

# Weekly Newsletter August 10-16, 2020

Spiritual Counseling TV Network | Updates | Sessions



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*Quote of the week: "Therefore, if anyone is in Christ, he is a new creation; the old has gone, the new has come." -2 Corinthians 5:17*

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Christie Ramirez, MS  
Owner of Soul Coaching ©  
Masters in Marriage and Family Therapy  
Psychologist  
Motivational Speaker  
Founder Of Lightworker University ©  
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**“How To Develop A Resilient, Strong, Integrated Brain” +Therapy Session (Extended)**

This week’s motivational speech guided me to teach on how to develop a strong, resilient, integrated brain. The answer is by incorporating movement-based techniques into therapy which has tremendous benefits in enabling more focus, awareness, concentration, and even a bigger brain! It has also been shown to have many benefits on better managing post-trauma symptoms.

Seven ways in which the brain can change as a result of integrating movement-based techniques into one’s lifestyle and/or therapy session:



**1. Fear Center (Amygdala):**

Decreased activation of the fear center. De-activation of this area helps to reduce reactivity when trauma triggers arise. It also reduces the stress response (sympathetic nervous system arousal) and results in a decrease in arousal and reactivity symptoms, such as hypervigilance, feeling on guard, defensive, etc.

**2. Stress Response:** Related to amygdala de-activation, multiple movement-based exercises have been shown to reduce allostatic load, which is the wear and tear the body experiences due to dysregulated stress response system. The stress response system is located in both the brain (such as the

amygdala and hypothalamus) and the body (such as the adrenals).

3. **Interception Center (Insula):** Normalized insula activation. In PTSD, the insula is often dysregulated. When it is over-activated, there is emotional reactivity and outbursts (emotion under-modulation); when it is under-activated, there is dissociation and numbing. Both extremes are common in PTSD. With a more regulated insula, individuals improve interoception, and they experience fewer emotional outbursts and dissociative symptoms (including numbing). Additionally, movement-based techniques have been shown to increase insular volume.
4. **Memory Center (Hippocampus):** Increased activation of the memory center of the brain (hippocampus). This activation helps remind the individual that they are safe in the present moment, and it is involved in the extinction of fear responses when trauma triggers arise. The increased competence an individual experiences in managing negative memories can reduce the avoidance symptoms of PTSD. Moreover, movement-based exercises have been shown to increase the volume of the hippocampus.
5. **Thinking Center (Prefrontal Cortex):** Increased prefrontal cortex activation, resulting in improved attention, problem-solving, and decision-making. A strong prefrontal cortex can help traumatized individuals maintain presence of mind during stressful or triggering situations, and can help them evaluate, reframe, or shift unhelpful thinking patterns that contribute to their PTSD symptoms.
6. **Self-Regulation Center (Cingulate Center):** Increased activation of the cingulate cortex, resulting in better thought and emotion regulation and conflict monitoring. Cingulate activation may help traumatized individuals respond more adaptively and appropriately to triggering stimuli and situations, and down-regulate negative emotions when needed.
7. **Connectivity:** Movement-based techniques have been shown to improve connectivity between key brain areas (such as the prefrontal cortex and hippocampus), leading to better brain integration and functioning).



Check out my latest 10 Week Intensive Soul Coaching Program “A New You” for further guidance on this transformation towards a new life and a new you. [christieramirez.com/aneyou](http://christieramirez.com/aneyou)

Make sure you are watching my daily morning spiritual guidance as your membership at the Spiritual Counseling TV Network plus the morning “Be Inspired” Podcast Show podcast. Learn more specific strategies by watching this week’s Motivational “How To Develop A Resilient, Strong, Integrated Brain”. Free access as part of your membership subscription. [christieramirez.com/tv](http://christieramirez.com/tv)



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## ANNIVERSARY GIVEAWAY !!!!

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# Movement-Based Techniques Therapy Session

Written by Christie Ramirez, MS, Soul Coach

Marriage and Family Therapy, Psychology, Motivational Speaker

This week's therapy session is on learning how to integrate movement-based techniques. Movement-based techniques are designed to help clients become more connected to their bodies, reduce the stress response and amygdala activation. The amygdala is our fear center in our brains. They also help to strengthen the memory and cortical areas of the brain. They are simple and can be integrated into a psychotherapy session. These techniques tend to resonate with clients who have attention difficulties or who struggle with exercises that require them to sit still. Their effects can be intensified by integrating movement with breathing techniques, other bottom-up exercises, or top-down methods. One theory, by renowned trauma expert Peter Levine (1997), asserts that unresolved trauma results in energy becoming "stuck" in the body. When this happens, the nervous system becomes disrupted and the individual has a difficult time recovering from the event due to the trapped energy in the body. Incorporating movement into therapy is one way to help clients become connected to the body and begin to restore awareness of, and trust in, the body. It may also help clients begin to discharge traumatic energy, allowing them to rebalance the nervous system.



