

DOING BETTER

12 WEEKS NERVOUS SYSTEM **HIIT** PROGRAM
EVIDENCE-BASED IN INTERPERSONAL NEUROBIOLOGY

A MENTAL RESET. GAINING CALM, AGENCY AND
EMOTIONAL INTELLIGENCE FOR AN INTEGRATED MIND

athinline

YOU

You're dissatisfied, irritable or sensitive

You sleep badly, don't move enough, brood too much or constantly sabotage yourself

You want to need less: coffee, sugar, uppers, downers or reassurance from others

You do too little: in terms of boundaries, values or goals or for the quality of the relationships in your life

You do too much: drinking, smoking, working, partying, cleaning, excessive exercise, rigid dieting, social media, sacrificing in relationships, bursting with anger, playing poker, stonewalling, you name it

You wanna see the bigger picture health-wise: digestive disorders, difficulties concentrating, chronic headaches or back pain, skin rashes, high blood pressure, a weak immune system and more

You're willing to confront uncomfortable truths and you're also willing to use your body and breath when doing so

THE SITUATION

...you have a specific challenge ahead or behind you or a general level of unhappiness*. You want to invest time and energy and get to work, no more excuses. For example on

- entering a new phase and role in your life (parenthood, new job, retirement, marriage, moving abroad)
- integrating a painful experience
- self-development after a loss (of a loved one, employer, dream that won't come true anymore)
- resolving (inner and interpersonal) conflicts and blockages
- changing your behaviour: from self-sabotage, partying, perfectionism to issues with impulse control or procrastination

If you're based in Berlin, cooperative work with a highly skilled osteopath is available for posture and tension issues, developmental optimisation and somatosensory activation.

*Disclaimer: psychological stability is required for participation and is determined during the anamnesis; for clients with psychological overload, responsible, stabilizing consultation is available, see contact.

THE SOLUTION

Every thought, every feeling, every perception starts at our consciousness, emerging from our central and peripheral nervous system. Working on this is like a **catapult for life** as it influences every decision in every life domain.

Understanding the neuroscience and the biopsychosocial dimensions behind thoughts, feelings, triggers and coping mechanisms. For a new level of mental clarity, relational satisfaction, fitness, creativity, and empathy. Becoming a competent user of the body and brain you inhabit.

Interdisciplinary, science-backed work on these domains:

	thinking	feeling	being
present	STRESS MANAGEMENT	RELATIONSHIPS	SOMATIC INTEGRATION
past	PERSONALITY	ATTACHMENT	NARRATIVE WORK
future	VALUES AND SKILLS	EMOTION REGULATION	EPIGENETICS

THE PROGRAM

- 1+2 Deep dive and narrative work: how did I get here?
- 3 Emerge: what do I need, what do I want? Why?
- 4-6 Cognition + emotion: differentiate, link and optimize
- 7 Challenge, open up and embrace: your ego states, perception routines and blind spots
- 8 Rescriptive work and reconsolidation
- 9 Structure: How to do what in which context
- 10 Systemic disposition of expected and possible challenges and consequences in the relational space
- 11 Application and incorporation concept
- 12 Integrative work

tailored to your needs after a detailed anamnesis

each session will incorporate multi-modular tools from somatic therapies, interpersonal psychology, sociology and communication strategy drawing from the sciences of anthropology, neurobiology, and epigenetics for a holistic, deeply humanistic and solution-focused approach.

THE METHOD

Interdisciplinary: the best of both worlds - mental and physical health combined in applied interpersonal neuro-science. Shaping our perception, the interface to reality.

Integrative: Contemporary, methods for the effective integration of body, brain and psyche. You will receive your personal toolbox for efficient emotion regulation, secure relationship building and optimal cognition - especially in challenging times.

Systemic: Individual circumstances that are not your fault as well as those you got yourself in, highly complex and agile social structures, current and past environmental influences and the many facets of your personality - all this is interdependent.

Contemporary: not just talking about problems like a century ago, not just conditioning your behaviour like 50 years ago. Cutting edge neuroscience provides the framework for deep and lasting development.

In order to be able to work this holistically, appointments last at least 100 minutes. Conveniently available on weekends and after work, also as double sessions for deep dives / immersive workshops, online and in Berlin.

THE THERAPIST

..or counselor if you prefer. I've been there - the grind, the dissatisfied view on how things are going. Long hours at work, repeating themes in the interpersonal realms, and the subtle certainty that change is necessary. Thus, I worked through the past, studied the science behind that process and - did it. The change. As many clients with this work did, too.



Julia Rathjen

TWA: Triggers With Attitude



Background in communication strategy for international marketing, advertising and consulting in creative agencies, associations, SMEs and start-ups



- state license: non-medical practitioner of psychotherapy
- Epigenetics, German Society for Natural Medicine
- Applied Neuroscience, Master Practitioner, Eilert Academy
- Emotion regulation emTrace (Level 4/4), Eilert Academy
- Interpersonal Neurobiology, Mindsight Institute
- Business Coaching (IHK)



Chronic pain, unhealthy lifestyle, months at the hospital. All done. Now: grateful,, healthy, joyful, connected, and composed even in the face of grief and adversity. Acing the human curriculum when, as it always will, life disrupts life.

OK, LET'S DO THIS

After a free introduction call (about 20 - 30 minutes via phone or zoom) you'll have an idea if you'll be comfortable working with me. You're gonna tell me your story, your goals for this endeavour and your time capacity.

Depending on your requirements, schedule and level of prerequisites, timing and pricing are flexible, consisting of

1 session per week for 12 weeks

2 sessions per week for 12 weeks

also available as a stretched version with 2 sessions per month for 24 weeks. Each session focusing on these pillars of existence:

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| 1 | Thinking: understanding the processes of perception for the modification of your reality | 4 | today: tailored and applicable tools for optimal knowledge transfer from session to life |
| 2 | Feeling: too little or too much - learn to access, differentiate and regulate your emotions | 5 | the past: uncover and resolve developmental patterns in conflict (business, private, with inner parts) |
| 3 | Being: psychological and physical stability for a new level of well-being and energy | 6 | for the future: healthy routines and believable agency for a change, growth and equanimity |



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