

ART for Romantic Heartbreak

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CEO MindWorks Psychology, LLC

INTRODUCTION

- Hi I'm Dr. Elizabeth Michas,
- Welcome to **ART for Romantic Heartbreak**
- I want to start by sharing some information about me.
- For over 30 years now as a Licensed Psychologist, I've helped thousands of clients transform their emotional pain & trauma.
- I'm the Founder/CEO of MindWorks Psychology, LLC-
- Apply the latest neuroscience to the practice of ending human suffering through brain-based therapies, coaching, consulting and training.

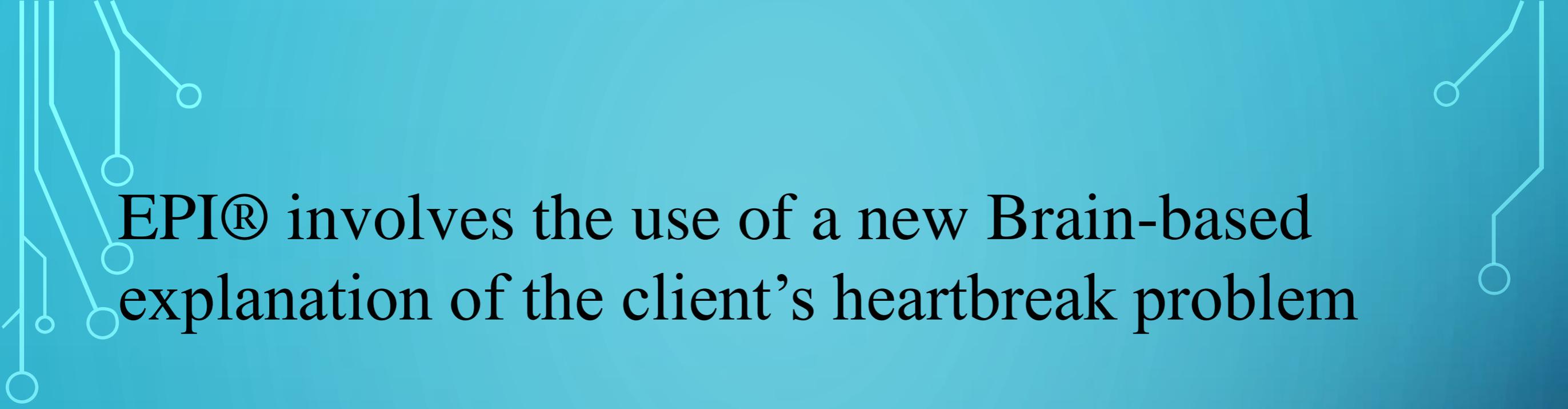
Since 2012, I've trained hundreds of mental health professionals to be **brain-based** and create **rapid, lasting change** for their clients.

I'm the Developer of the trademarked **Emotional Pain Intervention(EPI)® system**: neuro-education, neuro-intervention and neuroplastic healing/transformation.

I'm writing a book about being 'Lovestuck™'
after romantic breakups and divorces

***Lovestuck: The Neuroscience of Healing
Heartbreak***

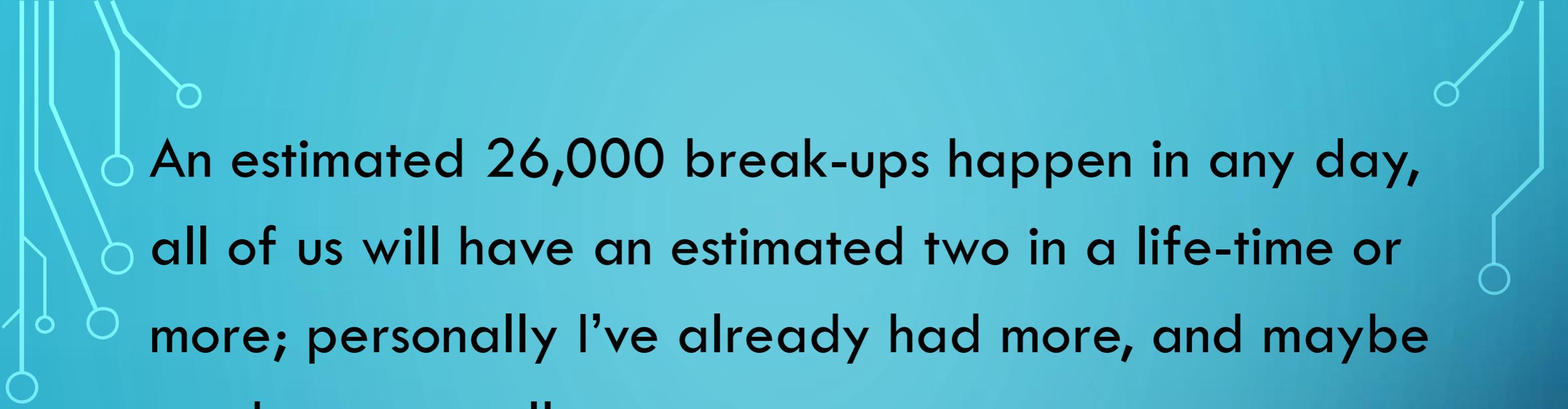
Today highlights how I use ART to accelerate
resolution of heartbreak



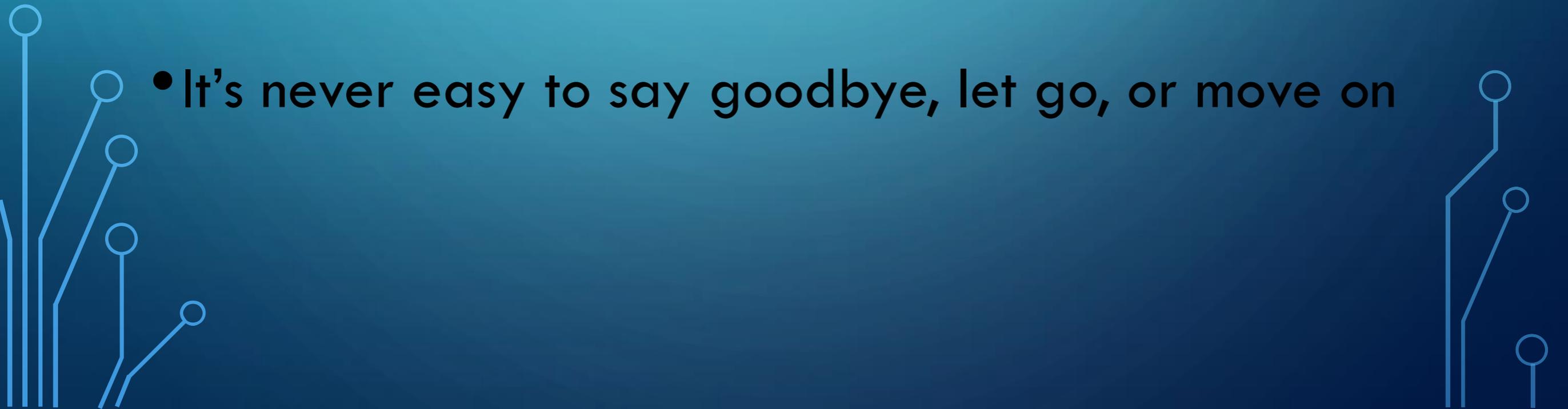
EPI® involves the use of a new Brain-based explanation of the client's heartbreak problem

Brain-Changing Conversations can be combined with transformational processes and therapies like ART for rapid recovery from Heartbreak.





An estimated 26,000 break-ups happen in any day, all of us will have an estimated two in a life-time or more; personally I've already had more, and maybe you have as well

- Even without knowing the specific details of a break-up, I understand the brain-science of heartbreak and why it hurts
 - It's never easy to say goodbye, let go, or move on
- 



There's the initial shock of heartbreak but emotional pain and troubling thoughts or images can linger long after the relationship ends

And you can find yourself stuck, literally **LOVESTUCK**



Did you realize, neuroscience and your brain hold the keys to set you free?



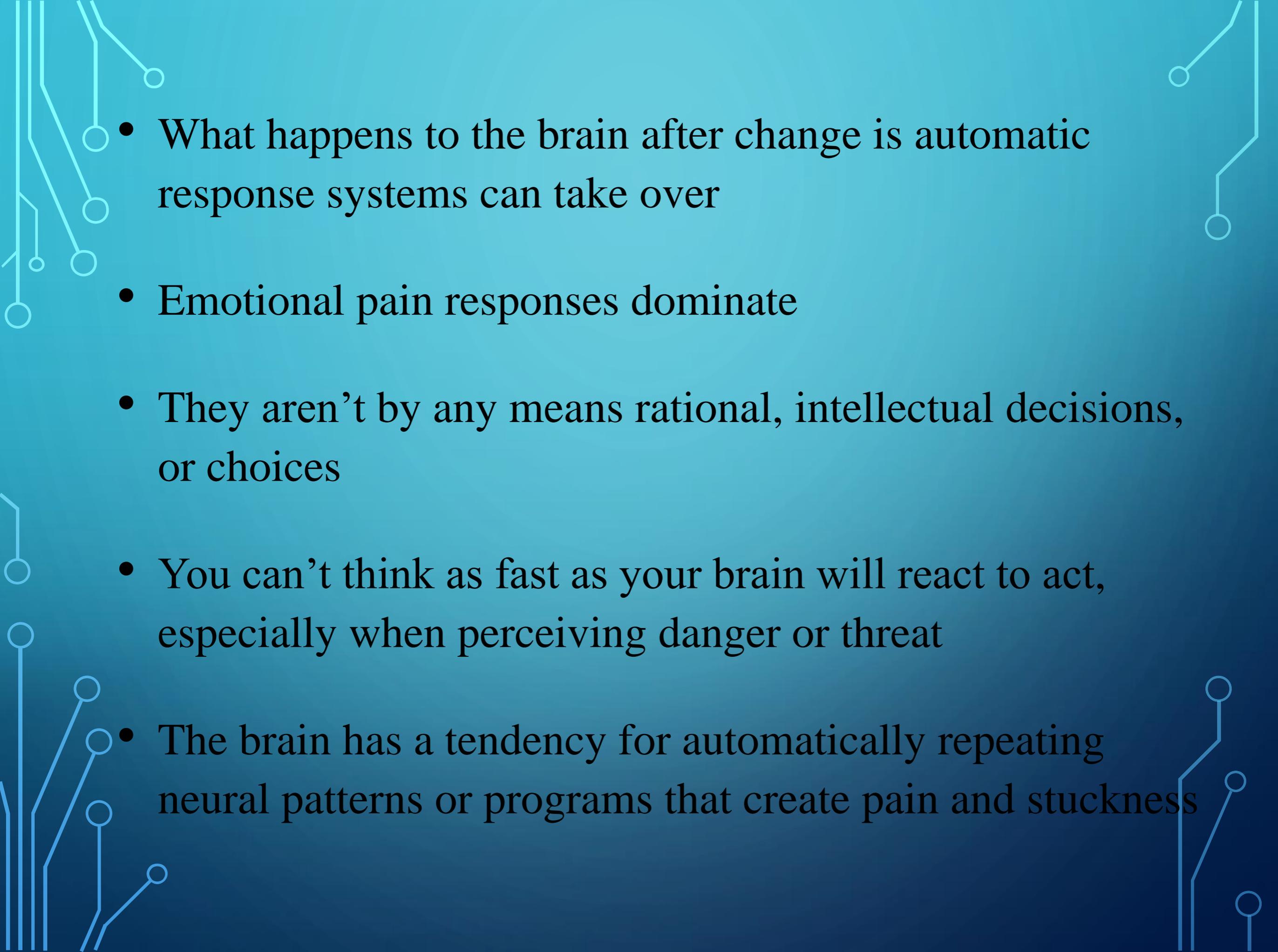
- Neuroscience is a big word
- It refers to the study of the brain and nervous system
- Science is advancing our knowledge of emotions, thoughts, cravings and memories
- That's is a huge game changer for the rapid resolution of emotional pain
- We now understand how we change our lives, by changing our brains

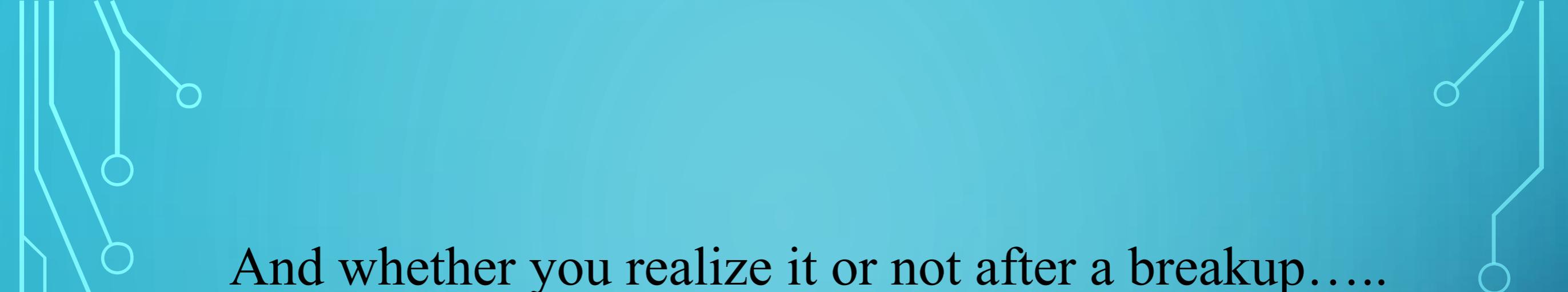
We can alter and influence all kinds of stuff to optimize our brain and nervous system functions thereby thriving into mind-body wellness and even transforming our lives after traumatic events

Thanks to scientists we understand the neuroscience of both falling in love and losing love.

How romantic rejections are heartbreaking and brain altering.

We can utilize this knowledge for emotional healing and self empowerment

- 
- What happens to the brain after change is automatic response systems can take over
 - Emotional pain responses dominate
 - They aren't by any means rational, intellectual decisions, or choices
 - You can't think as fast as your brain will react to act, especially when perceiving danger or threat
 - The brain has a tendency for automatically repeating neural patterns or programs that create pain and stuckness



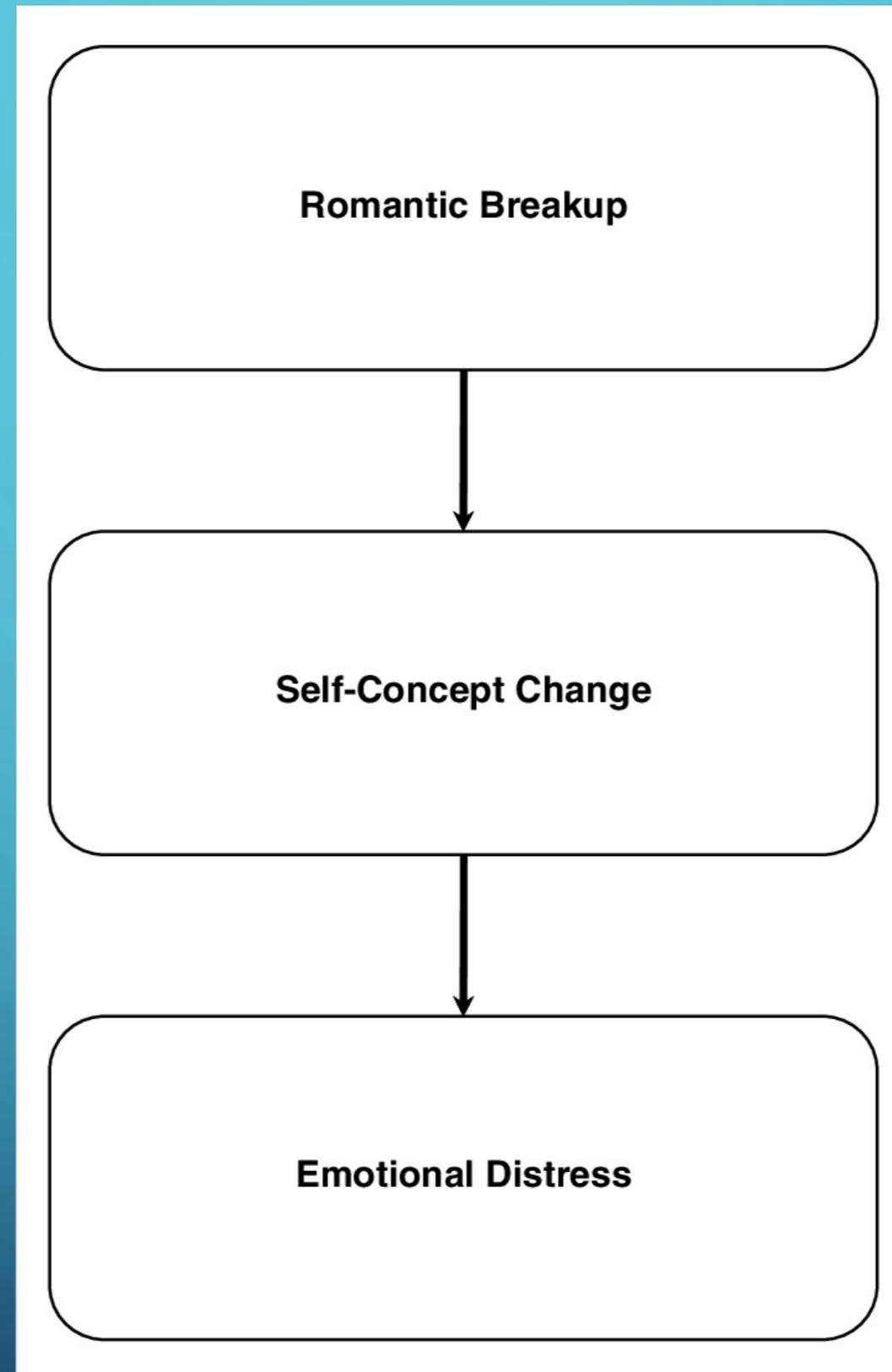
And whether you realize it or not after a breakup.....

You're getting played by your brain's non-conscious processing and response systems



BREAKUP PSYCHOLOGY

Old Research Views



The background is a dark blue gradient. In the corners, there are decorative white lines resembling circuit traces or neural pathways, with small circles at the end of the lines.

Breakup Cognitions (Self-views/Appraisals) **over Emotions/Sensations**

NEW BRAIN RESEARCH VIEWS

Romantic Breakup



Emotional Distress



Self-Concept Change



**Rapid Recovery from
Heartbreak**

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WHAT IS RAPID RECOVERY TARGETING?

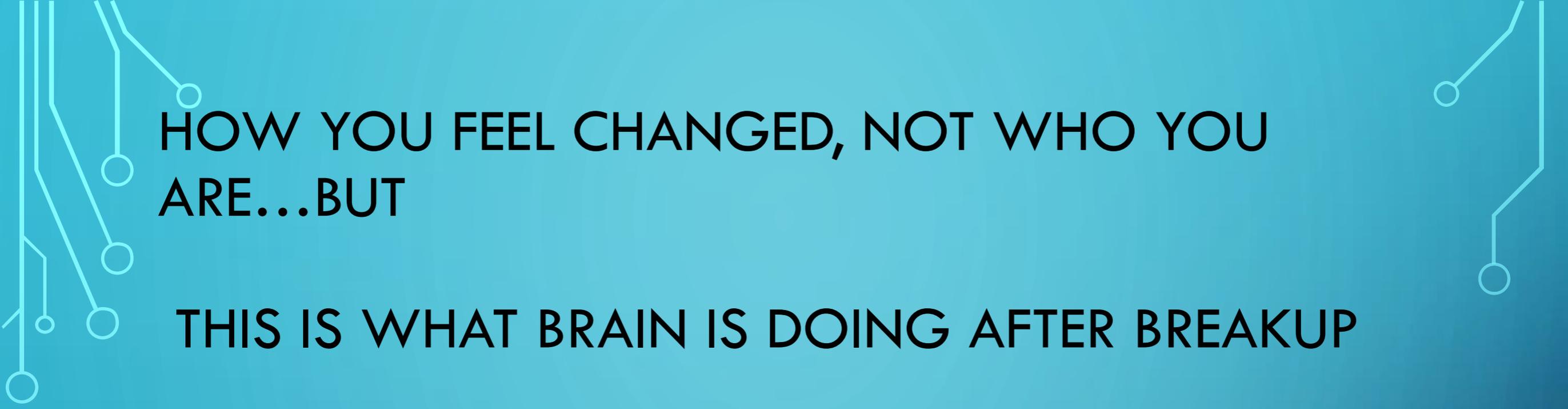
Emotional Distress

BREAKUPS HIT AT THE CORE

Body Keeps the Score

Brain's Emotional Systems

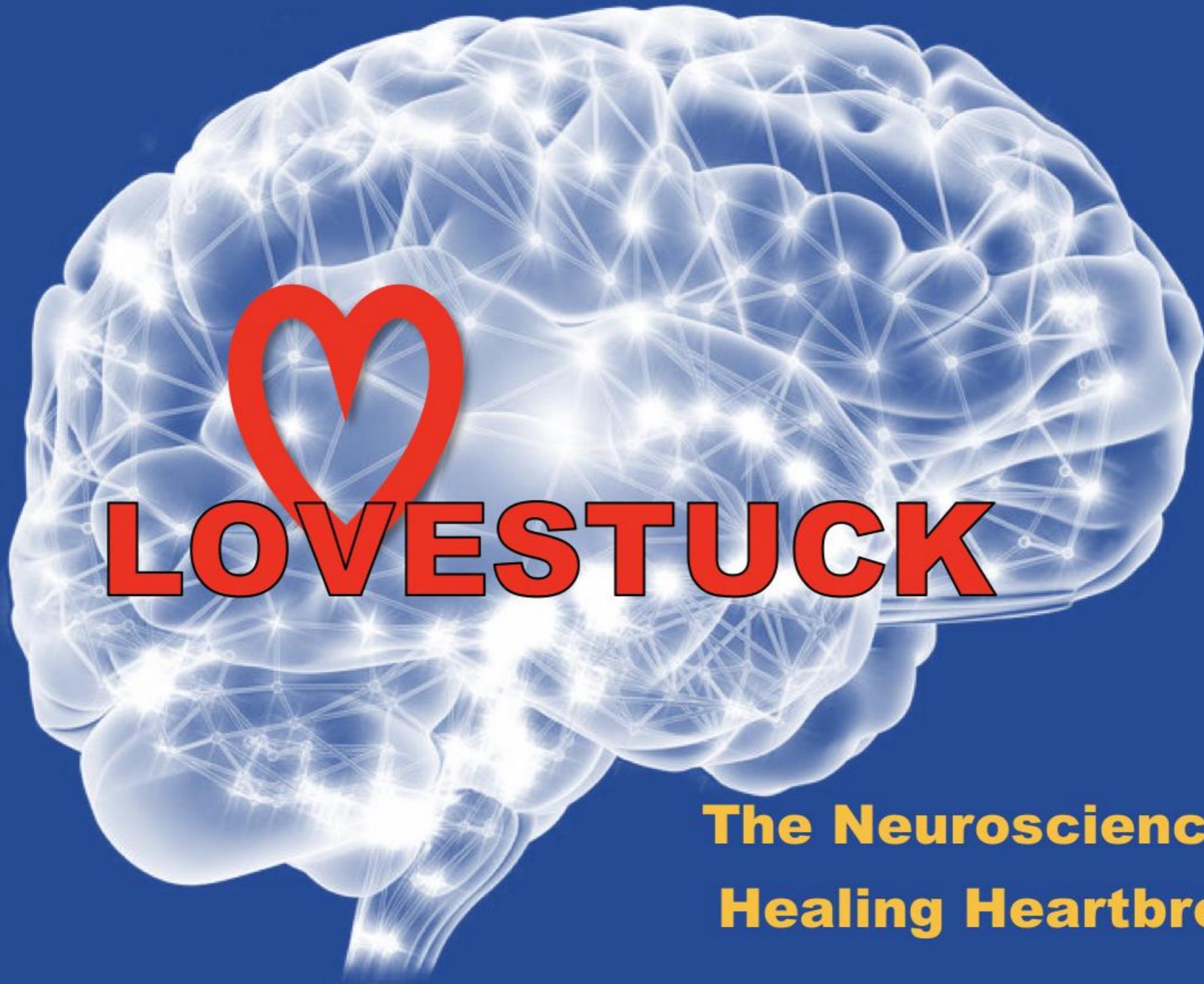
Sense of Internal Safety Shifts



HOW YOU FEEL CHANGED, NOT WHO YOU
ARE...BUT

THIS IS WHAT BRAIN IS DOING AFTER BREAKUP





LOVESTUCK

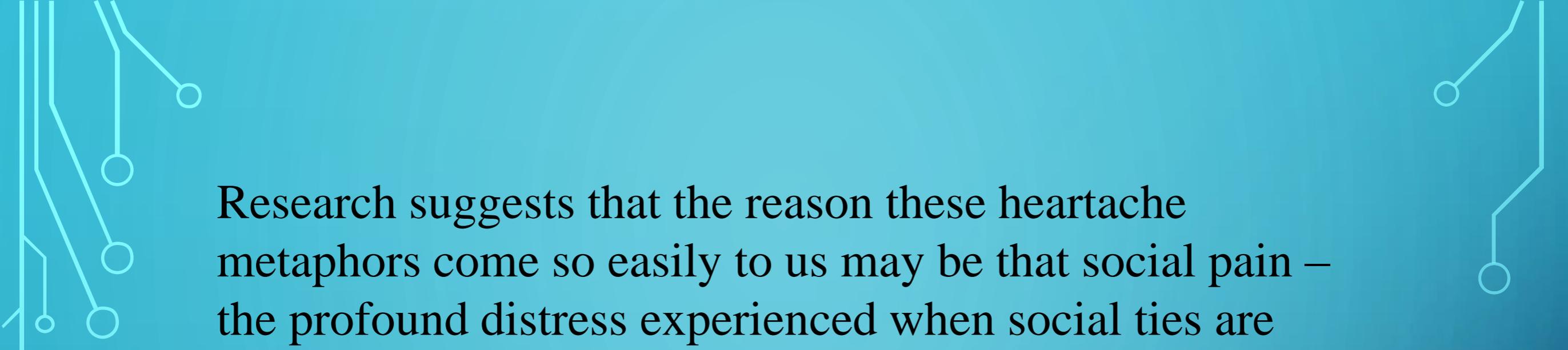
**The Neuroscience of
Healing Heartbreak**



If and when you feel pain, that is
due to your brain



How the Brain Feels the Hurt of
Heartbreak: Examining the
Neurobiological Overlap Between
Social and Physical Pain



Research suggests that the reason these heartache metaphors come so easily to us may be that social pain – the profound distress experienced when social ties are absent, threatened, damaged, or lost – is elaborated by the same neural and neurochemical substrates involved in processing physical pain

(Eisenberger, 2012; Eisenberger & Lieberman, 2004; MacDonald & Leary, 2005; Panksepp, 1998).



