



NEURONARRATIVETM

METHOD FOR HEALING TRAUMA

Pioneering a New Frontier
in Trauma Healing and
Personal Transformation

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A Personal Invitation

Welcome to a transformative journey. I am Trey Malicoat, and I am passionate about revolutionizing the way we approach trauma healing. The NeuroNarrative Method™ is a groundbreaking approach that integrates the latest in neuroscience with the power of narrative therapy to address trauma in a holistic, comprehensive manner.

In today's world, an estimated 70% of adults have experienced at least one traumatic event in their lives (National Council for Behavioral Health, 2019). The economic burden of trauma-related disorders exceeds \$42 billion annually in the United States alone (National Institute of Mental Health, 2017). These staggering statistics highlight the urgent need for innovative and effective healing modalities.

Traditional trauma treatments, while valuable, often overlook the intricate interplay between the mind, brain, body, and spirit. The NeuroNarrative Method™ bridges these gaps, offering a harmonized approach beyond conventional therapy. This methodology acknowledges the complex nature of trauma and provides a structured framework for holistic healing.

Through extensive research and clinical experience, I have seen the profound impact trauma can have on the brain. Trauma disrupts neural pathways, alters brain chemistry, and leaves lasting imprints on the nervous system. Studies show that individuals with post-traumatic stress disorder (PTSD) exhibit significant changes in brain structure and function, including reduced volume in the hippocampus and hyperactivity in the amygdala (National Institute of Mental Health, 2021). The NeuroNarrative Method™ directly addresses these neurobiological changes, offering targeted interventions that promote neural rewiring and lasting healing.

However, healing is not just about the brain. It is about the heart, the soul, and the narratives we live by. The NeuroNarrative Method™ recognizes the power of personal stories in shaping our reality. Helping individuals rewrite their narratives, release limiting beliefs, and craft empowering stories aligned with their true selves opens the door to post-traumatic growth and self-reclamation.

The NeuroNarrative Method™ offers a clear roadmap for transformation through a four-stage process: discovery, analysis, confrontation, and creation. This structured yet flexible framework has proven effective, with 85% of participants reporting significant improvements in their overall well-being and a 70% reduction in trauma-related symptoms (Malicoat, 2021).

Additionally, this method embraces the mind-body connection, incorporating somatic and embodiment practices to address the physical imprints of trauma. Research consistently demonstrates the efficacy of mind-body interventions in reducing symptoms of PTSD, anxiety, and depression (Journal of Clinical Psychology,

2020). By fostering attunement to bodily sensations, releasing trapped trauma, and restoring a sense of safety and wholeness within the physical being, we facilitate a truly holistic healing experience.

The NeuroNarrative Method™ extends beyond individual healing. We create a ripple effect that touches families, communities, and society by empowering individuals to reclaim their lives and become intentional creators of their reality. Imagine a world where resilience, self-awareness, and authentic expression are integral to our shared human experience. In this world, trauma is no longer a barrier but a catalyst for personal and collective thriving.

I invite you to support and join us in making this vision a reality. By investing in the NeuroNarrative Method™, you can help catalyze profound change, alleviate suffering, and unlock human potential on an unprecedented scale. Together, we can make this transformative healing modality accessible to individuals from all walks of life, creating a future where trauma is no longer a profound point of suffering but a source of growth and resilience.

Join me on this transformative journey. Together, let's rewrite the narrative of trauma, one story at a time, and pave the way for a world where everyone has the tools and support they need to reclaim their lives and thrive in the face of adversity. The time for change is now, and with your support, we can make this vision a reality.

In peace,

A handwritten signature in black ink that reads "Trey Malicoat, M.S.". The signature is written in a cursive, flowing style with a long horizontal line extending from the top of the first letter.

Trey Malicoat--Creator

About the Model

Introduction

In a world where trauma's pervasive impact leaves countless individuals grappling with invisible wounds, the need for innovative and effective healing modalities has never been more pressing. The NeuroNarrative Method™ emerges as a groundbreaking methodology that harmonizes cutting-edge neuroscience with the transformative power of narrative therapy. This holistic approach transcends traditional therapeutic boundaries, offering a comprehensive framework for healing that acknowledges the intricate interplay between mind, brain, body, and spirit.

The Neuroscience of Trauma: Understanding the Impact

At the core of the NeuroNarrative Method™ lies a deep understanding of trauma's neurobiological impact. Traumatic experiences disrupt neural pathways, alter brain chemistry, and leave indelible imprints on the nervous system. This approach provides a foundation for targeted interventions that promote neural rewiring and facilitate lasting healing by illuminating the complex interplay between trauma and the brain.

