

Self-directed Neuroplasticity: Rewire Your Brain to Cultivate Resilience & Peace

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Yellow Chair
Collective

Introduction



About Megan Soun, MTS, MSW

Megan (she/her) is a therapist at Yellow Chair Collective. She specializes in self-esteem, body image, racial identity, and spirituality. Megan seeks to journey with each client through their pain towards greater flourishing. In addition to working with clients individually, Megan develops curriculum and leads support groups on topics such as emotion management skills and parent-child relationships. Passionate about increasing mental health awareness, Megan has given talks and facilitated workshops within a variety of settings, such as UC Santa Barbara, Mental Health America, and AccessElite, on subjects such as body image/disordered eating, goal setting, self-care, and BIPOC mental health. Throughout all she does, Megan strives to empower people to live and thrive as their true selves. To contact Megan, email megan@yellowchaircollective.com.

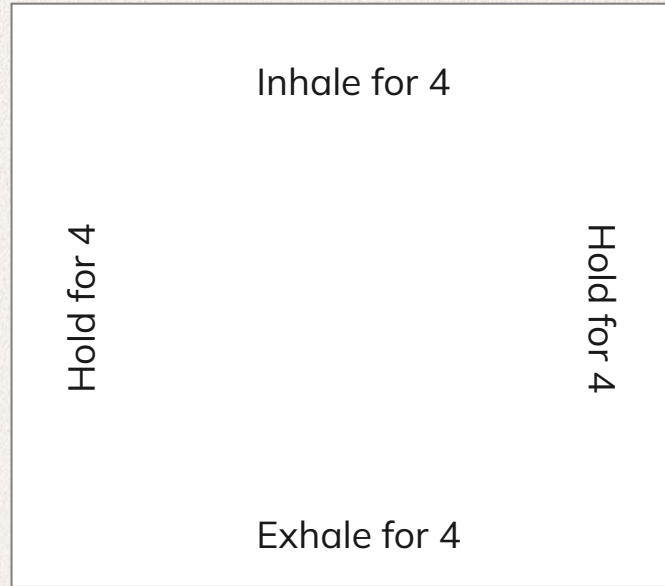
About Yellow Chair Collective

Yellow Chair Collective is a passionate psychotherapy group, focused on serving the Asian American community. We offer culturally sensitive and responsive, trauma-informed, anti-oppressive and LGBTQIA affirmative counseling and psychotherapy services. We strive to be an intentional and inclusive space for all. Everyone is welcome to take a seat on our yellow chair of compassion and acceptance. For more information, please visit

<https://yellowchaircollective.com/>.



Box Breathing

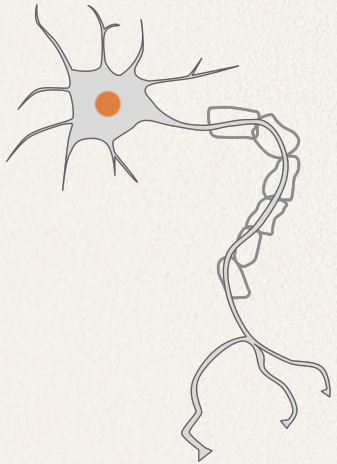


Neuroplasticity:

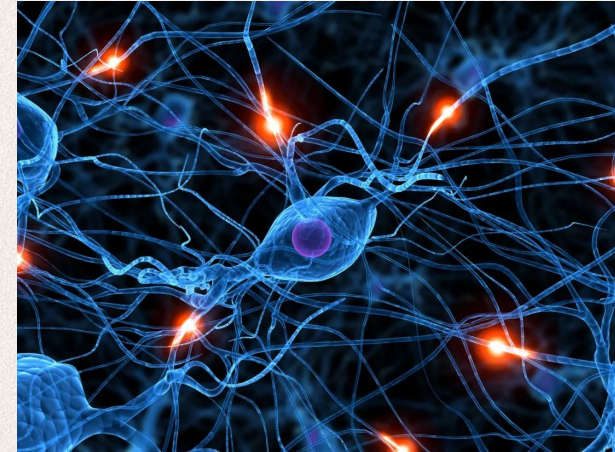
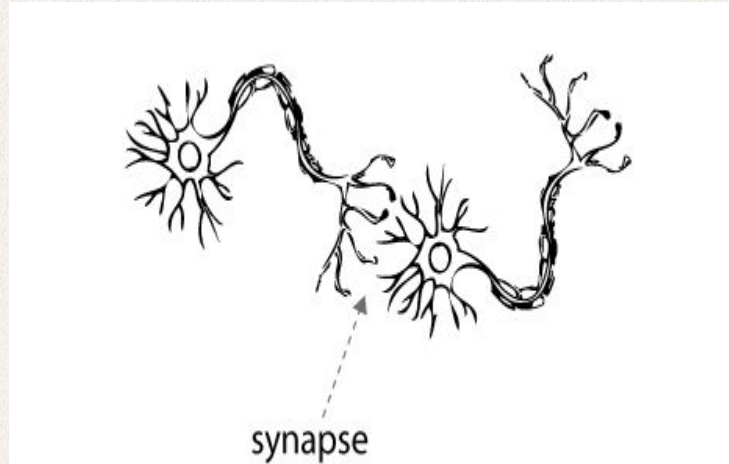
The capacity for the brain to
evolve throughout our lives



