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What is CIMBS?

A description by Terry & Beatriz Sheldon

CIMBS is a psychotherapeutic process that focuses on activating, training and differentiating the nonconscious primary process emotional brain systems.

We work directly with these capacities by collaboratively noticing and responding to the psychophysiological phenomena that provide evidence of the inner workings of these brain systems that are uniquely transpiring in this present moment.

When we meet our patients' emotional constraints from previous learning or trauma we approach those reactions like a physical therapist providing treatment to a previous injury; we treat the limitations rather than explore the history.

In addition, we activate, train and differentiate distinct capacities of consciousness to facilitate a collaborative empiric process and to maximize multiple types of neuroplasticity for long term change.

Our intentions are to meet our patients psychological needs in the session and to interrupt maladaptive emotional patterns, the rigid 6 lane highways in their minds.

We have found these approaches and interventions can enable our patients to learn how to exercise their attention and intentions to direct their minds and brains in new ways.

This frees them to tap into more of their natural potentials, take charge of multi-dimensional capacities of their BrainMind with intention and change the trajectory of their lives.



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