

RECAP OF 'HEART RATE' SCANS PRE- & POST-NET

As stated in an October 2017 NET Study paper titled '*Changes in cerebellar functional connectivity and autonomic regulation...*': "The results show for the first time that a treatment for traumatic stress changes cerebellar connectivity with limbic structures and the brain stem, and that these changes are associated with reduced symptoms and autonomic reactivity [heart rate] to traumatic stimuli."

The below Heart Rate Scans are 11 minutes each with the following activities per section:

Section 1 - the subject is sitting quietly for 2 minutes

Section 2 - the subject is asked to close their eyes for 1 minute

Section 3 - reflects a recovery period of 2 minutes

Section 4 - subject is given verbal cues related to a *neutral* situation in their life for 1 minute

Section 5 - reflects another recovery period of 2 minutes

Section 6 - subject is given verbal cues related to a *distressing* situation in their life for 1 minute

Section 7 - reflects a final recovery period of 2 minutes

Figure 1: *Before* NET treatment —

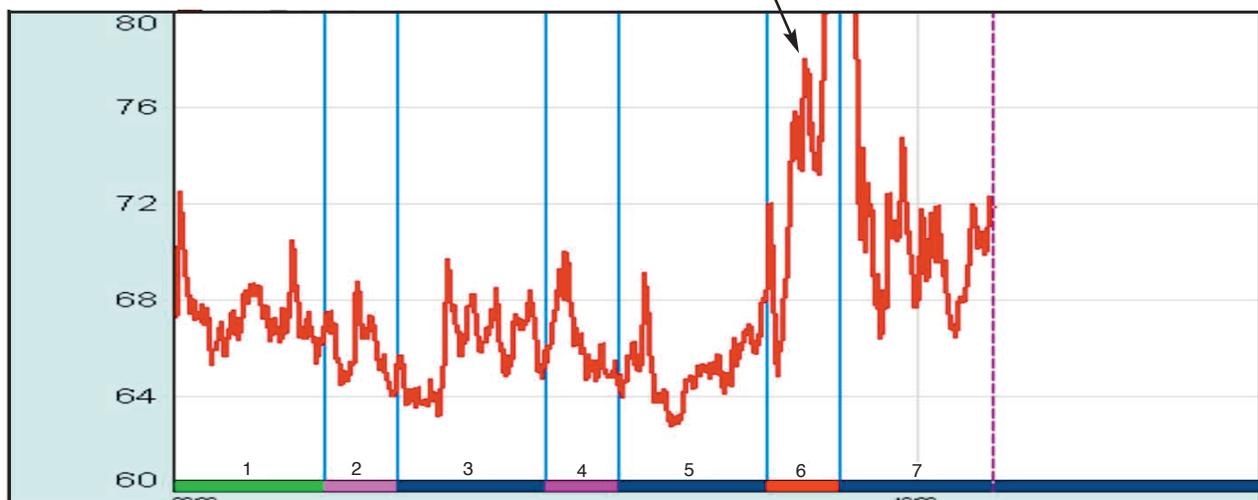
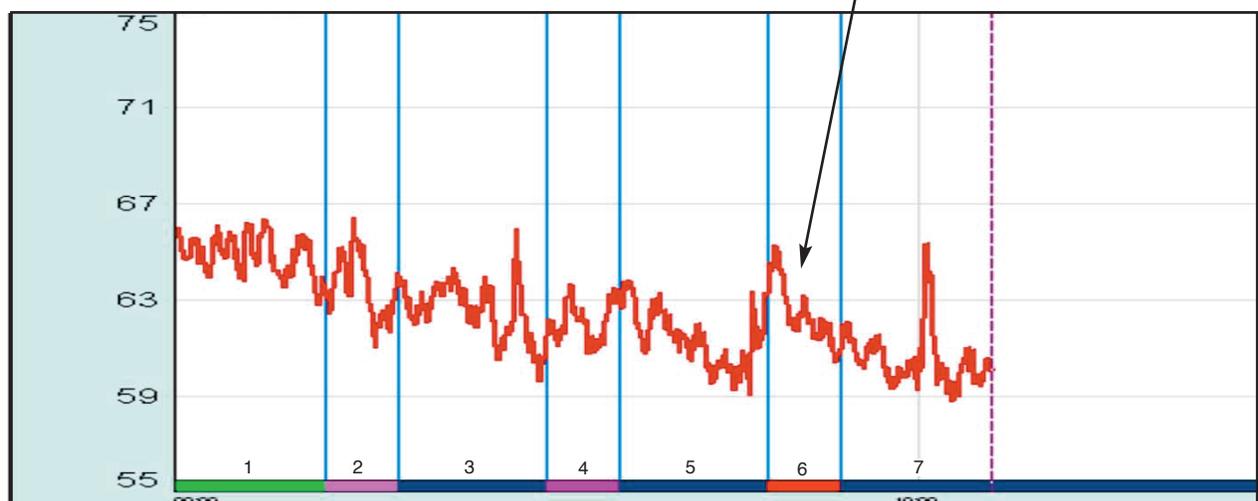


Figure 2: *After* NET treatment — Subject repeats the process with the same verbal cues and now there is a dramatic decrease in reactivity related to the *distressing* situation in their life



For more information on this and other NET studies visit
The ONE Research Foundation website at ONEfoundation.org