

## Initial Client Session

- **Step 1: Introduction**
  - *Today you're going to learn an easy and effective way to reduce the impact of stress on your body.*
  - *You'll learn an easy to use process called the Quick Coherence® technique that you can practice throughout the day, especially when stress happens.*
  - *And, we'll be using a computer program called the emWave® Pro System so you can observe the changes in your body as you breathe, think and feel differently.*
  - *Using technology to see mind/body connections can help learn skills faster and make daily practice more fun.*
  - *Practicing these techniques will help you manage stress, better control emotions in day to day life, and help you to replenish your energy levels each day*
  
- **Step 2: Talk about stress**  
**(while referring to patient handout showing coherent/incoherent HRV tracings)**
  - *What are the stressors in your life? What causes you stress?*
  - *Stress and our emotional reactions to stress can throw our nervous system out of balance*
  - *When mind and body are out of balance our heart rate variability pattern looks like this- disorganized and chaotic – this is called “incoherence”*
  - *We can use specific HeartMath® techniques to recover mind /body balance and then notice the change as our heart rate pattern becomes more rhythmic and organized –this is called “coherence”*
  - *As our heart rate pattern becomes more coherent we typically feel calmer, regulate our emotions and behavior more effectively and as a big bonus-our brain works more efficiently!*
  
- **Step 3: Introduce and Attach the emWave Pro Technology**
  - *We're going to use the emWave® Pro so you can see your heart beat pattern change in real time*
  - *Go to the User menu, and select the “New” item.*
  - *Enter the user's first and last name. (email, age, sex are not necessary)*
  - *Instruct the patient to sit properly and how to position the sensor.*
  - *Click on Start button.*
  - *Look at the pulse wave on the bottom half of the screen to check for a good connection as indicated by a series of tall, narrow peaks.*
  - *Collect 1-2 minutes of baseline data.*
  - *Click on the Stop button to stop and save the session.*

- **Step 4: Teach the Quick Coherence Technique**
  - Now you'll learn the 2 easy steps you can use anytime to stop the stress by first changing how you're breathing and then by creating a positive emotional state.
  - It's called the Quick Coherence Technique and the 2 steps are:
    1. Focus your attention in the area of the heart. Imagine your breath is flowing in and out of your heart or chest area, breathing a little slower and deeper than usual.
  - Suggestion: Inhale 5 seconds, exhale 5 seconds (or whatever rhythm is comfortable).
  - 2. Make a sincere attempt to experience a regenerative feeling such as appreciation or care for someone or something in your life.  
Suggestion: Try to re-experience the feeling you have for someone you love, a pet, a special place, an accomplishment, etc., or focus on a feeling of calm or ease.
  - Explain the steps as the patient practices them. Patient can practice the technique at first with eyes open if preferred. Eventually practice and application should be with eyes open while using the technique.
  - The Quick Coherence Quick steps are:
    - **Heart-Focused Breathing**
    - **Activate a positive or renewing feeling**
  
- **Step 5: Practice the Quick Coherence Technique on the emWave Pro Technology**
  - Start a new session. Collect baseline data for 30 seconds.
  - First practice heart focused breathing. Wait 30 – 60 seconds.
  - Now practice heart feeling by engaging a positive feeling. Wait 30-60 seconds.
  - Stop the session.
  - Point out the changes on the screen.
  - What changes do you notice in your body? Do you feel any stress?
  - Explain the ratio bars:
    - Red= % time in low coherence;           normal
    - Blue=% time in medium coherence;    less stress
    - Green=% time in high coherence;       optimal balance
  - **Your goal is to sustain coherence and increase the green bar- the amount of time in high coherence. This will improve with regular practice!**

For more information on HeartMath health professional programs:

Go to [www.heartmathhealthprofessional.com](http://www.heartmathhealthprofessional.com)

Call us at 800-450-9111 or 831-338-8700 from 9-5 Pacific time, Monday-Friday

Send an email to [healthprofessional@heartmath.com](mailto:healthprofessional@heartmath.com)

HeartMath is a registered trademark of Quantum Intech, Inc. For all HeartMath trademarks, go to [www.heartmath.com/trademarks](http://www.heartmath.com/trademarks).