

## About STARR: Your Blueprint for Brain Resilience

At Regional Psychiatry, STARR (Stress & Trauma, Active, Release & Rewiring Exercises) is our evidence-based powerhouse—aka "**The Gym for the Brain.**" It unites medication management, trauma therapies, neuropsychological testing, and somatic exercises in one seamless hub. Like a gym's cardio machines, free weights, and trainers, STARR offers targeted tools for your mind-body spectrum: from stress tweaks to full recovery. Utilized across diverse settings—from K-12 classrooms and first-responder teams to corporate wellness programs, and endorsed by the American Institute of Stress—STARR outpaces fragmented care with integrated gains. Our proprietary telehealth delivery makes it effortless—virtual, insured, and adaptive.

*"Stress doesn't have a delete button, but STARR gives you the tools to rewrite the script."* – A Regional Psychiatry client

Wondering how a simple tremor or tap restores calm? Let's explore.

### The STARR Framework: Four Pillars of Transformation

STARR isn't a one-off fix; it's a dynamic cycle to interrupt stress cascades (like cortisol spikes causing inflammation or sleep disruption) and foster neuroplasticity—the brain's power to build healthier pathways. Each pillar draws from validated, evidence-based modalities, ensuring safety and efficacy.

- **Stress & Trauma Awareness:** Map the invisible toll—life's curveballs (grief, burnout, genetics) dysregulate your vagus nerve or amygdala, impacting metabolics and brain function, much like artery plaque hampers circulatory flow. We assess, educate, diagnose, and collaborate to calm responses, accelerating recovery and preventing escalation.
- **Active Engagement:** Activate innate tools with movement, mindfulness, and therapies (CBT to Brainspotting/EMDR). Breathwork boosts vagal tone; yoga elevates neurotransmitters—proactive warm-ups building resilience before symptoms peak.
- **Release:** Discharge pent-up energy. Somatic shaking or breathwork dissolves trauma "storage" in muscles/cells, slashing biochemical distress without retelling.
- **Rewiring Exercises:** Lock in gains through reps. Guided practices reforge responses, turning triggers into growth—backed by brain imaging for enhanced coherence.

**Customize Your Cycle:** Pair release with somatic healing, rewiring with trauma therapy, active engagement for wellness, meds for symptom stability/neurochemical restore. Try one, some, or all—flexible to you. Collaborative: You're the center; we're your spotters.

### STARR in Action: Navigating the Continuum from Stress to Symptoms

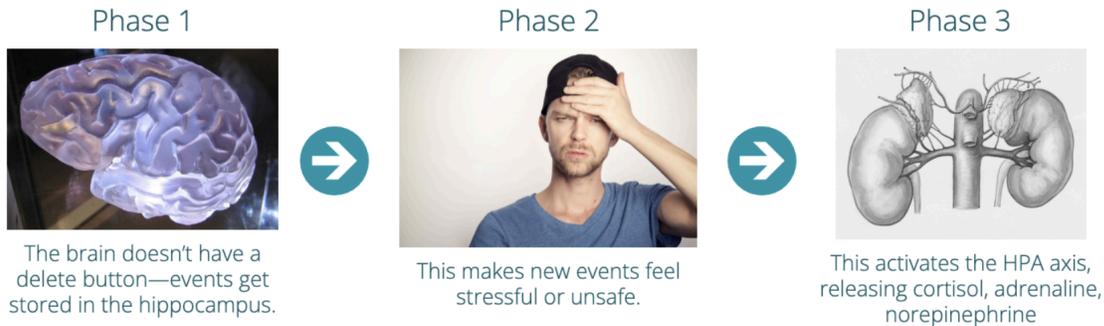
Mental health is a continuum—stress escalates to symptoms across phases, but STARR interrupts with top-down (mind) and bottom-up (body) tools, customized via telehealth.

## Visual Roadmap:

# From Stress to Symptoms



Life's challenges take a toll—here's how:



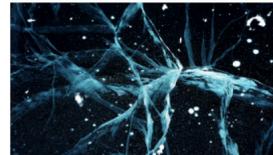
This leads to adverse changes in:



Body Sensations



Metabolism & Energy



Cellular Inflammation



Mental Health

## The Three Phases: How Stress Builds (and How STARR Stops It)

1. **Phase 1: No Delete Button** Hippocampus stores events like an unerasable file—priming emotional residue and subtle alerts.
2. **Phase 2: Unsafety Filter** Stored stress tints new situations threatening, fueling worry/avoidance—constant vigilance drain.
3. **Phase 3: Biological Ripple** HPA overdrive surges cortisol/adrenaline/norepinephrine, causing BP spikes, metabolic glitches (insulin resistance, gut issues), inflammation, pain, and mental spirals—escalating to disorders/unhelpful coping.

