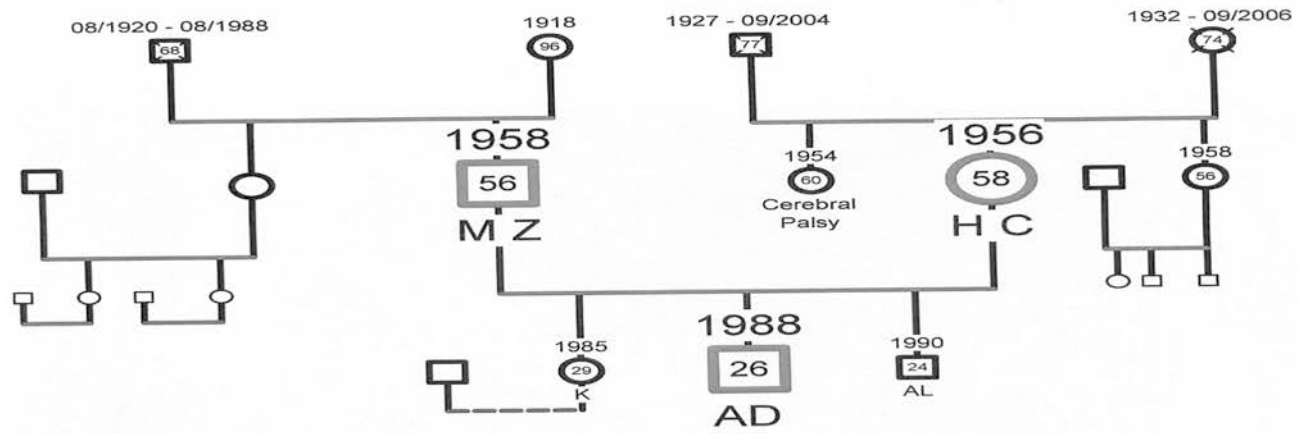


Working with Extrinsic Constraints; A Clinical Case Study from the Perspective of Bowen family systems theory and NeuroOptimal

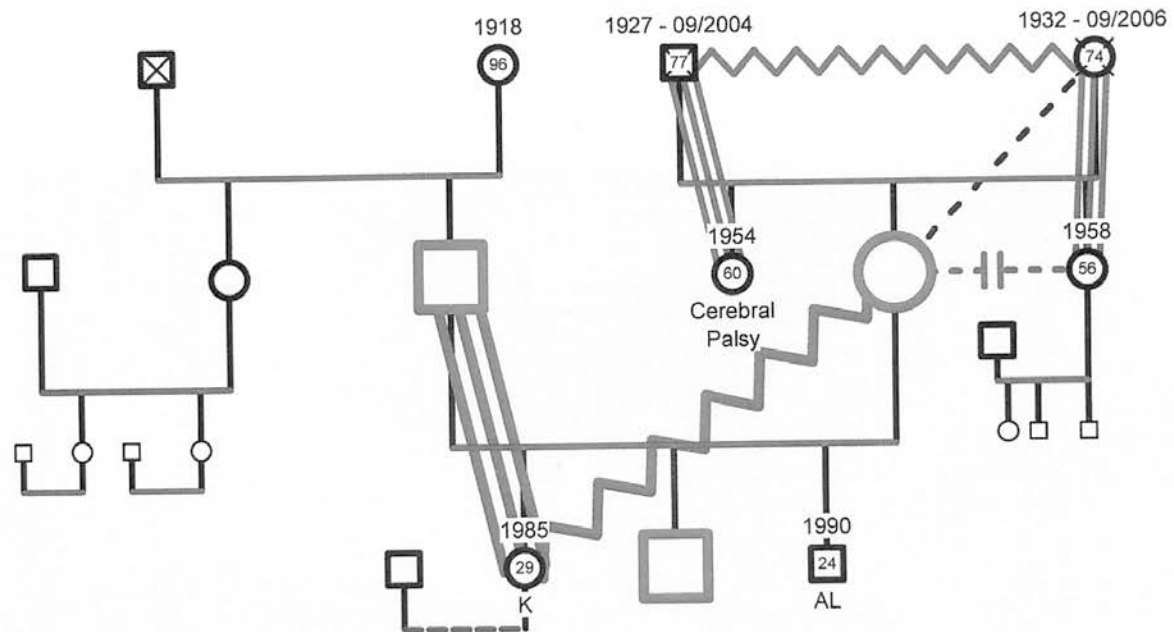
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Extrinsic Constraints