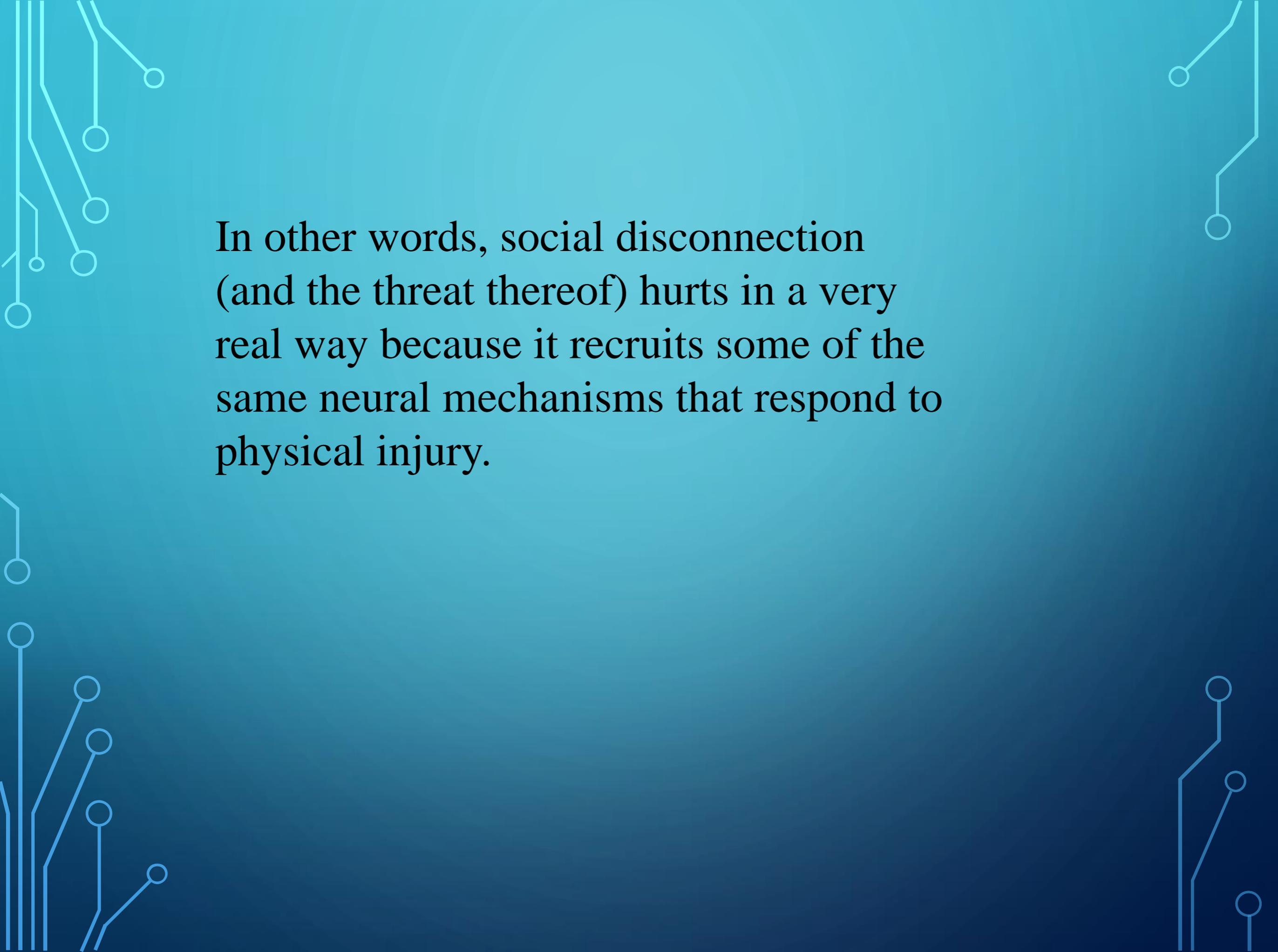


Brain research has found that people who have recently been through a breakup experience **similar brain activity** as when shown photos of their loved one.

Researchers concluded that rejection, and emotional and physical pain, are all processed in the same regions of the brain.

And the Pain felt during a breakup has appeared on MRI scans as similar to the physical pain felt with a severe burn or broken arm.



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In other words, social disconnection
(and the threat thereof) hurts in a very
real way because it recruits some of the
same neural mechanisms that respond to
physical injury.



Anatomy of Love Expert, Anthropologist, Dr. Helen Fisher.

When humans fall in love, regions of the brain that are rich in dopamine (a neurotransmitter that plays a key role in feeling pleasure) light up on brain scans.

Imprint: a chemical and hormonal feel-good memory.

The surge and decline of hormones in our brains when we experience a breakup are also similar to those felt when withdrawing from an addiction to drugs -

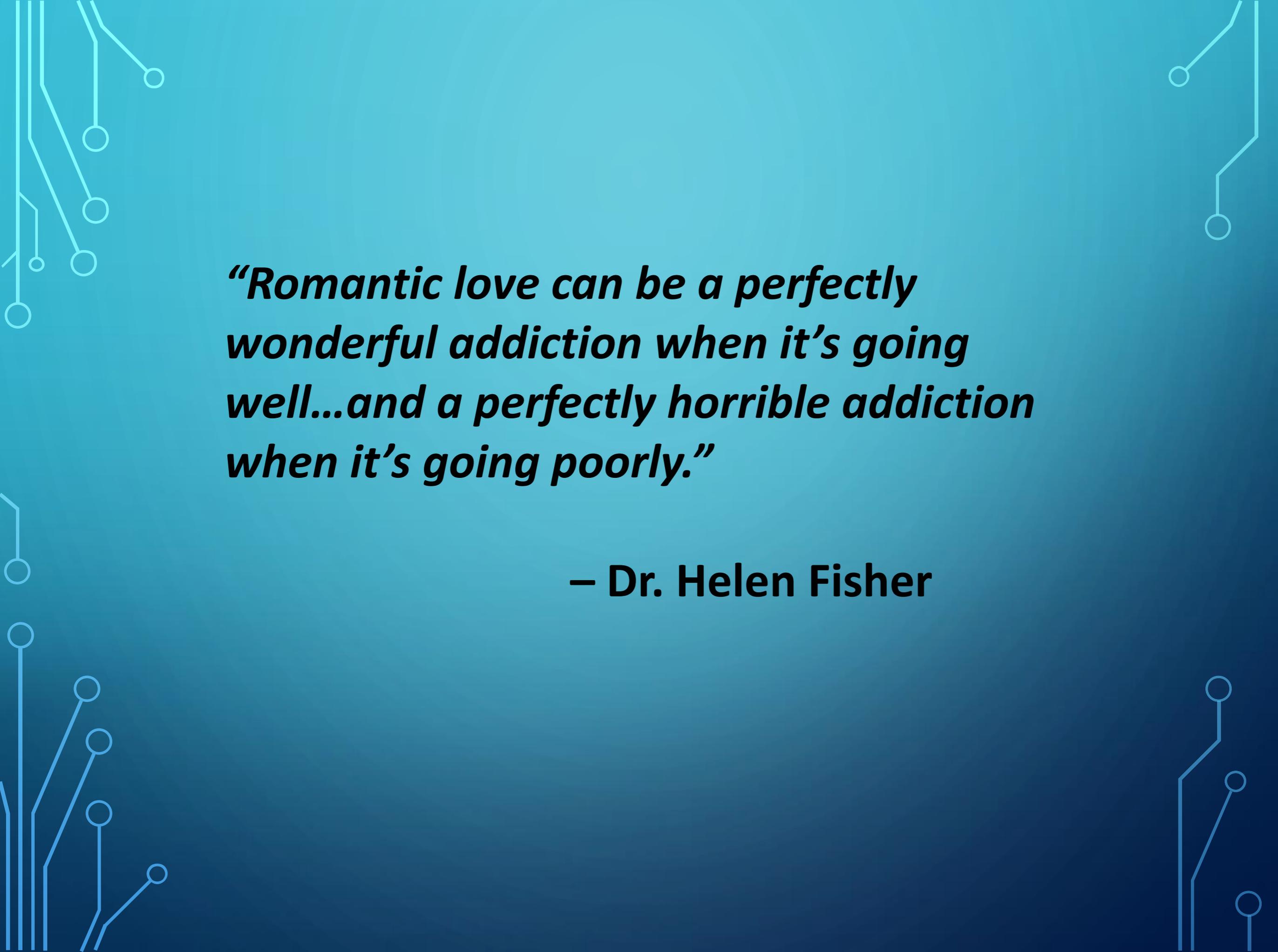




Fisher says that romantic love is "really a drive that is deeply primordial and primitive."



She explains that romantic love experiences "are way below the emotional center and are no emotions, but rather a powerful drive and need to be shared by all human beings."

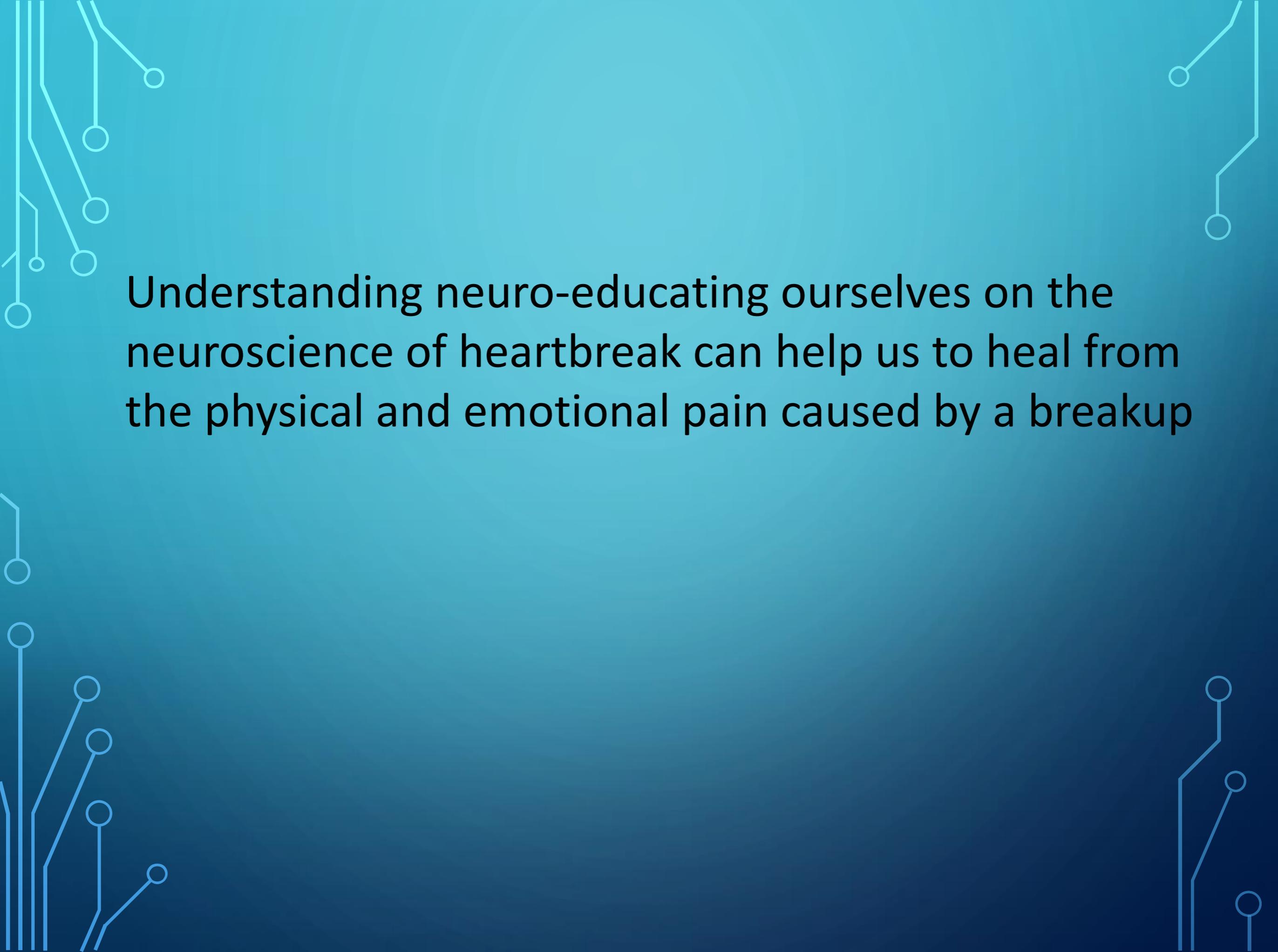
The background is a solid blue gradient. In the corners, there are decorative white line-art patterns resembling circuit boards or neural networks, with lines connecting to small circles.

“Romantic love can be a perfectly wonderful addiction when it’s going well...and a perfectly horrible addiction when it’s going poorly.”

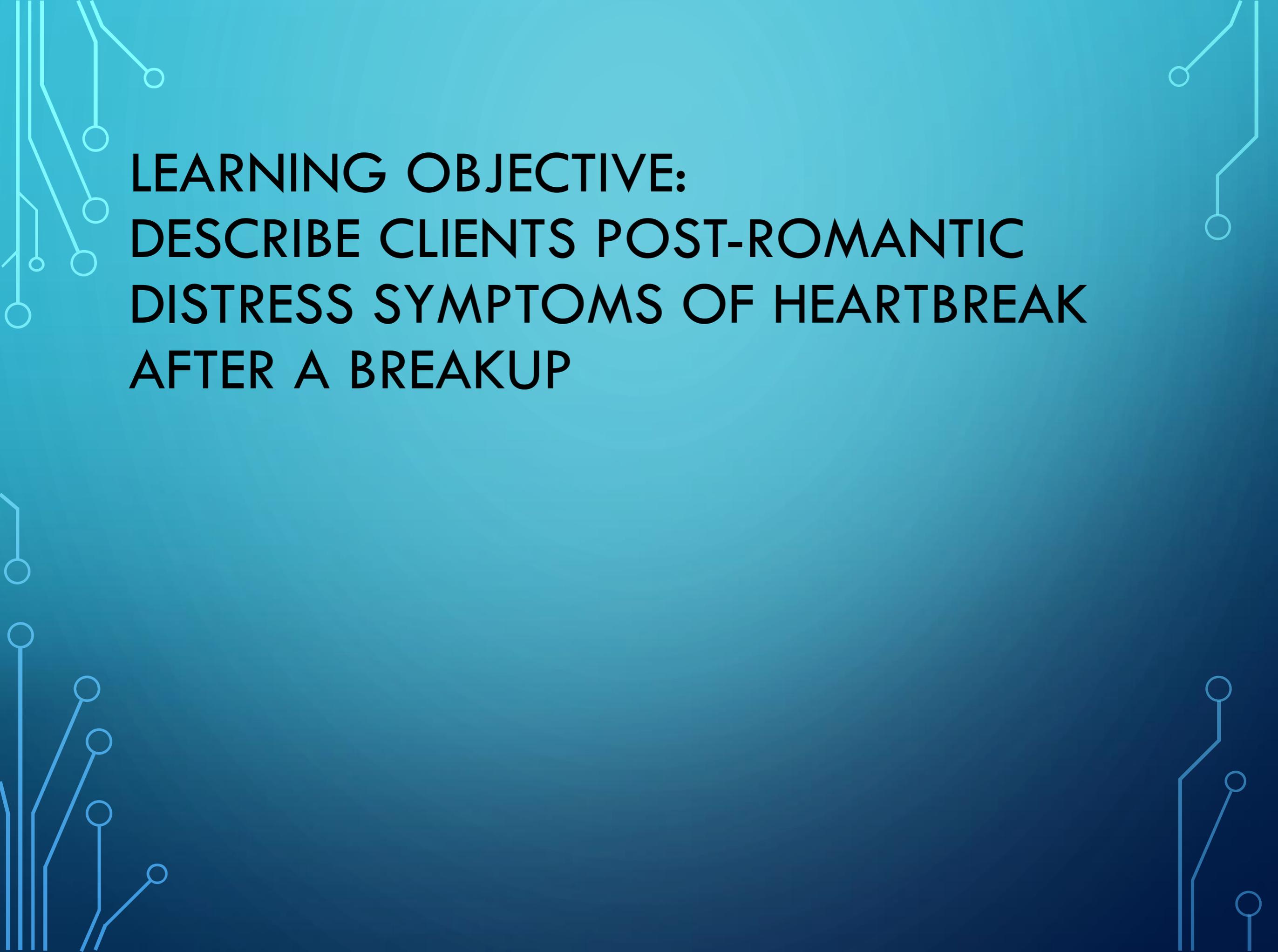
– Dr. Helen Fisher

PRACTICAL BREAKUP ADVICE WORKS...

- With Each Day of **No Contact**, your brain has less inputs about the EX to process, and **you Heal**.
- **Physical separation** from a love that **stopped being good** might decrease emotional pain responses.
- And still there's more to do that can get it done-
Accelerate Resolution.

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Understanding neuro-educating ourselves on the neuroscience of heartbreak can help us to heal from the physical and emotional pain caused by a breakup

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**LEARNING OBJECTIVE:
DESCRIBE CLIENTS POST-ROMANTIC
DISTRESS SYMPTOMS OF HEARTBREAK
AFTER A BREAKUP**



Romantic breakups can cause negative emotional systems to activate, bringing on uncomfortable sensations in the body.

Heartache coming from the primary emotions that turn on automatically feels embodied and stressful.

These changes in the brain's emotional system respond to any actual or perceived disconnection from a loved one.

For instance, imagining someone has left you or will leave you someday can activate and perpetuate emotional suffering.





After a Breakup, in addition to painful withdrawal of love, you can have Post-Romantic Distress, which includes body distress that accompany the emotional brain activations, such signs as:

- sleep changes such as insomnia
 - restlessness
 - a racing pulse, pounding heart, or unusually rapid breathing
 - dizziness
 - shakiness, or weak knees
 - pain or tension in your head or chest
 - gut pain or nausea
 - increased tearfulness, or the sense you're constantly on the verge of tears
 - flushed or feverish skin
- 
- 

ACKNOWLEDGE THE POST-ROMANTIC DISTRESS OF CLIENT

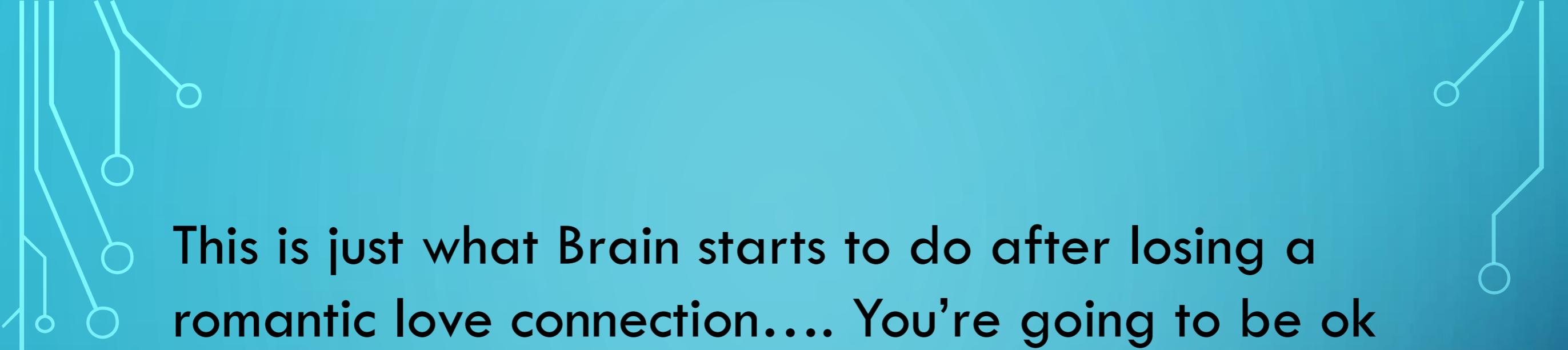
Reframe-**This a Brain response** to the unexpected loss of love...

Can't stop crying

Chest feels tight

Heartaches

Feeling overwhelmed



This is just what Brain starts to do after losing a romantic love connection.... You're going to be ok once we adjust what brain has been doing.

