

The Role of NeurOptimal in Learning:

A program for leaders in family enterprises and the professionals who serve them



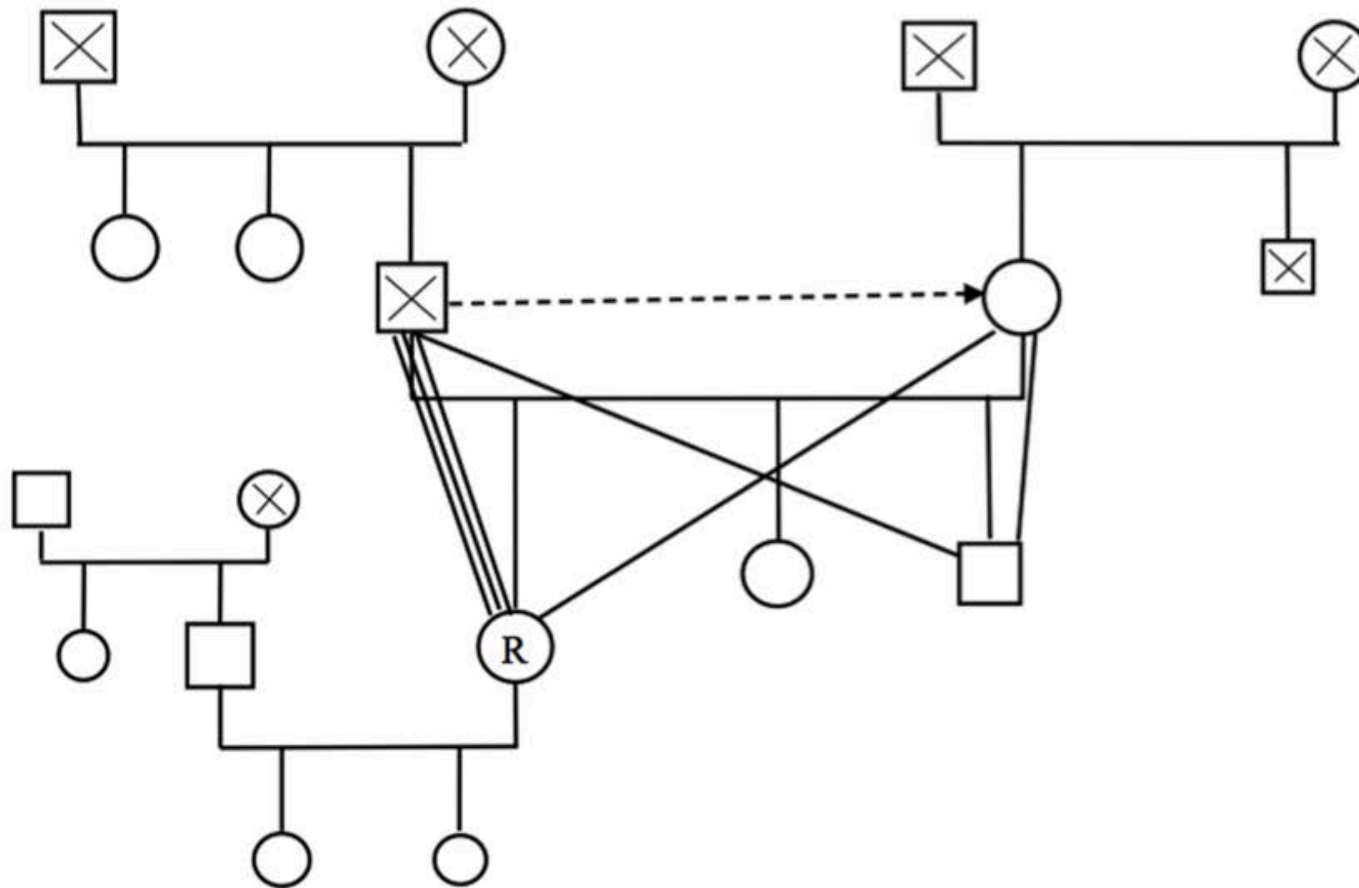
Kathy Wiseman, Priscilla Friesen & Andrea Schara

What is Navigating Systems?



