to guide therapeutic process. Therapist provided Subject with brief education about anxiety and depression disorders to increase understanding of his condition. Session concluded with discussion of initial treatment plan, which encompassed cognitive behavioral therapy (psycho-social intervention that aims to reduce symptoms of various mental health conditions, primarily depression and anxiety disorders), relaxation exercises, and stress management techniques. Activities included; Initial Interview, Case Analysis, Establishing Treatment Goals, Education about Anxiety Disorders and Initial Treatment Plan Discussion. Preliminary observations indicate that Subject came to session experiencing panic attack, indicating severity of anxiety. In addition, series of interrelated mental and physical health problems were identified. Despite distress, Subject was motivated to receive treatment and committed to improving emotional and physical well-being.

Second Session was to gather family information session and initiate mental hygiene talk. Family information session and mental hygiene talk took place in a calm and welcoming environment. This session aimed to give Subjects' family better understanding of mental health challenges and how it could support in recovery process. Activities included; Review of Subjects' Situation, Education about Anxiety Disorders and Depression, Discussion of Mental Hygiene and Self-Care, Discussion of Family Members' Roles, Establishing Family Support Plan and Question and Answer Period. Preliminary observations indicate that, Subject demonstrated a high degree of satisfaction after the session.

Third Session was to reinforce how brain works and healthy habits. Session focused on providing Subjects, with deeper understanding of how brain works and how habits and lifestyle influence mental and physical health. Session started in quiet, relaxing space, and Subject was willing to explore about how he can improve mental and physical well-being. Activities included; Explanation of How Brain Works, Linking Brain Function to Mental Health, Exploring Daily Habits, Mindful Breathing and Relaxation Exercise and Goal Setting. Preliminary observations indicate that, Subject demonstrated a satisfactory level of understanding of the concepts discussed. Subject is motivated to implement positive changes in his lifestyle in search of improving his mental and physical well-being. Subject identified specific areas where he can make changes, such as improving his sleep hygiene and diet.

Fourth Session was to have a simulation with exposure to VR meditative environment. This session was primarily intended to address Subjects' phobia of glasses and its impact on ability to participate in virtual reality (VR)

therapy. Subjects had previously shared his anxiety and panic attacks associated with presence of VR glasses or headsets. It was crucial to gradually confront this phobia to allow Subjects to take full advantage of the VR therapy designed for mental well-being. Session took place in an environment specially prepared for meditation and mindfulness through VR. This environment was created to help relax and focus, which is essential for anxiety reduction and panic attack control. Activities included; Glasses Phobia Discussion, Gradual Approach to Phobia and Guided Meditation. Preliminary observations indicate that, Subjects showed courage by addressing his glasses phobia gradually. His motivation to overcome this phobia and take advantage of VR therapy was evident in his engagement during the session. At the end of session, Subjects left with practical tools to practice mindfulness in daily life, which could significantly help manage anxiety and panic attacks related to glasses' phobia.

Fifth Session was to introduce VR session under sea guided care with neurofeedback and biofeedback monitoring. In this session, team explored therapeutic use of virtual reality (VR) in an environment designed to simulate underwater journey. VR environment was specifically created to provide relaxing and tranquil experience, with images of crystal-clear water, colorful fish and gentle sounds of waves. Goal was to help Subjects relax and center, which could be beneficial in reducing anxiety and panic attacks. Activities included; Immersion in VR environment, Mindfulness and Diaphragmatic Breathing Practice, Monitoring physiological responses and Reflection on the experience. Preliminary observations indicate that, Subjects were able to relax and focus on the VR environment, suggesting that this therapy could be beneficial. A decrease in heart rate and brain activity was observed, indicating that he experienced greater relaxation. Subjects demonstrated motivation and enthusiasm to continue with VR therapy as part of ongoing treatment.

Sixth Session was to initiate Tapping and diaphragmatic breathing training. In this session, Team focused on providing Subjects with additional tools to manage panic attacks and reduce anxiety. Activities included; Explanation of the Tapping Technique, Tapping Exercise, Diaphragmatic Breathing and Diaphragmatic Breathing Practice. Preliminary observations indicate that, by tapping technique, Subject was able to identify and express thoughts and emotions related to panic and anxiety attacks. Tapping technique correctly could benefit from this tool in managing his anxiety. Subject showed interest in learning diaphragmatic breathing technique and was willing to practice it during sessions.

