

NEPS 1

Introduction: The Neuro-emotional Pathways 1 is one of the most comprehensive and powerful kinesiology techniques for working with the stress and the impact survival has on us.

It delves into the study of the neurology involved in the expression of the 5 basic emotions:

RAGE – PANIC – FEAR – SEEKING – NURTURE

Development and History: In 1999 after finishing study in Melbourne with Charles Krebs Ph. D, Hugo Tobar started experimenting with formatting. Previously formats had been used to work with specific brain areas but had never been applied in a sequential order to represent the journey of electrical synapsing in the expression of an emotion or any other brain pathway.

The theory of this course draws on the research of Jaak Panksepp Ph.D. and his model for the innervation of these primitive responses. Hugo had already been developing formats for the brain stem and now he had the opportunity to apply his research in relation to specific neural pathways.

This technique was readily adopted by other modern kinesiology practices and has become a powerful method in modern kinesiology practice.

Course Content: NEPS 1 covers the neuro-emotional pathways of rage, panic, fear, seeking and nurture as a step-by-step process. It includes a systems procedure for each brain area and nuclei innervated along the way. Specific release points called, modes of processing and contexts will be demonstrated to activate and de-stress these pathways. There is also an entire segment on the periaqueductal gray, which is the primary control center for descending pain modulation, but also the brain area responsible for sending neural signals to the face, neck, body muscles and viscera as a response to the expression of these emotions. This includes the debilitating experience that these emotions have, such as sweaty palms, quickened breath and heart rate etc.

There is also an in-depth study into how and why these emotions are difficult to control from a neurological perspective and how kinesiology can assist people with stress in any of these pathways. It also includes neurotransmitters in each area and ways to specify body response relative to neurotransmission.

Essentially, the neuro-emotional pathways are the mechanism for our behavior and collective experience. Every human being has a predesigned pathway for their expression. Working at the neural level with these emotions can create massive change.

Competency Requirements: Students will be observed completing the balancing requirements during class time. There is also a written and oral assessment, which is to be completed during or after the course. A Certificate of Proficiency will be awarded for satisfactory involvement.

Competency Outcome: From this course you will confidently be able to use kinesiology techniques to work with the brain areas involved with each of the survival emotions including relevant neurotransmitters.

This workshop is recommended for anyone who has an interest in human emotions and behaviour

Prerequisites: Brain Formatting, LEAP or AP Brain (The NK Institute)

Trainer: Hugo Tobar

Availability:

28-31 August 2015 - Perth

24-27 September 2015 - Melbourne

31 October – 3 November 2015 – Sydney

20-23 February 2016 – Murwillumbah

Cost: \$750

Duration: 4 Days

AKA Accredited Category: B

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