Navigating Systems

Lawyer, Litigator & Family Member



Components

- A six month course
- 2 three day seminars in DC
- 4 Neurofeedback sessions
- 6 individual coaching sessions
- 6 webinars – 2.25 hours
- *Encouraged to buy a personal system or to seek additional Neurofeedback sessions*

Overview of Learning Process

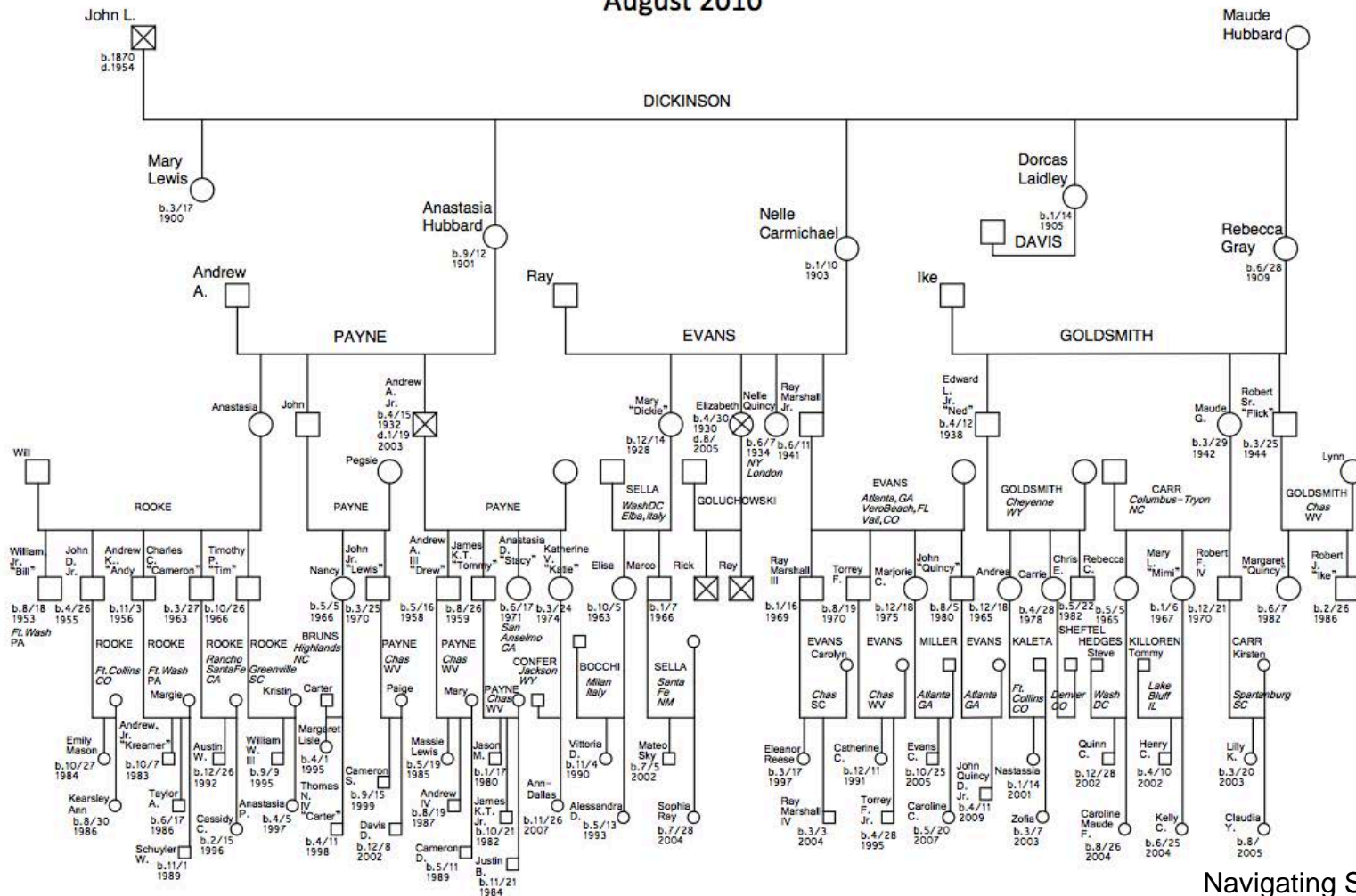
1. Observation - see the system, its parts and the interactions
2. Observation - over time, see your part in the system
3. Alternative reactions - without the predictable response to the anxiety, one would be more present and a different kind of leader. (*the ability to initiate and sustain group movement*)

