

# Introduction to NeuroBehavioral Programs: Creating an Open Mind and Peaceful Body, Instantly.

An experiential workshop **April 9-11, 2010**

KC Holistic Centre, Mission Kansas

*Experience first hand the power to intentionally control your nervous system®*

Welcome to NeuroBehavioral Programs, the breakthrough protocol integrating current theories of neuroscience with the best of behavioral medicine. Modern science recognizes the mind and body are complex information sharing systems; born from decades of client-centered research, the NBP methodology applies this understanding to *instantly* create physical and mental states of well-being.

## Creating the NBP Mind-Body Feedback System

Using NeuroBehavioral Programs it's now possible for you to use direct commands—simple words voiced with intention—to tell your body what to do, giving you conscious control over many physical and emotional reactions previously thought beyond conscious reach. Using NeuroBehavioral Programs, you can relieve stress and other unwanted symptoms immediately, while fully engaged in other tasks. There's no need to take a time-out to make effective changes in the way you think and feel.

## Reducing Stress on Command

Research shows the experiencing of a little stress motivates us to rise to the occasion, to get on target, and often helps us with problem solving. But on a stress scale from zero to 10, any "gearing up" above level three backfires and begins to negatively impact our effectiveness. If we are routinely overchallenged by life's demands, our regular problem solving abilities start to fail—and our health along with them. NBP turns off stress to free problem solving and creative energies.

## Eliminating Negative Emotions

As stress increases, secondary emotional reactions begin to appear. Anger, sadness, anxiety, and fear begin to further erode our problem solving skills. As we're pushed to our limits, stress hormones start to pump through our mindbody systems. Soon, emergency thinking patterns take over. We lose perspective. Our thinking becomes black and white. We have less patience. Our memory and attention become impaired. These changes in our thinking and biochemistry *magnify the stress response* and set the stage for long-term consequences. NBP effectively neutralizes negative emotions on command.

## Experiencing the Peacefulness of the True Self

There is a part of us that's already safe and strong, peaceful and comfortable. This True Self can be accessed to create a profound sense of peacefulness. Learning to reach inward for comfort, we naturally reach out less for comfort food or other substances to feel good about ourselves.

## Peacefully Releasing Unpleasant Memories

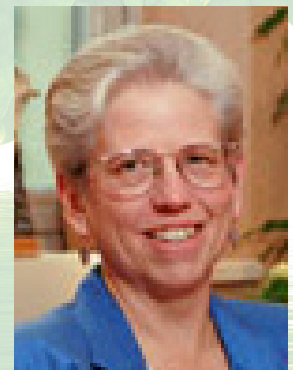
Do you have any troubling emotional or visual memories you would like erased? With NBP, you can *eliminate memories without feeling any discomfort* in the process.



John Leonard, PhD

John is a licensed psychologist and the creator of NBP's behavioral medicine programs for pain, weight management and mind-body health enhancement. A dedicated therapist for over 30 years, Dr. Leonard is grateful to his patients for helping refine the NBP protocol, profiled on PBS, the BBC, and Discovery Channel. A skilled presenter and gifted teacher, his research interests include trauma relief and the rapid transformation of self-concept.

[www.bepainfree.net](http://www.bepainfree.net)



Jude LaClaire, PhD, LCPC, LCSW

In Dr. LaClaire you find Kansas City's foremost holistic counselor, educator and consultant. A published author with over thirty years experience in the field, Jude applies her blended, caring, natural approach when treating individuals and groups in a diversity of settings. Integrating family systems, depth psychology and personality type, she ably guides all in her care toward the attainment of vibrant emotional, physical and spiritual health.

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## Workshop Schedule

### Friday April 9

**6:30-8:00 pm**

#### *History and overview of NBP*

Attendees will learn the history, science, outcomes and applications of the NBP mind-body health enhancement programs.

### Saturday April 10

**9-10:30**

#### *Learning the basic NBP Information feedback protocol*

In this session attendees learn and experience the NBP feedback system, including key signals for directly engaging your bodymind. Review CD & QuickStart Card tools.

**10:30-10:45** *Break*

**10:45- 12:30**

#### *The effects of stress on the body and perception*

Group members will learn the subtleties of the effects of stress on perception and experience stress release on command.

**12:30-1:30** *Lunch*

**1:30-3:00**

#### *The NBP model of emotions and the release of negative emotions*

Attendees will experience the release of the primary negative emotions of anger, sadness and fear in creating a C.O.A.L. state (an optimum mental state marked by curiosity, openness, acceptance and love.)

**3:30-4:30**

#### *Introduction to trauma relief and rapid emotional transformation*

Group members will learn the theory and practice of the NBP approach to trauma and observe a demonstration of the rapid removal of selected traumatic memories.

### Sunday April 11

**9-10:30**

#### *The unconscious removal of traumatic memories*

Group members will experience the effortless emotional release of a selected memory while engaged in a pleasant conscious task.

**10:30-10:45** *Break*

**10:45-12:30**

#### *The Rapid transformation of self concept using NBP*

Group members will experience the rapid elimination of negative self-concept using direct language commands.

**12:30-1:30** *Lunch*

**1:30-3:30**

#### *The benefits of NBP for self and future practice*

Additional nervous system commands to improve well-being will be shared, along with information on how to become a Certified NeuroBehavioral Therapist with specialties in pain and weight management.

### Cost of the training

**\$379.00**

Participants receive complimentary *MindBody Health Enhancement* CD and QuickStart Card to reinforce the core outcomes of NBP: Reducing stress, eliminating negative emotions and boosting joy and enthusiasm.

### Date:

April 9-11

### Place:

Kansas City Holistic Centre  
5453 W. 61st Place  
Mission, KS 66205

### To Register Contact:

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