The Power of Narrative: Rewriting Stories, Reclaiming Lives

While neuroscience elucidates the physiological dimensions of trauma, the NeuroNarrative Method™ recognizes the profound influence of personal narratives and the subconscious mind in shaping reality. Through narrative therapy techniques such as journaling, storytelling, and metaphor exploration, individuals are empowered to reframe their experiences, release limiting beliefs, harness their subconscious, and craft empowering narratives that align with their authentic selves. This transformative process enables individuals to reclaim authorship of their lives and embody post-traumatic growth.

The NeuroNarrative Synthesis: Integrating Science and Story

The NeuroNarrative Method™ represents a revolutionary synthesis of neuroscience and narrative therapy, creating a powerful synergy that catalyzes profound transformation. By integrating evidence-based practices that promote neuroplasticity, regulate the nervous system, and reshape neural pathways with the meaning-making capacity of narrative interventions, this approach offers a comprehensive roadmap for healing that addresses the multidimensional nature of trauma.

A Roadmap for Transformation

The NeuroNarrative Method™ guides individuals through a four-stage transformative process: discovery, analysis, confrontation, and creation. Through systematically exploring personal history, core beliefs, and subconscious patterns, this model facilitates cognitive dissonance, challenges limiting narratives, and empowers individuals to envision and manifest a life of authentic expression and purposeful creation. This structured yet fluid framework provides a clear pathway for individuals to navigate the complexities of trauma recovery and embark on a journey of self-reclamation.

Mind-Body Integration: Embracing the Somatic Experience

Recognizing the intricate mind-body connection, the NeuroNarrative Method™ seamlessly integrates somatic and embodiment practices to address trauma's physiological imprints. Through somatic experiencing, mindfulness meditation, breathwork, and movement therapy, individuals cultivate a deep attunement to their bodily sensations, release trapped trauma, and restore a sense of safety and wholeness within their physical being. This holistic approach acknowledges that true healing must encompass the entirety of the human experience, bridging the gap between the psychological and the somatic realms.

Empowering Individuals, Transforming Communities

The NeuroNarrative Method™ holds the power to create ripple effects far beyond individual healing. This approach fosters a collective awakening by empowering individuals to reclaim their lives, break free from the shackles of trauma, and step into their roles as intentional creators. As more individuals embark on this transformative journey, they become catalysts for change within their families, communities, and society. The NeuroNarrative Method™ envisions a future where resilience, self-awareness, and authentic expression are woven into our shared human experience, creating a world where trauma is no longer a barrier to personal and collective thriving.

A Call to Action: Investing in the Future of Trauma Healing

The NeuroNarrative Method™ represents a paradigm shift in trauma healing, offering a comprehensive and innovative solution to a pervasive societal challenge. Investing in this groundbreaking methodology can transform countless lives, alleviate suffering, and unlock human potential on an unprecedented scale. Your support, whether through financial contributions, partnerships, or advocacy, will enable the NeuroNarrative Method™ to expand its reach, refine its practices, and continue pioneering new frontiers in trauma healing. Together, we can create a world where

everyone can access the tools and support needed to reclaim their lives and thrive in adversity.

The NeuroNarrative Method™ stands at the forefront of a new era in trauma healing, offering a pathway to profound transformation and empowerment. With your support and partnership, we can make this vision a reality and pave the way for a future where trauma is no longer a life sentence but a catalyst for growth, resilience, and the realization of our boundless human potential. Join us on this transformative journey, and together, let us rewrite the narrative of trauma, one story at a time.

Understanding the Subconscious Mind

The subconscious mind is a complex and fascinating part of the human psyche, often described as our "silent partner." It operates behind the scenes, developing in early childhood and being influenced by parents, teachers, and other significant figures. Most cognitive processes occur below conscious awareness, controlling our thoughts, emotions, and behaviors. This understanding helps us comprehend why we act in specific ways and how we can make lasting changes.

The subconscious mind stores memories, regulates emotions, makes decisions, and learns new skills. It holds vast amounts of information, including memories we are unaware of, and these memories can influence our current behavior and reactions. The subconscious manages positive and negative emotions, helping us respond to situations automatically or instinctually. It continuously makes decisions for us, often without conscious input, and is crucial in learning processes.

Our subconscious mind significantly influences our choices, relationships, and overall health. It guides our interactions and decisions based on past experiences and learned behaviors, affecting how we manage stress, our immune system response, and our physical health.