An Emotional Learning Process with Differentiation Focus.

1. Provide an understanding of what a family system is and how the “events” and "experiences" in the past, and those happening in real time, form a system of interrelatedness.
2. Provide information of how the eight concepts of Bowen family systems theory continue to describe the predictable functioning of the system.
3. Observe your part in the system (as family member and as a professional) - continuing to ask the question “what part do I play in this situation”. Particularly noticing one's own anxiety - one's generation of it, response to it, and the ability to consider the process of reorganizing it.
4. Develop markers for one's own anxiety and reinterpret automatic responses.
5. Consider action(s) for self, the family and the workplace created with intention.

One Family Member

August 2010



Observations of Change

Priscilla J. Friesen
Zengar Research Meeting
February 24th-26th, 2014

Observations of Change

- To study the process of change in individuals and their families who are learning, and integrating Bowen family systems theory
- To promote a learning framework for individuals to observe their functioning as it relates to managing self in family relationships and at work
- To evaluate one's ability to see a system and one's role in it

Study Description Pre/Post

- Differentiation of Self Scale
 - (Skowron & Friedlander)
- The Learning Space - Family Relationship Assessment
 - Symptom checklist
- NeuroOptimal data pre/post
- Cortisol sample pre/post

Family Relationship Assessment

- What relationships are you “concerned” about?
 - Parents, children, marriage, work
 - Where is anxiety managed in system?
- Facts about contact with grandparents, parents, aunts, uncles, siblings, children
- How one manages reactivity?
 - Yell
 - Work
 - Shutdown
 - etc.

Steps toward working on DOS

- Increased contact with number of family members
- Gaining factual knowledge about the family over generations
- Projects aimed toward defining a self including the use of the triangle in promoting greater differentiation of self

Facts to include:

- Family diagram with factual family history
- Significant family life events during study period
- Documentation on steps towards defining self in system
- Documentation of facts of functioning
 - ***My Family My Self: A Journal – Victoria Harrison***
- Other possible physiological measures:
 - Blood sugar, peak flow, sleep, blood pressure
 - Inclusion of routine medical exams and blood work

Observations:

- Interpretation of cortisol
- Variation in how people learn
- Individual case studies
- Introductory year compared to more seasoned learners
- **Definite difference in those who do NeuroOptimal routinely**

Measuring Change in a Family System

NeurOptimal

Andrea M. Schara

February 24th-26th, 2014

www.ideastoaction.wordpress.com

Assumptions for Social Systems

1. Anxiety is distributed unevenly
2. Some are vulnerable to a “worried focus”
3. Real and imaginary threats increase anxiety
4. Feelings are subjective measures of emotion
5. Facts can be integrated with feeling in seeing the system
6. Subjective and objective measures of change

