

Cognomovement To Reduce Stress And More

Cognomovement is a modality that combines physical movement, eye exercises, and body sensations to help release stuck patterns in the brain and body. It is designed to address issues such as stress, trauma, limiting beliefs, and even physical discomfort by rewiring how the brain processes information.

When a loved one has a stroke, life can change forever. A stroke doesn't just impact the individual—it affects the entire family. Often, a primary CarePartner is left navigating this new reality while trying to maintain a sense of normalcy for themselves and others. It is common for everyone, including the CarePartner, to operate in a state of fight-or-flight during this time.

Fight or flight is a response within the nervous system triggered by a perceived threat, preparing your body to either fight or flee. Often, it can also leave us feeling frozen. Many modalities, such as breathwork, yoga, or other relaxation techniques, can help address this state. Cognomovement can be a valuable tool for both stroke survivors and their CarePartners to help reduce anxiety, fear, and frustration during the adjustment to a new way of living. By focusing on physical sensations while performing simple movements, this modality can help release tension and calm the nervous system, making it easier for both the person affected, and the caregiver, to navigate the emotional and physical challenges that often come with stroke recovery.

The Cognomovement process involves using a specially designed ball, or other object, that the person tracks with their eyes while being guided by the practitioner through various movements. At the same time, they focus on specific



thoughts, emotions, or sensations related to the issue they are working on. The goal is to engage both the hemispheres of the brain and the body, creating new neural pathways that allow for a shift in how a person feels or responds to particular situations. Cognomovement can be practiced with the guidance of a practitioner, can be used in addition to speech language therapy, and it also offers the flexibility to become a lifelong tool that individuals can use on their own whenever needed.



Colby Keyser is a Speech-Language Pathologist, AAC specialist, and a Cognomovement Practitioner who is passionate about ensuring individuals have access to communication. She believes that family members and CarePartners play a crucial role in effective therapy. Cognomovement can help regulate the nervous systems of all involved, reducing stress, thereby fostering deeper learning and more meaningful relationships. For more information:

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