## What are movement-based techniques?

Movement-based techniques integrate movement and mindful awareness of the body, and can be practiced alone or with other techniques such as breathing techniques or trauma-focused work. The main objective is to help individuals become more aware of the body, and to engage in movement that is self-soothing, promotes self-awareness, and reduces the stress response. It can help individuals strengthen both interoception (our ability to "feel inside" of ourselves) and proprioception (our ability to sense body position, movement, and balance), which activates brain areas that tend to be dysregulated after trauma.

Some examples of movement-based approaches include yoga, tai chi, qigong, exercise, walking meditation, dance, and martial arts.

When helping clients connect with their bodies (through movement, sensation, or otherwise), it can be helpful to incorporate language commonly used in trauma-informed yoga approaches. A main goal is to help clients slowly, safely, gently enter their own bodies with a sense of curiosity and compassion. Therapists can often facilitate clients' reconnection with the body by using language emphasizing 1) inquiry, and 2) invitation while guiding clients' movements.

"Inquiries", or permission questions, signal to clients that they are the decision-makers of their own bodies and experiences, while "invitation" statements communicate to clients that they maintain control over the intensity of their movement. To heal after trauma, it is critical for clients to re-establish a sense of safety, control, and consent, because permission and inquiry are two components that are not present during traumatic experiences. Some examples are listed below.

### **Invitation Statements**

*Gently allow your (arm/leg/breath/head, etc)...*

*If it feels right to you...*

*When you are ready...*

*Begin to notice, with curiosity...*

*At some point, you might notice...*

*With kindness, gently allow...*

*You may invite yourself to become aware...*

*Consider (reaching your arm up, lowering your leg, etc.)...*

*You may give yourself permission to feel...*

*With curiosity, notice where your mind is, and gently redirect it (to your breathe, arms, etc.)...*

### **Inquiry Questions**

*Where, if anywhere, do you feel strong?*

*Which area feels stronger, your shoulders or legs?*

*What does it feel like to you when you...?*

*Can you detect a space within your body that feels safe?*

*Is it possible to send compassion to the areas of your body that feels less safe, or unstable?*

*How might you describe the feeling of (sharpness, coldness, tension) in the body?*

*As you engage in this pose, what do you notice in the body? In your emotions? In the mind?*

*How would you describe your breathing right now? What quality does it seem to possess (jagged, shallow, smooth, etc.)?*

*What areas of your body feel at peace right now? Which areas feel tense, or unsafe?*

*Can it be okay to still connect with the areas of the body that feel unsafe or tense?*

*Is it okay to lose balance?*

*Is there a place in the body it would feel okay to send compassion and kindness to right now?*

There are several tools that are distinguished into different categories: grounding poses, calming poses, safety poses, walking meditation, and exercise. Symptoms addressed for all include: emotional awareness and regulation, concentration and attention, dysregulated interoception, memory, stress response, and DSM-5 PTSD arousal and reactivity symptoms. Key research findings that support this information is reduced stress and allostatic load, which is the wear and tear on the body due to stress, (Streeter et al., 2012); increased ability to concentrate (Kerr et al., 2011); and increased volume of several brain areas, including the hippocampus (Hariprasad et al., 2013), the dorsolateral prefrontal cortex (Wei et al., 2013), and insula (Villemure et al., 2014).

Grounding poses and movements help clients focus attention downward, attuning to what it feels like for the body to connect with the ground/floor. During these exercises, the client intentionally focuses on one or more areas of the body making contact with the earth. Focusing on the connection between the ground and the body creates a sense of stability and is a way, metaphorically, to “come back down on Earth” and into the present moment. Each of the poses and accompanying movements presented here may be practiced with clients in the context of psychotherapy, with little space and equipment needed.

Calming poses often involve stretching, helping clients de-stress and relax. They promote mindful relaxation. They can be used in conjunction with other practices to train the body to relax while experiencing distressing thoughts or to intensify the effects of stress-reducing practices such as mindful breathing.

Safety poses help clients move their attention inward to the body in a safe and gentle manner. To heal trauma, a re-integration of the body and mind is necessary, especially for clients who have suffered physical trauma to the body (through violence, sexual assault, etc.), and it is one way to work toward this helping the client begin to re-enter the body in a safe, controlled way.

Walking meditation is an effective way to maintain moment-to-moment awareness of the body and external environment, activate thinking areas of the brain, and reduce autonomic arousal. Walking meditation can also help clients integrate internal and external environmental awareness. Slow walking meditation emphasizes proprioceptive awareness, which is our sense of balance, while fast walking meditation emphasizes interoception, such as breath awareness, and environmental awareness.