The Emotional Field and the Transfer of Anxiety

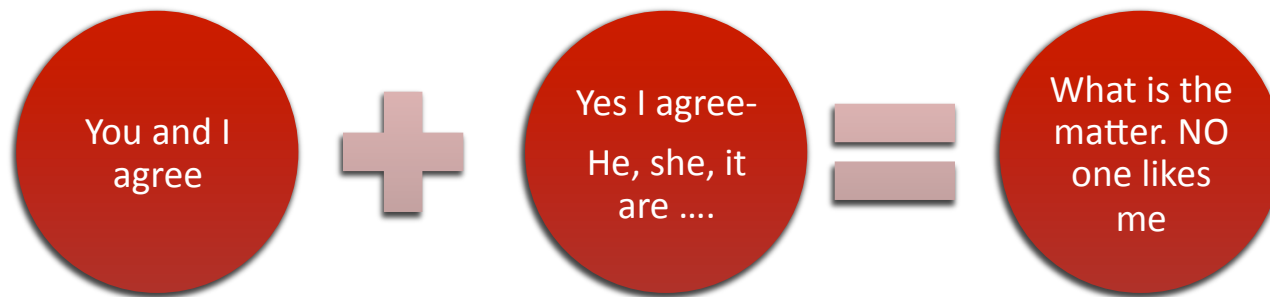
Genetics and random events such as virus infections etc. also alter the focus of anxiety. Anxiety may be increased or decreased in the effort to help others.

The four mechanisms preventing person to person contact:

- 1) **distance 2) conflict, 3) dominance/submission or reciprocal relationships, and 4) projection.**
- 2) Mechanisms operate in relationships triangles (2 against 1) blaming, complaining and the non-verbal way of transmitting anxiety – the looks, body language, the gossip, etc.

Child is the
negative
focus

Affair: The
spouse is the
negative focus



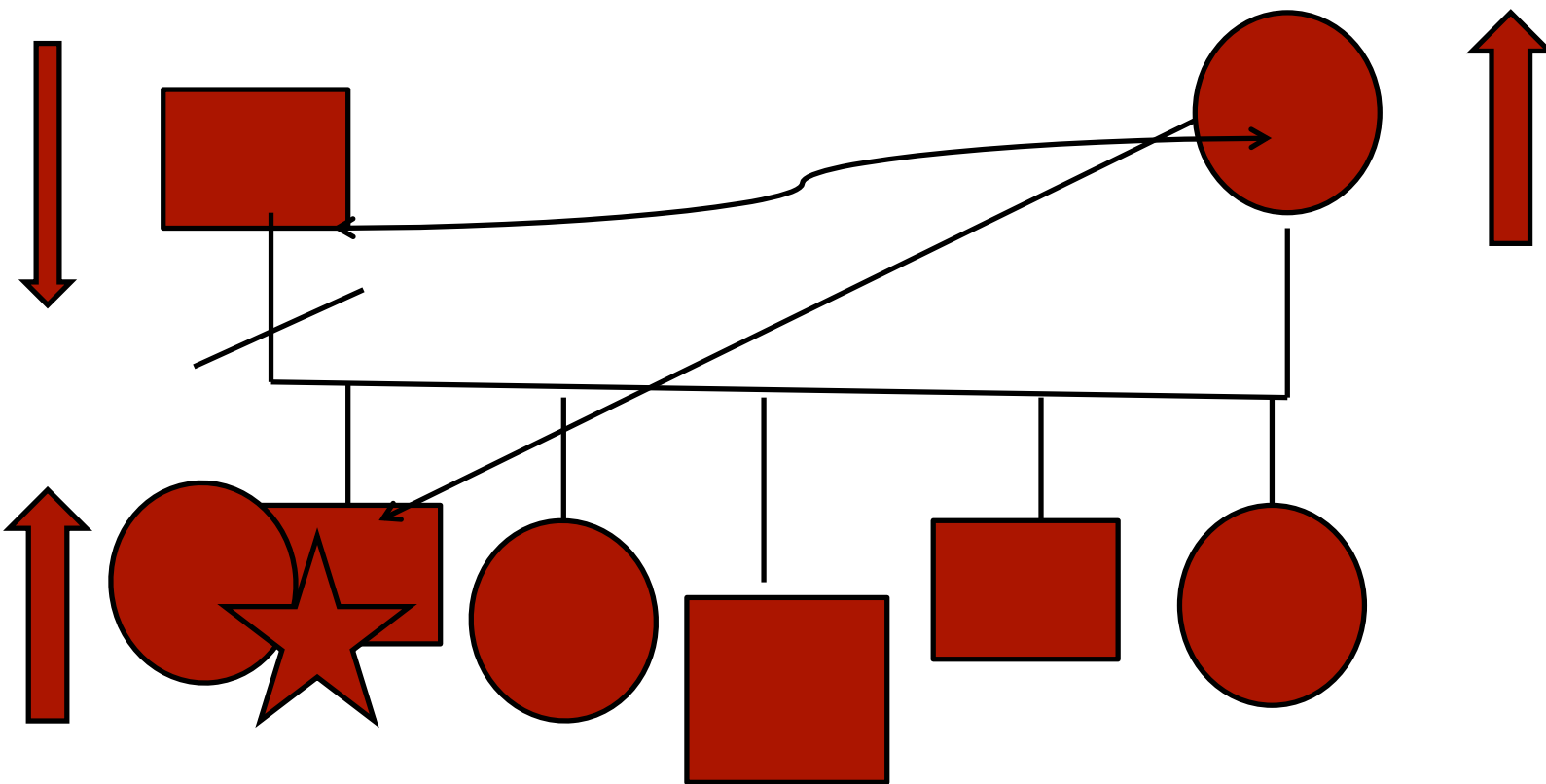
The boss blames....?

