

Chapter 1 : What is Whole Brain Thinking?

The Whole-Brain Solution is a collection of higher-order thinking tools for enlivening students' receptivity, deepening their understanding, and increasing their ability to connect knowledge to their own lives.

PO Box Whole Brain Solutions provides holistic trauma therapy and emotional wellness services to individuals of all ages, backgrounds, and identities. Whole Brain Solutions provides holistic trauma therapy and emotional wellness services to individuals, couples, and families of all ages, backgrounds, and identities. We primarily offer EMDR therapy psychotherapy for trauma , private yoga trauma-informed , and energy work. We also believe that all individuals deserve the opportunity to heal and improve their lives regardless of insurance status. We also offer group trainings on neuroscience, wellness, meditation, and yoga. Additionally, clinical supervision is available for counselors interested in adaptive information processing theory. See our website for more information! Shannon has a natural talent for helping others feel confident about personal nutrition. She blends her passion for dietetics and counseling together, offering a unique and integrative approach to healing at Whole Brain Solutions. Shannon has worked with all age groups and is now accepting new clients in Morgantown. Tell us about your favorite snack below in the comments, and share why it brings you so much joy Her lighthearted energy is a great match for someone looking to heal through creative pathways. All of us at WBS A gentle reminder as we go into the weekend. This is a free, community-building event! Plug us into your GPS for seamless navigation: Call us at The next meeting will be Wednesday April 11th at This will be the first morning meeting! Nurslings are always welcomed! So many people have expressed wanting an event like this, we are excited to get the first one going next Friday. And please remember you are amazing and resilient and capable of healing! But the same research shows that adults play a critical role in helping children overcome this damage. Initial consultation is required before joining the group. We will begin weekly meetings in January, so set up your consultation today. Message us for more information at or B. By the end of the 60 minute talk, you will walk away with new insight on how to apply practical neuroscience to your life and more. Stop by at 12pm. We look forward to seeing you then! How does it work? We would love to tell you about both. Come check it out! She enjoys working with families from a solution-focused approach to guide them through difficult times. From this model, Brittney believes that every person has unique strengths that give them the ability to create positive change in their lives and relationships. Brittney is passionate about helping people build or re-build strong relationships even when differing perspectives may be creating barriers. She believes that overcoming these barriers can be achieved when we try to view the world from the lenses of others. Brittney enjoys meeting new people within the community to explore and understand the perspectives of others, and she incorporates this understanding into her work. Stop by and introduce yourself to her this evening from 5pm-8pm. The entire team will be there to show you around. She graduated from West Virginia with a B. Miranda is trained in EMDR and takes a trauma-informed approach when helping clients. Miranda also has experience and enjoys working with addiction, codependency, mood disorders, and challenging family dynamics. She most enjoys working with addicts in recovery, young adults and teenagers. In her spare time she enjoys spending quality time with friends, family, and her dog, Delaney. Some favorite hobbies include watching movies, being in nature and reading. Meet Kasey Kesner! Kasey helps clients discover more balance, calm, and harmony within their bodies through a trauma-informed yoga practice. Using invitation-based language, Kasey co-creates a safe space with her clients to authentically express themselves through somatic movements on the mat. Kasey offers a custom-tailored yoga sequence built for the needs of the client, from seated, restorative postures, to standing, engaged forms. Her goal is to meet clients where they are at in their healing journey from a place of non-judgement. No prior yoga experience is necessary to work together. She is passionate about the arts, self-expression, and self-leadership. She has an affinity for humor, meditation, and spirituality and weaves these elements into her personal yoga practice. Originally from Morgantown, Gabrielle is passionate about combining Eastern and Western practices to facilitate multidimensional healing. She focuses a great deal on personal empowerment and honoring the true authentic self above all else. Email her at gabrielle

wholebrainsolutionswv. She considers herself a neuro-psychotherapist and is the owner of Whole Brain Solutions. She is happy to share about her passions and learn about what excites others. Community is important to Laurel, and she enjoys spending her free time with people who are important or inspiring to her. Whole Brain Solutions is excited to announce our This is your opportunity to meet the WBS Team in our therapy, bodywork, and energywork rooms for an evening of casual conversations, refreshments, and treats from DaisyMoon Bakery. Check out our upcoming event calendar for more information on our December schedule. We hope to see you there! Click the Message button on our Page, and say hello to our team. We look forward to hearing from you. Would you like support? If so, send us a message. So what exactly is it, and what about mindfulness is beneficial to our health? Being productive can also mean being quiet and still; nurturing and soothing. Like giving the body a large dose of the kind of love that allows us to restore our vital energies. By the time your work is through, you will have honored your sacred space, tapped into your intuition, and stepped away from exhaustion. Do you know someone who might benefit from one-on-one yoga instruction? Are you curious to learn more? Share our Page to spread the love and the buzz about our new yoga space in downtown Morgantown.