Explain Heartbreak using neuro-education to reframe it as a brain-based problem

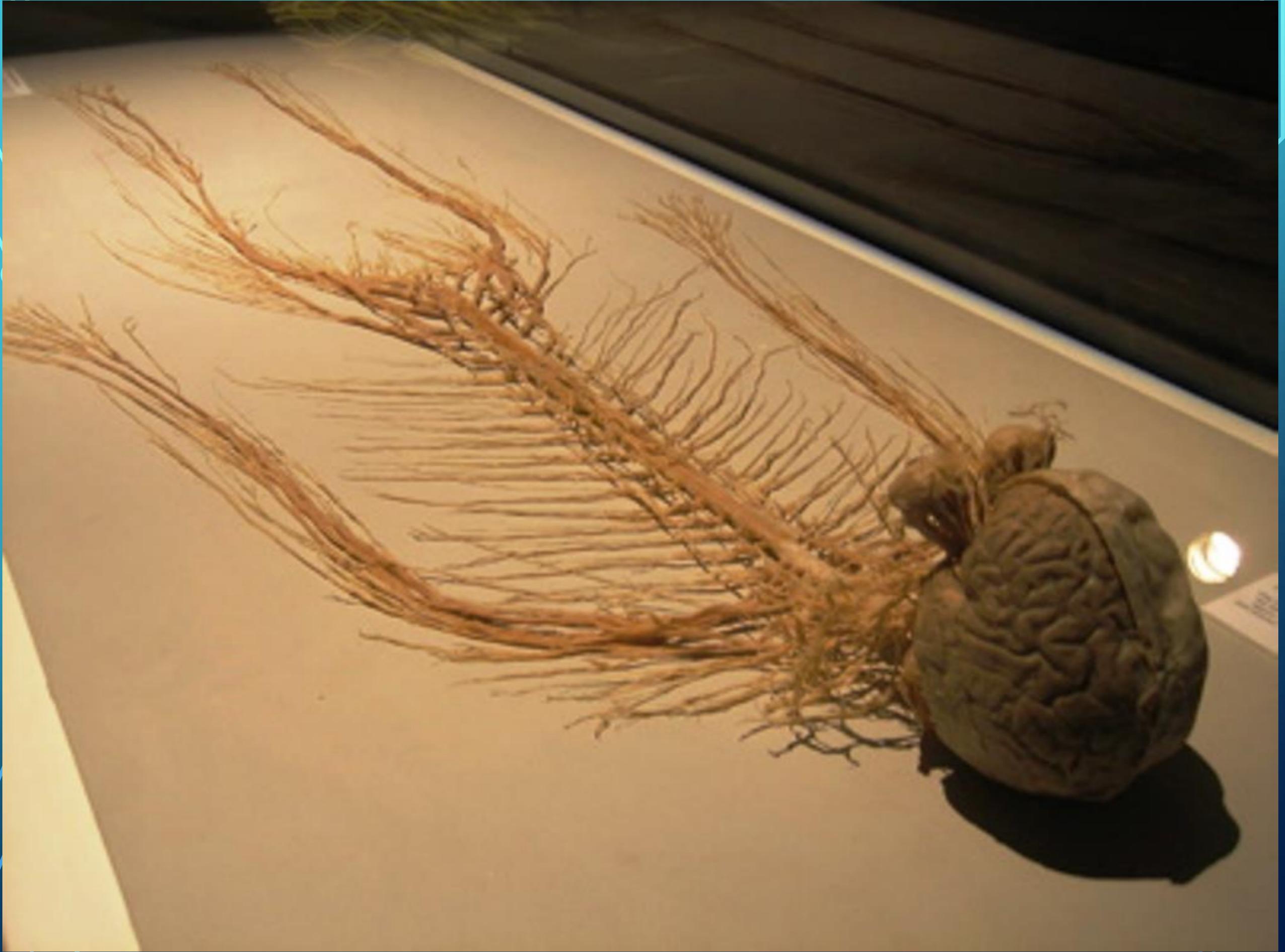




LEARNING OBJECTIVE:

**IDENTIFY THE PRIMARY SYSTEMS OF THE LOWER
BRAIN INSTRUMENTAL IN ACTIVATING
EMOTIONAL PAIN AND WITHDRAWAL
SYMPTOMS**





PLAY THE BRAIN FOR CHANGE

*How to Activate the Vagus Nerve and Use
Neuroplasticity for Quick and Lasting Change*

A BRAIN-CHANGING CONVERSATION GUIDE FOR THERAPISTS



ELIZABETH MICHAS, PH. D.

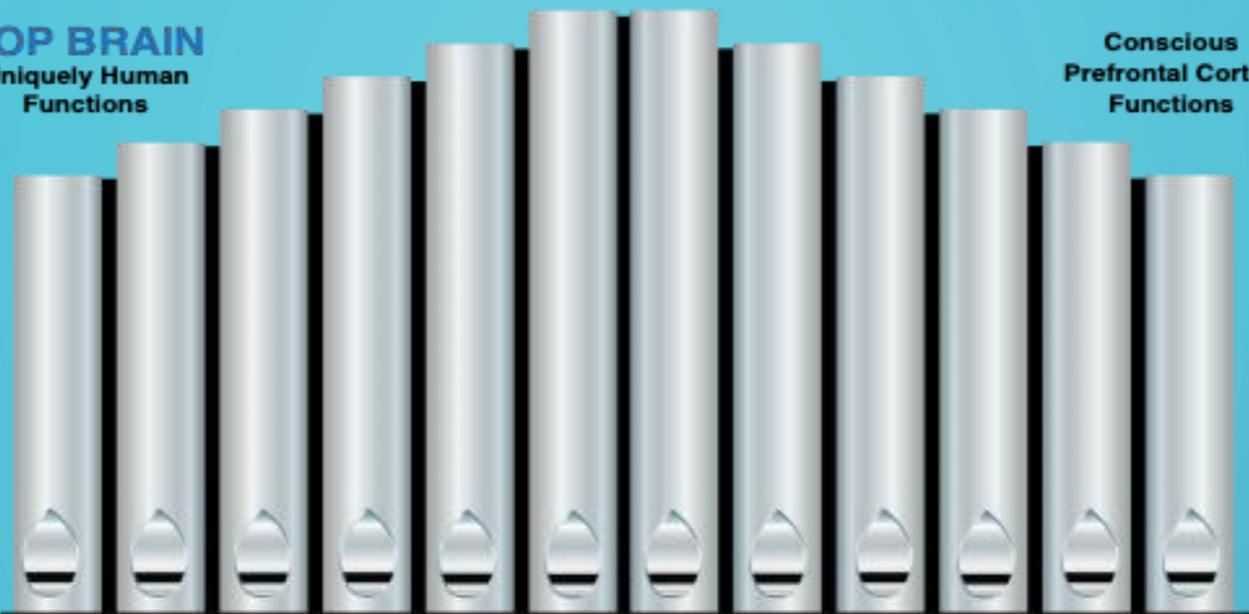


Theory of Playing the Whole Brain An Organ for Change



TOP BRAIN
Uniquely Human
Functions

Conscious
Prefrontal Cortex
Functions



TUNE **Emotional Pain Intervention (EPI®)** **RETUNE**

Keys for Whole Brain Change/Integration
(Conditioning – Deconditioning – Reconditioning)

MIDDLE BRAIN
Default Mode Network

"Middle Me" Tunes

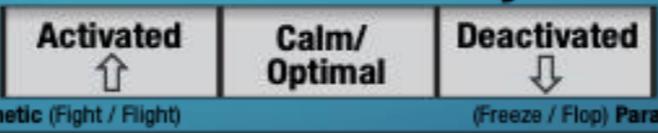


Information (Data) Processing
Thoughts and Images
Social Cognitions and Comparisons
"Self – Me" or "Others"

Tunes that Malfunction Organ: Past or Future Information; What I don't want or can't do; What's wrong with me or others

BODY – Sensations/Motor Movements/Orientation Autonomic Nervous System

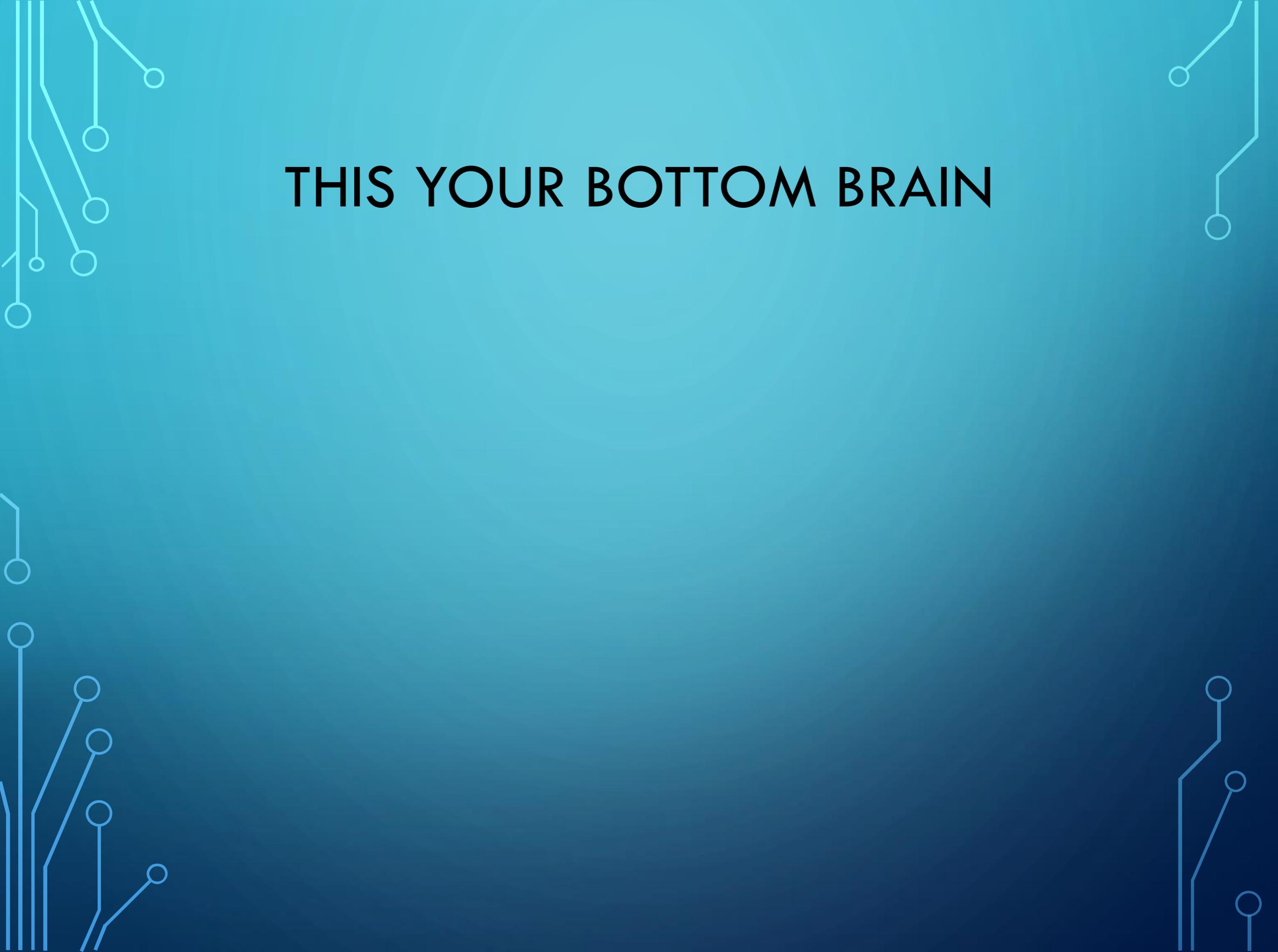
BOTTOM BRAIN
All Mammals



EMOTIONAL PAIN RESPONSE
Non-Conscious
Automatic, Involuntary



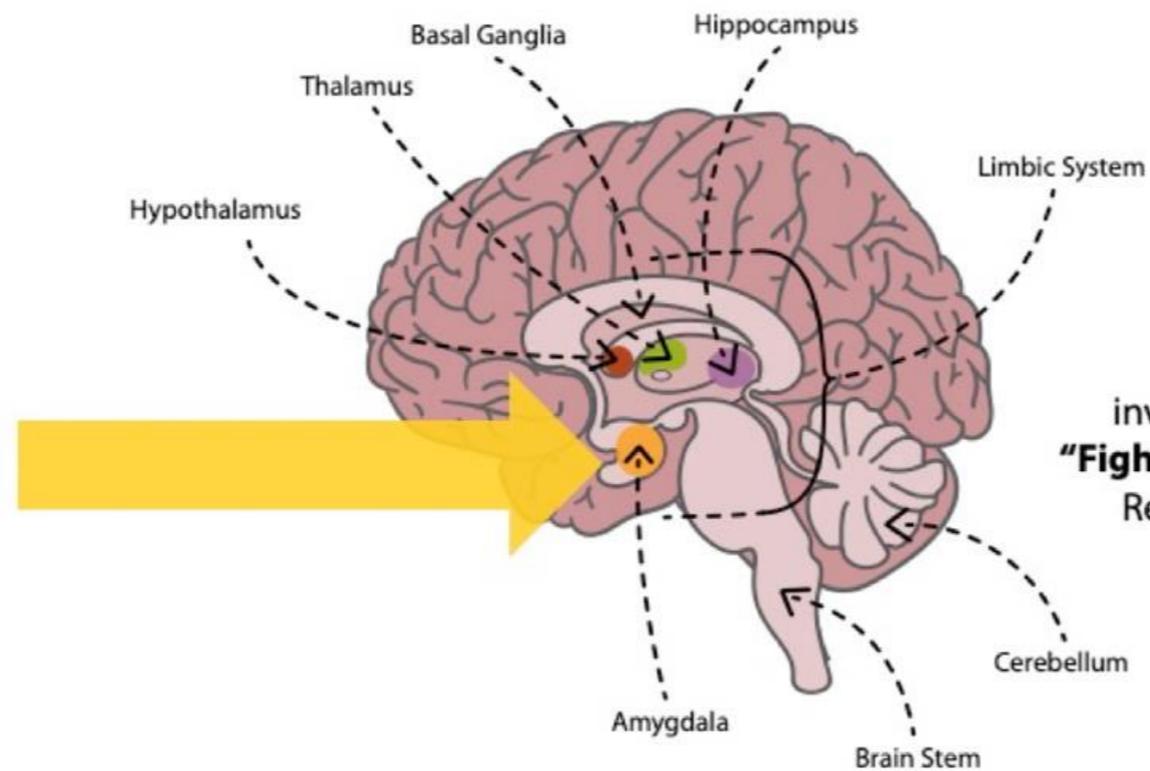
*Emotion-Action System Theory adapted from Jaak Panksepp's research as outlined in his book, *The Archaeology of Mind*.

The image features a blue gradient background with white circuit-like lines in the corners. These lines consist of straight paths that branch out and terminate in small circles, resembling a stylized PCB or neural network diagram. The lines are located in the top-left, top-right, bottom-left, and bottom-right corners.

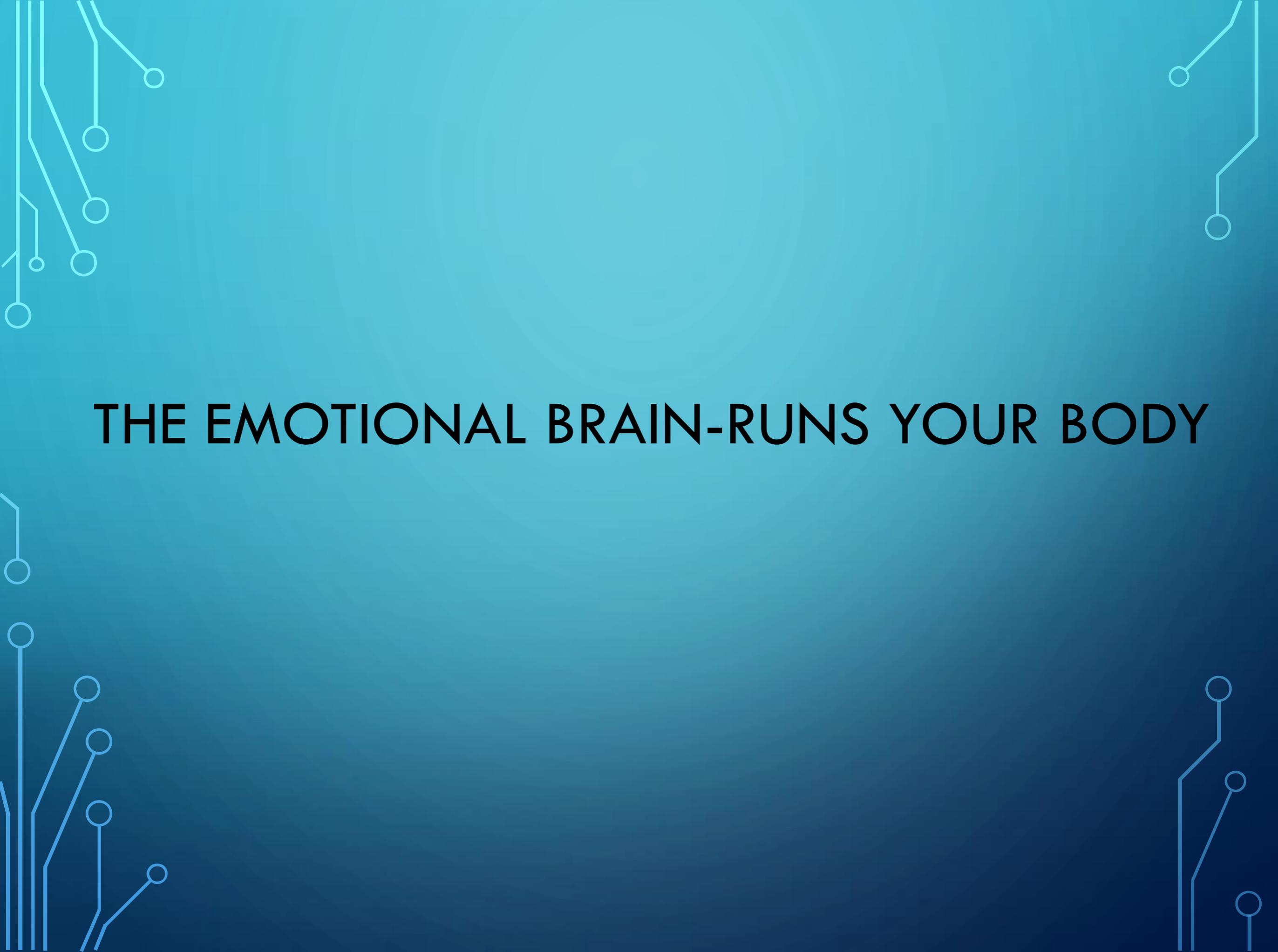
THIS YOUR BOTTOM BRAIN

The BOTTOM Brain

The **amygdala** activates, when detecting and responding to threat/danger an Emotional Pain Response



This sets off involuntary, automatic **"Fight, Flight, Freeze, Flop."** Response to preserve our survival.

The background is a gradient of blue, transitioning from a lighter shade at the top to a darker shade at the bottom. In the four corners, there are decorative white line-art elements resembling circuit traces or neural pathways. These lines connect to small white circles, some of which are arranged in a grid-like pattern. The overall aesthetic is clean, modern, and tech-oriented.

THE EMOTIONAL BRAIN-RUNS YOUR BODY

Emotional Pain Intervention (EPI®)

TUNE

Keys for Whole Brain Change/Integration
(Conditioning – Deconditioning – Reconditioning)

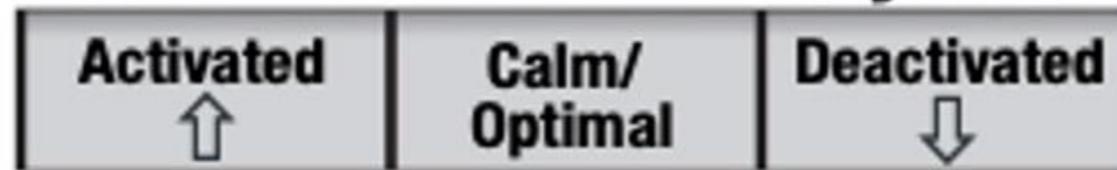
RETUNE



BODY – Sensations/Motor Movements/Orientation
Autonomic Nervous System

BOTTOM BRAIN

All Mammals



Sympathetic (Fight / Flight)

(Freeze / Flop) Parasympathetic

EMOTIONAL PAIN RESPONSE

Non-Conscious

Automatic, Involuntary

***PRIMITIVE-EMOTION-ACTION SYSTEM CHORDS**



*Emotion-Action System Theory adapted from Jaak Panksepp's research as outlined in his book, *The Archaeology of Mind*.

The BOTTOM Brain Primary Emotional Systems

- **SEEKING (EXPECTANCY)**
- **FEAR/(ANXIETY)**
- **RAGE/(ANGER)**
- **PANIC/GRIEF (SEPARATION-HEARTBREAK)**
- **LUST/(SEXUALITY)**
- **CARE/(NUTURANCE)**
- **PLAY/(JOY)**

BODY – Sensations/Motor Movements/Orientation Autonomic Nervous System

BOTTOM BRAIN

All Mammals

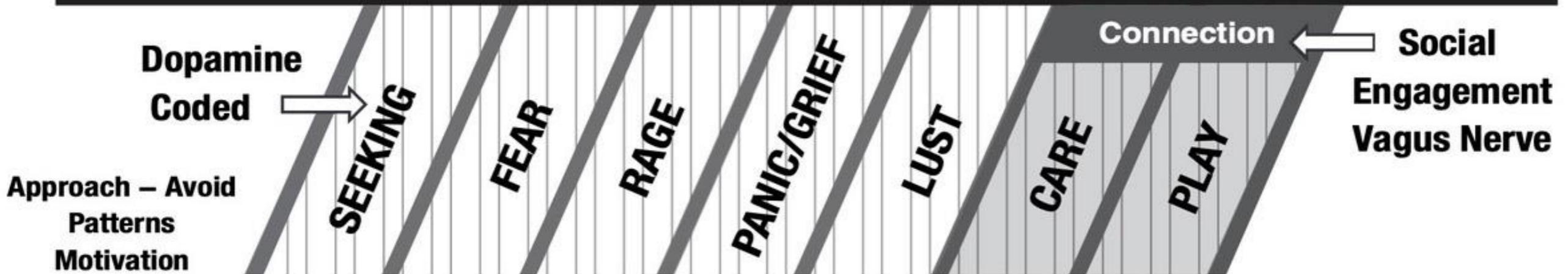


Sympathetic (Fight / Flight)