Perspectives from Different Academic Disciplines

- **Psychology:** Psychologists view the subconscious mind as the source of our thoughts, feelings, and behaviors. Techniques like cognitive-behavioral therapy aim to change subconscious thought patterns to improve mental health.
- **Neuroscience:** Neuroscientists find that the subconscious mind is involved in functions like memory, emotion, and decision-making. Brain imaging

technologies have shown that many brain activities occur without conscious awareness.

- **Philosophy:** Philosophers argue that the subconscious mind impacts our understanding of the world and ourselves. Concepts such as dualism and phenomenology explore the relationship between conscious and subconscious experiences.
- **Religion:** Many religions see the subconscious mind as a gateway to spiritual experiences, connecting us with our higher selves. Meditation and prayer are often used to tap into this mind and achieve enlightenment and inner peace.

Understanding Human Functioning

Primal Motivations of Humans

Humans are driven by the pursuit of pleasure and the mitigation of fear. We seek pleasurable experiences, including basic needs like food and comfort, and more complex desires like social connections and personal achievements. Avoiding fear and seeking safety involves physical safety and emotional and psychological security.

Natural State of Functioning

Our natural functioning state includes equilibrium, feeling safe, and feeling functional. These states ensure our well-being and productivity, allowing us to perform tasks efficiently and effectively. However, various influences can disrupt this natural state.

Influences on Our Natural State

Parental programming, personal experiences of pain, powerlessness, and suffering, and physiological factors such as neurochemistry and genetics significantly impact our behavior and mental state. Parents teach us their fears and rules to maintain their perceived safety and functionality, and personal experiences shape our perceptions and create deep-seated beliefs and behaviors.

How We Do Our Work

Comprehensive Analysis

The first step in the NeuroNarrative Method™ involves thoroughly analyzing the client's life. This process aims to uncover the deep-seated beliefs, patterns, and experiences that shape their current state. The analysis includes several critical components:

- **Personal History:** Understanding the client's background is crucial. This includes significant life events, upbringing, cultural influences, and the socio-economic environment in which they were raised. These factors can leave lasting imprints on an individual's subconscious mind and behavior.
- **Experiences:** A detailed examination of past suffering, challenges, trauma, loss, and transitions helps to understand how these events have impacted the client's current state. This includes exploring both the emotional and physical aspects of these experiences.
- **Patterns:** It is essential to identify behavioral and emotional patterns from both the past and present. This helps recognize how these patterns influence the client's life today and provides a basis for identifying areas that need change.
- **Motivation and Demotivation:** It is crucial to explore what drives or hinders the client. This involves understanding both intrinsic and extrinsic motivators and factors that demotivate them. Recognizing these elements helps tailor the therapeutic approach to suit the client's needs.
- **Locus of Control:** Determining whether the client has an internal or external locus of control affects their perception of their ability to influence life events. Those with an internal locus of control believe they have control over their life events, while those with an external locus feel that outside forces dictate their lives.
- **Perception of Safety:** Assessing the client's sense of safety or unsafety in different areas of their life provides insight into their emotional and psychological state. This includes their physical environment, relationships, and internal world.
- **Neurochemical Influences:** It is essential to consider the impact of neurochemistry, such as neurotransmitter levels and hormonal balances. These biological factors can significantly influence mood, behavior, and mental health.
- **Balance:** Evaluating the client's physical, emotional, spiritual, social, and intellectual priorities and balance helps to understand their overall well-being. A balanced life is crucial for health and productivity.

- **Orientation:** Understanding whether the client operates from a fear-based or love-based perspective influences their interactions and decisions. This orientation impacts how they view the world and respond to challenges.
- **Skills in Personal Agency:** Assessing the client's ability to take personal responsibility and make empowered choices is vital. This involves understanding their level of self-efficacy and capacity for self-directed change.

Analysis of Limiting Beliefs

Once the comprehensive analysis is complete, the next step involves identifying and addressing limiting beliefs. These beliefs often stem from early experiences and can significantly impact the client's behavior and mental state. The analysis includes:

- **Controlling Behaviors:** Identifying behaviors aimed at exerting control over situations and people. These behaviors often stem from a need to manage fear and uncertainty.
- **Irrational Beliefs:** Exploring irrational or unfounded beliefs that may hinder the client's progress. These beliefs can create barriers to change and growth.
- **Defense Mechanisms:** Understanding the client's defense mechanisms, such as denial, projection, and rationalization. These mechanisms can protect the individual from pain but also prevent healing.
- **Attachment Styles:** Examining the client's attachment styles, which affect their relationships and emotional well-being. Secure attachment fosters healthy relationships, while insecure attachment can lead to challenges.
- **Developmental Staging:** Involves considering the client's developmental stage and how it influences their functioning. This involves understanding their cognitive, emotional, and social development.
- **Coping Skills:** Evaluate current and past coping strategies to determine what works and needs improvement. Effective coping skills are essential for managing stress and adversity.
- **Psychopathology:** Looking for indications of psychological disorders or distress that may need to be addressed. This includes diagnosing conditions such as anxiety, depression, and PTSD.
- **Functioning:** Assessing emotional and intellectual functioning helps to understand the client's strengths and areas for growth and identify potential areas for intervention.
- **Rigid Thought Patterns:** Identifying inflexible thought and belief patterns that may limit the client's potential. These patterns can create barriers to change and growth.

- **Maladaptive Relational Patterns:** Exploring dysfunctional relationship patterns that hinder healthy interactions. These patterns often stem from early attachment issues and can impact current relationships.
- **Locus of Control/Perception of Safety:** Assessing internal vs. external locus of control and perceptions of safety to understand how the client navigates their world. This influences their sense of agency and empowerment.

Insight Gained from Comprehensive Analysis

The insights gained from the comprehensive analysis and identification of limiting beliefs provide a foundation for understanding the client's core issues. These insights include:

- **Belief Systems:** Understanding foundational belief systems that exist to help maintain a sense of equilibrium and perceived safety and functionality.
- **Core Wounding Experiences:** Identifying experiences that shape self-perception, such as trauma, loss, and significant life events.
- **Core Wound Types and Narratives:** This section categorizes wound types and core narratives that influence how one perceives oneself, others, and society.
- **Hidden Skills:** Discovering skills of adaptation, resilience, and self-determination that the client may not know.
- **Self-Sabotaging Patterns:** Identifying self-sabotaging beliefs, thoughts, emotions, and behaviors that hinder progress.
- **Compensating Persona Types:** Understanding various persona types used to compensate for core wounds and how they manifest in behavior.
 - **Comic:** Uses humor to deflect pain.
 - **Performer:** Seeks validation through performance.
 - **Actor/Chameleon:** Adapts personality to fit in.
 - **Critical Judge/Punisher:** Harshly critical of self and others.
 - **Blame Thrower/Victim:** Avoids responsibility by blaming others.
 - **Self-Deprecator:** Minimizes own abilities and achievements.
 - **Advocate:** Fights for causes to feel worthy.
 - **Caretaker/Nurturer:** Gains value through taking care of others.
 - **Encourager:** Uplifts others to feel needed.
 - **Abuser/Controller:** Exerts power over others to feel secure.
 - **Perfectionist:** Strives for flawlessness to avoid criticism.
 - **Peacemaker:** Avoids conflict to maintain harmony.

- **Lifestyle Orientation**

Understanding the client's lifestyle orientation provides insight into their engagement with the world. This includes:

- **Locus of Control:** Whether the client has an internal or external locus of control affects their perception of their ability to influence events.
- **Engagement Style:** Whether the client engages with the world lovingly or fearfully.
- **Belief System:** Whether the client holds rigid or expansive beliefs.

Therapeutic Goals of Self-Understanding

The goals of self-understanding include:

- **Releasing Wounds and Narratives:** Letting go of suffering, sorrow, and oppression.
- **Create Empowering Beliefs:** Develop positive belief structures supporting personal growth.
- **Emotional Responsibility:** Living with emotional responsibility and understanding how one's emotions influence behavior.
- **Intentional Living:** Creating life intentionally in the present moment, making conscious choices that align with one's values and goals.
- **Experience Joy and Purpose:** Living a life of joy, peace, and purpose by embracing the present moment and making meaningful connections.

Methods for Change

The methods employed to achieve change include:

- **Core Belief Restructuring:** Understanding and restructuring core beliefs through techniques like cognitive-behavioral therapy can help identify and change negative thought patterns.
- **Narrative Restructuring:** Writing new, empowering life stories by understanding the origin and purpose of old narratives and replacing them with more positive ones.
- **Visualization:** Creating mental images to achieve goals. Visualization techniques can include imagining oneself succeeding in various scenarios to build confidence and motivation.
- **Behavioral Systems Analysis:** Managing coping mechanisms and behaviors by understanding how they develop and implementing healthier alternatives.
- **Hypnotherapy:** Involves using hypnosis to change beliefs and behaviors by accessing the subconscious mind and planting new, positive suggestions.
- **Meditation:** Fostering awareness and changing subconscious thoughts by practicing mindfulness and other forms of meditation to increase present-moment awareness and reduce stress.
- **Creative Visioning:** Exploring and realizing desires and passions through creative exercises that help clients envision and plan their desired future.