Seventh Session was to introduce cognitive behavioral training. In this session, focus was on cognitive-behavioral training to help Subject understand and modify thought and behavior patterns related to anxiety and panic attacks. Activities included; Review of Subjects' goals and objectives, Cognitive assessment, Identification of negative thoughts, Identification of cognitive distortions, Reflection on effects of negative thoughts, Cognitive restructuring, Assignment of tasks to complete between sessions, Practice applying cognitive restructuring techniques, Discussion of behavioral strategies and commitment to graded exposure exercises. Preliminary observations indicate that, Subjects showed strong understanding of cognitive-behavioral approach and motivation to work on changing negative thoughts and behaviors. Subject was able to identify and describe negative thoughts and cognitive distortions, which indicated satisfactory progress in emotional self-awareness. Subject's willingness to perform graded exposure exercises and carry out tasks between sessions demonstrated high level of commitment to recovery.

Eighth Session was to initiate EMDR desensitization and contemplative techniques. Focus was on desensitization traumatic memories or anxiety triggers through EMDR (Eye Movement Desensitization and Reprocessing) therapy. Session began to help Subjects identify and process these memories. Eye movements and mindfulness techniques were used to desensitize negative emotions associated with such memories. Some of the activities included; EMDR Preparation, EMDR Desensitization, Practice of contemplative techniques and Discussion on application of the techniques for managing anxiety. Preliminary observations indicate that, Subjects demonstrated good ability to follow instructions and perform exercises, which indicated commitment to therapeutic process. During the session, Subjects experienced decrease in anxiety and tension. This is a positive sign of progress. Motivation to practice

contemplative techniques in his life and willingness to face challenging situations as part of his exposure therapy are encouraging signs of commitment to recovery.

Ninth Session was to examine impact of Yoga and diaphragmatic breathing training. Session focused on helping Subjects reduce anxiety and tension through yoga and diaphragmatic breathing exercises. Session began with assessment of emotional and physical state, which revealed that Subject was anxious and tense. Team decided to start with diaphragmatic breathing exercises to establish foundation of relaxation before yoga session. Activities included; Assessment of Subjects' emotional and physical state, Diaphragmatic breathing exercises, Relaxation Meditation and Home Practice Tasks. Preliminary observations indicated that; Subjects demonstrated good ability to follow instructions and perform the exercises, which indicated his commitment to the therapeutic process. During the session, Subjects experienced notable decrease in tension and anxiety, which supports the effectiveness of the techniques used. Subject was motivated to practice these techniques in daily life, suggesting commitment to continued emotional and physical well-being.

Tenth Session was to examine the impact of Reiki. Team introduced the process and observed notable improvements in his ability to manage stress and anxiety. Some activities adopted were; Assessment of Subjects' current state, Reiki Session and Reflection on experience. It was observed that Subject demonstrated remarkable ability to relax and concentrate during Reiki session, suggesting positive response to technique. Subject reported feeling of peace and calm during Reiki session, indicating that therapy contributed to emotional and physical well-being. Subject was satisfied with session and expressed that it had helped relax and feel better, which supports effectiveness of this technique in treatment.

Eleventh Session was to examine VR fear of flying training. This session focused on addressing Subjects' significant fear of flying, which had been affecting quality of life by avoiding business and personal travel. Despite progress in managing anxiety and stress in other areas, fear of flying persisted. To address this issue, Team decided to use Virtual Reality (VR) as a therapeutic tool. Activities included; discussion of subjects' overall progress, VR training to overcome fear of flying, practicing mindfulness and relaxation techniques, graded exposure exercises and reflection on the experience. Observations were that Subject demonstrated good ability to relax and concentrate during VR session, suggesting positive response to this therapy to address fear of flying. Subject was able to identify and control anxiety responses during VR experience, which is a crucial step towards overcoming fear. Subject was satisfied with the session and expressed that it had helped confront fear of flying, suggesting that VR therapy was beneficial in treatment.