The enemy provides the glue for others
to function.

Social Pressure and History

- Our psychology, physiology, emotions and behaviors are regulated in the relationships. The family history is a clue as to where the the sensitivity will show up.
- Symptoms and social problems in one generation tend to create **sensitivity** in future generations. (Those who avoid difficult situations and people and become weaker.)
- Females dominate then the next generation the male dominates, distances, drinks or does not drink, etc.

DISTANCE – Female dominated, then male dominant, then female dominate...



Differentiation of Self: Allows a mature person to redirect anxiety towards self.

- Developing awareness of relationships configurations, triangles.
- Getting beyond observational blindness.
- Knowing what to do when people start impinging on you.
- Seeing the part one plays in the system
- Interrupting reactive relationship patterns

Bowen on Differentiation of Self

- *Knowledge about the functioning of triangles makes it possible to modify the triangle by changing the functioning of one person in the triangle. If the central triangle changes and it stays in contact with others, the entire system will automatically change.*
- FTiCP Page – 467
- *A little knowledge about broad principles of emotional systems can help the motivated one to reach a calmer and more contained level of functioning. P. 234 FTiCP*

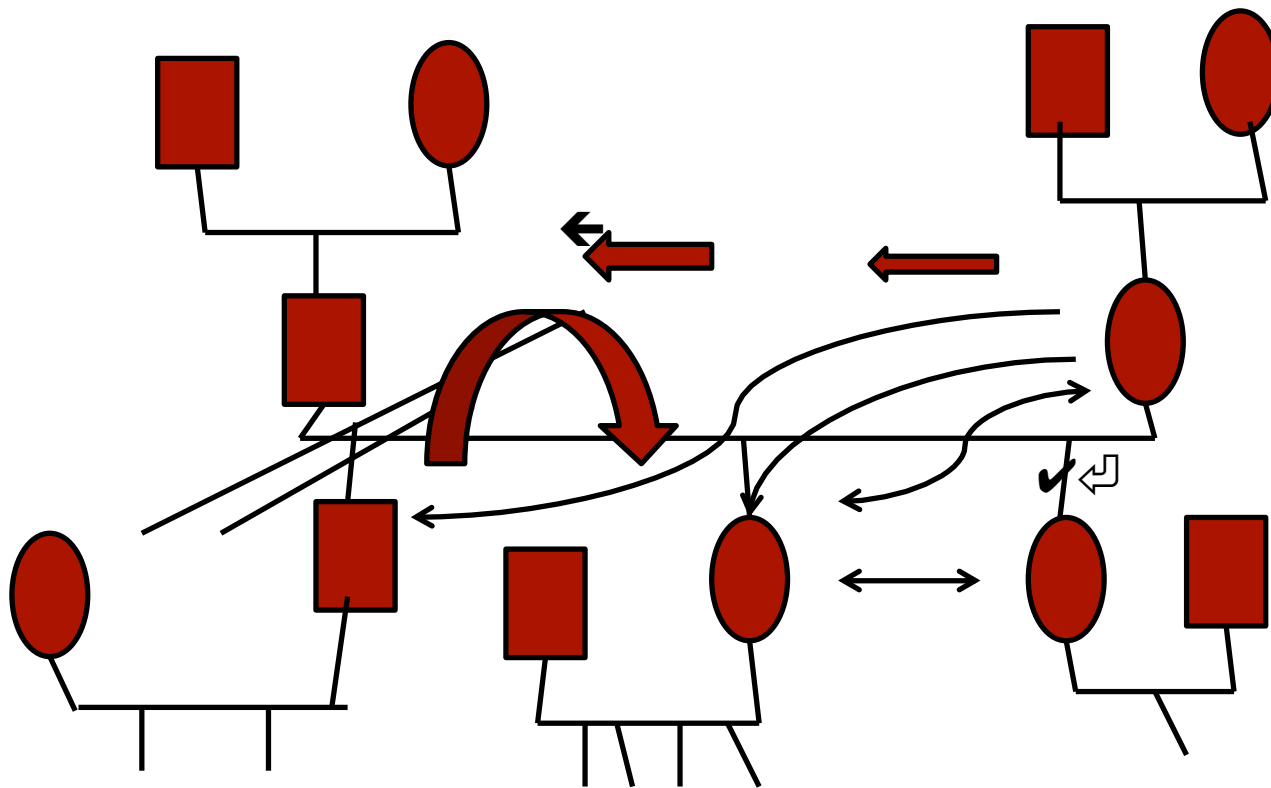
Method of Differentiation of Self

- 1) It takes time to see how relationships pressure works, to see alliances, cut off, the fusion force.
- 2) Taking a stand: This is what I will or will not do.
- 3) Managing the reactivity.” “I am just a bumbler, I have no ill intention.”
- 4) Staying in low keyed contact without giving into pressure, till system settles down.

Defining Self and Seeing the System