Four Stages of the NeuroNarrative™ Model

- **Discovery:** Gathering historical information for analysis to build a foundation for understanding the client's past experiences, perspectives, challenges, and successes.
- **Analysis & Assumption:** A comprehensive analysis determines core self-limiting beliefs, self-sabotaging behaviors, compensatory behaviors, and rigid belief structures. It identifies patterns and influences shaping the client's current behavior and mindset.
- **Confrontation & Liberation:** Revealing and challenging core wounds and belief structures, creating cognitive dissonance by questioning the effectiveness of self-sabotaging behaviors and beliefs.
- **Visioning and Creating:** Envisioning and creating a new way of living, fostering a sense of responsibility and empowerment in creating a life of joy, peace, and purpose.

By following these stages, healing facilitators guide clients through a transformative process that addresses their past, challenges their present, and empowers them to create a meaningful and purposeful future.

Foundational Principles and Primary Tools of Our Work

Our approach is guided by foundational principles and primary tools that ensure effective client engagement and support.

Foundational Principles:

- **Present Moment Happiness:** Emphasizing the importance of finding joy and contentment in the present.
- **Conscious and Subconscious Understanding:** Integrating awareness of both conscious and subconscious processes.
- **Holistic Health:** Promoting a comprehensive view of health, encompassing physical, mental, and emotional well-being.
- **Growth and Progress:** Encouraging continuous personal and professional development.
- **Neurochemical Education:** Educating clients about the brain's role in emotions and behaviors.
- **Mindful Living:** Fostering mindfulness and presence in daily life.
- **Practical Tools:** Providing actionable strategies and techniques for everyday challenges.
- **Support and Accountability:** Ensuring clients have the necessary support and accountability for their journey.
- **Personal Creation:** Empowering clients to take charge of their narratives and experiences.
- **Curiosity:** Maintaining a sense of wonder and openness to new experiences and perspectives.

Primary Tools:

- **Trusting Environments:** Creating safe spaces where clients feel secure and supported.
- **Powerful Questions:** Using insightful questions fosters vulnerability and stimulates new thoughts.
- **Thought Restructuring:** Disrupting existing thought patterns to promote healthier thinking.
- **Educational Resources:** Providing clients with materials and resources to enhance their understanding and growth.
- **Curiosity:** Staying present and open, continuously exploring and adapting to clients' needs.

These principles and tools create a dynamic and supportive framework for client engagement, fostering vulnerability, stimulating new thoughts, and promoting overall well-being.

Conclusion: A Personal Invitation

The NeuroNarrative Method™ is a groundbreaking approach to trauma healing. It integrates neuroscience with narrative therapy to address trauma comprehensively. This method recognizes the complex interplay between mind, brain, body, and spirit, offering a harmonized approach beyond conventional treatment.

The urgency of addressing trauma is evident, with an estimated 70% of adults having experienced at least one traumatic event and the economic burden of trauma-related disorders exceeding \$42 billion annually in the United States. Traditional treatments often overlook the intricate connections between neurobiology and personal narratives. The NeuroNarrative Method™ fills this gap, promoting holistic healing by directly addressing neurobiological changes caused by trauma and harnessing the power of individual stories to foster post-traumatic growth and self-reclamation.

This method follows a structured four-stage process—discovery, analysis, confrontation, and creation—which has proven highly effective. Participants report significant improvements in overall well-being and a substantial reduction in trauma-related symptoms. Additionally, the method incorporates somatic and embodiment practices to address the physical imprints of trauma, creating a genuinely comprehensive healing experience.

Beyond individual healing, the NeuroNarrative Method™ empowers individuals to reclaim their lives and become intentional creators of their reality, fostering resilience, self-awareness, and authentic expression within families, communities, and society. This ripple effect transforms trauma from a barrier into a catalyst for personal and collective thriving.

The NeuroNarrative Method™ offers a clear roadmap for transformation, helping individuals rewrite their narratives, release limiting beliefs, and craft empowering stories aligned with their true selves. By investing in and supporting this method, we can catalyze profound change, alleviate suffering, and unlock human potential on an unprecedented scale, creating a future where trauma is no longer a life sentence but a source of growth and resilience.

Join us on this transformative journey to rewrite the trauma narrative, one story at a time, and pave the way for a world where everyone has the tools and support to reclaim their lives and thrive in adversity.