Finally, exercise has many medical and physiological benefits, including brain-related benefits that can be especially helpful for clients with a history of trauma. Two noteworthy benefits of exercise include: 1) reduced stress, due in part to increased heart rate variability, and 2) increased activation and volume of the memory center of the brain (the hippocampus). Individuals suffering from anxiety or post-trauma symptoms experience a high level of activation of the stress response (sympathetic nervous system activation). When this happens, subcortical areas of the brain such as the amygdala (fear brain) activate, dulling the thinking areas of the brain and setting into motion the biochemical reactions occur, including the release of cortisol; these reactions exhaust and break down the body and brain over time. This high level of stress can have many medical and psychological consequences. Additionally, those who suffer from anxiety or post-trauma symptoms often experience memory difficulties, and this is partially explained by deficits in the memory center of the brain, the hippocampus. This is directly related to the problematic stress response described above, because the hippocampus is dense with cortisol receptors. When cortisol is released during times of high stress, which occurs on a very frequent basis when anxiety or post-trauma symptoms are present, the cortisol floods the cortisol receptors on the hippocampus, resulting in under-activation and even shrinkage of the hippocampus over time. Because the hippocampus plays a critical role in memory, individuals who have suffered trauma, anxiety, and/or prolonged stress often report memory difficulties. Hippocampal under-activation is also the reason that trauma memories tend to be re-experienced instead of remembered; the hippocampus is responsible for putting the time stamp on events that happen, but when it is damaged or under-activated, it fails to do this, resulting in past events being experienced as if they are occurring in the present.

Exercise not only helps reduce the stress response and quiet the fear brain, but it promotes the growth of brand new neurons in the memory center by facilitating the production of brain-derived neurotrophic factor (BDNF), which is a protein found in the brain, acted on the stem cells of the hippocampus, leading the generation of new neurons.

Join my Yoga Series in my Health & Wellness Program featured in my “Body, Mind, & Spirit” Health & Wellness Website

[christieramirez.com/yoga](http://christieramirez.com/yoga) to

learn in detail more about the poses suggested in this therapy session.

Christie Ramirez, MS

Psychologist

Marriage and Family Therapy

Motivational Speaker

Watch this week’s video for more insight into “Movement-Based Techniques Therapy Session” at the Spiritual Counseling TV Network. Make sure you are watching your daily morning spiritual guidance for a high vibrational life. Love you all. Namaste.

*Resources: Sweeton, J.. Trauma Treatment Toolbox, 2019.*





## ***Open Spaces For Counseling Sessions!***

Please contact me via email and I will respond.

[christie@christieramirez.com](mailto:christie@christieramirez.com)

Follow me on all my social media platforms:

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Mental health is on the rise right now due to world events, chaos, fear, sorrow, and anxiety. I am here to tell you that you have power over your mind. Book a session with me and let's talk. First 15 minutes free, sometimes that's all you need.

Participate in my School of Light (Virtual and Spectacular) Learn ancient wisdom, sacred knowledge, and gain more understanding about your spiritual soul journey. Spiritual book club, classes, lectures, and more.

[christieramirez.com/school](http://christieramirez.com/school)



# “7 Day Spiritual Lifestyle” Challenge

Good morning everyone and happy Monday! 😊 Join my newest challenge “7 Day Spiritual Lifestyle”

🕊️ Join me on my App. Download on website homepage.

This is not your typical challenge where you receive a “reward” per se as the reward itself in this challenge is your own inner satisfaction of having developed a deeper and personal relationship with the Divine. This is simply a step guide in getting you started towards a higher vibrational life. I see way too many people nowadays walk around unaligned spirituality or even confused or vulnerable to a bad mood because the core of the problem is lack of spirituality and devotion on a daily basis. I dedicate at least 30 minutes every morning before getting started to meditating with the Divine and then following these steps I show up for every morning in my Spiritual Counseling TV Network. I’ve built this network in English and Spanish because I know the importance of it and how it truly shifts the energy of the day for better. You’re stronger in being able to resist negative thinking or even low faith when you put God first in all things. By starting your day with a prayer, a gratitude journal, and a positive affirmation everything changes. Not only that, but I also offer spiritual guidance for the day that has been clearly divinely channelled to me. I record these ahead of time and somehow they always help me out when I listen to them. It applies to different people in different ways and I always make better decisions that day. Then I also review a Lesson Of The Day from A Course In Miracles and we interpret it to remind us to always choose love over fear in any situation that might present itself. Reset your life with these little miracles of life. Let me help you get started and challenge yourself to follow this lifestyle for a lifetime.

Spiritual Counseling TV Network  
christieramirez.com/tv

Namaste,  
Christie Ramirez, MS  
Owner of Soul Coaching ©  
Masters in Marriage and Family Therapy  
Psychologist  
Motivational Speaker  
Founder Of Lightworker University ©  
Founder Of School Of Light ©

## Starting next week on my main Instagram Page to follow along in this “7 Day Spiritual Lifestyle Challenge” Join me! @christieramirez\_



# Upcoming Events

To see calendar, please go to [christieramirez.com/upcomingevents](http://christieramirez.com/upcomingevents)

## Saturday, August 22nd 2020

### The Love Show 🌹🔥🎤

NEW! Begins August 22nd, 2020!