Chapter 2 : Whole Brain Fundraising Webinar

Whole Brain Solutions offer techniques for individuals and business that are powerful, easy to use, non-drug and non-invasive approaches, and can be used by almost anyone. Through training, coaching, and products that support access to optimal mental and emotional functioning, these tools target specific brain states through the binaural beat.

This is an open-access article subject to an exclusive license agreement between the authors and Frontiers Media SA, which permits unrestricted use, distribution, and reproduction in any medium, provided the original authors and source are credited. See the article " Decisions of Voluntary Action: What vs When " in volume 4, 1. This article has been cited by other articles in PMC. *Drosophila* is the species of choice for a large range of questions that can be addressed using molecular genetic approaches. Its small size and translucent body also makes it a most suitable species for whole-body imaging with the light microscope. But the ultramicroscope provides us with even more options: Whole animal imaging with micrometer resolution is a challenging task. Confocal and multiphoton microscopy and their various combinations with other optical tricks e. Zhuang, go beyond the diffraction limits of light but the high magnifying objectives make whole animal imaging either impossible or a complicated and time consuming task. The ideal system should detect fluorescence signals because the respective signaling molecules can be expressed in selected tissues or even single cells. It should allow fast imaging of the whole animal for high-throughput analyses, and the resulting imaging stacks should permit fast processing with conventional imaging software. The ultramicroscope developed by Hans-Ulrich Dodt at the Technical University of Vienna comes close to such an ideal system. It takes advantage of the rather transparent body of white-eyed *Drosophila* mutants and the rich repertoire of molecular genetic tools to express particular fluorophores in selected tissues and cells. The method produces impressive images of the whole interior of the *Drosophila* body including nervous system, brain, and muscles even when just the auto fluorescence signal of the tissues induced by glutaraldehyde fixative is imaged see the figures in Jahrling et al. They developed a dark field microscope that allowed the detection of nanoparticles well below the diffraction limit of the light microscope. As with the fluorescence microscope the light is emitted by the substrate and not imaged by absorption or diffraction of the transmitted light. The two colocalized sheets of light penetrate the tissue from two opposing sides compensating for the absorption gradient within the tissue. The quality of images also depends on the thickness of this light-sheet. One can make it very thin near to the focal point of the cylinder lens, but its Rayleigh range which is a measure of the depth of focus is limited and a smaller aperture leads to loss of power, a limiting factor for more strongly absorbing tissue. In a recent improvement of the light-sheet-generation optics, longer Rayleigh ranges were reached, and higher resolution achieved Saghafi et al. The material to be imaged needs to be as transparent as possible. Dodt applies a method published in by Spalteholz that makes animal and human tissue almost transparent. Werner Spalteholz was an anatomy professor at the University of Leipzig and became famous for his *Handatlas der Anatomie des Menschen* with three volumes published between and , and translations into English still considered to be one of the most elegantly illustrated anatomical atlases Williams, A mixture of benzyl benzoate and benzyl alcohol often also only methyl benzoate is used after the tissue has been dehydrated. This medium has the same refractive index as the fixed tissue so that light passing through the medium is not scattered by the different refractive index of the tissue. The cuticle of insects is usually rather dark, but the melanin can be bleached with KOH or potassium permanganate Wigglesworth, The whole animal or block of tissue is positioned in a bath of the clearing solution as close to the objective as possible. Stacks of images are produced by stepping the bath with the material with 1. Image stacks are processed in conventional ways. In the case of *Drosophila* the whole procedure takes less than half an hour including image processing. An attractive feature of the set-up is that instrumentation efforts are rather moderate and do not require a specialist in the physics of imaging with light. A commercial ultramicroscope is now available LaVision Biotec 3. Immunolabeling, lectin staining, and GFP expression in single or groups of neurons give impressive images of the *Drosophila* brain. The whole mouse brain can be imaged providing excellent images of neurons from mice that have been genetically engineered to express fluorophores in neurons 4 , 5. Even spines can be resolved 6.