(Freeze / Flop) Parasympathetic

EMOTIONAL PAIN RESPONSE
Non-Conscious
Automatic, Involuntary

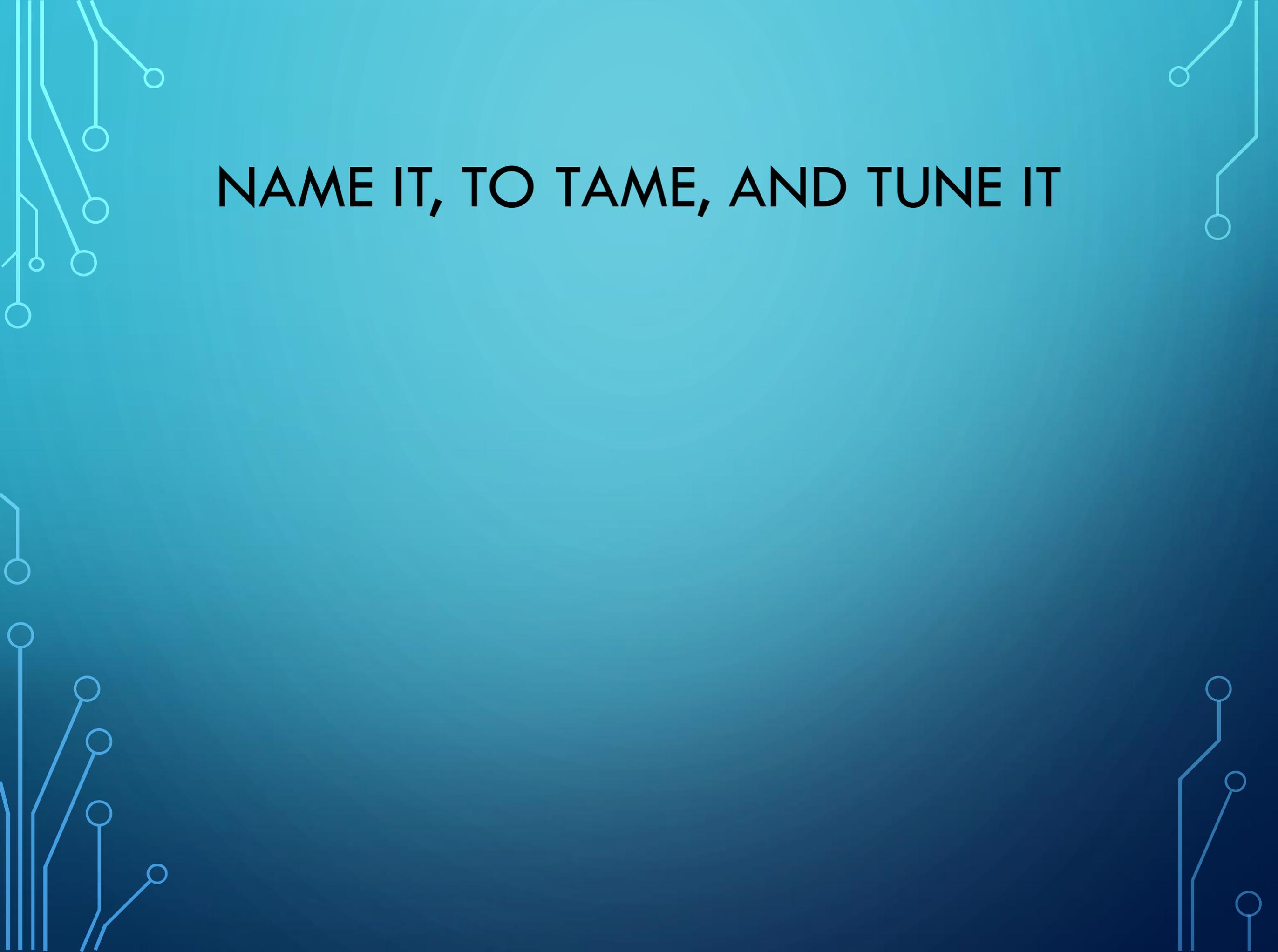
*PRIMITIVE-EMOTION-ACTION SYSTEM CHORDS



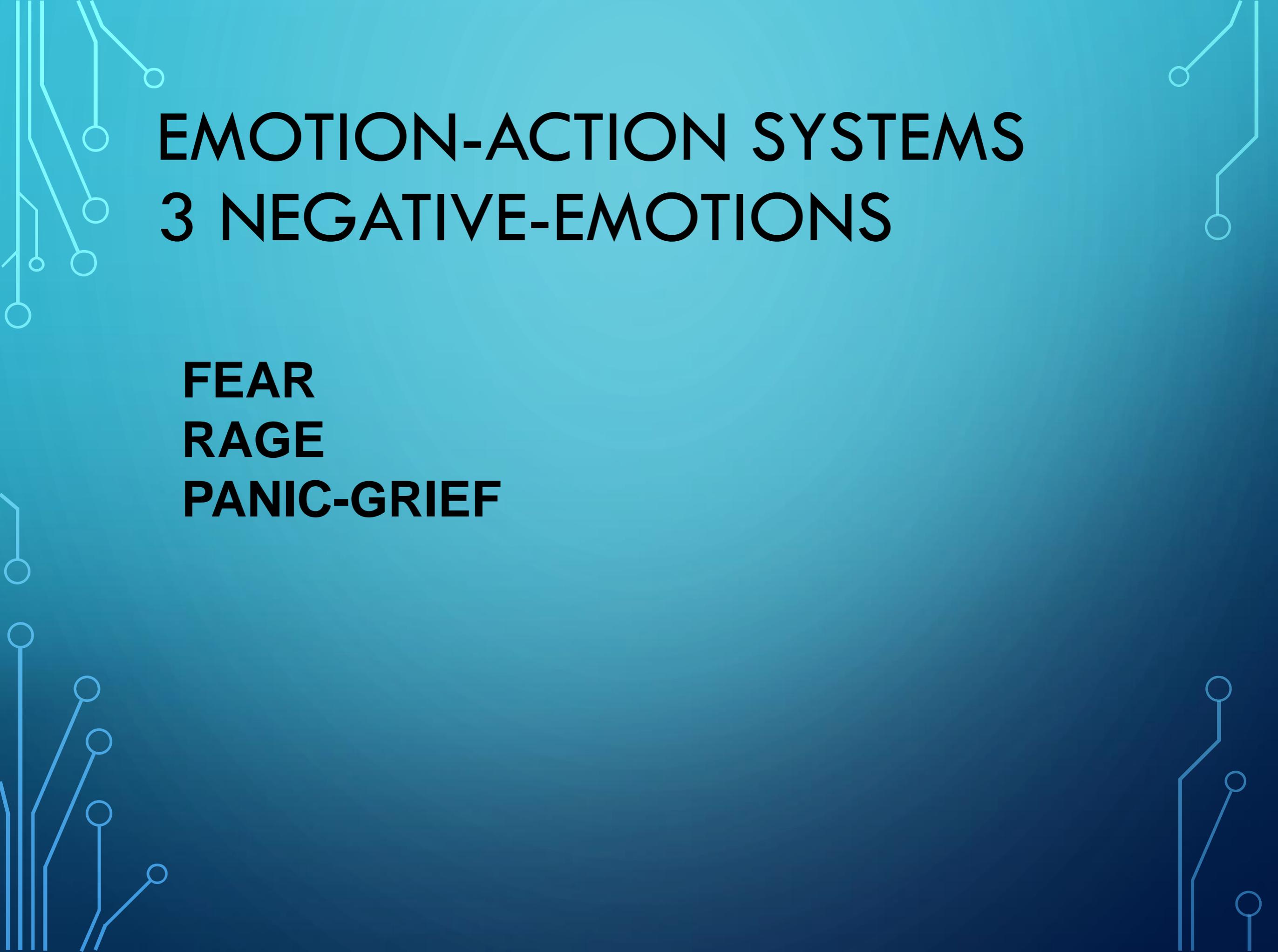
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NAME IT, TO TAME, AND TUNE IT

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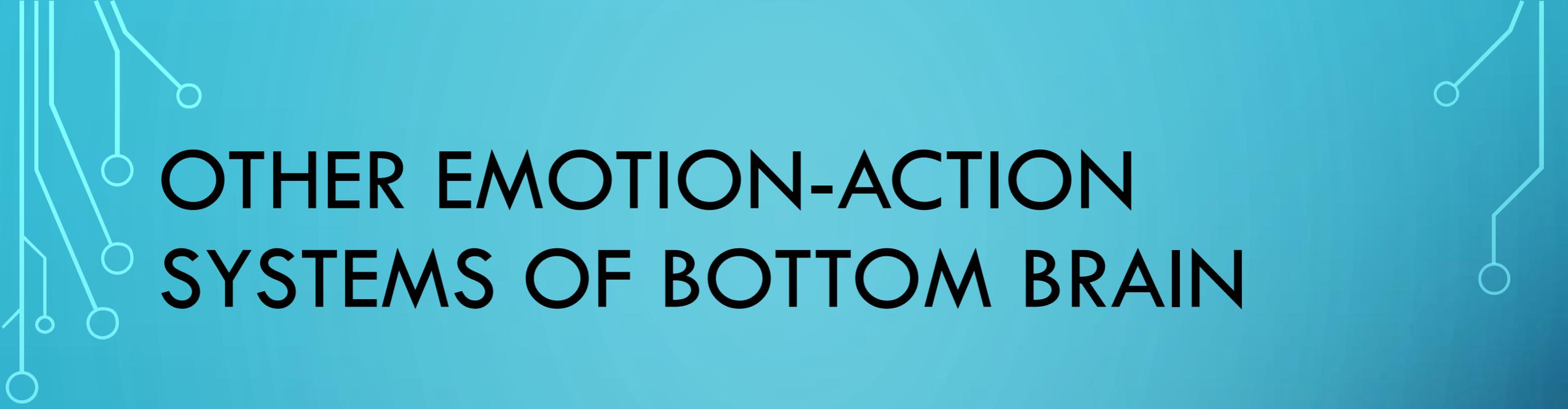
EMOTION-ACTION SYSTEMS

3 NEGATIVE-EMOTIONS

FEAR

RAGE

PANIC-GRIEF

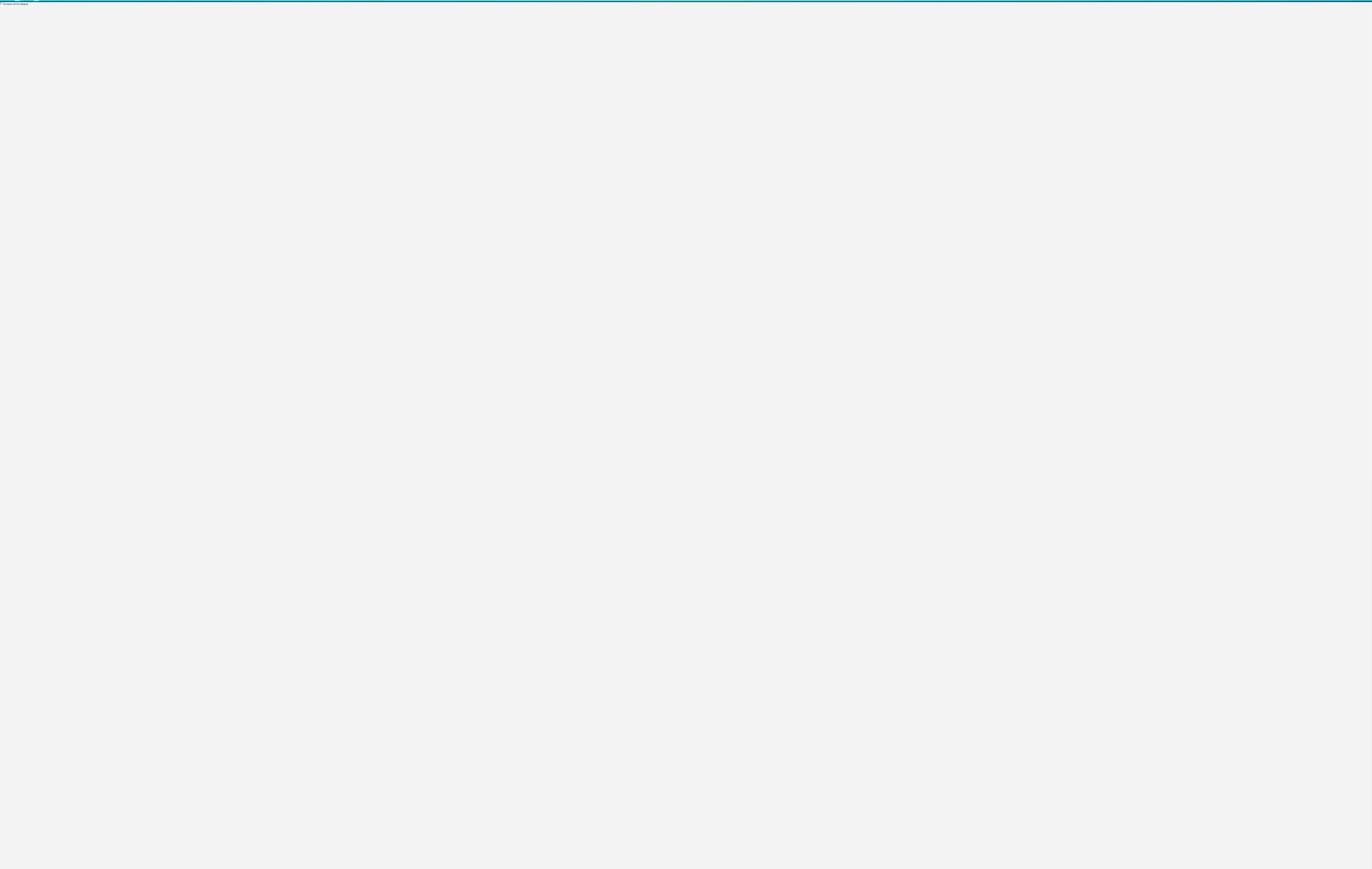


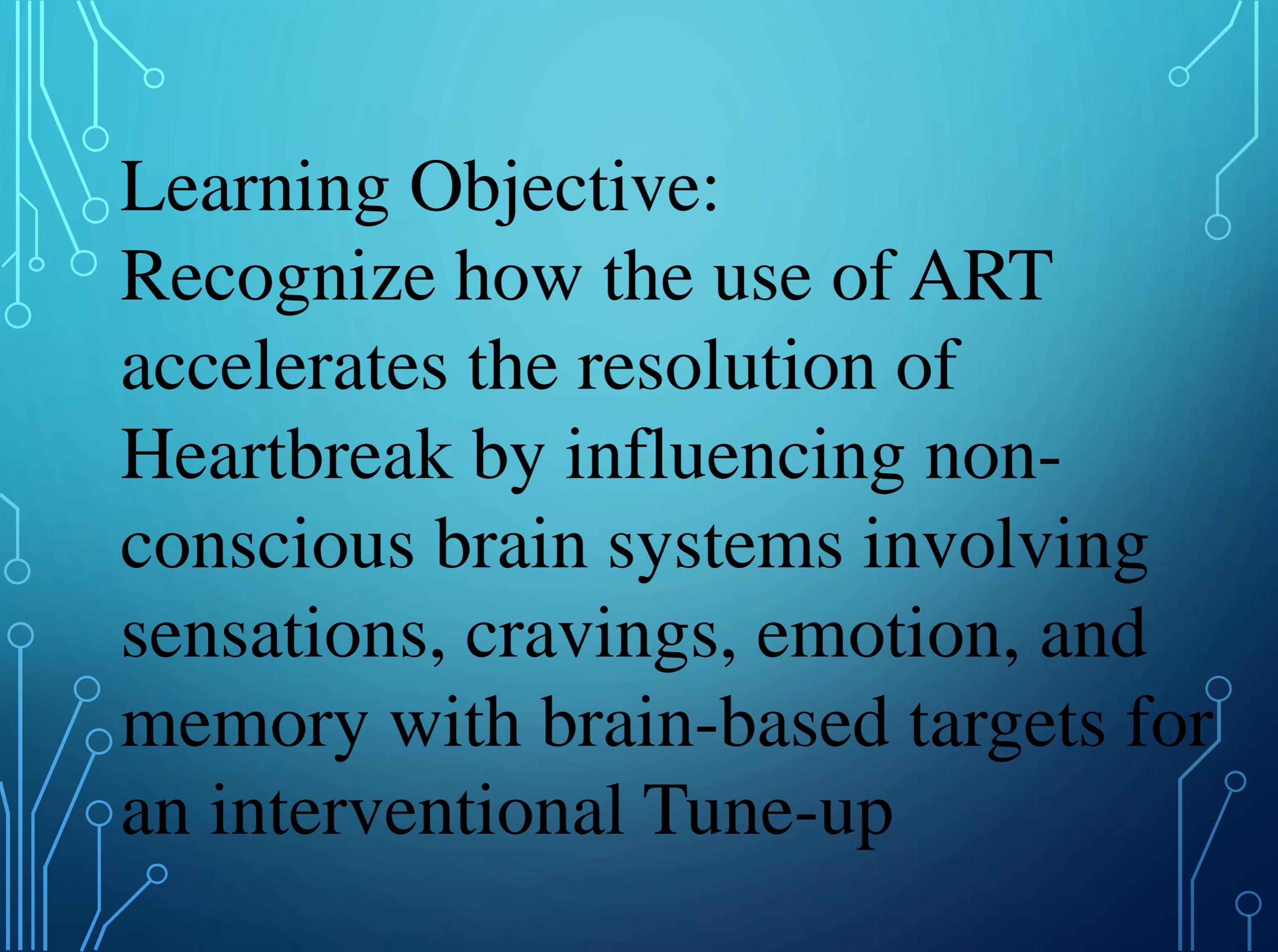
OTHER EMOTION-ACTION SYSTEMS OF BOTTOM BRAIN

SEEKING-Dopamine Coded

LUST







Learning Objective:

Recognize how the use of ART accelerates the resolution of Heartbreak by influencing non-conscious brain systems involving sensations, cravings, emotion, and memory with brain-based targets for an interventional Tune-up

ALTER WHAT BRAIN IS DOING

- Interrupt emotional response patterns regarding threats(fight/flight/freeze/flop) and opportunities(for reward)
- You are getting played by these automatic thoughts, images, and memories
- RESET emotional pain by doing something different

CLIENTS MAYBE SAYING THINGS LIKE...

- They dumped me!
- They Never loved me!
- I'm a mess!
- I can't let go!

THOUGHTS AND IMAGES PLAY THEIR BRAIN BEYOND THE BREAKUP

Automatically influence what is happening in
brain/body, it affects:

Moods

Attitudes

Reactions

Behaviors

TARGET EMOTIONAL PAIN

- Meet your **BOTTOM** Brain-The Emotional Brain
- Understand-What it does for you automatically
- Intervene: **BOTTOM-Up** Techniques applied

BE MINDFUL

- Of What's Going on in your Mind and Body
- ATTUNE to What's in your head
- Check sensations

WHOLE BRAIN-BASED LOVE SOLUTIONS AND RESOLUTIONS

- Brain processes, responds, learns, creates your emotional experience now and in the future
- You've got to get out of your head to be in best position to accelerate recovery of heartbreak
- Reach the whole brain for interventions

CREATE NEW NEUROPLASTIC UPDATES

- When you create new mental states and thought patterns, you send new signals through the neural pathways of your brain, and you can change brain with new images and emotional experiences.

RESOLUTIONS

- Clear the Heartbreak Emotional Pain
- Reset automatic Lovestuck Patterns
- Release the Subconscious Blocks
- Update Memories via Reconsolidation

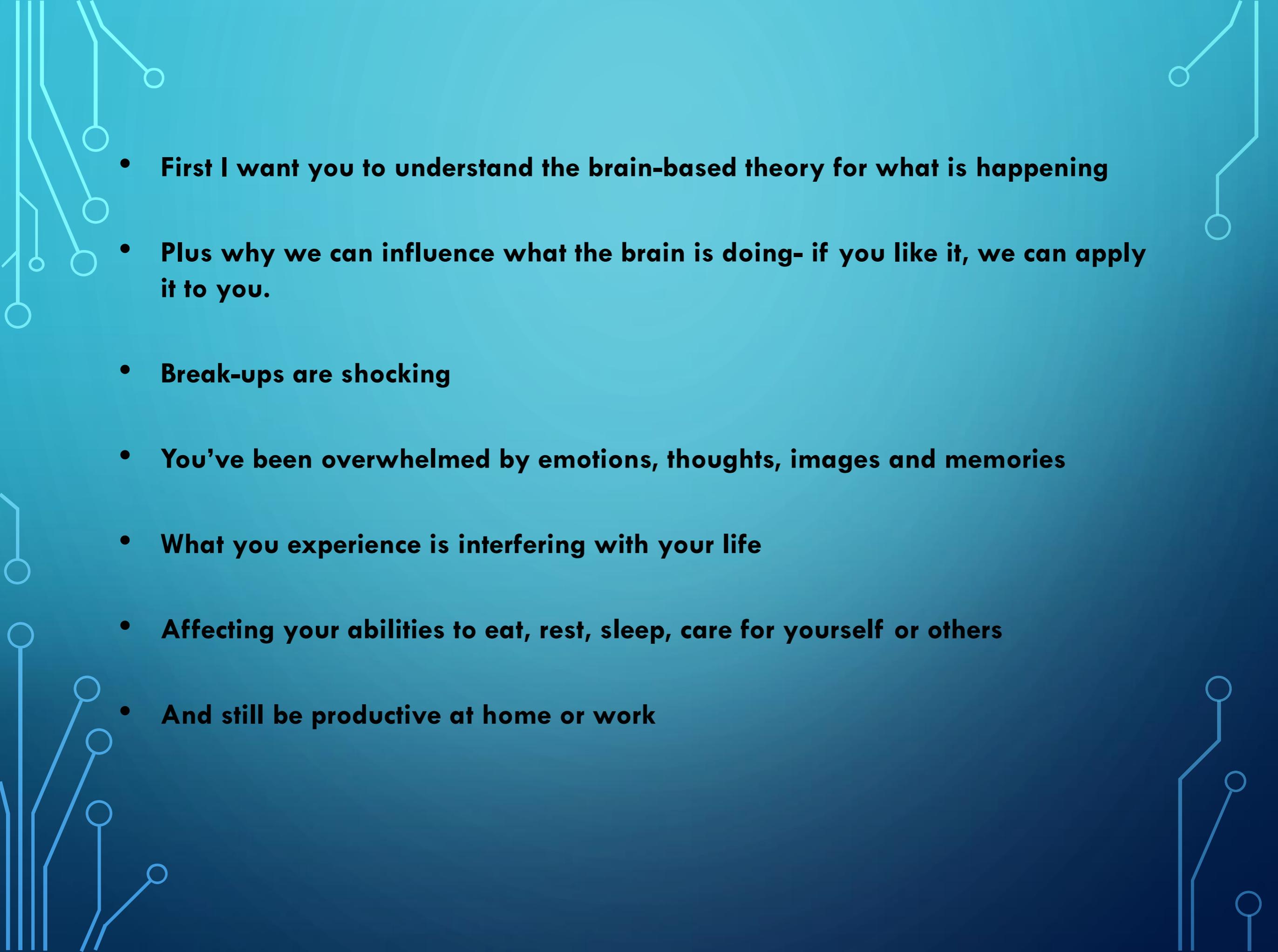


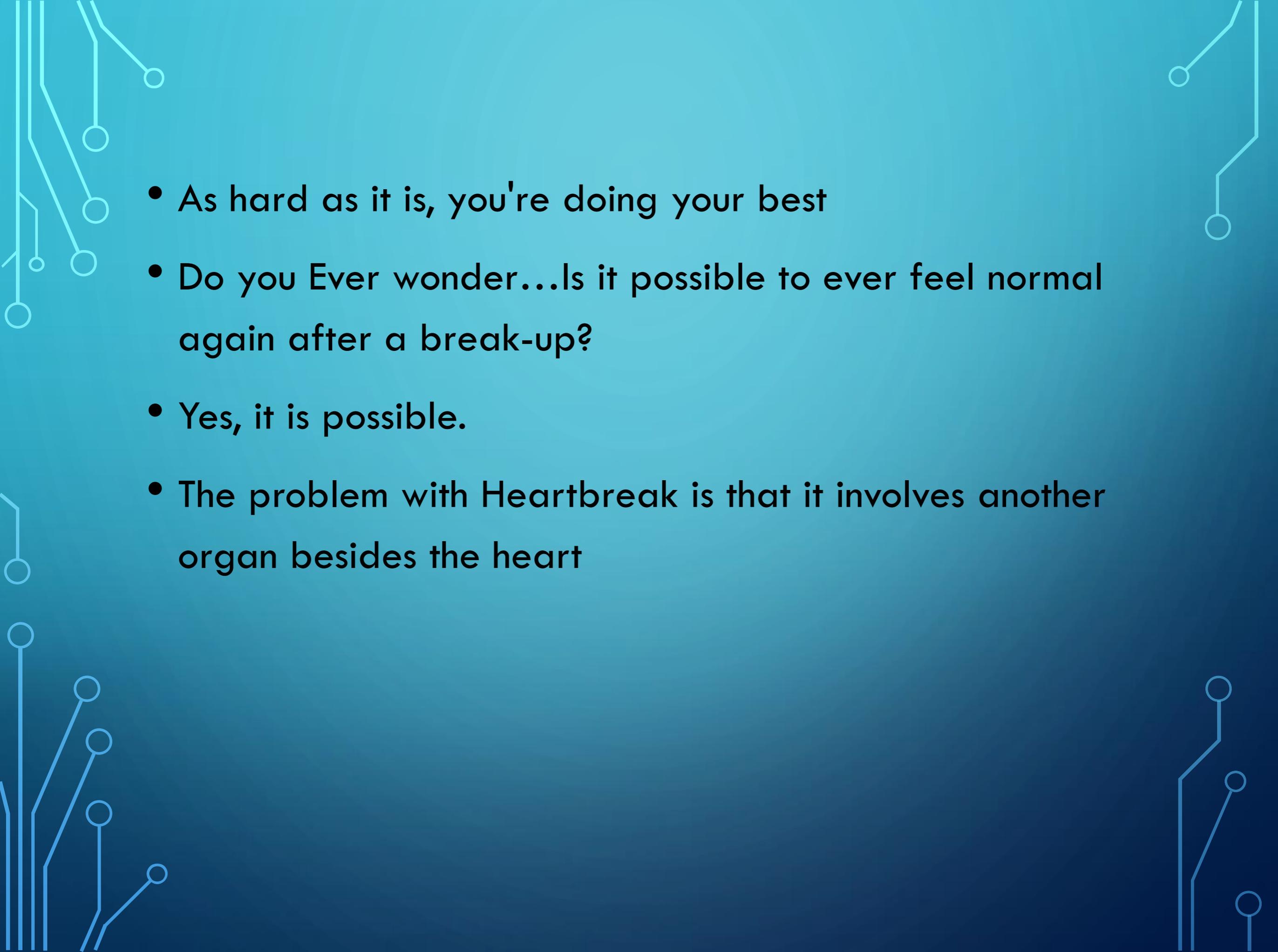
Neuro-Education:

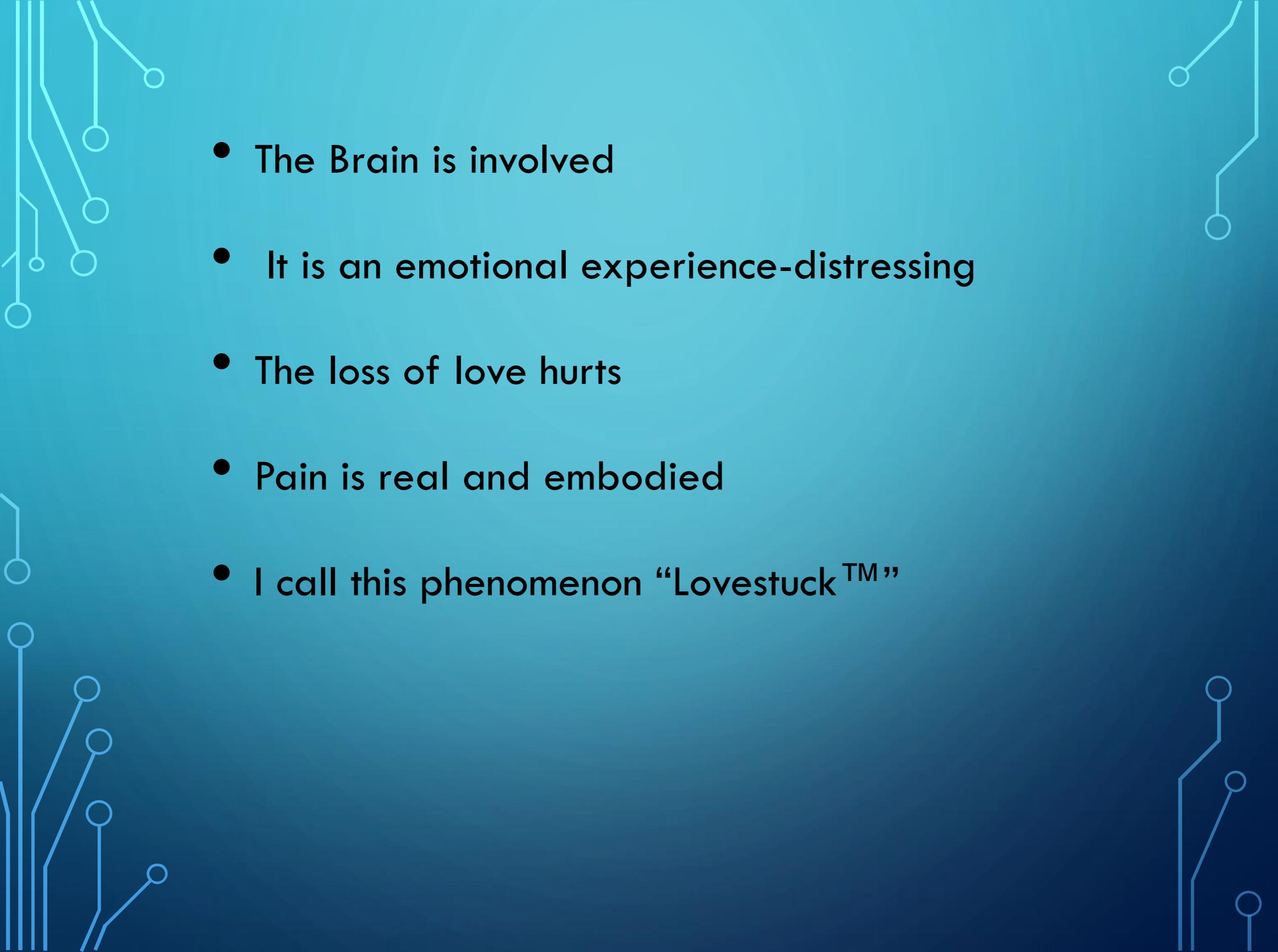
Explain the Whole Brain Talk

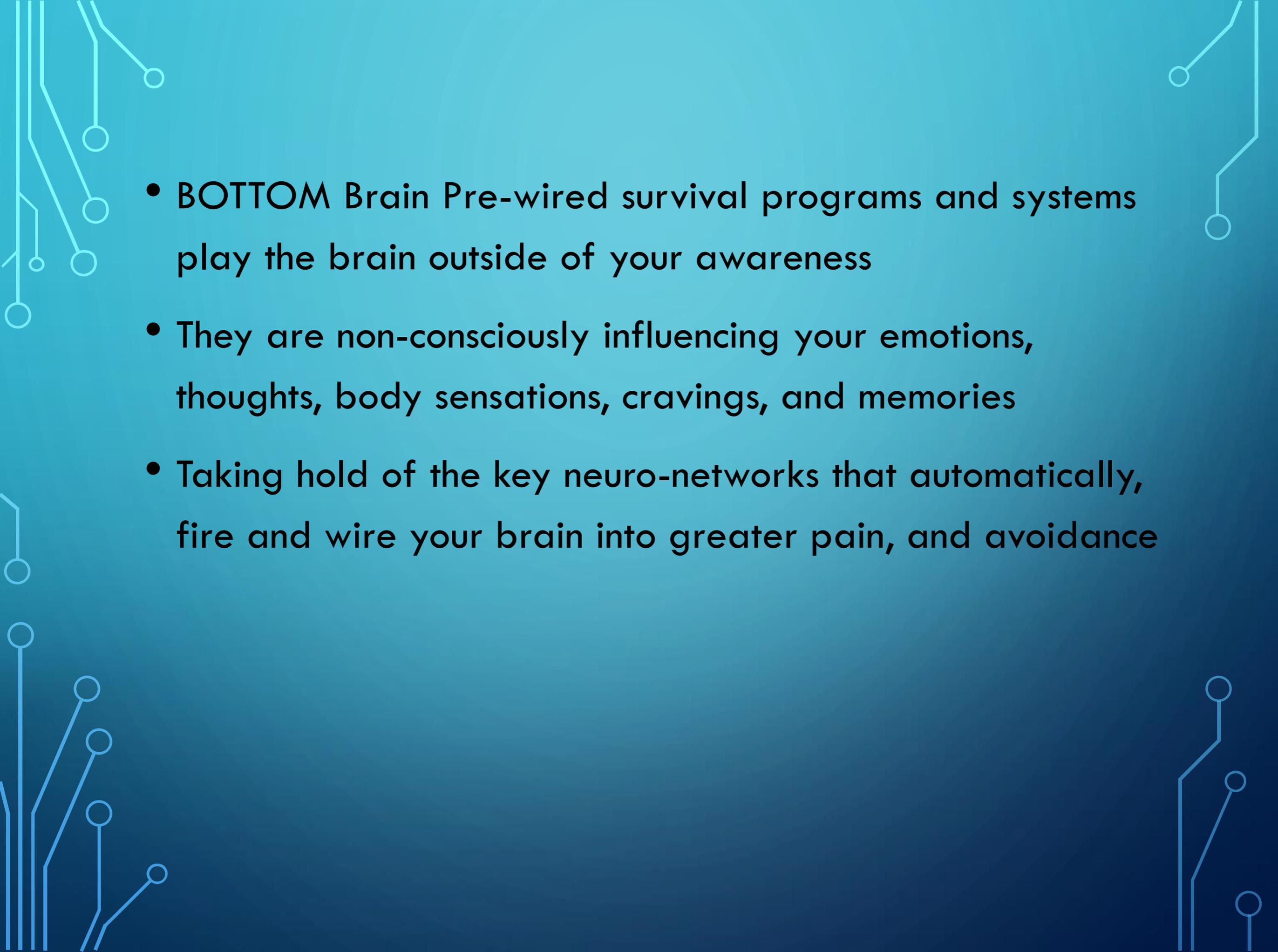
Brain-changing Conversation
Therapeutic Alliance

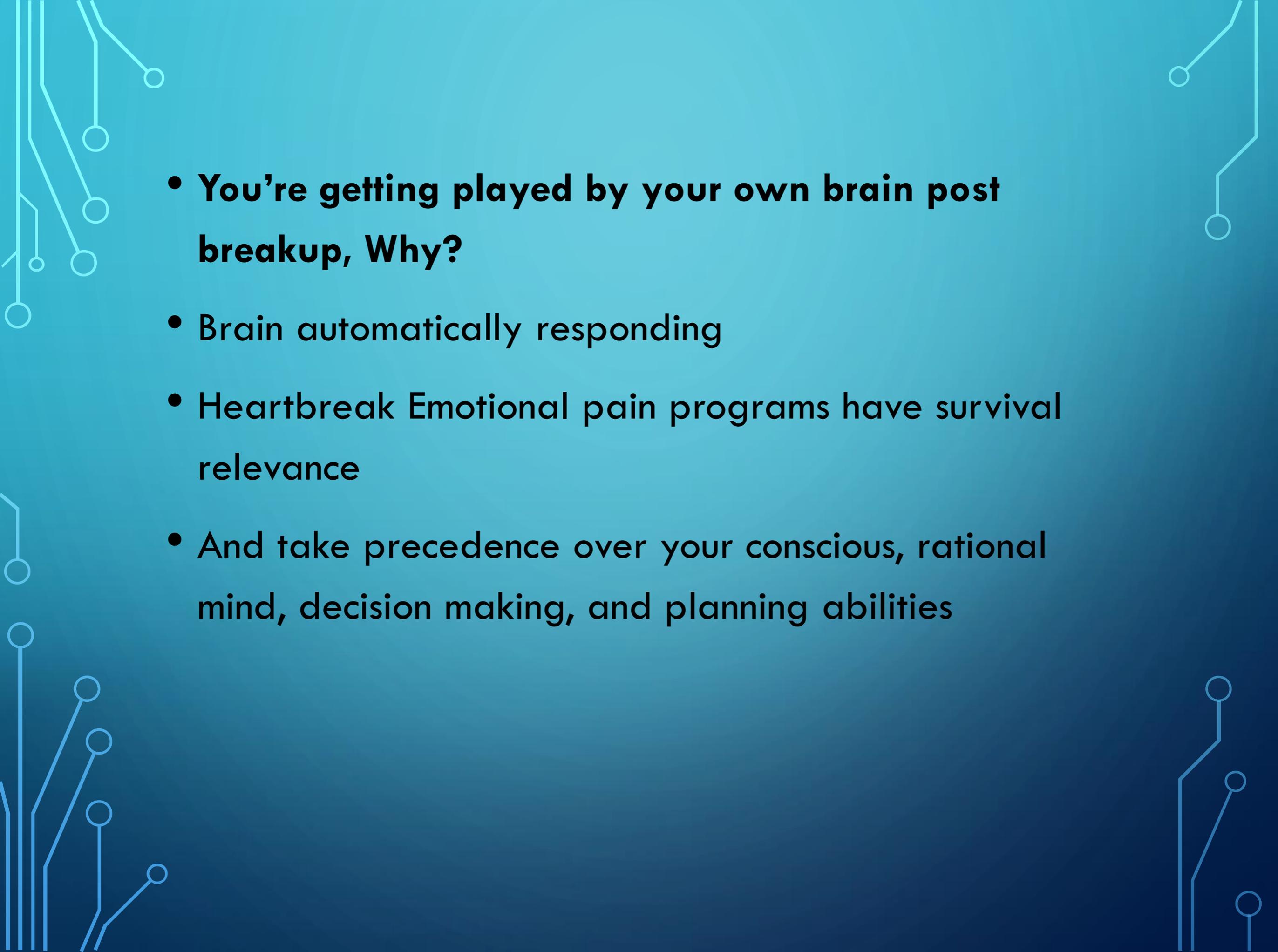


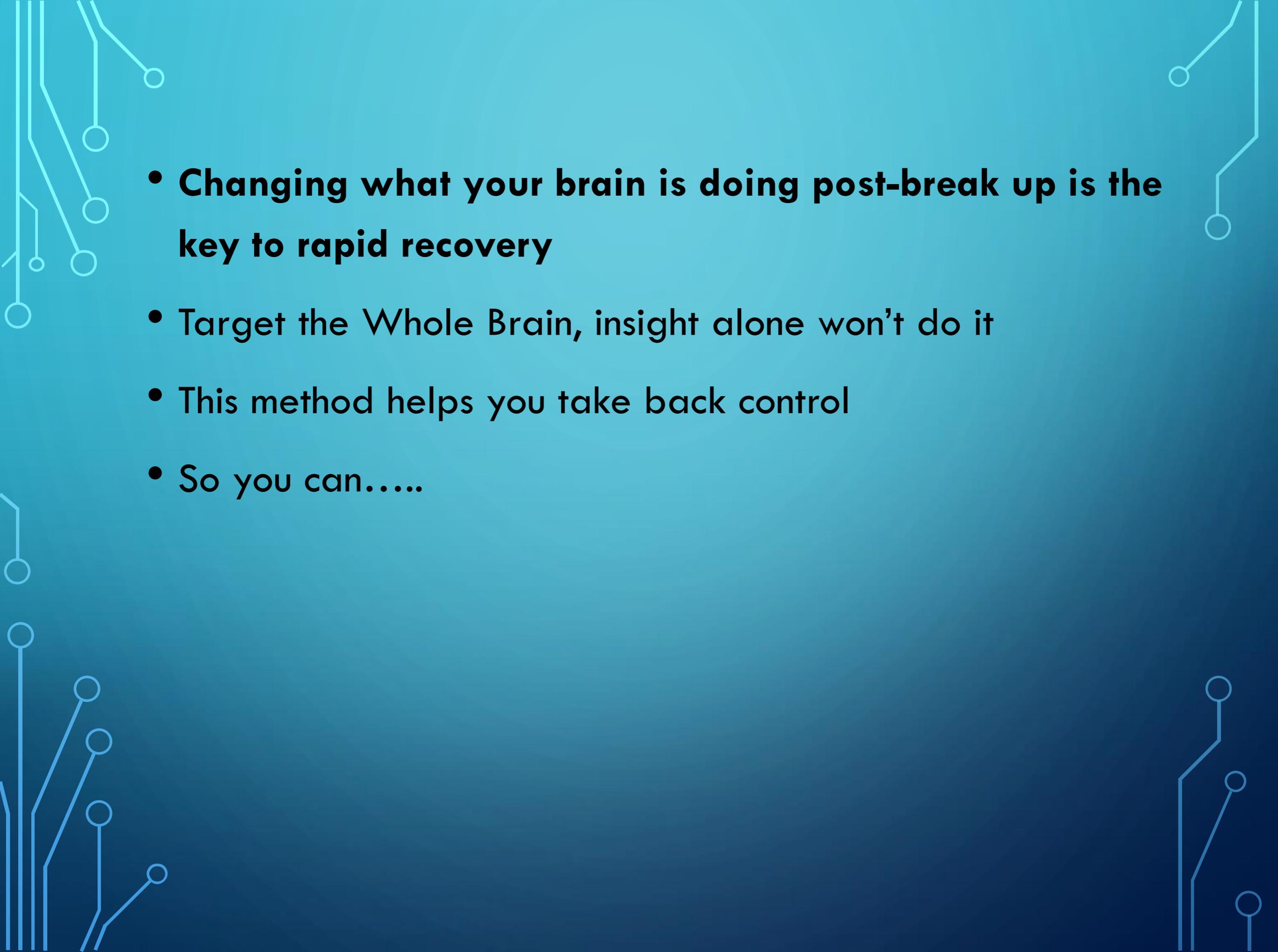
- 
- The background is a dark blue gradient. In the corners, there are decorative white lines that resemble circuit traces or neural pathways, ending in small white circles.
- **First I want you to understand the brain-based theory for what is happening**
 - **Plus why we can influence what the brain is doing- if you like it, we can apply it to you.**
 - **Break-ups are shocking**
 - **You've been overwhelmed by emotions, thoughts, images and memories**
 - **What you experience is interfering with your life**
 - **Affecting your abilities to eat, rest, sleep, care for yourself or others**
 - **And still be productive at home or work**

- 
- The background is a dark blue gradient. In the corners, there are decorative white lines that resemble circuit traces or fiber optic paths, ending in small circles. These lines are arranged in a way that suggests a network or data flow.
- As hard as it is, you're doing your best
 - Do you Ever wonder...Is it possible to ever feel normal again after a break-up?
 - Yes, it is possible.
 - The problem with Heartbreak is that it involves another organ besides the heart

- 
- The slide features a dark blue background with decorative white circuit-like lines in the corners. These lines consist of straight segments connected by right-angle turns, ending in small circles, resembling a stylized PCB or neural network diagram.
- The Brain is involved
 - It is an emotional experience-distressing
 - The loss of love hurts
 - Pain is real and embodied
 - I call this phenomenon “Lovestuck™”

- 
- The slide features a dark blue background with decorative white circuit-like lines in the corners. These lines consist of straight segments connected by right-angle turns, ending in small white circles, resembling a stylized PCB or neural network diagram.
- **BOTTOM Brain Pre-wired survival programs and systems play the brain outside of your awareness**
 - **They are non-consciously influencing your emotions, thoughts, body sensations, cravings, and memories**
 - **Taking hold of the key neuro-networks that automatically, fire and wire your brain into greater pain, and avoidance**

- 
- The slide features a blue gradient background with white circuit-like lines in the corners. These lines consist of straight segments connected by right-angle turns, ending in small circles, resembling a stylized PCB or neural network diagram.
- **You're getting played by your own brain post breakup, Why?**
 - Brain automatically responding
 - Heartbreak Emotional pain programs have survival relevance
 - And take precedence over your conscious, rational mind, decision making, and planning abilities

- 
- The background is a dark blue gradient. In the corners, there are decorative white lines that resemble a circuit board or neural network, with lines connecting to small white circles.
- **Changing what your brain is doing post-break up is the key to rapid recovery**
 - Target the Whole Brain, insight alone won't do it
 - This method helps you take back control
 - So you can.....

PLAY THE BRAIN FOR LOVE

After a Breakup your Brain can get
Lovestuck™
Use Brain science to Get Free to Love



www.neuroscienceofheartbreak.com

Emotional Pain Intervention (EPI®)

TUNE

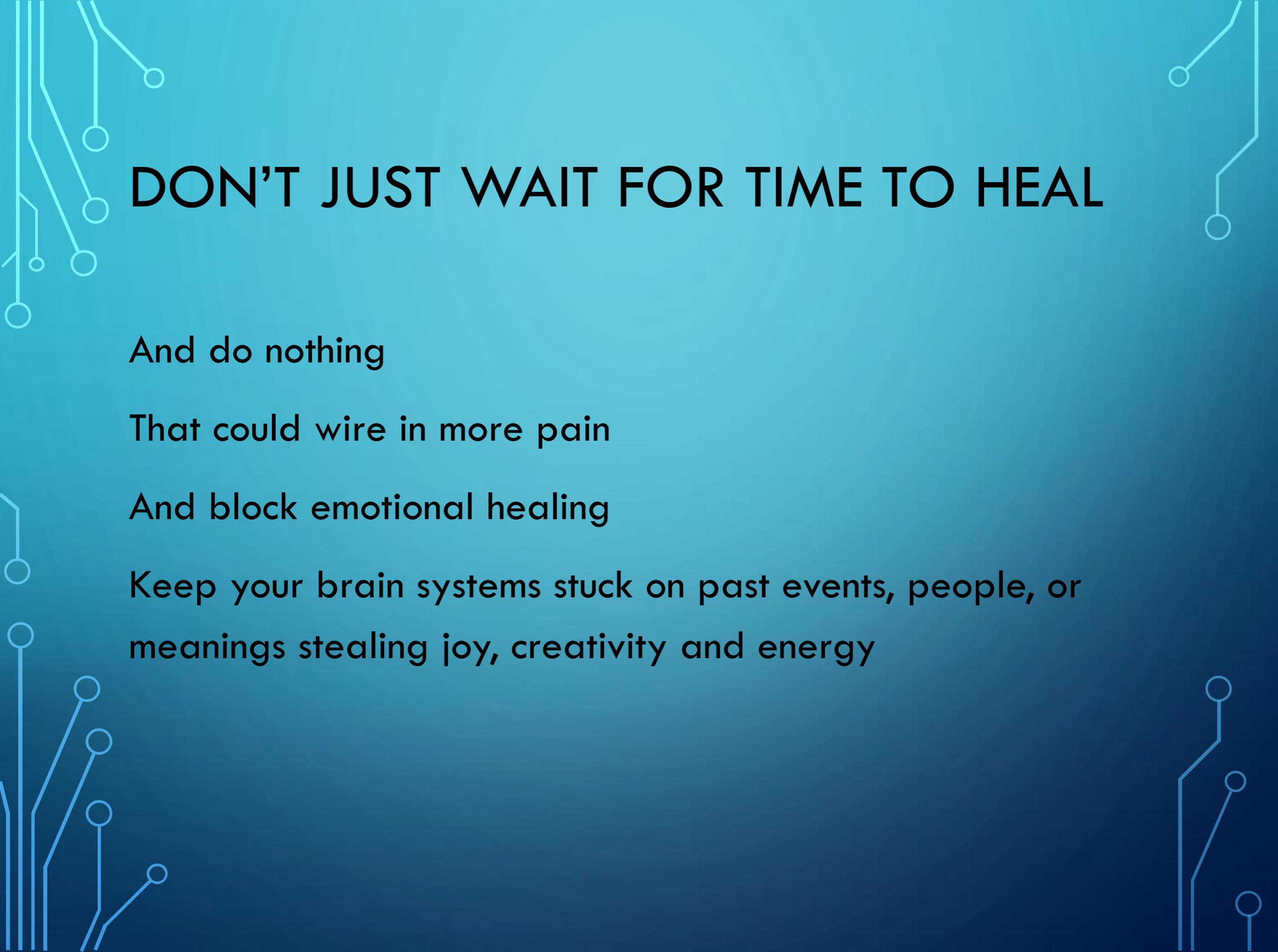
Keys for Whole Brain Change/Integration
(Conditioning – Deconditioning – Reconditioning)

RETUNE



WAKE ME UP WHEN SOMEONE IS
IN LOVE WITH ME...



The background is a dark blue gradient. In the corners, there are decorative white circuit-like lines with small circles at the ends, resembling a network or neural structure.

