



## ABOUT CIMBS

# Complex Integration of Multiple Brain Systems: a complex psychotherapy paradigm

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Complex Integration of Multiple Brain Systems is a complex psychotherapy paradigm that understands the client's strengths and difficulties from a systems perspective.

Our brain has many complex Brain Systems (vision, hearing, coordination, the autonomic nervous system, etc). These systems enable us to live and flourish in a wide variety of circumstances. In addition, there are other Brain Systems that utilize the energy and wisdom of our emotions, direct our motivations, protect us from danger and build close nourishing relationships.

When all these systems are differentiated from each other they can function independently and then be fully integrated enabling us to function at our highest capacity. Babies are born with relatively undifferentiated Brain Systems. With sufficient developmental experiences, nurturance, and attunement by the parents, the Brain Systems become independently activated and thus differentiated.

Often the Brain Systems do not sufficiently differentiate due to limitations of developmental learning. Undifferentiated Brain Systems are unable to

*Complex Integration of Multiple Brain Systems (CIMBS) created by Terry and Beatriz Sheldon. More information available on [complexintegrationmbs.com](http://complexintegrationmbs.com)*

function independently or fully effectively. This situation often gives rise to symptoms of anxiety, depression, mood disorders, behavioral problems and other difficulties.

CIMBS uses targeted therapeutic interventions to modulate the suppression, differentiation and/or activation of the different Brain Systems that have been wired together in a person's brain by early developmental experiences or traumas.

CIMBS maximizes the mind's ability to modify the brain's structure known as neuroplasticity.

This approach initially focuses on gathering evidence about how the patient/client's Brain Systems are operating in the present moment, in real time.

The next priorities are:

1. Assess attachment relationship patterns
2. Access, activate and differentiate the Multiple Brain Systems
3. Notice and reinforce positive feelings, strengths and new adaptive neuropathways
4. Shift the internal balance from avoidance to approach
5. Provide ongoing successful present moment experiential learning.

CIMBS is a fast and effective psychotherapy because the process of activation and differentiation of Multiple Brain Systems enables the client to come to a new Integration of more Complex and flexible mental functioning. This leads to a new trajectory of growth and adaptive functioning where the client/patient achieves their best potential for the present, and freedom to continue maximizing further development in the future.

Visit the website for more information:

<http://www.complexintegrationmbs.com>