“anything that biologically, physiologically, chemically or relationally interferes or constrains the optimization of neurofeedback training.”



Key Triangles and Reactivity Patterns



Hypothesis:

if the chronic anxiety in this man receded, his functioning would pull up. I surmised he would have better access to his cognitive processing and that he would have more exploratory behaviour, be more creative and flexible.

Pre-training checklist:

- “cannot look for a job” (10)
- Feeling anxious and excessive worry (10)
- Problems with skin (10)
- Difficulty falling asleep and waking up (10)
- Unease in going out (10)
- Unease in ability to talk with people (10)

Presenting Issues:

- High anxiety in a social setting
- Avoidance of anything that makes him uncomfortable
- Anguish at “not knowing what I want to do”

Dr. Angelo Bolea

“if you know the disconnected areas, you will know the problem and if you know the problem, you will know the disconnections.”

“all chronic problems reflect disconnection among clusters of brain cells.”

Family Projection Process & Neural Development

Family Projection Process:

Anxiety in the mother

Father sensitive to mother's anxiety

And supports her view; helps her in her effort at mothering

Child responds anxiously to mother

Which is misperceived as a problem in the child

This reciprocal process reinforced and contributes to symptom development

Neural Development:

Family Projection Process & Neural Development

Family Projection Process:

Neural Development:

neural structure determines potential
but experience gives it form

nature and nurture are not opposites;
they interact in an interdependent
process and are inseparable

biology determines what is possible;
experience shapes the developing
mind

Family Projection Process & Neural Development

stress has its roots in close relations

genetic factors and the way they are expressed are particularly sensitive at critical periods.

genetic potential plays out on a background of specific experiences that impacts the way neurons interconnect

Homework:

- A cursive writing journal (not printing and not keyboard) – a sentence or two every day.
- Draw and Sketch AND to gradually add what he felt, don't seek perfection
- Dream, cursive write a dream down.
- to do some with eyes closed ; to “see it” internally, to “Invision” on unlined paper so as no constraints.
- Meditate, thumb and finger touching, to “feel grounded in his body”.
- To generate and plan and sequence with the therapist...”let's think it through, step by step, let's write it down.: (anything from preparing a grocery list to strategizing around a work challenge)

Management of Self as Therapist:

- Work together more than instruct
- Be gentle about the process
- Avoid all criticism!
- Learn how to back-up; backtrack!
- Manage my disappointment
- Never replace or become surrogate parent
- Stay light and curious
- A gentle steering

Work with Father:

- Shift from “lazy” and “unmotivated” to appreciating how hard it is for his son to set a direction and complete a goal.
- Appreciate that his son is very smart and that the family is fortunate he is accomplishing as much as he is.
- To support father in his deep caring for his family
- Affirm his son and summon his patience

Work with Mother:

- Begin to identify some responsibilities her son could take on and that she could “go alongside on” versus direct or do herself.
- Relate to his strength and appreciate his advances
- Modulate her tendency to take over
- To affirm her deep caring for her son and how she can be a resource to him toward more independence

Changes in client:

- Readily makes eye contact, laughs and engages.
- Made curry from scratch
- Initiated changes in his diet
- Working full time; three times promoted
- Participating with (somewhat) greater ease in social settings
- Readily described his feelings around his grandmother's fall and decline in her health

Parting Words:

“this client can make it through; but has some catching up to do”

Dr. A.B.