DON'T JUST WAIT FOR TIME TO HEAL

And do nothing

That could wire in more pain

And block emotional healing

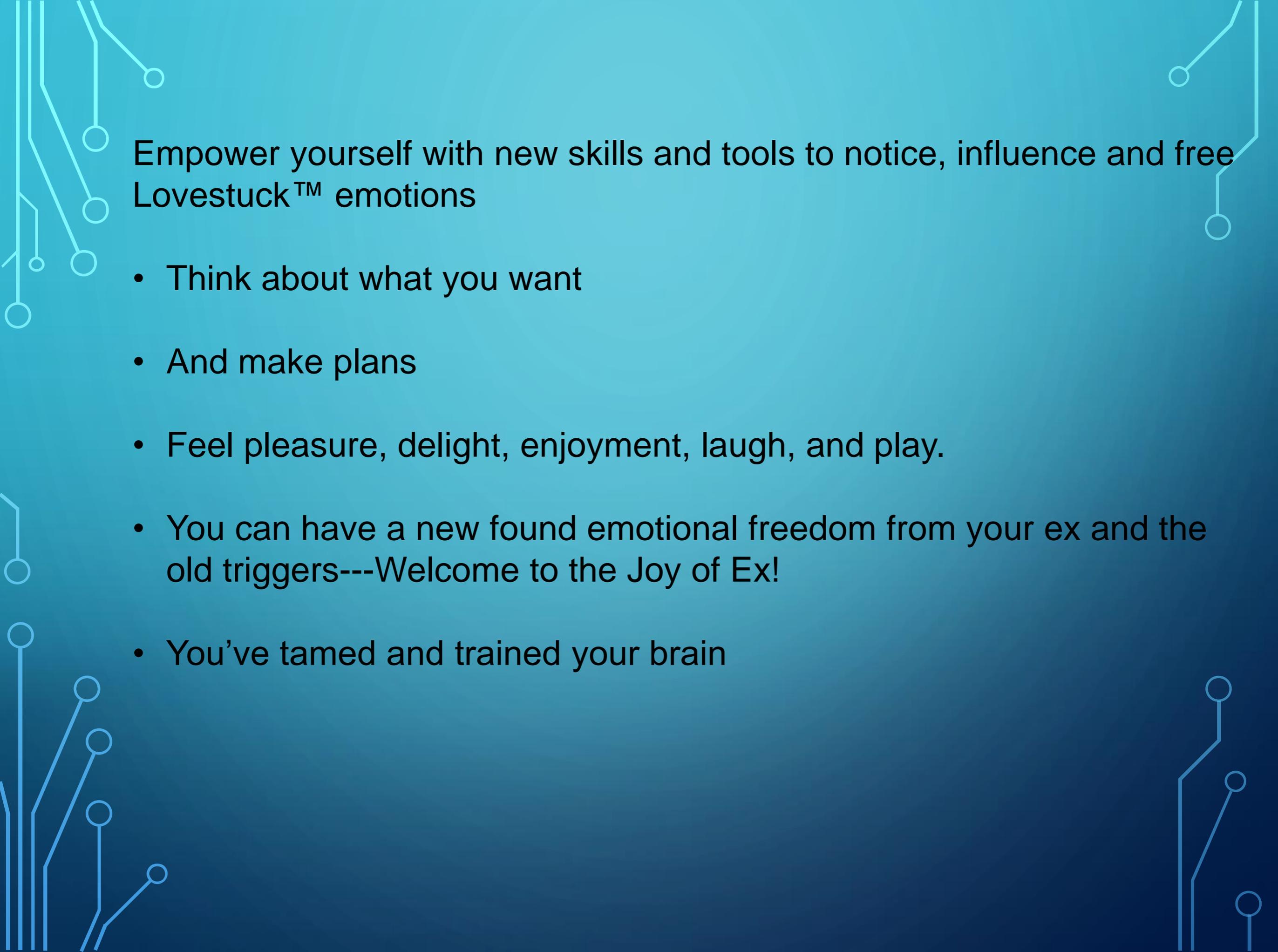
Keep your brain systems stuck on past events, people, or meanings stealing joy, creativity and energy



PLAY YOUR BRAIN FOR CHANGE TO TRANSFORM

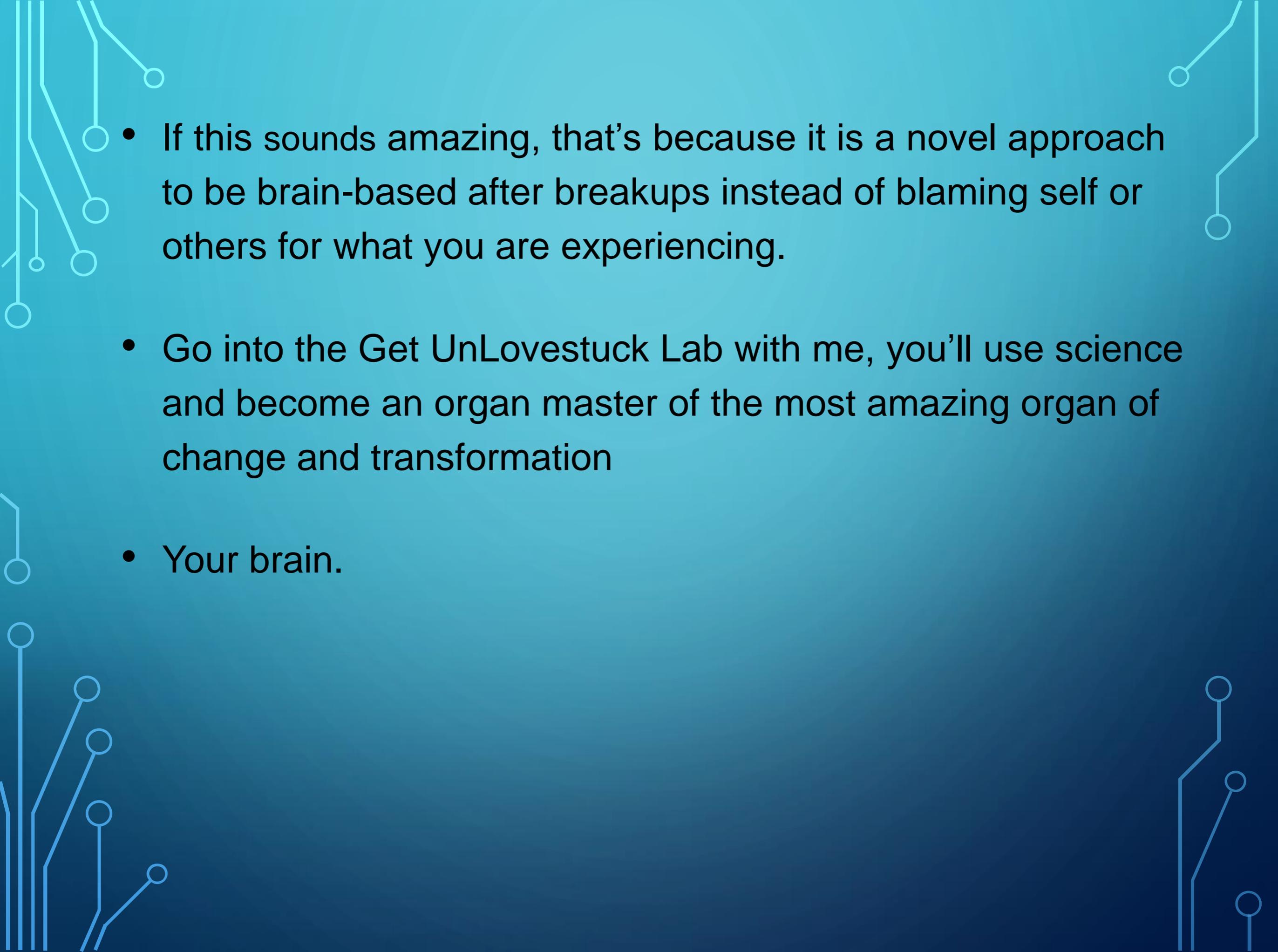
Influence the key areas of brain and nervous system involved in the Lovestuck neural patterns that are automatically generating heartbreak emotional pain, withdrawal cravings, obsessive thoughts and emotional memories.



The slide features a dark blue background with white, stylized circuit board traces. These traces are located in the top-left and top-right corners, extending towards the center. They consist of straight lines of varying lengths and thicknesses, some ending in small white circles, resembling electronic components or data paths.

Empower yourself with new skills and tools to notice, influence and free Lovestuck™ emotions

- Think about what you want
- And make plans
- Feel pleasure, delight, enjoyment, laugh, and play.
- You can have a new found emotional freedom from your ex and the old triggers---Welcome to the Joy of Ex!
- You've tamed and trained your brain

- 
- If this sounds amazing, that's because it is a novel approach to be brain-based after breakups instead of blaming self or others for what you are experiencing.
 - Go into the Get UnLovestuck Lab with me, you'll use science and become an organ master of the most amazing organ of change and transformation
 - Your brain.



The brain naturally changes, science says it's plastic, and malleable.

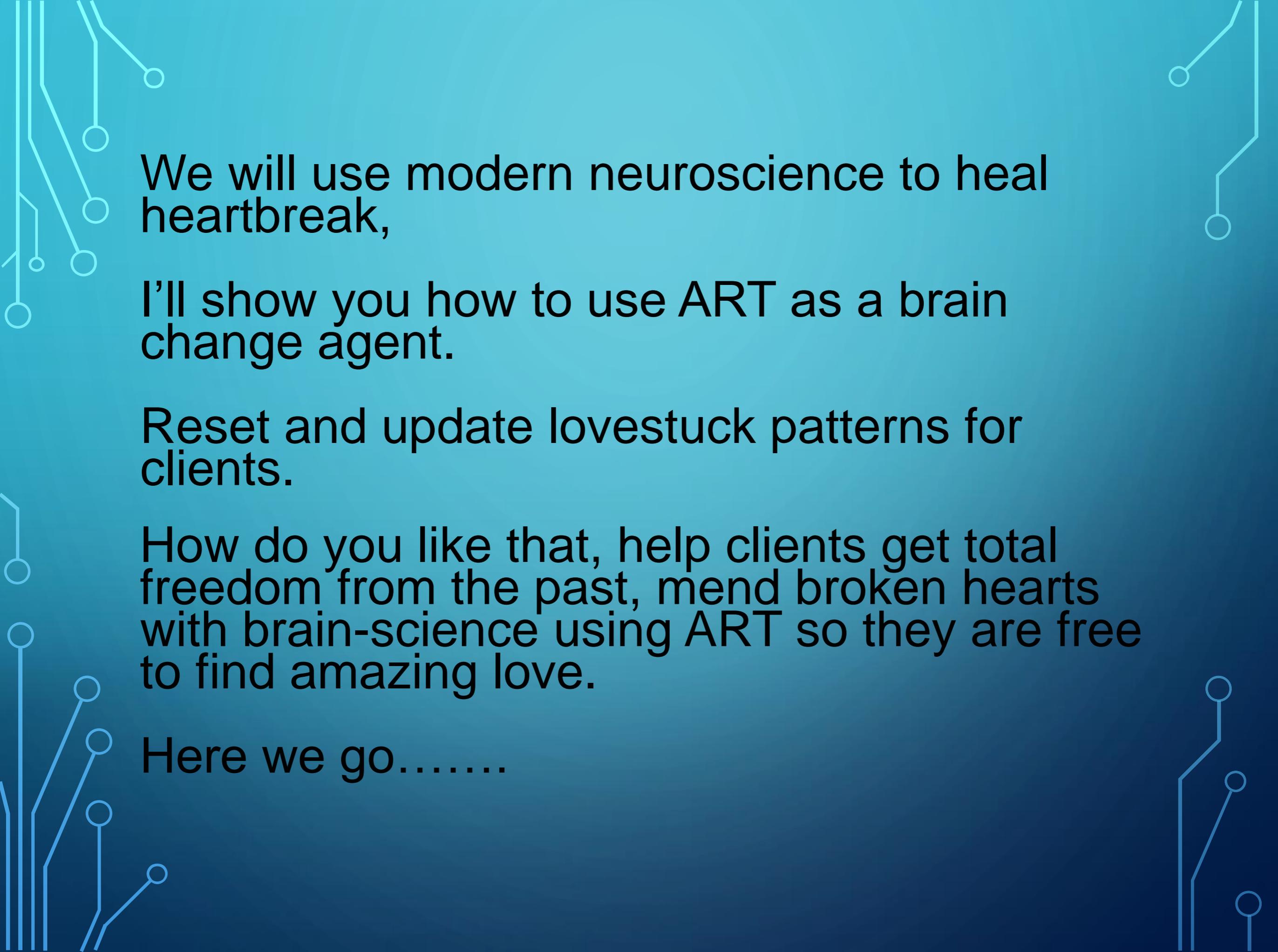
You'll see that is a good feature for without medications, machinery or neurosurgery you can change your brain.

You need some new skills not pills or years of psychotherapy to change what your brain has been doing.

The knowledge and skills you get, position you to alter your Lovestuck patterns

Self-direct your own Neuroplasticity-- that's a fancy term for brain change that occurs naturally from exposure to the environment or new experiences.





We will use modern neuroscience to heal
heartbreak,

I'll show you how to use ART as a brain
change agent.

Reset and update lovestuck patterns for
clients.

How do you like that, help clients get total
freedom from the past, mend broken hearts
with brain-science using ART so they are free
to find amazing love.

Here we go.....

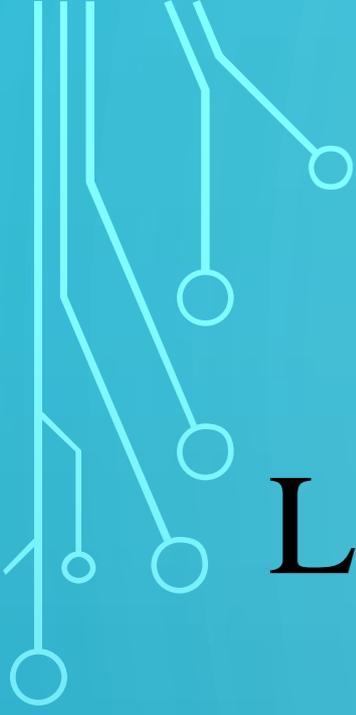


GET AN ORGAN TUNE UP

And to do that TUNE Up

Let's go into the lab, learn, experiment with ART,
and transform heartbreak pain





Learning Objective:

Choose three helpful ART interventions used to tune up a client's specific brain-based problems so that we can update Lovestuck patterns.



TUNE STEPS:

Target

Unburden Nervous System

New Neuroplastic Emotional Experience

Evidence

The background is a solid blue gradient. In the corners, there are decorative white line-art patterns resembling circuit traces or neural network connections. These patterns consist of straight lines that turn at right angles and terminate in small circles, creating a sense of digital connectivity.

Discriminate between the three main types of
ART Interventions for Post-Romantic Distress
and Heartbreak Emotional Pain:

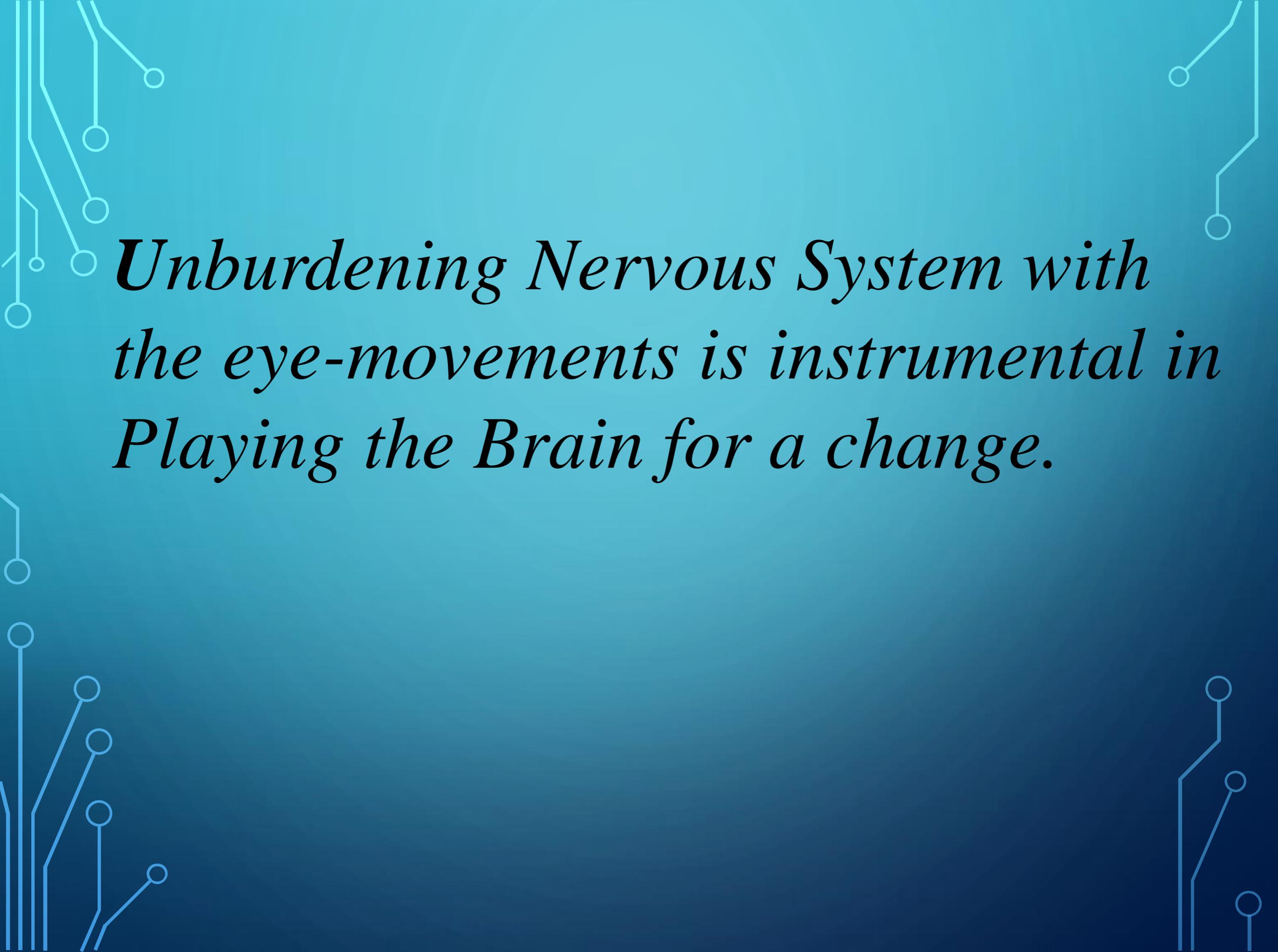
ART ...

**Interventions can Calm the BOTTOM Brain-
Install a safety resource state**

SAFETY

Use the Safety protocol to help clients with those panic sensations and uncontrollable crying fits.

*Teach clients to influence their **BOTTOM** Brain by self-administering the eye movements to calm and reset **BOTTOM** Brain emotional responses.*

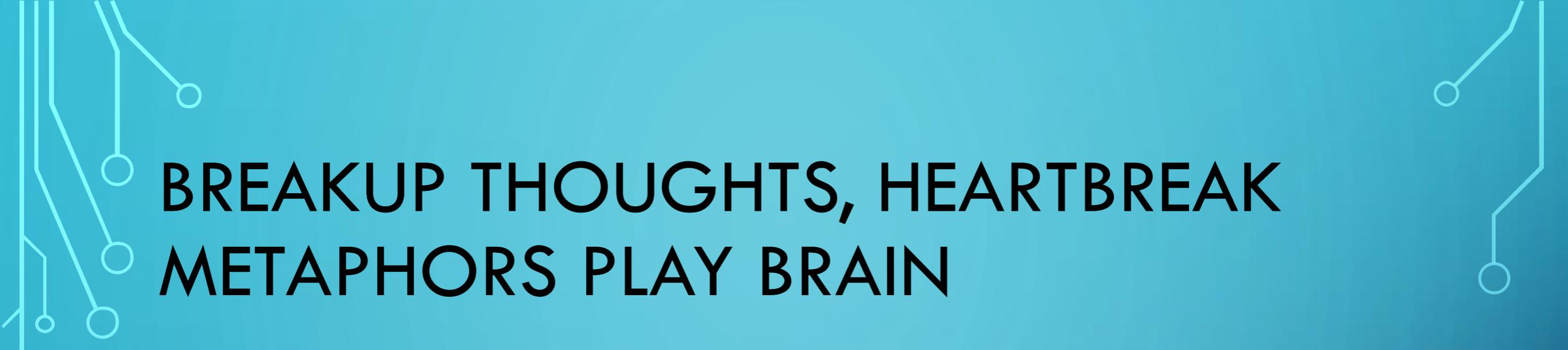
The background is a solid blue gradient. In the corners, there are decorative white line-art patterns resembling circuit traces or neural pathways. These patterns consist of straight lines that turn at right angles and terminate in small circles, mimicking the look of a printed circuit board or a neural network diagram.

*Unburdening Nervous System with
the eye-movements is instrumental in
Playing the Brain for a change.*

ART CAN...

Be used for Emotional Pain Intervention to STOP Heartbreak

Client can RESET responses to rewire the brain to care less about the Ex thoughts or images



BREAKUP THOUGHTS, HEARTBREAK METAPHORS PLAY BRAIN

ART them out:

I'm stuck!

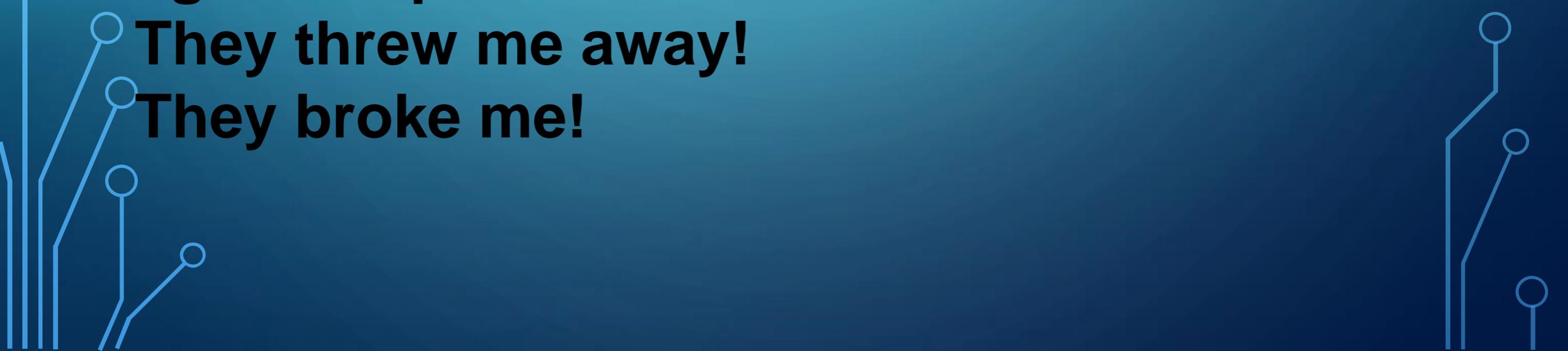
I'm all torn up inside!

The dagger went through my heart!

I got dumped me!

They threw me away!

They broke me!