Neural Networks



Neuron



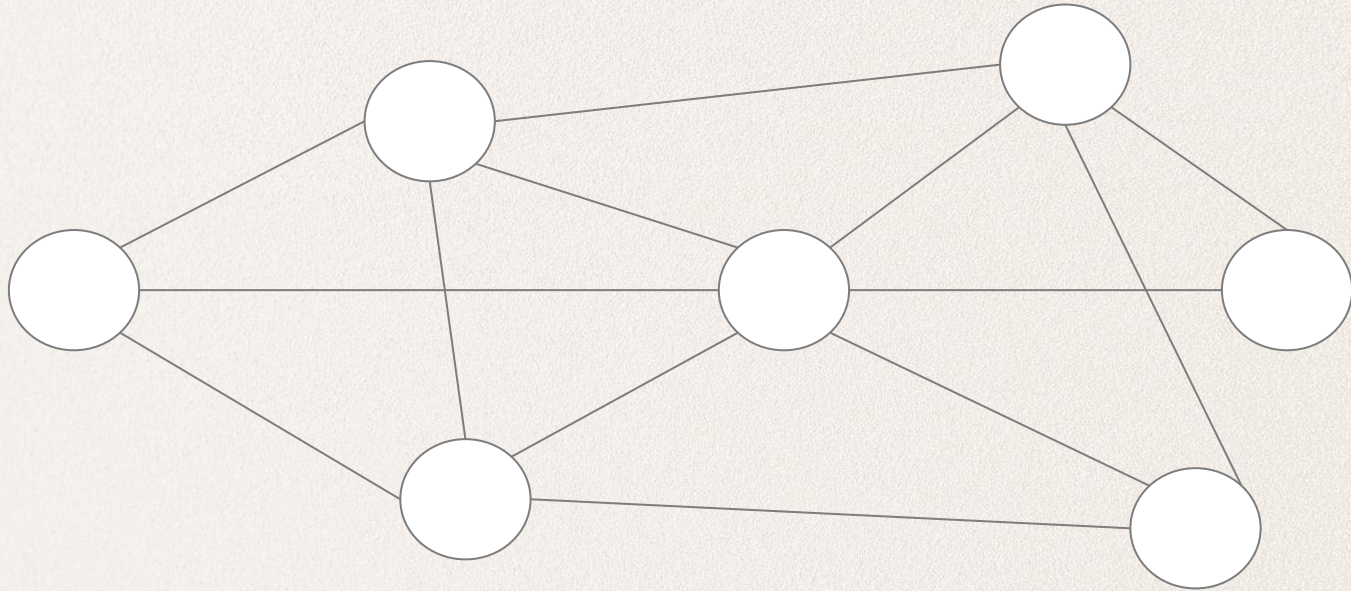
Neural Network

Image: https://www.researchgate.net/figure/b-how-neurons-are-connected-to-each-other_fig2_350811538;
<https://medium.com/predict/artificial-neural-networks-mapping-the-human-brain-2e0bd4a93160>



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“I’m not good enough” Network



How do I rewire my brain?

- Strengthen positive neural networks so that they become more easily accessible and integrated into the more negative ones
- Create new paths in the brain



Positive Neural Network Map

What makes you feel good? (e.g. objects, activities, people, ideas, places)

Fuzzy blankets

Beach

Hope

My dog

Walking

Yoga

Strength

Source: EMDR

Creating Possibilities Protocol

- 1) Put body in a relaxing position and identify what you'd like to feel more of (calm, strong, etc.) or what you'd like to believe more.
- 2) Begin asking brain, "What if _____?" (e.g. "What if I was calm?" or "What if I am enough?" or "What if I can handle this?")
- 3) Repeat 5-10x.
- 4) After a few days or weeks, try turning it into a declarative.

THANK YOU

- Neuroplasticity: Capacity for our brains to evolve throughout the lifespan
- One way we can promote neuroplasticity is by strengthening our positive neural networks & integrating them with the negative
- Another way is by creating new paths through creating possibilities

