

ALL ABOUT THE BRAIN DYSREGULATION TO REGULATION

The goal of BSP (and therapy in general) is to bring the client's system from dysregulation toward or into regulation.

For therapy to be successful (long-term), the client's system needs to regain its capacity for regulation (from dysregulation).

We have a triune brain (3 parts):

The brain stem (reptilian),
Limbic system (mammalian), and the
Neocortex (primates and humans).

"Neocortical" refers to the human brain.

"Subcortical" refers to the limbic system down to the midbrain.

The **Neocortex** (or prefrontal cortex) is located right behind your forehead.

It is also called (by Damir) the **GRANULAR ISOCORTEX**.

The granular isocortex has 6 layers (called lamina)

The **4th layer down is "granular"** (because the brain cells there are more grainy and compact.

Thus the name, granular isocortex.)

The **granular isocortex** takes care of the executive functions of the brain (thinking, planning, analysis, etc).

A higher order of thinking and analysis (cognitive stuff) takes place in the granular isocortex.

(I'm saying it over and over to reinforce the name.)

Information enters the system from or through the granular (4th) layer, and will either go up thru the above layers for higher analysis, or go down to the bottom layers for lower analysis.

The granular isocortex is NOT primarily involved in system regulation.

However, just below the granular isocortex is the **AGRANULAR ISOCORTEX** (located behind the V of your nose between your eyes)

The agranular isocortex has only 4 layers. (Agranular means no grainy material, or "without granulars")

It does not involve a higher order of thinking and analysis.

Instead ***the agranular isocortex involves itself more in regulation of the brain and body.***

And finally, deeper in the brain is the **LIMBIC SYSTEM**.

This includes the hippocampus, the cingulate gyrus, etc.

The limbic system also has its own cortex (who knew!!!) called the **ALLOCORTEX**.

Importantly, *the allocortex IS involved in system regulation*.

So....

For psychotherapy to be successful it must engage the parts of the brain involved in regulation (away from dysregulation).

And:

The **allocortex and the agranular isocortex** are parts of the brain actively involved in regulation of the limbic system and also of the brain stem (which means access to regulation of the body).

Therefore:

Psychotherapy is **ONLY** likely to be successful long term if it accesses the **allocortex and the agranular isocortex**.