

Preventative Psychology

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Not about health, science, medicine or money, not about wellness, ... it's about wisdom.

More than wellness: making people "better than well." Is this a goal, a state, or a process?

- Does this feel good?
- Is it attractive to people, and if so, to whom?
- Is it rewarding and, if so, when and how?
- Is it a form of high performance or high functioning, and if so, higher performance of what?

Can it be measured in the short or long term? Can it be demonstrated?

Define "Working to Realize One's Essential Aspirations" (WTROEA) as the "Better than well" process.

- If** WTROEA = working toward enlightenment (or "enlightenment" for short),
- Then** enlightenment is not the same as wellness (i.e. is not the same as being healthy),
- And** enlightenment is not the same as high performance (it's not "peak" anything).

From where does it arise? It comes out of vision and guts, (aka imagination and commitment).

Are health and/or high function prerequisites? () Yes, () No, () Maybe

Using Neurofeedback as Enlightenment Training

"Enlightenment" as growth, rather than an abstract state, follows from a strong mental health and a supporting environment consisting of:

- Capable faculties:** a positive view of and relationship with oneself, recognition and communication of boundaries, and a faithful sense of reality.
- Integrated identity:** recall of and reconciliation with ones' history, successful imagination of the future.
- Supporting environment:** comprehensible and consistent with oneself.

This can conflict with remedial psychotherapy whose goals are comfort, coping skills and normalcy. Too much change in adulthood is considered abnormal and is often uncomfortable. Preventative psychotherapy focuses on augmenting and individuating. It tends toward holism, and is nonjudgemental, and individualistic. Remedial psychotherapy (aka "normal" psychotherapy) focuses on stability and relief. It is commonly reductionist, diagnostic, and institutional in its values. To what extent are these exclusive?

A person intent on growth would aspire to:

- Independent responsibility**
- Willingness to change**
- Engagement with one's struggle**
- Movement toward autonomy**

Neurofeedback therapy applies itself to:

- Skills and aptitudes:** viewing a person as a collection of inter-related abilities.
- Habits and behaviors:** the brain as a tool for making and maintaining patterns.
- Self-image, memory, and trauma:** personal problems are "cast" into and manifest as personality.

Relevant aptitudes are intellectual and emotional sensitivity, balance, and flexibility.

Neurofeedback can augment these capacities. Intent and imagination are keys to clarifying and realizing one's objectives because past experience cannot be a guide when the goal is to develop new function. Alpha-Theta training can be modified to this end by substituting an "essential aspirations" script in place of the traditional "wellness" script.

Improving Faculties

The core of all self-regulating systems is feedback. The brain is the epitome of self-regulating systems. The result is our "reality".

Effective feedback depends on:

Sensitivity: an awareness of and discrimination between small differences.

Flexibility: an ability to change without stress or trauma.

Balance: regulating the speed of, functioning during, and stability in the changed state.

EEG Neurofeedback allows sub-centers of your brain to reflect upon themselves using their natural language. We do not know what they are "saying" and it is the nature of readjustment in feedback systems that we do not need to. Self-regulation requires noninterference.

Neurofeedback trains neural subsystems independently in order to enhance individual functions and aptitudes. It trains these subsystems to communicate and collaborate, improving the sensitivity, flexibility and balance of the whole. This collaboration manifests as an improvement of focus in its myriad forms. Enlightenment, whatever it means to you, advances with awareness.

Enlarging Identity

It's not enough to "polish the doorknobs" of one's past. Leaving the past behind, becoming something new is profound and can be terrifying. Neurofeedback provides a simple "back door" that avoids fear and trauma. It allows you to change at your own pace; it is non-threatening.

The synergy of neurofeedback and self-hypnosis (trance work) "super charges" and stabilizes this transformation. The so-called "alpha-theta" feedback therapy facilitates making real what one intends for oneself. This has been used successfully in treating trauma and addiction, and can be used to further the process of becoming something new.

Attention, Focus, Image, Self

Compare these objectives with Neville Goddard's "Law of Assumption" which advocates gaining control of your subjective experience. Clear and detailed imagination is said to be essential to making this self become real.

Your imagination is yourself, and the world as your imagination sees it is the real world. When you set out to master the movements of attention, which must be done if you would successfully alter the course of observed events, it is then you realize how little control you exercise over your imagination and how much it is dominated by sensory impressions and by a drifting on the tides of idle moods. — p. 22-23

The drama of life is a psychological one and the whole of it is written and produced by your assumptions... Your assumptions guide all your conscious and subconscious movements towards its suggested end so inevitably that it actually dictates the events. — p. 54

Whatever you may think of the question of free will, the truth is that your experiences throughout your life are determined by your assumptions... An

assumption builds a bridge of incidents that lead inevitably to the fulfillment of itself. — p. 36

In the objective world your attention is not only attracted by, but is constantly directed to external impressions... Your control in this state is almost nonexistent, for in this state attention is usually the servant and not the master - the passenger and not the navigator - of your world. There is an enormous difference between attention directed objectively and attention directed subjectively, and the capacity to change your future depends on the later. — p. 45

— Neville Goddard (1905 - 1972), from "The Power of Awareness"

Rx to Change the World

This is a process that is:

Constructive	and	Non-scientific
Socially Involved	and	Non-medical
Socially Remedial	and	Non-insurable
Intuitive	and	Non-institutional

If you want to contribute to change in society then prepare to sacrifice the secure and the inexplicably unproductive, to which you may be quite attached. What sacrifice can you make?

Changing the World in Three Easy Steps

- 1 - Find those things in your world that anger, frustrate and irritate you, for which you feel powerless to remedy but whose potential improvement you can feel in your heart.
- 2 - Identify all the training, authority, certification and approval you'll need,... and ignore it.
- 3 - Identify those entities (spirits, individuals, and institutions) able to facilitate or participate in change and engage them.

Most importantly, do not delay!

For more information visit: <http://www.tengerresearch.com/grow>, to share ideas write: LS@tengerresearch.com