Twelfth session was to induce reinforcement of tapping exercises and mindfulness. Review was carried out of the progress that Subjects had experienced in his treatment. Their improvement in managing anxiety, reducing panic attacks and adopting healthier habits in their daily lives was highlighted. To take advantage of this progress and continue strengthening their coping skills, it was decided to reinforce two techniques in particular: Tapping Technique and Full Attention (Mindfulness). Subject demonstrated a continued commitment to his mental and emotional well-being. Subject was encouraged to regularly practice these techniques in his daily life and to keep a record of how he was feeling and any triggers for stress or anxiety. Activities included Review of Subjects' progress, Reinforcement of the Tapping technique, Mindfulness reinforcement and Reflection on the experience. Observation was that Subject was motivated to continue practicing these techniques in daily life, which demonstrates commitment to recovery process. In these two sessions, Subject participated in two experiential workshops that complemented neurointegral treatment. In this workshop, Subjects had opportunity to explore and better understand the functioning of brain from scientific perspective. Through interactive presentations, discussions, and hands-on activities, Subject was provided with information about how brain processes emotions, regulates stress, and responds to various situations. This helped Subject gain deeper understanding of mental and emotional health, as well as strategies used in treatment. Activities included; Interactive presentations, Presentations, Discussions and Practical Activities. Observations were that Subject showed satisfactory level of

understanding of concepts presented in workshop, Subject was interested and motivated by information presented, Subject expressed that workshop helped gain better understanding of own brain and how it works. These experiential workshops provided Subjects with opportunity to gain deeper insights into mental and emotional health, as well as additional tools for recovery process.

The next session was to study impact of Chi Kung reinforcement session training. The session began with a brief assessment to understand how Subjects was feeling at that moment and if he had experienced any changes in emotional state since the last session. Subjects shared that he felt more in control of emotions and that anxiety had decreased considerably. Activities included; Assessment of Subjects' emotional state, Chi Kung Review, Reflection on the experience, Discussion on the importance of consistency and possibility of exploring other mindfulness practices in the future to continue strengthening his mental and emotional well-being. Observations were that; Subject showed a satisfactory level of understanding and ability to practice Chi Kung exercises. Subject was interested and motivated by practicing Chi Kung exercises. Subject expressed that Chi Kung exercises had helped reduce anxiety, improved quality of sleep, and increase his sense of inner peace.

The next Session was programmed to analyze progressive display. The session began with a brief assessment to understand how Subjects was feeling at that moment and if he had experienced any changes in his emotional state since the last session. Subjects shared that he felt good and was motivated to continue his treatment. Activities planned were progressive display review, advanced progressive viewing, exploring challenging situations and reflection on the experience. Observations were that; Subject showed satisfactory level of understanding and ability to practice advanced progressive visualization, Subject was interested and motivated by practice of advanced progressive visualization. And, Subject expressed that advanced progressive visualization helped identify and apply stress management and problem-solving strategies in challenging situations.

A session on Brain gymnastics and laughter yoga classes was planned with short session of diaphragmatic breathing and guided meditation. This helped Subject relax and focus on the session ahead. Activities planned were diaphragmatic breathing and guided meditation, brain gymnastics exercises and laughter yoga session. Observations were that Subject showed satisfactory level of understanding and ability to perform brain gymnastics and laughter yoga exercises. Subject was interested and motivated by practice of these techniques. Subject expressed that brain gymnastics and laughter yoga exercises helped improve cognitive function and mood.

A session was planned based on active listening and cognitive training. This was by evaluating general progress since the last meeting without going into personal details. A positive mood and strong commitment to treatment was noted. Activities were progress assessment, mindfulness meditation, active listening exercise, cognitive training and a personalized action plan. Observations were that Subject demonstrated understanding and skill in active listening exercises and cognitive training. There was an elevated level of interest and motivation to apply these techniques. These practices were reported to be helping to improve ability to understand and manage emotions, as well as strengthen cognitive function.

