

MNRI® Panic Attack Release - 6 Hours



Dates: December 6-7, 2020

6 Contact Hours

Program: Invite Courage and Move Beyond Chaos with MNRI®
By Masgutova S. and Akhmatova N. (2020)

COURSE DESCRIPTION

Responses to stress include adaptation and psychological coping – stress-management, anxiety, and depression. Long-term distress can cause predisposition to illness, lack of health, and poor everyday functioning of well-being.

Panic Attacks and Panic Disorder is defined as a chronic sudden onset of overwhelming fear/terror freezing of the whole body and mind, which strikes without reason or warning. It usually lasts from a brief time to 10-20 minutes and is accompanied by blocked breath, rapid heart race, intense fear, a sensation of choking or smothering, squeezing sensation in the stomach, feeling faint, trembling or shaking, sweating palms or whole body, nausea, chest pain, or a feeling of loss of control or consciousness.

The fear response in panic attacks and panic disorder is out of proportion for the situation as it is not usually threatening or dangerous. Over time, an individual with panic disorder develops a background fear of having another panic attack which can affect their daily functioning and general quality of life. The memory of panic attacks can be extremely strong and a person can try to avoid actions, places, or communication with anyone that is associated with the emergence of this state.

Prolonged chronic or intermittent stress can cause emotional instability, and dysfunctions in sensory-motor reflex patterns. And opposite, poorly developed reflexes can result in inability of a person for positive protection of own body and health.

In an anxiety attack, people may feel fearful, apprehensive, feel their heart racing or feel short of breath, but it's very short lived, and when the stressor goes away, so does the anxiety attack.

Panic attack on the other hand doesn't come in reaction to a stressor. It's unprovoked and unpredictable.

This is why managing stress is extremely important and must be a part of our inner culture.

Panic disorders often occur along with other serious conditions such as depression, alcoholism, or drug abuse. Fortunately, panic disorder is easily treatable and symptoms can be controlled with medical or psychotherapy treatment.

LEARNER OBJECTIVES

The participants will learn:

1. Panic Attack

- a. Panic Attack Definition.
- b. Panic Attack, Worry, Fear and Phobia – Definitions and differentiation.
- c. Panic Attack – components of it as a sudden frightening response
- d. Physiological, emotional and mental aspects of a Panic Attack
- e. Negative consequences of anchored Panic Attack.

2. What is a Reflex?

- a. A Reflex Definition
- b. How it works as a protective function in Acute-stress and Post-Stress and -Trauma definition.
- c. Discuss features of a reflex as the genetic/epigenetic inherent automatic response of the central nervous system after decoding the specific stimulus (from receptive field) for danger and safety.
- d. The work with protective aspect of reflexes under stress and disturbance and its role in support for processing the stimulus (tactile, visual, auditory, vestibular, proprioceptive or olfactory) to organize an adequate and specific motor/postural/glandular/pupillary/ tympanic membrane response.
- e. The role of “parallel line” the survival strategy of the organism - the HPA-stress axis (hypothalamuspituitary glandadrenals) in reflex display, and when it is dysfunctional and pathological.
- f. Role of Acute-stress and Trauma and Panic Attack.

3. Facilitation techniques for release of Panic Attack

- a. Ways of work with Panic Attack - with mental, physical activities (movements), breathing, sensory re-direction (visual, auditory, tactile).
- b. MNRI exercises for acute panic state, for anchored with tendency to shift to chronic state.

4. MNRI® Strategies and tools to help survival mechanism.

- a. The basis for neurosensorimotor reflex integration for successful support of an individual having experienced acute stress, trauma and panic attacks.
- b. Analysis of the strategies for creating behavioral-cognitive anchors through reflex re-patterning as a system to develop positive self-survival mechanisms.
- c. The formation of primary links, including kinesthetic memory-emotional response; Moro and Fear Paralysis and protection; and, activation of positive memory for the creation of positive anchors, are a cause for challenging behaviors.
- d. Analysis of survival reflexes and how they are involved in motor programming, inner control, social behavior; and, how they are re-patterned to overcome acute stress, trauma and panic attacks.
- e. Identifying the reasons for developing corrective strategies of motor-cognitive coordination and fine motor skills for those with acute stress, trauma, or panic attacks.
- f. Applying and practicing MNRI® self-initiated techniques for moving through stages of stress, trauma and panic attacks.

HOURLY AGENDA

Hour 1: Panic Attack

Hour 2: What is a reflex

Hour 3: Facilitation techniques for release of Panic Attack

Break

Hour 4: Facilitation techniques for release of Panic Attack (continued)

Hour 5: MNRI® Strategies and tools to help survival mechanism

Hour 6: MNRI® Strategies and tools to help survival mechanism (continued)

Financial Disclosure: Rebekah LaVone receives a stipend based upon an enrollment percentage.

Non-financial Disclosure: No relevant relationship exists.

Course Disclosure: *The Svetlana Masgutova Educational Institute has developed and patented a licensed technology trademarked as MNRI®. Because there are no other like-kind products available, course offerings will only cover information that pertains to the effective and safe use of the above-named products. This presentation will focus exclusively on MNRI® and will not include information on other similar or related products or services.*

Special Needs Requests: If you require special accommodations, please notify SMEI at events@masgutovamethod.com at the time of registration so that needed accommodations can be made prior to the course.

Target audience:

Speech Language Pathologists, Speech Language Pathologist Assistants, Occupational Therapists, Certified Occupational Therapy Assistants, Nurses, Physical Therapists, Physical Therapist Assistants, Educators, Psychologists, Physicians, Massage Therapists, Mental Health Counselors, Other Health Care Providers, Parents.

Criteria for Certificate of Completion and any available Credit Hours or CEUs:

- Full attendance to the entire course
- Participation in practice with instructor feedback
- Post course evaluation