As with any experimental procedure the ultramicroscope also has its limitations. The working distance of the objectives and their moderate apertures 0. Higher resolution by objectives with larger apertures would be most beneficial, but then the working distance would be compromised. Animals with dark surfaces which cannot be bleached or cleared are less suitable. An improvement was reported recently by combining the principle of confocal microscopy using a slowly rotating Nipkow disk with ultramicroscopy Kalchmair et al. It was found that confocality minimizes background noise and improves the signal-to-noise ratio. It is also important to keep in mind that the dehydration process necessary for the clearing leads to substantial shrinking effects that may not be isotropic across the animal or the block of tissue Bucher et al. Thus size geometry measures may not reflect in vivo conditions.

Chapter 3 : Whole Brain Teaching Strategies

The Whole Brain: The Microbiome Solution to Heal Depression, Anxiety, and Mental Fog without Prescription Drugs by Raphael Kellman, M.D. A groundbreaking, medication-free, scientifically based approach to healing depression, anxiety, and brain fog by focusing on your "whole brain"â€”the brain, the gut, the microbiome, and the thyroid.

This book is a mashup of several different genres- self-help, advice, medical and, diet. In this book Kellman introduces readers to the concept of the whole brain. The whole brain consist of the brain, guts, microbiome and, thyroid. Kellman suggest that there is a correlation between brain dysfunction depression, anxiety and brain fog and, an unhealthy whole brain. He argues that an optimal gut, microbiome and, thyroid will improve function in the brain. His argument seems believable I was really eager for Kellman to prove his point. Kellman would state person A came in depressed After person A was on this diet for awhile, person A claims to be feeling better, fog gone, mood better I know this book was written for the general public and, not for an academic journal but, I wanted the methods, measurements what were the microbiome levels before, during and, after diet , I wanted the examples of patients to include there medical history and, lifestyle And, the book did not provide this type of important evidence. I also found the diets explanation on why or, how certain foods are good or, are not good for the function of the whole brain vague. The blurb in the beginning of a recipe would state - ingredient A is comforting for the whole brain Now, Some ingredients did get a better explanation as to why a particular item was good for the whole brain but, that was seldom. There were only a few recipes included in the book and, honestly, I would get sick of eating the same thing over and, over again. I do agree with Kellman that organic, natural and, preservative free ingredients are the better way to go when consuming food. Unfortunately, this type of food consumption is out of reach for many people. Organic, natural and, preservative free foods are very expensive. This book did have a lot of interesting information. However, the information was not presented in the best way possible. There was a lot of repetition there were many times in the book where I said to myself IMO, I would be very cautious to follow the whole brain protocol.

Chapter 4 : The Whole Brain

Whole Brain® Thinking is a methodology designed to help thinkers, teams and organizations better benefit from all of the thinking available to them. It acknowledges that while different tasks require different mental processes, and different people prefer different kinds of thinking, organizations will get better results when they can.

