

Beyond Talk Therapy: An Integrative Neuroscience Framework for Trauma and Emotional Regulation Using Brain-Switch 2.0®, MEMI and W.A.R.A./ReAttach®

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Synopsis

Mental health treatment is increasingly moving beyond symptom management toward interventions that facilitate emotional regulation, adaptive learning and functional recovery through neuroscience-informed approaches. While traditional psychotherapies remain foundational, clinicians are seeking complementary interventions that are brief, non-invasive and capable of enhancing therapeutic outcomes across a wide range of psychological conditions.

This presentation introduces an integrative clinical framework combining **Brain-Switch 2.0®**, **Multichannel Eye Movement Integration (MEMI)** and **W.A.R.A.(Wiring Affect with ReAttach)/ReAttach®** as complementary interventions that support emotional regulation, memory integration and improved cognitive functioning. Rather than functioning as competing therapies, these approaches are presented as synergistic methods that can be incorporated alongside existing psychological and psychiatric practice.

The presentation explores the neuropsychological principles underpinning each intervention, including attention regulation, sensory integration, emotional processing, executive functioning and memory reconsolidation. Particular emphasis is placed on how clinicians can sequence these interventions to reduce emotional distress, improve psychological flexibility and prepare clients for deeper therapeutic work without requiring prolonged exposure to traumatic narratives.

Participants will gain practical insights into:

- The neuroscience underpinning Brain-Switch 2.0®, MEMI and W.A.R.A. (Wiring Affect with ReAttach)/ReAttach®.
- An integrated model for emotional regulation and trauma-informed care.
- Clinical applications for anxiety disorders, trauma, depression, grief, stress-related disorders and emotional dysregulation.
- Strategies for incorporating brief neuroscience-informed interventions into counselling, psychotherapy and multidisciplinary mental healthcare.
- Emerging clinical observations and future directions for research evaluating integrated treatment models.

This session is designed for psychologists, psychiatrists, counsellors, psychotherapists, social workers and mental health professionals seeking practical, evidence-informed approaches that complement conventional therapeutic practice while supporting client resilience and recovery.