- Who am I? Where do I stand? What is at risk here? What is important as to the future?
- Who are you? What do you need from me? What will it cost me to go along with you, or to disagree?
- How can I get outside and comment on the process of the communication? Or do I just alter myself and see that happens?

One Family Emotional Process



One Family Example

- Parents value obedience as to managing family business over the generations. (making rules to manage fusion)
- Reciprocal relationships in marriage –
 - Mother dominate - Father distant
- Mother identifies with youngest obedient daughter
- Conflict with other children leading to triangle alliances and distance.

Triangles as Mechanisms

- Relationships positions are multigenerational
- Father has close relationship with daughter aggravating mother.
- Youngest sister gets close to mother and is distant and negative with sister.
- Brother tries to get close to father and mother interferes demanding he live close to family business.

Family Leader - Middle daughter

- Clarified how the system is organized and how it forces her to be more distant in relationship to mother/sister. Staying in contact despite reactions.
- Define self as to what she can and can not do in the business and in relationships with brother, sister, mother, business.
- Used NeuroOptimal to see the system and to calm self before responding reactively, as the system requires.

Getting out of Triangles

- Middle sisters strategies: Ask mother about her relationship with father and what she is trying to do in current business.
- Comment on father and mother decisions in any possible situation with mother.
- Imagines talking to sister as to the benefits of being close to mother.
- Talks to brother about the effort she is making to be for self and for the family.
- Say “not yet” to demands of mother to appear at various events.