I have taught these core exercises to professionals nationally and to private counseling and coaching clients. I am available to train and coach these processes in more depth. In the meantime, enjoy your explorations! Hemi-Sync should not be played during or immediately after driving or doing other activities that require full focus for safety. Set your environment up for relaxed transformation! Repeated listening strengthens and reinforces the exercises, and helps to establish new neural pathways in the brain. The more the better. Make yourself completely comfortable, and, wearing headphones or centered between two speakers, simply close your eyes, relax and listen. Take a little time afterwards to write, share, or otherwise integrate. Close your eyes and imagine what you would like to create in your life. Then, still listening to the Hemi-Sync music, draw or write, allowing the details of your ideas, plans, and inspirations to take shape as you engage both sides of the brain. See how using your whole brain makes it so much easier! Journaling with Hemi-Sync Journaling to Hemi-Sync music brings out creative, problem-solving abilities and opens you to a broader and wiser perspective in your personal or work life. Play Into the Deep, Gaia, or other meditation music for about 15 minutes while you sit quietly and empty your mind, then, when you feel ready, just start writing—free associating—as you write about the issue, question, or whatever is on your mind. Notice how quickly all your concerns tumble out, making way for powerful insights, understanding, resolution, and new perspectives. The Soul Letters Soul Letters give us the opportunity to communicate with someone with whom communication is somehow unavailable. This may be someone who is physically or emotionally unable to address given issues, someone we have trouble dealing with, or even someone who has passed on. In this exercise, write a letter to the soul of another person, sharing whatever you really want to communicate. This letter is not necessarily meant to be actually given to them. When all has been said, take a couple of minutes and let go of all of the thoughts you have just been thinking, then, still listening to the Hemi-Sync music, write a letter from the soul of the other person back to you! Let go of logic and just let the words flow from your pen. Notice how this helps to open a space of communication and relationship for you. Simply tap at a rate of about two taps per second, either on your knees, arms, a table, or even tap with your feet. Tapping alternately left and right is essential. This has a similar effect on the brain as the binaural beat of Hemi-Sync, without the advantage of targeting specific brain wave states, but it is available to you at all times and also has the benefit of being physically engaging. This is not EFT. This process can be done without writing it down, but being able to see in the end what steps you have passed through gives you valuable information about how the process has worked for you and what changes have occurred. Or, focus on an issue, using a specific example. Fully experience the Emotions in your body. What are those feelings? On a Stress Scale from 0 to 10, how stressful are those feelings? What is your Self-Criticism mindtalk in this situation? We usually have criticism of others, but in this case, what negative things are we saying about ourselves? On an Apparent Truth Scale of , how true does this statement seem? Keeping focused on the event, and Tap arms or knees alternately for about ten to fifteen seconds while you let your mind wander about that event. Pause and write or say One Sentence about where your thoughts have wandered about this issue. Repeat Numbers 4 and 5 for about fifteen minutes to one hour. Longer time will generally bring more resolution. Review the progression of your thoughts. Again rate the two scales, 2a and 3a on a scale of and note the changes. Be sure to do this step; the feedback about your shift is very important! The Reprogramming Process You can learn more about this powerful process in my book Claiming Your Self-Esteem, which gives great information about how we run our lives based on habitual old thoughts and beliefs that are very engrained in our mental and brain functioning. Through this process we can dive deep into the recesses of our subconscious and weed out internal programming that does not serve us, replacing it with self-respecting and self-empowering new thoughts. Once you become good at this process, make reprogramming in your everyday thoughts a habit. Experience it as if it were happening now, in the

present, and it can generally be stated in one sentence. Put your hand over the part of the body where you feel them the most. Magnify and allow them rather than resist them. Dive into the feelings and expand them as you list them. Mindtalk self-talk, internal dialogue: Listen to your Thoughts, including your interpretation and beliefs about the event. Write each mindtalk statement at the left hand side of the page after having drawn a line down the middle. Deepen your mindtalk with one the following conjunctions: Use these words as connectors so that in essence you have created a single, very long, run-on sentence, although you will write each one separately. Continue writing your mindtalk until the very worst comes out. On the right hand side of your page, Reprogram each statement with a self-esteem-based, truthful, empowering statement. When writing your mindtalk: Every sentence gets a deepening connector: Use statements, not questions. Change absolutesâ€”Absolutes are often central in arguments and self-criticism. Avoid using a negative in the reprogrammed states for two reasons a. Better to use an empowering statement: Future statements are inherently false, as they have not yet occurred. May be copied without permission for personal purposes only. If you are setting up a counseling or coaching session, be sure to include your phone number.

Chapter 5 : Powerful Tools for Optimal Functioning – WHOLE BRAIN SOLUTIONS

The Whole Brain introduces you to the complete system that affects your mental health: not just your brain, but your gut, microbiome, and thyroid as well. You'll learn about the latest cutting-edge science, and will discover The Whole Brain Protocol.