ART Eye-movements are key

Let the Brain pick a metaphor





Metaphoric Solutions with ART

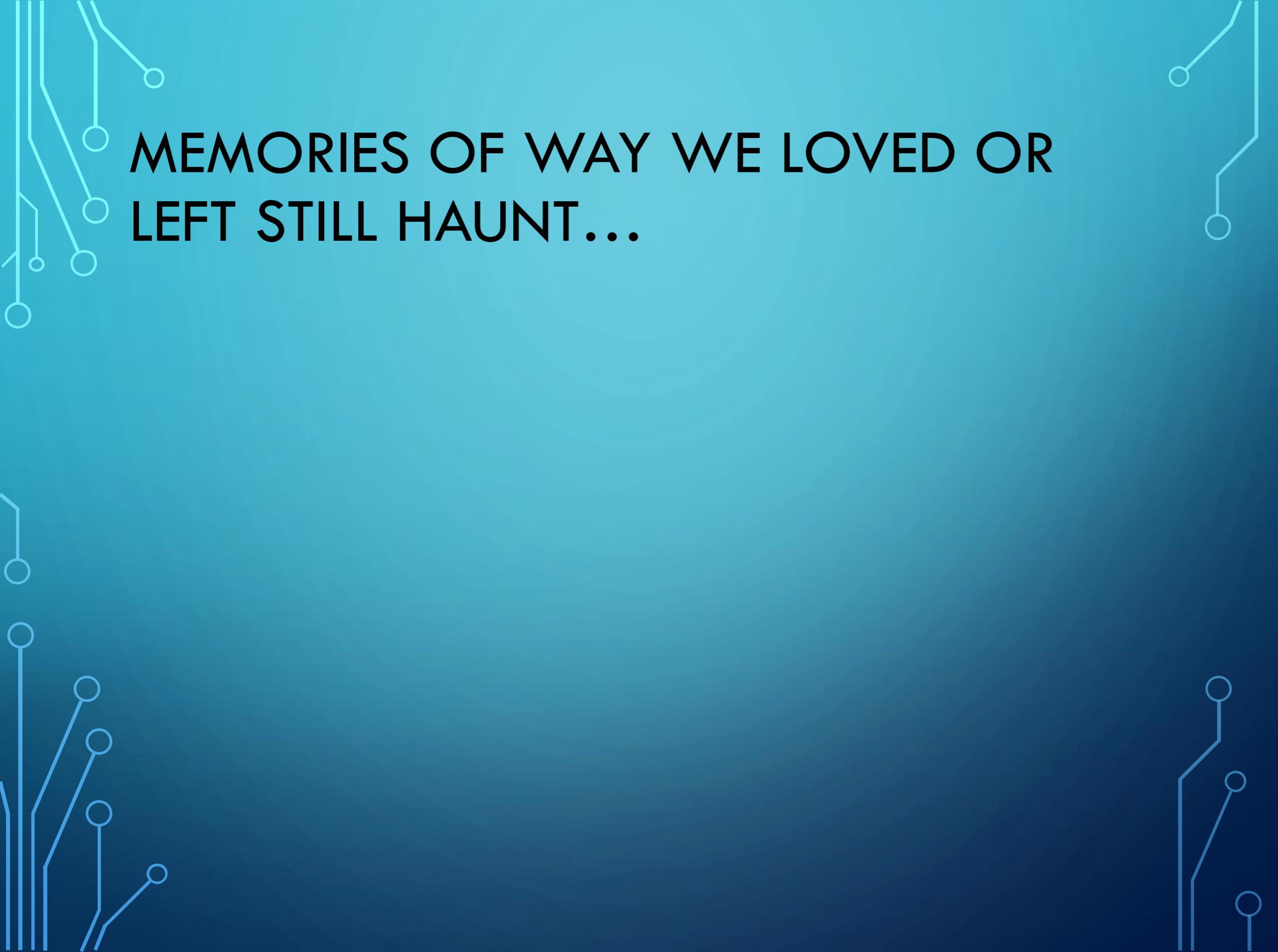
Turn off Alarms in BOTTOM Brain

Suggest--Tools to Free!

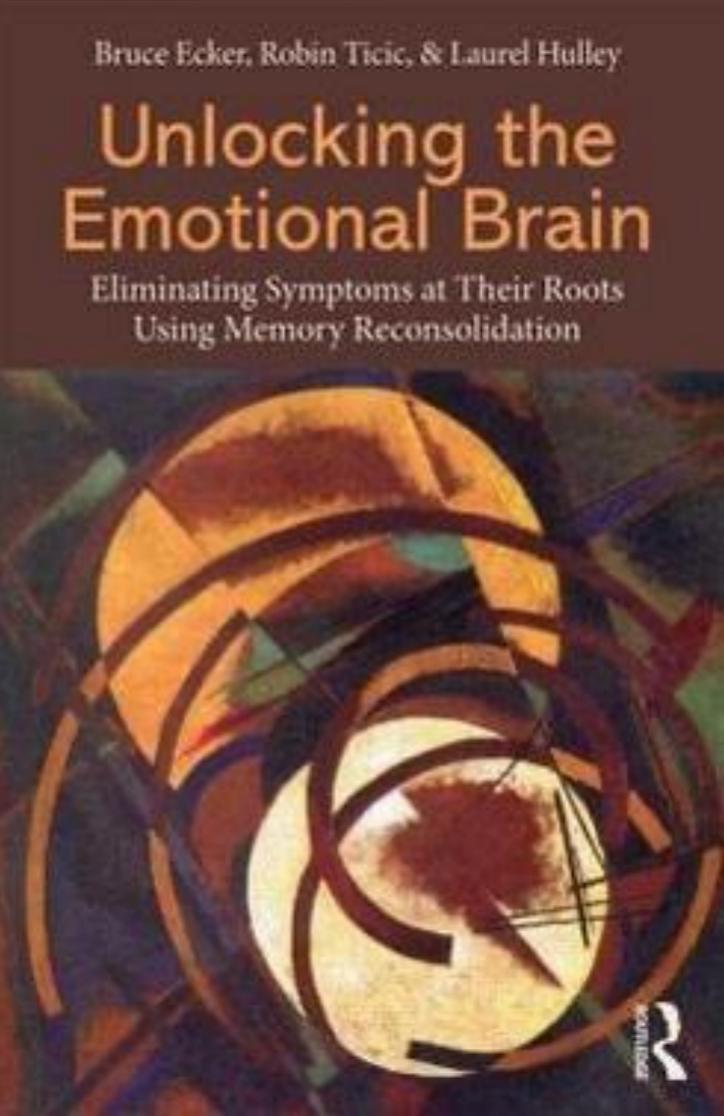
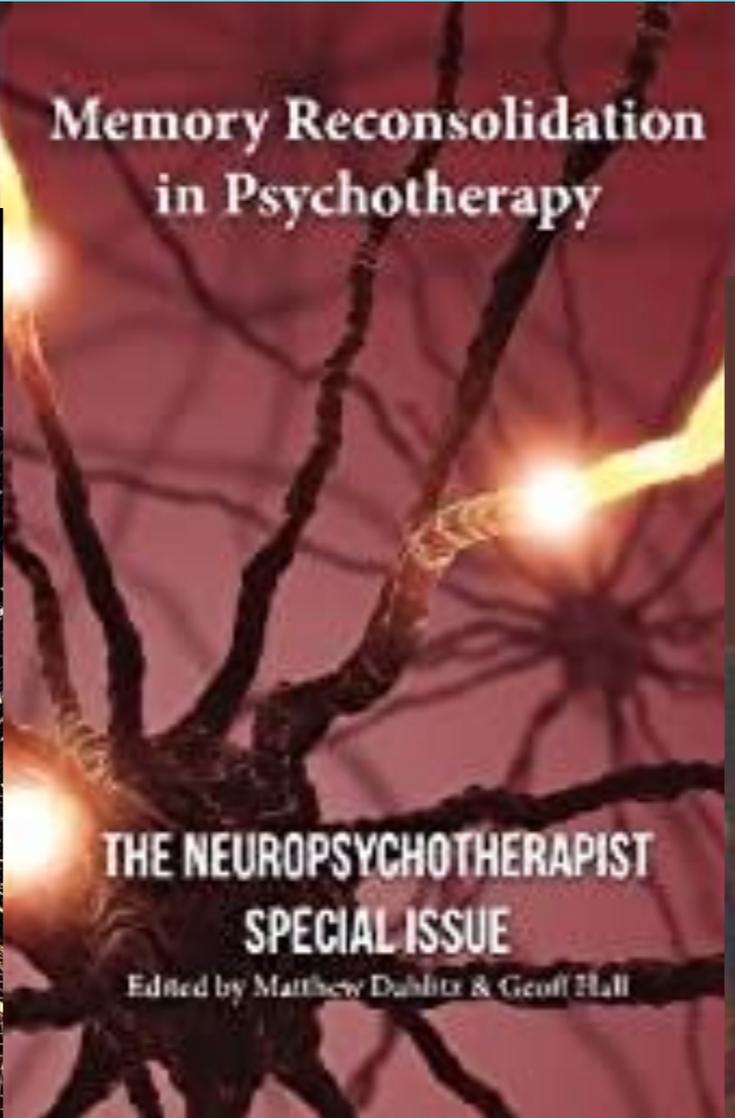
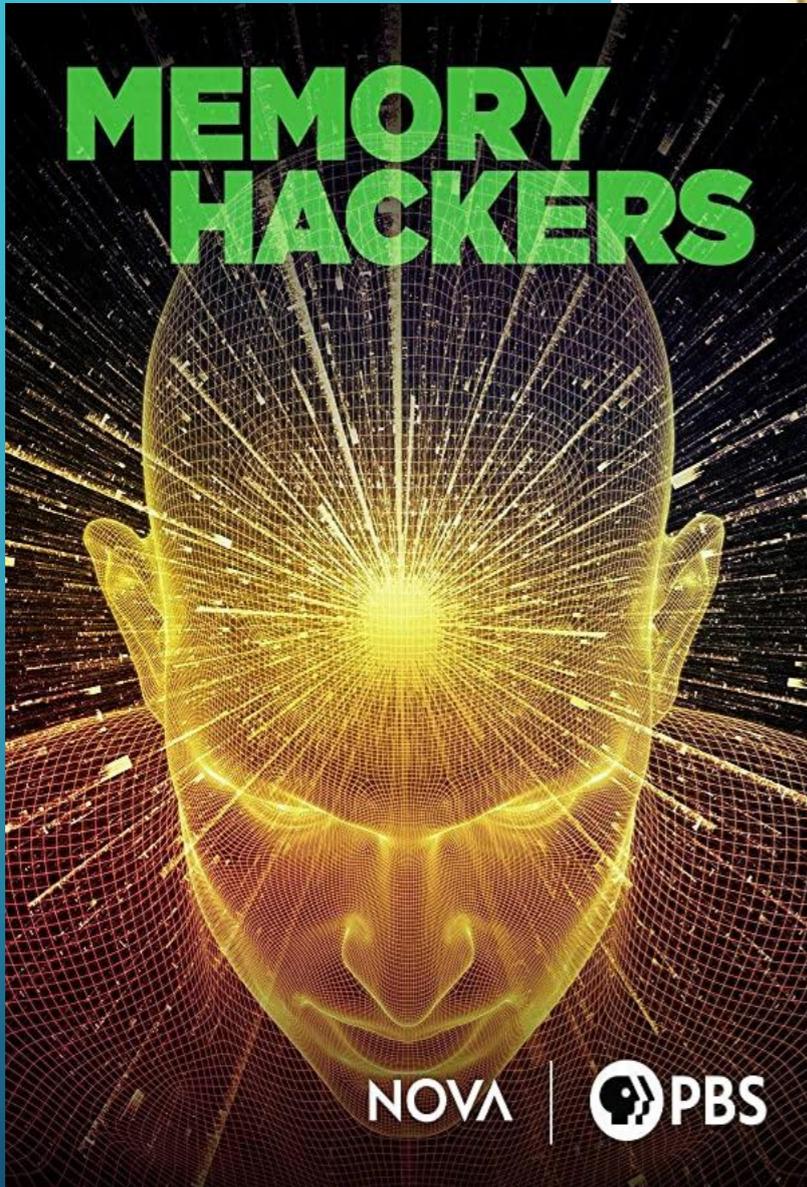


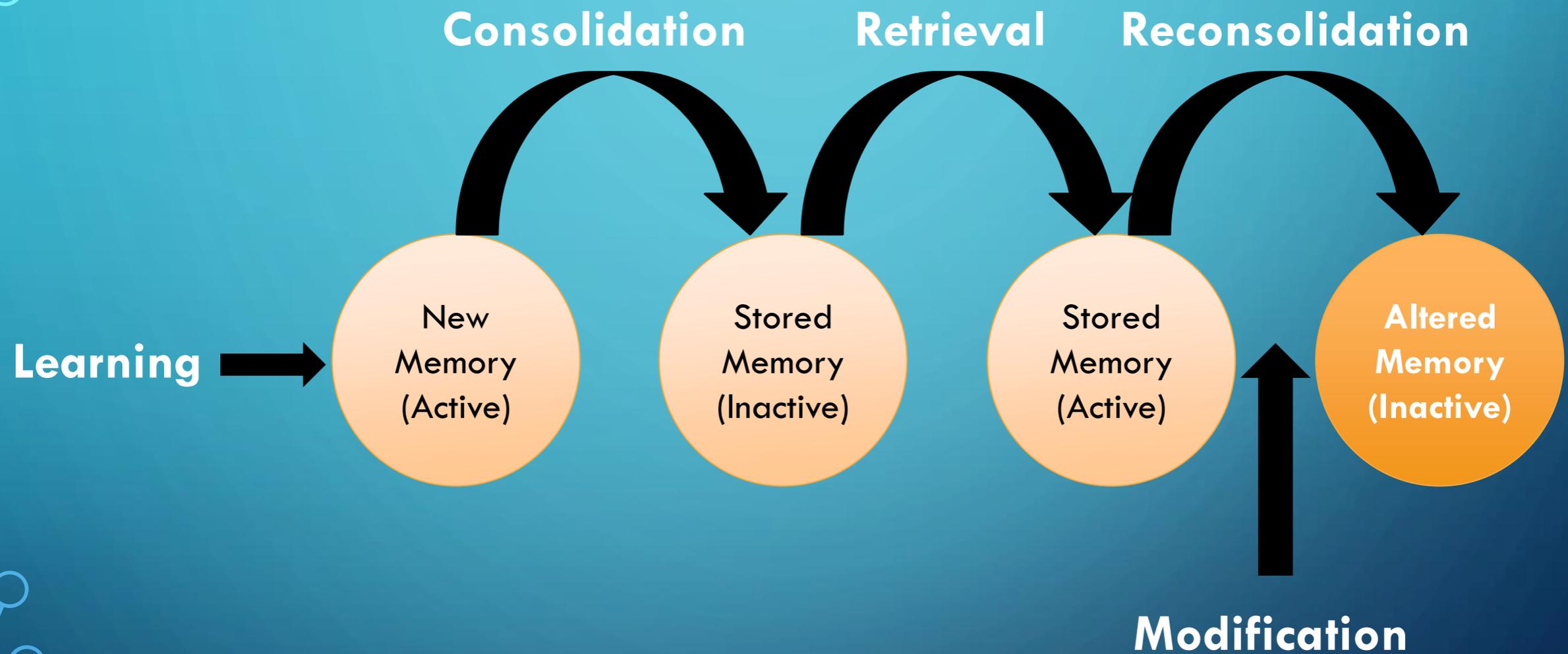
ART ...

**Reprocessing with Memory Reconsolidation
with RETUNE**

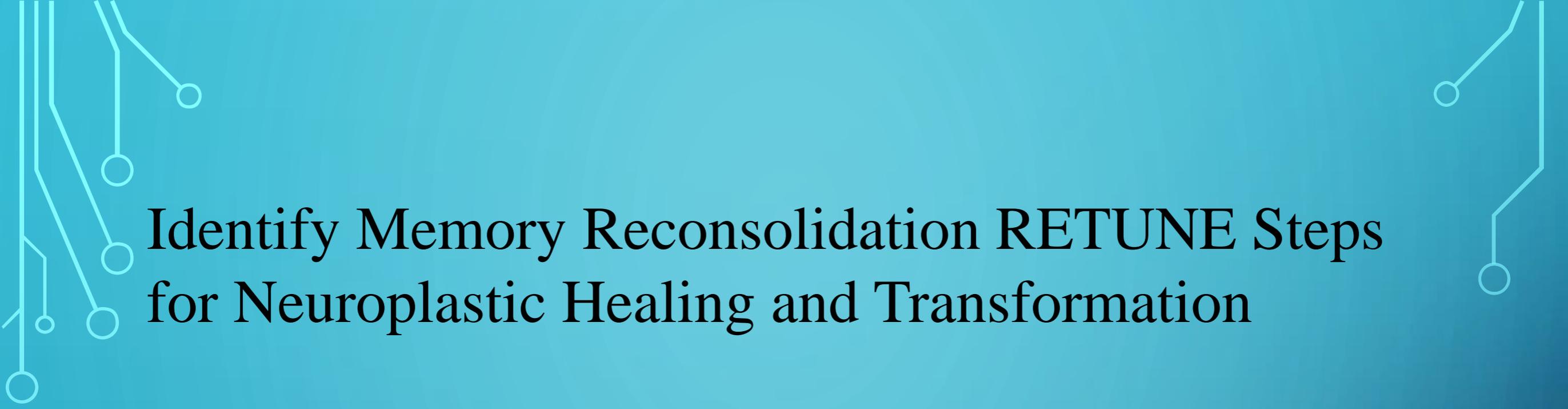
The background is a solid blue gradient. In the corners, there are decorative white lines that resemble circuit traces or data paths, ending in small circles. These lines are located in the top-left, top-right, bottom-left, and bottom-right corners.

**MEMORIES OF WAY WE LOVED OR
LEFT STILL HAUNT...**





The retrieval of a consolidated memory returns the memory from an inactive state to an active state again. The process during which reactivated memories are stabilized again is called reconsolidation.



Identify Memory Reconsolidation RETUNE Steps for Neuroplastic Healing and Transformation

Using the ART protocols and interventions you are
already using to help your clients



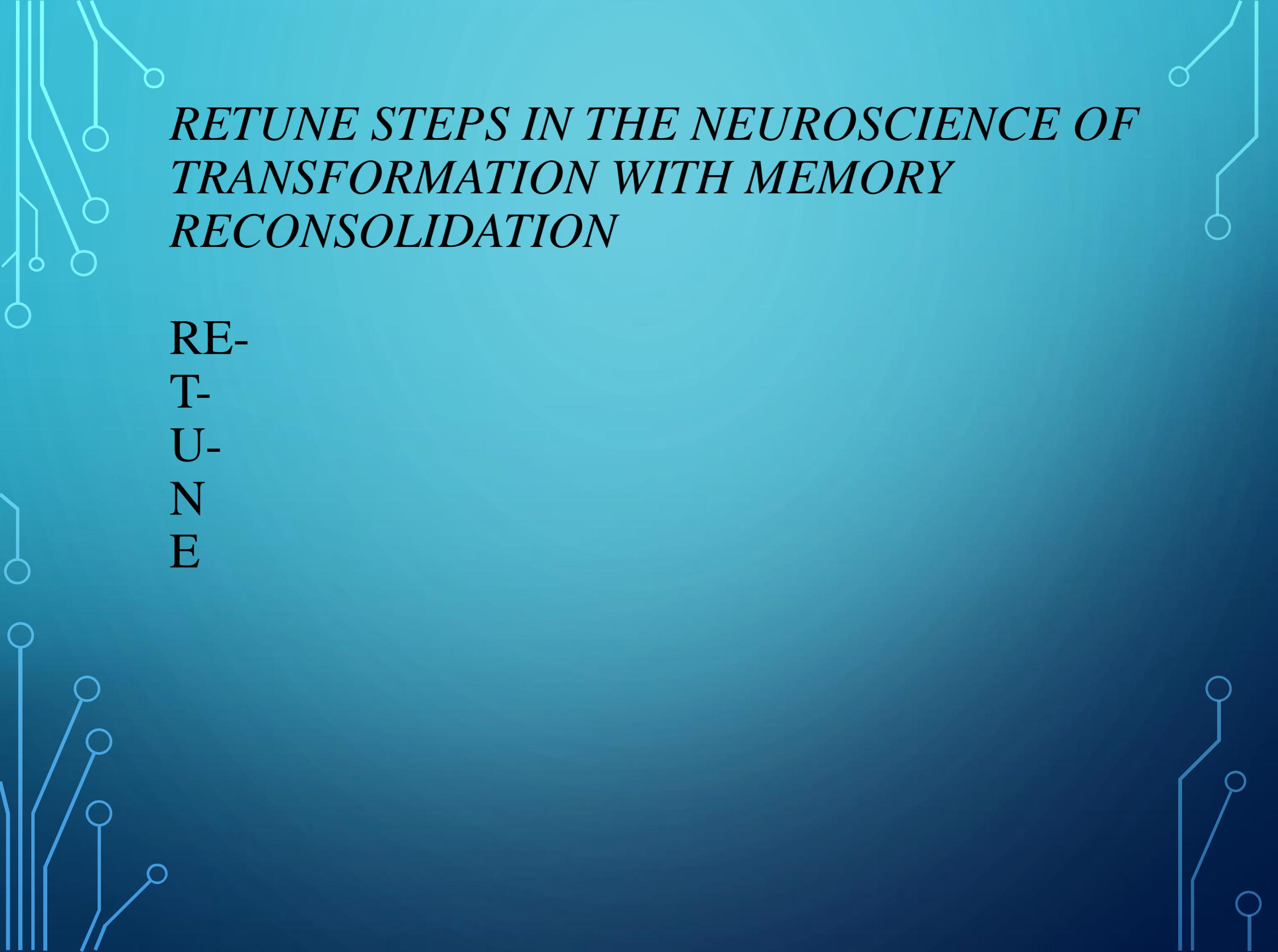
UPDATE EMOTIONAL MEMORY

Destabilization occurs only after reactivation

Turn on response in **BOTTOM** Brain

A single, concurrent, contradictory experience that **mismatches** what the reactivated target memory expects-

Have a new **BOTTOM** Brain emotional experience.

The background is a solid blue gradient. In the corners, there are decorative white circuit-like lines with small circles at the end of the lines, resembling a stylized PCB or neural network diagram.

*RETUNE STEPS IN THE NEUROSCIENCE OF
TRANSFORMATION WITH MEMORY
RECONSOLIDATION*

RE-
T-
U-
N
E



RE-TUNE STEPS

Reactivate the Target Emotional Learning to TUNE it with ART

*The case of Laura getting left for another woman,
Suddenly Single with 3 kids*



Here ART was used to update an emotional memory activating RAGE, update it, so it no longer hurt and haunted the client.

Reactivate- the Heartbreak when they think of an ex-partner or a scene.

Scene was-(Husband having a fling with her friend while they were dating, but separated)

Target-the BOTTOM Brain Emotional Pain Response (EPR).



RAGE

Get a Baseline assessment of Emotional Pain Response (EPR) from BOTTOM Brain with the ART-o-meter

Target, so they know you get what the Brain is doing.





Neuro-education piece of using Affect-labeling with the correct neurobiological evolutionary label can be done or not.

Cross hemispheres intervention Right brain emotion gets Left brain Label

“Name it, to Tame it, and TUNE-it.”



Artometer (SUDS) level is key (5), track sensations and illuminates feeling vocabulary to describe emotional pain.

Translate to each BOTTOM Brain Primitive Emotional Action Systems' original feeling terminology. Raw emotion of right brain amygdala now represented in the left-brain vocabulary of feelings.

We don't even need to ask about the change in words on Right-side of Artometer because they feel different after ART eye movements.

Target sensations rather than what to call it according to higher brain level-cognitive.

Laura's Artometer feelings words included:

***Angry, Powerless, Jealous, Obsessed,
Insecure, Hurt, Distrustful, Sad,
Confused.***

Artometer SUDS level Pre-(5) to Post (2).