**Break the Cycle:** Meds stabilize neurochemistry fast; therapies/coaching rebuild mind-body. Concierge-tailored—start with one or stack.

- **Top-Down: Rewire Narratives** Therapy cuts intrusive thoughts, builds coping. LMHCs/LCSWs blend:
  - **CBT:** Reframes Phase 2 distortions.
  - **DBT:** Tames Phase 3 intensity.
  - **ACT:** Values-aligned flexibility.
  - **Brainspotting/EMDR:** Releases Phase 1 trauma via eye movements/focus. Evolving virtual sessions, your pace.
- **Bottom-Up: Precision Body Rehab** Our expansive somatic toolkit targets disrupted structures—like hardware tune-ups. Certified coaches explain *how* each rehabs

pathways (5-15 min, often bed-friendly). Below are some of the key target structures (our full toolkit extends to even more for comprehensive rehab):

<b>Target Structure</b>	<b>Technique</b>	<b>How It Works</b>	<b>Best For</b>
<b>Insular Cortex</b>	Somatic Body Scan	Guided awareness of internal sensations to map/release emotional "echoes" in sensory hub.	Vague discomfort from Phase 1 storage.
<b>Vagus Nerve</b>	Integrative Breathing	Rhythmic patterns to stimulate "rest-and-digest," lowering heart rate variability.	Phase 2 unsafety or Phase 3 HPA overdrive (panic/gut flares).
<b>Amygdala</b>	Havening & Meditation	Soothing touch/visualization to desensitize fear centers, reducing threats.	Intrusive fears/emotional flashbacks (Phases 2-3).
<b>Psoas Tension &amp; Central Pattern Generators</b>	TRE	Stretches triggering natural tremors to discharge "fight-flight" buildup.	Chronic tension/somatic "armor" from stored trauma.
<b>Cerebellum</b>	Various Yoga Poses	Balance flows (warrior/tree) for motor control/mind-body integration.	Phase 3 coordination fog/burnout imbalance.
<b>Brain Entrainment</b>	Vibrational Therapies (Tibetan Singing Bowls)	Sound waves syncing brainwaves for delta/theta calm.	Nervous system reset/sleep disruptions.
<b>Meridian Points</b>	EFT Tapping	Acupressure on energy pathways to disrupt limbic loops.	Acute anxiety/Phase 3 inflammation.
<b>Corpus Callosum</b>	Alternate Nostril Breathing	Bilateral cycles balancing hemispheres for integration.	Overthinking/emotional disconnect from overload.



## STARR Techniques



- **Body Scans:** Cultivating awareness of bodily sensations to identify and release areas of tension or discomfort.
- **Breathwork:** Employing targeted breathing techniques to calm the mind, reduce stress, and enhance mental clarity.
- **Cerebellar Exercises:** Integrating targeted movements, breathwork, and mindfulness to enhance balance, coordination, and cerebellar function.
- **EFT (Emotional Freedom Techniques) Tapping:** Using gentle tapping on specific meridian points to alleviate emotional distress and promote balance.
- **Guided Visualization:** Leading clients through imagery-based exercises to promote relaxation, goal-setting, and emotional healing.
- **Havening Techniques:** Applying therapeutic touch to soothe the nervous system, reducing stress, anxiety, and trauma-related symptoms.
- **Meditation:** Guiding practices to quiet the mind, enhance mindfulness, and reduce stress through focused attention or visualization.
- **Mindful Movement:** Incorporating gentle, intentional movements to enhance body awareness and reduce physical and mental tension.
- **TRE (Trauma Releasing Exercises):** Facilitating specific exercises to activate the body's natural tremor response, releasing stored trauma and tension.
- **Vibrational Therapies:** Utilizing tools like singing bowls to create soothing vibrations that foster inner harmony and relaxation.

You lead; we integrate: Meds for control, therapy for depth, coaching for release, testing for insights, externals (TMS, HBOT, neurofeedback) as needed. Reclaim your continuum—not just symptom management.

### STARR at Regional Psychiatry: Seamless, Yours

STARR threads every division: Meds ground you as somatics release; EMDR/Brainspotting rewires with testing intel; coaching adds TRE/EFT harmony. Case management links externals (TMS, HBOT, Neurofeedback). Telehealth? Insured, virtual, concierge-led—evolution without edge.

Ready to interrupt your phases? Book a STARR Concierge eval. Schedule Now or call 407-462-1254. Which phase feels most pressing?