

INTERNATIONAL MICROFLUIDICS CONGRESS

&

International Conference on

ADDICTION RESEARCH AND THERAPY

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Identifying self-sabotaging patterns of behaviour that inhibit behaviour change and support 'stuckness'

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Based on neuroscience research, this presentation will describe to the audience a variety of life events pertaining to repetitive, inhibitive behaviour. This type of behaviour prevents change and keeps an individual in an addictive state, constantly repeating their stories. Their stories become their life patterns as neural looping is observed connecting limbic area and right prefrontal cortex interaction. UN-Stuck will describe how people who are stuck in their stories remain in the belief that this is the sum total of their lives. The value is in the understanding of these behaviours and how self-sabotaging these behaviours have been to their future enjoyment and success. Finding another story quite different to the one they have been

living is in itself, fundamentally life changing. Lives, careers, relationships, family dynamics and health conditions are seen to disappear once a new story has been written and played out through new neural networks of the brain. With the development of new neural pathways come new behaviours, attitudes, beliefs. Values and life changings events begin to evolve. UN-Stuck reveals a series of different life stories and gives the audience and insight into tools and treatments used to overcome fears and beliefs that have held people back in despair, depression, addictive behaviours, uncomfortable relationships and lifestyles different to the one they desire.

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