Rule 1 – Follow directions quickly move your hand or finger in a swimming motion forward. Rule 2 – Raise your hand for permission to speak raise your hand then make a talking motion with your mouth. Rule 3 - Raise your hand for permission to leave your chair raise your hand and make a waving motion with your fingers. Rule 4 – Make smart choices tap your temple on your head. The teacher breaks students into groups and teaches small sections of information while using gestures, or some kind of movement. Songs, chants, and poems can also be used during this informative time. During this time the teacher monitors the students looking for comprehension. Then, he moves on to the next portion of the lesson, and repeats the same process again. Step 5 -- The Motivator: Scoreboard The scoreboard will depend upon the age of your students. Here are two examples of what this step should look like. At the end of the day, if the smiley points outweigh the frown points, students get extra time to play. Teacher vs Student 5 – age 12 Same rules apply for this age group, the only difference is that the teacher is awarded the points, and there is not a frown face. The reward can be anything from extra minutes of play, to a get out of homework pass. Focusing Hands and Eyes There will come a time when the teacher will need to gain the attention of their students. Then the students would yet again mimic the teacher. This step can be used at any time throughout the lesson. Whole brain teaching is a method that can be used with all of the steps mentioned above, or with just a few of the steps mentioned. While others choose to use the scoreboard step or all of the steps. It is ultimately up to you to choose what best suits your teaching style, as well as how your students learn best. What do you think of whole brain teaching? Do you use this method in your classroom? Please share your thoughts and experiences in the comment section below, we would love to hear what you have to say. Janelle Cox is an education writer who uses her experience and knowledge to provide creative and original writing in the field of education. She is a contributing writer to TeachHUB.

Chapter 6 : Whole Brain Solutions, LLC, Morgantown, WV

Description This practical book shows teachers how to help students go beyond memorization and bare facts to build skills that will lead to better thinking and learning.

A pioneer in holistic and functional medicine, Dr. Raphael Kellman has spent the last two decades treating countless patients with complaints like these. Through years of research, he developed a groundbreaking approach to brain health that goes far beyond conventional understanding of the brain. The Whole Brain introduces you to the complete system that affects your mental health: This powerful four-week plan advises you exactly what to eat and which supplements and probiotics to take, so that your brain functions at its deepest level, every day, all the time. Along with delicious, health-supporting recipes, meal plans, and other tips and strategies, The Whole Brain will help you make your own brain work better so that you can feel calm, energized, clear, sharp, and optimisticâ€”without prescription medications. The author of The Microbiome Diet and other books on health and healing, Dr. Kellman manages a thriving medical practice and lectures all over the world. Kellman lives with his wife and two young daughtersâ€”his greatest inspiration for revolutionizing healthcareâ€”in New York City. By Rhoda on October 31, Where shall I begin? The information provided in this book is extremely eye-opening for anyone suffering from any kind of brain fog, anxiety or depression. This book is full of incredibly useful advice. Every time I took it out to read on the subway, someone asked me about it! Perfect follow up to Dr. Raphael Kellman has connected the dots between the brain, the gut, the microbiome, and the thyroid. The Whole Brain offers his groundbreaking plan to diminish anxiety and depressionâ€”and to give you more energy and vitality. In The Whole Brain, Dr. Kellman has long been on the cutting-edge of health and science. Now, he introduces his groundbreaking concept of The Whole Brain: If you want to improve brain functionâ€”if you want your mind to be focused, your memory to be sharp, and your mood to be hopefulâ€”start with a healthier microbiome, heal your gut, and balance your thyroid. This book will show you how. Terry Wahls, author of The Wahls Protocol: Kellman is a rare kind of doctor. An innovative functional medicine physician? Indeed, he is thatâ€”but he helps his patients heal with the spiritual wisdom of a Rabbi. His latest book, The Whole Brain, connects the dots between your gut, microbiome, thyroid, and brain. Not only does it present actionable lifestyle remedies to help you heal physically and mentally it also offers a deeply spiritual understanding of the will to heal. The Whole Brain offers both a profound message and practical tools to own your mental states without medication.

Chapter 7 : Home | Welcome!

Meet Shannon Ackerman! Shannon has a natural talent for helping others feel confident about personal nutrition. She blends her passion for dietetics and counseling together, offering a unique and integrative approach to healing at Whole Brain Solutions.

Chapter 8 : Custom Whole Brain® Thinking Solutions - Herrmann Solutions

The words "Whole Brain Teaching," our printed books, ebooks, methods, or videos may not be used as part of any advertisement, offer for educational services, or training. By using our.

Chapter 9 : Whole Brain Teaching â€” The fastest growing education reform movement in the world!

The raise, the product pitch, the vacation destination, the big purchase decisionâ€”in work and in life, negotiation is a constant presence. And naturally, we each want to get our own way.