Neurointegral workshops based on neurosciences - neuroecology of emotions were planned. In this workshop, Subject shared experience, highlighting how neuroscience-based teachings have given deeper understanding of own brain and emotional functioning. Activities planned were review of subjects' experience in the workshops, discussion of applications of concepts learned and reflection on subjects' progress. Observations were that Subject demonstrated solid level of understanding and ability to apply concepts learned in workshops. An elevated level of interest and motivation was maintained for topics covered in workshops. Subject expressed that workshops helped improve self-awareness, emotional understanding, and leadership skills, and provided with valuable tools to manage emotions.

Jacobson technique training was carried out in Jacobson technique, which focuses on progressive muscle relaxation to reduce anxiety and stress. The session began with brief assessment of Subjects' current condition, who shared that he felt well and was motivated to continue with treatment. Activities included Review of Subjects current status, Review of the Jacobson technique based on progressive muscle relaxation, guided practice and integration of breathing and mindfulness techniques. Observations were that Subject demonstrated solid level of understanding and skill in applying Jacobson technique. An elevated level of interest and motivation for the Jacobson technique was maintained. Subject expressed that this technique helped reduce anxiety and stress, which contributed to overall feeling of well-being.

Follow-up and reinforcement Reiki session was initiated to review benefits Subjects gained from Reiki, such as reducing stress, anxiety, and pain, as well as improving overall well-being. Subject demonstrated a satisfactory level of understanding and skill in receiving Reiki. Subject maintained elevated level of interest and motivation for Reiki as part of treatment. Subject expressed that Reiki had helped reduce stress and anxiety and feel calmer and more relaxed in daily life.

Session on VR conscious walking practice focused on practice of mindful walking in Virtual Reality (VR) environment. The session began with brief assessment of Subjects' current condition, who shared that he felt well and was motivated to continue with treatment. Activities were; introduction to conscious walking in VR, VR Mindful Walk and reflection on the experience. Observations were Subject demonstrated a satisfactory level of understanding and skill in participating in mindful walking in VR. Subject maintained elevated level of interest and motivation for VR mindful walking experience. Subject expressed that mindful walking in VR helped relax and feel more present in the moment.

Cognitive stimulation training focused on cognitive stimulation training using specific application. The session began with assessment of Subjects' current condition, who shared that he felt well and was motivated to continue with treatment. Activities were instructions for cognitive exercises, cognitive exercises, break to rest and review progress and varying cognitive exercises and increasing difficulty. Observations were that Subject demonstrated satisfactory level of understanding and ability to participate in cognitive exercises. Subject maintained a high level of interest and motivation for cognitive exercises. Subject expressed that cognitive exercises helped improve concentration and mental abilities. This suggests that this form of cognitive stimulation was beneficial.

Subject underwent a session on active listening to monitor eating and exercise habits. In this session, objective was to carry out active listening and monitoring of Subjects' eating and exercise habits. Session began with assessment of Subjects' current condition, who shared that he felt well and was motivated to continue with treatment. Activities planned were; reflection on eating and exercise habits, active listening and goal setting. Session concluded with Subjects feeling supported and motivated to make positive changes to his eating and exercise habits. Observations were that Subject showed satisfactory level of understanding and ability to participate in session. Subject maintained high level of interest and motivation in the process of improving eating and exercise habits. Subject expressed that the session helped identify areas in which he could improve habits.

Brain and human behavior training session was designed to provide Subject with basic understanding of relationship between brain and human behavior. Session began with assessment of Subjects' current condition, who shared that he felt well and was motivated to continue treatment. Activities included; introduction to relationship between brain and human behavior, explanation of relationship between brain structures, processes, and behavior, emotions and responses to stress and exploring how this knowledge of neuroscience applies to Subjects' life. Observations were that; Subject showed satisfactory level of understanding and ability to participate in the session. Subject maintained high level of interest and motivation in learning about neuroscience and its relationship with human behavior. Subject expressed that session had helped better understand his behavior patterns and emotions.

Leadership and neuroscience session was planned to explore the relationship between leadership and neurosciences. Activities included; exploration of key leadership concepts, analysis of how the brain influences the behavior and decisions of a leader and carrying out practical exercises. Observations were that Subject showed a satisfactory level of understanding, maintained high level of interest and motivation in learning about leadership and its relationship with neurosciences. Subject expressed that the session had helped better understand challenges and opportunities of leadership.