Theme Of The Season: "It's Time For Sacred Love!"

Premieres Every Saturday On My YouTube Channel



## Monday, August 31st, 2020

### Couples Therapy Talk Show 📖 Exclusive For Members Only!

I will offer you my wisdom after many years of experience in the couples therapy field and spiritual dynamic journey, when it comes to sacred love and matrimony. We will delve deep into different scenarios and aspects people go through on their love journey and how they can conquer the obstacles when it comes to having a healthy stable long term relationship. How to stay true to their commitment and loyal to their partner. This show premieres Mondays 5PM EST on my YouTube Channel, Spiritual Counseling TV Network, and Couples Therapy Program page [christieramirez.com/tv](http://christieramirez.com/tv)



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## Mental Health Suicide Prevention 2020 Campaign

This video was recorded earlier this year January 2020. You can watch it for free on my Featured Videos section at [christieramirez.com/school](http://christieramirez.com/school). I didn't even promote it on social media and I feel it's like the Divine saved it for this very moment when the world needs to hear this message the most. Suicide is a very real issue occurring around the world right now, heightened by this world crises, it only opens our eyes to see through new lens. I've dedicated most of my life to helping people on a psychological and individual level. Lately the Divine has really been pulling me to focus more on the collective as a whole. There is many people out there who need these therapeutic psychological services with no money to pay for expensive psychologists, including myself. That's the thing, a good psychologist cannot devalue him or herself from years in graduate school and clinical experience. Therefore, I've created a safe space where many people can join for less amount of money (only \$17/month) including a weekly newsletter with helpful educational psychology and motivational articles research-based. My goal with this Spiritual Counseling TV Network is to teach YOU the tool and have them handy in your toolbox for healing yourself and recovering. Every week I will be doing hour long therapy sessions on a different topic. Last week I did Depression Therapy, this week was Addictions. For the next upcoming one they will be dedicated to Trauma. Join me and learn the fundamentals of how to cope with these times and any emotions that may be impeding your true joy and happiness in this life.

Mental health is at its highest point at this time. I'm here to tell you that there is light at the end of the tunnel. The darkness that you find yourself is a momentary phase that must be overcome. With the right tools in your life, you can conquer your fears, the false illusions, your doubts. God created you to overcome, to fight for your life, to rise to the top. I've dedicated years of my life to my psychology and counseling career. I'm being called to you right now. Every week I will be conducting Therapy Session at the Spiritual Counseling TV Network. I also send out weekly newsletter with length educational content-worthy psychology articles. All for the price of \$14. I want to give you a special offer today. This weekend only. \$7 for life. Spiritual Counseling TV Network Membership + Weekly Newsletter Membership For Life. Sign up now. See you there.

### SALE SALE SALE

Next weekend only August 15, 16, 17, 2020!

I created a special bundle only for 3 days! Start your first Monday in August on a clean fresh new slate. Commit to this transformation, new you, and recovery.

Spiritual Counseling TV Network   Membership For Life Videos

+

Weekly Newsletter  Membership For Life  
(must continue subscription for this to apply)

All reduced to \$7/month

OFFER ENDS AUGUST 17th, 2020 11:59pm

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## “Conquering The World” Blog Series

This week let us conquer the world through resiliency and tenacity. The more we can embody resiliency and tenacity towards our goals, it not only makes us more achievement-oriented, but it also makes us manifesting machines. The world right now needs more manifesting machines working towards their lightworker mission. Therefore, I ask of you this week to work diligently, steady and strong, towards what the Divine is guiding you towards. These are Divine instructions that must be obeyed and followed. Great things take time and so this requires patience. Resiliency and tenacity enable us to be patient on our transformation journey. Enjoy and trust the process. Pray for spiritual strength as the Divine will answer your prayers.

Tip: Practice meditation in the form of a walk. This is called a walking meditation. You can either perform a short or long walk meditation. See attached articles for more details.

Read more of my blogs at [christieramirez.com/blog](http://christieramirez.com/blog)  
“Humanity 2020”

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Owner of Soul Coaching ©  
Masters in Marriage and Family Therapy  
Psychologist  
Motivational Speaker  
Founder Of Lightworker University ©  
Founder Of School Of Light ©

### Author

My New Book “A New You”

Coming soon to Amazon! Stay on the lookout!



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*Join my Gottman Couples Therapy Series to learn more about the scientific proof and tools necessary to make your marriage last and thrive for the long haul! [christieramirez.com/gottman](http://christieramirez.com/gottman)  
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