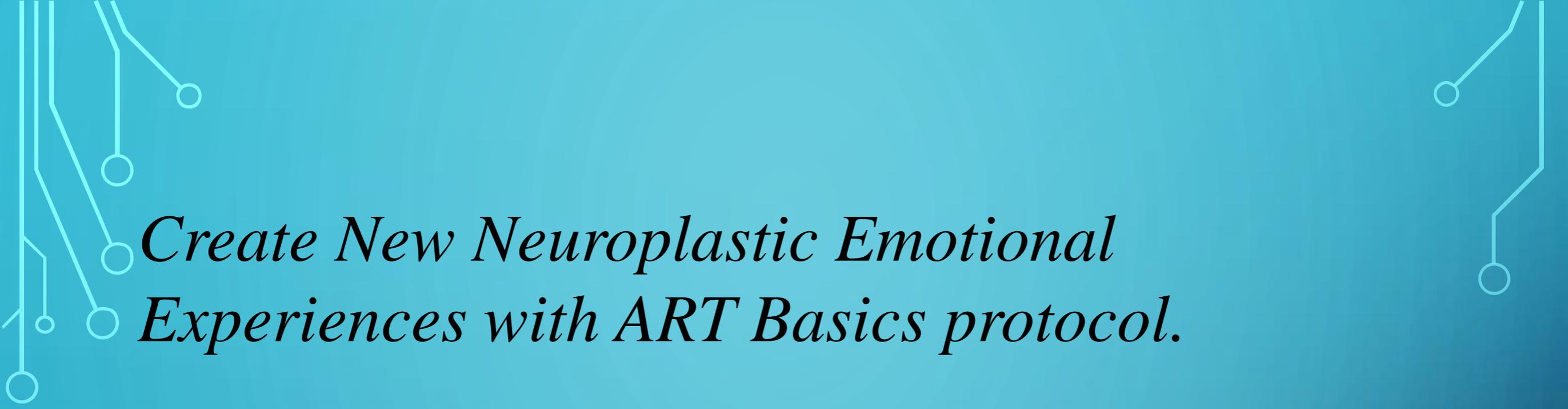
*Always track the sensations and which can also illuminate the brain's feeling vocabulary for each **BOTTOM Brain Primitive Emotional Action** systems*

*Emotional intensity translated into the words that we don't even need to bother to ask about at the end because they feel different after **ART eye-movements**.*

***ART-Unburdening Nervous System** with the eye movements
(deconditioning for reconditioning)*

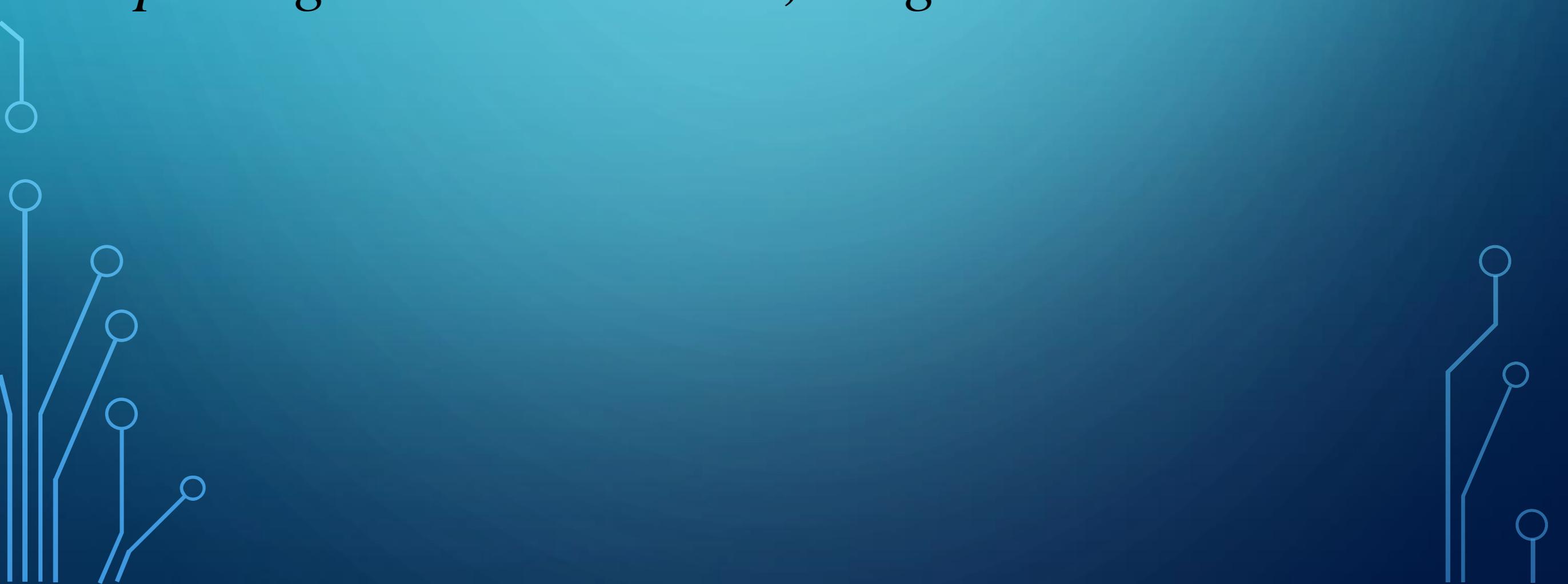
Create New Neuroplastic Emotional Experiences with ART Basics protocol, tuning into body sensations you often get a scene match.

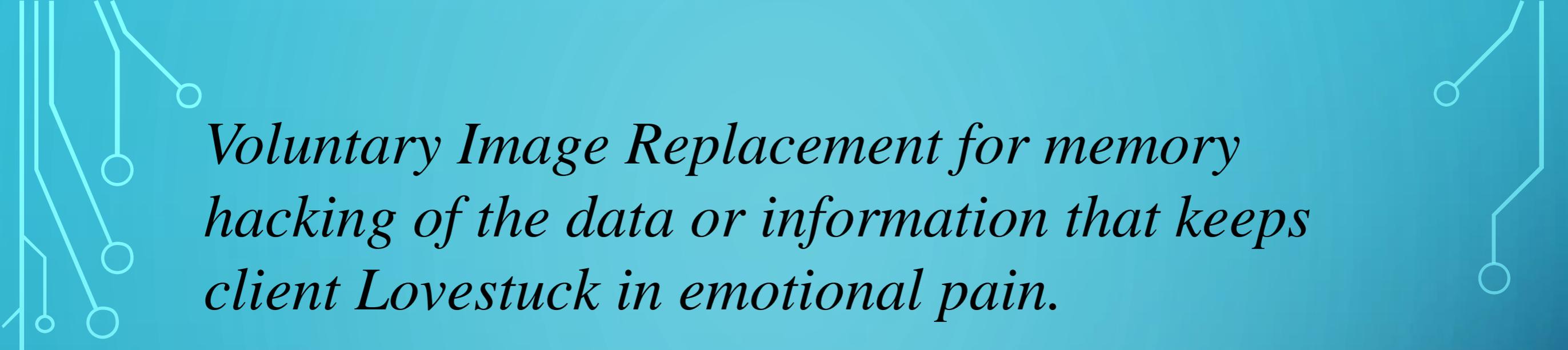
Laura didn't need a scene match as her sensations neutralized rapidly with the first round of eye movements.



*Create New Neuroplastic Emotional
Experiences with ART Basics protocol.*

*Mismatch created with the Director
putting in a Barbie Doll, laughter*





Voluntary Image Replacement for memory hacking of the data or information that keeps client Lovestuck in emotional pain.

Use set of EM's Generate List of Elements of Relationship they didn't list or Stopped being good highlights.

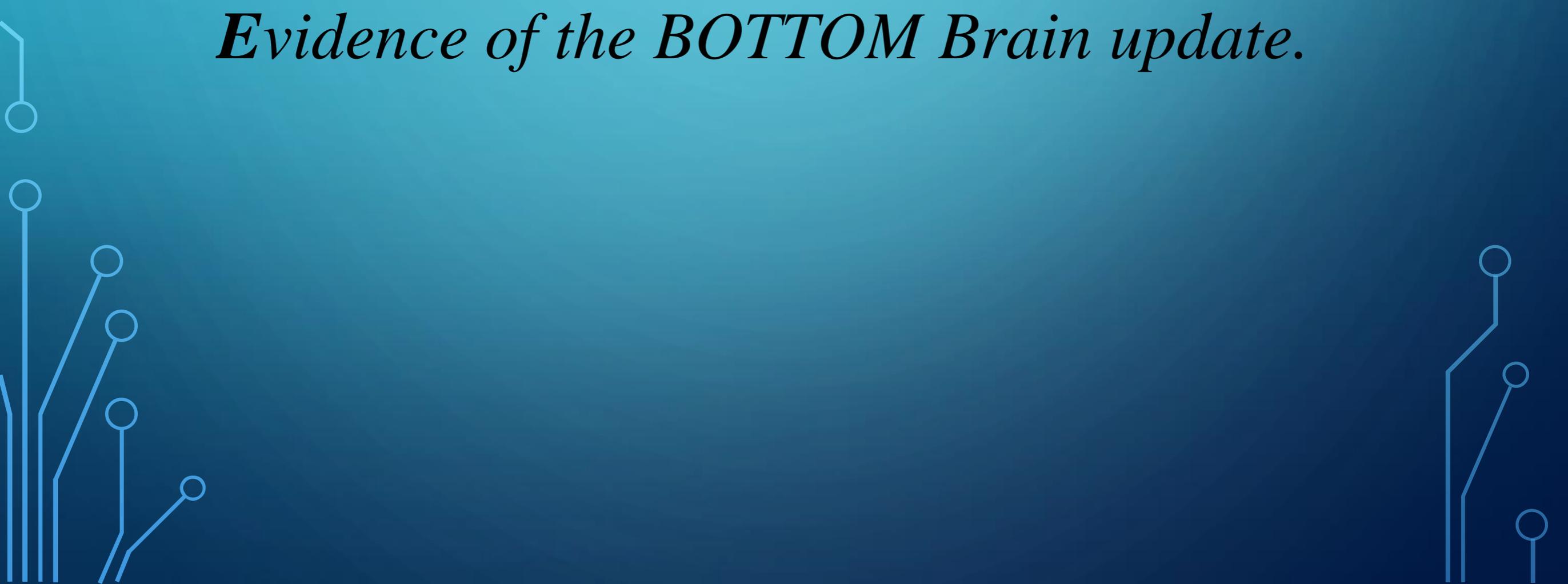
Imagine as Director you breakup first.





The director scene suggests they add new data to the old scene, with voluntary image replace erase, transforms emotional pain.

Evidence of the BOTTOM Brain update.

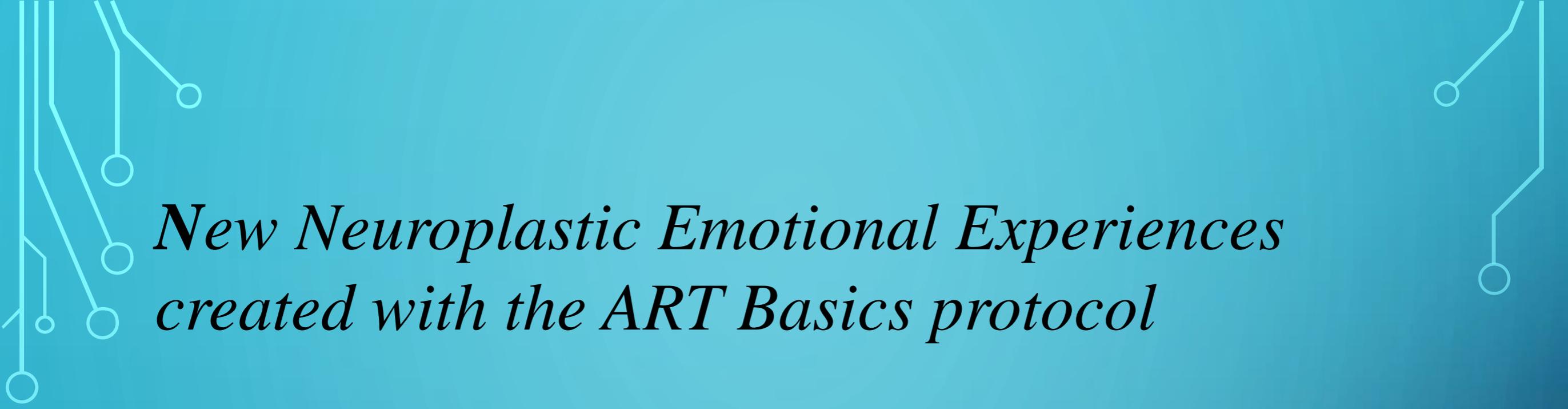




The ease and effectiveness of ART to reach the emotional brain response and memory of love gone wrong, cheating, and betrayal.

See themselves in future in a wonderful relationship, happy, having fun!





*New Neuroplastic Emotional Experiences
created with the ART Basics protocol*

*Go through the troubling scenes reactivates
while tuning into sensations to check on
BOTTOM Brain Emotional Pain response.*

You might even get a scene match.



Earlier breakup scene from high school

Something to do with childhood attachments to parents

Parental divorce can come up for updating with ART.

Memory hacking information with ART to get to be the root of Lovestuck neural patterns that triggered emotional pain



Life Themes/Stories Play the Brain:

Abandonment

Lack of Self-Confidence

Feeling Rejected

Unlovable

Little Lies: “There is Only One Person In the World for You.”





Evidence of the BOTTOM Brain update.

Use of Verification: When they think of scene, it doesn't cause intense emotional distress as evidenced by a change in sensations.



Did they Keep knowledge lose emotional pain response?

Note the change.

Draw attention to the shift

Ask how certain they are that the changes made today stay?

Artometer is great for verification and to assess change in emotional pain with intervention..

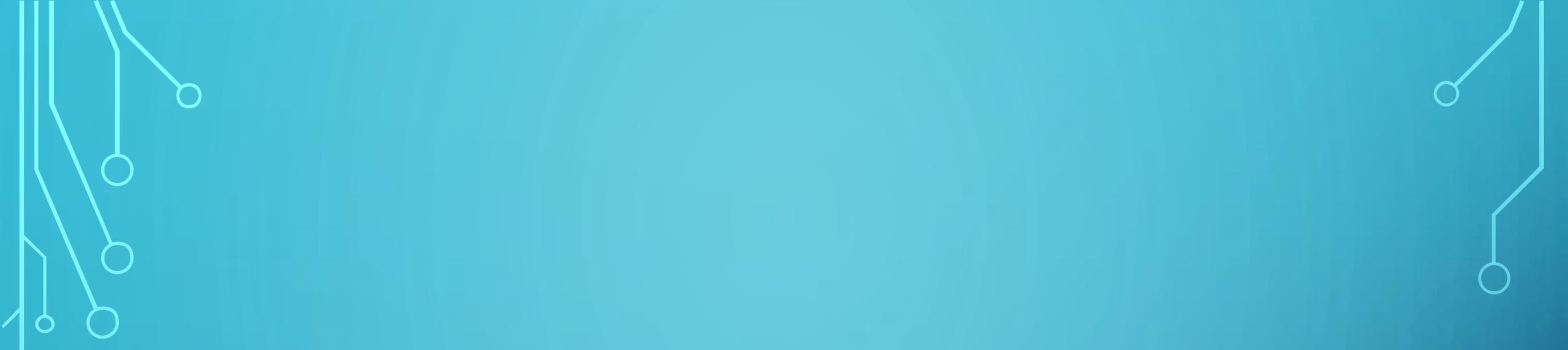
*Seeds of doubt
Confidence Bar*

Target future trigger times are also great for verification and evidence of the change.

Such as times likely to run into the ex-partner.

Many people say they avoid the ex-partner not to get triggered by emotion or temptation.

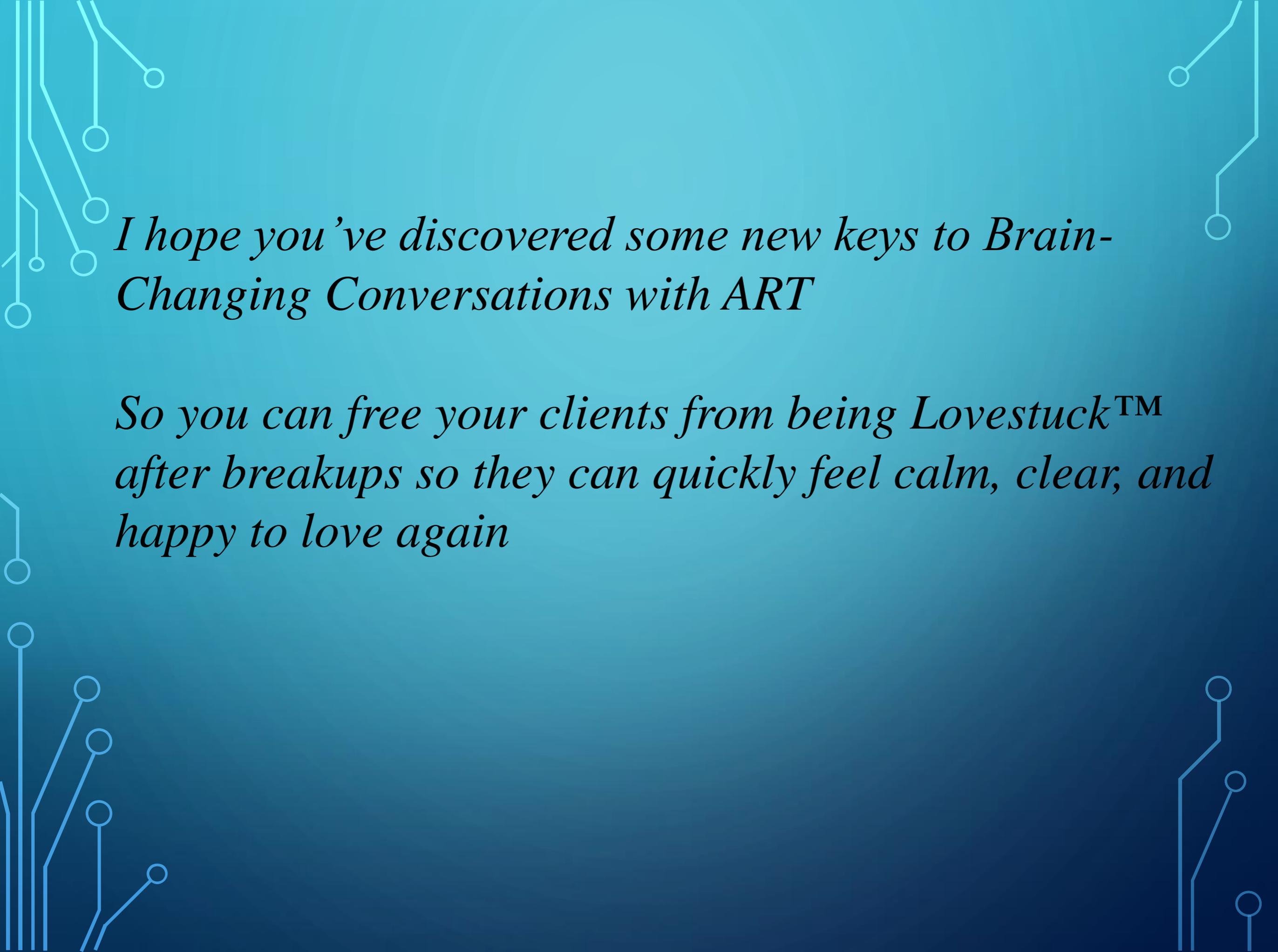
Cross Bridge & Drink from the Fountain _____



*The Director scene is Key in Creating New
Neuroplastic Emotional Experiences that mismatch.*

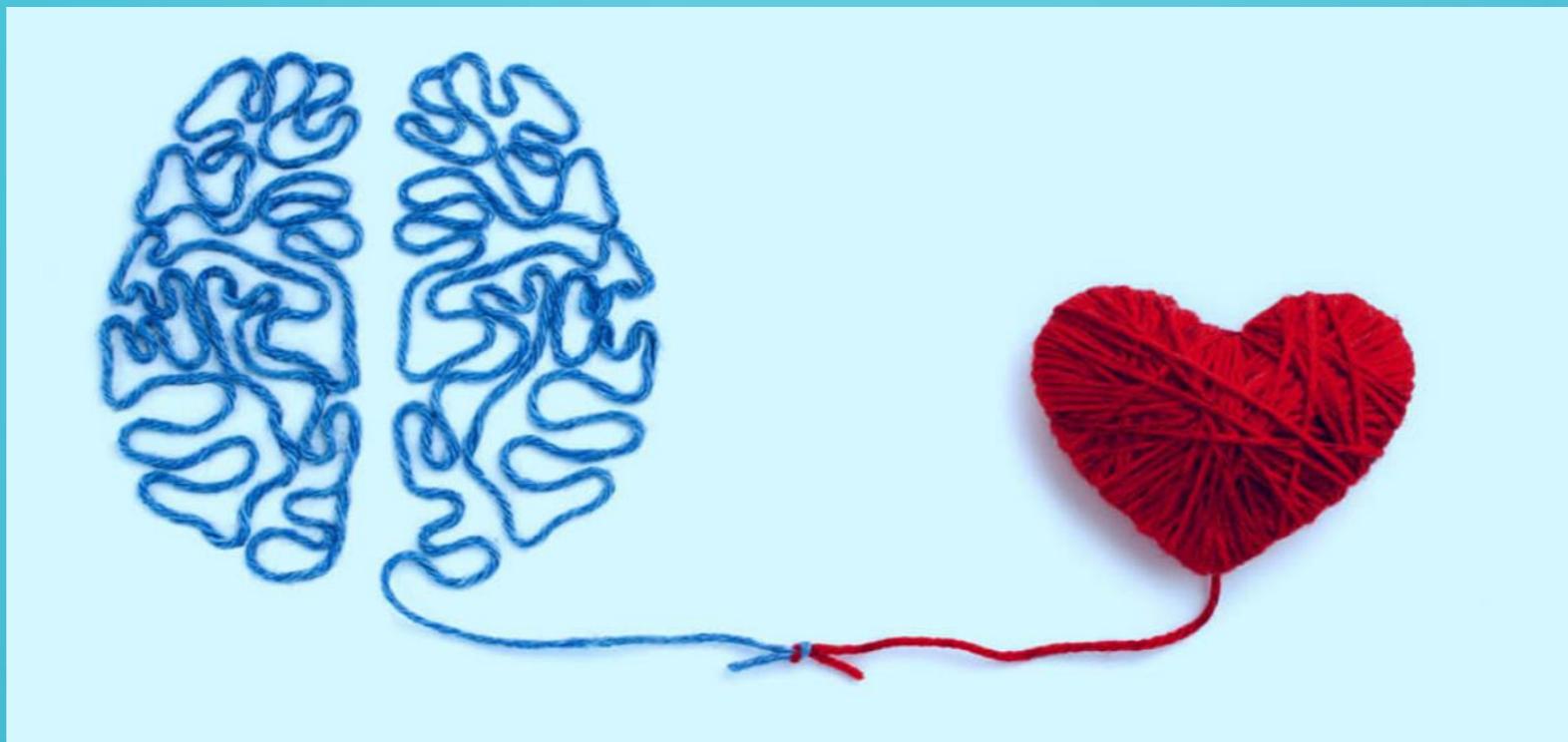
*Envisioning it the way they would like it to be without a
BOTTOM Brain Addictive Cravings for Love*



The background is a solid teal color. In the corners, there are decorative white line-art elements that resemble circuit traces or neural pathways. These lines connect to small white circles, some of which are larger than others. The lines are thin and sharp, creating a clean, modern aesthetic.

I hope you've discovered some new keys to Brain-Changing Conversations with ART

So you can free your clients from being Lovestuck™ after breakups so they can quickly feel calm, clear, and happy to love again



Emotional Pain Interventions to STOP Heartbreak:

Psychotherapists can learn a comprehensive, neuropsychological, poly-vagal informed, evidence-based approach to treat Romantic Heartbreak.

You can get CEs, become certified in EPI® to be a breakup and divorce recovery specialist and accelerate emotional healing for your clients combined with ART you can change brains.

www.neuroscienceofheartbreak.com

www.drelizabethmichas.com

The background is a solid teal color with a subtle gradient. In the corners, there are decorative white line-art elements resembling circuit traces or neural network connections, with small circles at the end of the lines.

Questions?

<https://drelizabethmichas.com>

5 Current References relating to topic within 5 years in journal articles for CE:

Eisenberger NI. Meta-analytic evidence for the role of the anterior cingulate cortex in social pain. *Soc Cogn Affect Neurosci*. 2015 Jan;10(1):1-2. doi: 10.1093/scan/nsu120. Epub 2014 Sep 9. PMID: 25210052; PMCID: PMC4994854.

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Panksepp, Jaak (2011) The basic emotional circuits of mammalian brains: Do animals have affective lives? *Neuroscience and Biobehavioral Reviews*, 35 (9) 1791-1804.