Reinforcement of cognitive training and contemplative stimulation was to reinforce Subjects' cognitive training and provide with contemplative practices to help cultivate mindfulness and emotional control. Activities included cognitive training reinforcement, incorporation of contemplative practices and reflection on progress. Observations were that Subject showed a satisfactory level of understanding and ability to participate in the session. Subject was interested and motivated by reinforcing his cognitive training and incorporating contemplative practices. Subjects expressed that he felt he was making significant progress in recovery, suggesting a sense of accomplishment and confidence in treatment.

To close the reinforcement of the practice of full attention (mindfulness) in the treatment, a session was planned on closing reinforcement of full attention (mindfulness). Activities were; Reflection on progress with a special focus on commitment to mindfulness practice, evaluation of healthy eating and exercise habits and review of the treatment plan. Observations are that; Subject showed satisfactory level of understanding and ability to participate in the session. Interest and motivation were noted by reflecting on progress and reviewing the treatment plan. Subject expressed feeling proud of progress and grateful for the support received, suggesting a sense of satisfaction and gratitude toward the treatment and recovery process.

IV. TREATMENT CONCLUSIONS

Subjects' case illustrates transformative power of neurointegral therapy and personal commitment in process of improving mental and emotional health. Throughout the sessions, Subjects experienced notable progress in emotional well-being, acquiring skills to manage anxiety, stress, and negative thinking patterns. By integrating practices such as mindfulness, Chi Kung, visualization, and understanding of neuroscience, Subject achieved a greater understanding of himself and an improvement in his quality of life. This case highlights importance of education, practice, and therapeutic support in process of self-discovery and continuous improvement. Subject continues to move towards state of emotional and mental balance and is better prepared to face future challenges. Experience highlights importance of comprehensive care for mental health and human resilience. The treatment results reflect considerable progress in Subjects' overall health. Specifically, Subject has experienced notable improvements in the following areas:

Anxiety Management: Subject has achieved better anxiety management, which has resulted in reduction in panic attacks and overall decrease in stress levels.

Healthy Habits: Subject has adopted healthier habits in daily life, including improvements in diet and commitment to regular physical activity.

Emotional Resilience: Subject has developed emotional resilience, which has allowed facing difficult situations with greater calm and emotional control.

Awareness and Mindfulness: Subject has improved ability to practice mindfulness, which has helped in the moment and calm mind.

Body-Mind Connection: Subject has integrated practices such as Chi Kung and Reiki, which have contributed to greater harmony between body and mind.

V. SUCCESS FACTORS

Personal Commitment: Subjects' determination and commitment to own well-being played fundamental role in progress. Subject was willing to regularly practice techniques he learned and keep track of emotional state.

Variety of Techniques: Diversity of techniques used in treatment, from mindfulness to visualization and cognitive stimulation, provided tools to address different aspects of mental health.

Therapeutic Support: Guidance and support of Therapist was essential for improvement. Strong therapeutic relationship and adaptation of sessions to Subjects' changing needs were key to success.

VI. RECOMMENDATIONS AND CONCLUSIONS

Maintenance: Subject must continue practicing techniques and habits learned on a regular basis to maintain and strengthen overall health.

Continued Exploration: It may be beneficial for Subjects to continue exploring and learning about new practices and approaches that complement mental and emotional well-being.

Self-awareness: Continuing to develop self-awareness will be essential. Subjects must be aware of stress and anxiety triggers and use skills to address them effectively.

Social Support: Fostering connection with friends and family, as well as seeking social support when needed, can be integral to ongoing well-being.

Slow Cortical Potential Neurofeedback, differs significantly from traditional neurofeedback approaches. Its distinctiveness lies not just in its methodology, but also in the underlying philosophy that parallels certain aspects of meditation practices. It is strongly recommended to use Brain-Avatar as devised by Thomas Feiner (Founder, Director, CEO at Institute for EEG Neurofeedback IFEN, Germany). Brain-Avatar is the only software which allows so many ways to apply neurofeedback, among the most advanced ones, like Z-Score-Training, ISF- and SCP-Training.

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