The Underlying Science and Applicability of Open Focus (TM)
An AAPB Virtual Seminar

• Monta Greenfield, Associate director of AAPB
• Dr. Les Fehmi, PHD
• Susan Shor Fehmi  MSW
• Rae Tattenbaum, MSW
Objectives

• The science of Open Focus attention training;
• The impact of focus and attention on physiology and emotions;
• The applicability of Open Focus as a tool for self regulation.
• Experiential exercises illustrating Open Focus;
Tool Kit

• Guidelines in increasing in using Open Focus for yourself and in your practice.
• Tips for using Open Focus as a clinical tool and to performance;
• Increase knowledge of the use of dissolving pain technique with client's emotional issues, specifically anxiety, fear, depression, trauma and abandonment.
Dr. Les Fehmi

- 50’s research analyst with Lockheed space
- 60’s University of California Labs
- NIH Post Doc Work, Brain Research Center , U of Calif.
- 67-73 Assistant Psy. Prof , Stony Brook
- 68 Chaired first meeting of Biofeedback researchers
- 68-69 Stanford-Ames Faculty Fellow
- 70-71 Biofeedback Consultant Garrett Corporation, J and J
- Dallas Cowboys, New Jersey Nets
Susan Shor Fehmi, MSW

- Discovery of Open Focus Process.
- Attention styles
- The role of attention in modulating arousal
- The impact of the “concept of space”
Personal Applicability

• Try Open Focus
• Becoming proficient
• Learning Open Focus Process:
  • Working with another practitioner
  • Working with the Fehmis (Books, Workshops/ audio Tele seminars)
• Certification Process
Clinical

- Tools: Biofeedback and Neurofeedback are the anchors
  - HRV, Mental Imagery, Meditation,
- Discerning the impact of Open Focus
- Practice Intro; Beginning with clients: (CDs, response):
  - Obsessive, IBS, SAT)
- A tool for improving inner and outer attention
- Inner /Outer Attention: ability to socially engage with self and others.
Current Procedure

• One or two sentence explanation
• Guides client thru Open Focus Exercise (10 minutes)
• Explore responses

• The Open-Focus Brain: Harnessing the Power of Attention to Heal Mind and Body (Book & CD)

• Dissolving Pain: Simple Brain-Training Exercises for Overcoming Chronic Pain by Les Fehmi and Jim Robbins
Follow Up Session

- Track response
- Repeat brief exercise w/o expectations
- Alternative: Track physiological response with HRV monitor and questions:
  - Relaxation states Inventory
  - Racing Thoughts
  - Body/ Tense or Relaxed
  - Alert/sleepy
  - Physiological releases
- Compliance/Between Session Practices
- Listen to recordings (2 A Day)
Performance

• Introducing general Open Focus to clients
  » Concept: During assessment process
• Guiding a client thru a general exercise
• Crafting a specific script for the skill or ability
  – Voice and Bringing the voice forward
  – Actors/ Dancers/ Artists
  – Golf/ Gymnasts, golf, football, business, writing

• Venue
Clinical Potential

• During counseling/therapy segment
  • Prior to Biofeedback

• Identifying the underlying issue (In the moment)

• Engaging the client in a dialogue:

• Awareness of locating the “where” in the body that a sensation may or may not live-
  • Reference: Levine, Peter or Somatic re-experiencing work
  • Wander thru your body?
  • Identify/ localize
  • OK/Just as wonderful if client does not know.
Contact

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LES FEHMI’S STORY OF HOW HE DISCOVERED THE OPEN FOCUS™ PROCESS
RETROACTIVE PERCEPTUAL MASKING IN MONKEYS
PERSONAL TRAINING
1967-1968
Great Release of Whole Body Tension Through Alpha Training
ATTENTION STYLES
INDIVIDUAL ATTENTION TYPES

OBJECTIVE, REMOTE OR SEPARATE ATTENTION

OPEN FOCUS ATTENTION

DIFFUSE, WIDE OR BROAD ATTENTION

FOCUSED, NARROW OR POINTED ATTENTION

IMMERSED, ENGAGED OR ABSORBED ATTENTION
<table>
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<tr>
<th><strong>Styles of Attention</strong></th>
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<tr>
<td><strong>Diffuse – Immersed</strong></td>
<td><strong>Diffuse – Objective</strong></td>
<td><strong>Narrow- Immersed</strong></td>
<td><strong>Narrow – Objective</strong></td>
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<td><strong>EEG:</strong> Low frequencies dominant. Increased amplitude. Increased whole brain synchrony.</td>
<td><strong>EEG:</strong> Middle frequencies dominant in amplitude. Moderate whole brain synchrony.</td>
<td><strong>EEG:</strong> Middle frequencies dominant in amplitude. Moderate whole brain synchrony.</td>
<td><strong>EEG:</strong> High frequencies increase. Reduced amplitude overall. Reduce whole brain activity synchrony.</td>
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THE ROLE OF ATTENTION IN MODULATING AROUSAL
THE PROPOSED RELATIONSHIP BETWEEN AROUSAL, EEG DOMINANT FREQUENCY AND ATTENTION STYLE AS THEY IMPACT FUNCTION - PERFORMANCE
THE IMPACT OF THE “CONCEPT” OF SPACE
THE UNDERLYING CONCEPTS BEHIND DISSOLVING PAIN
“Nothing is more real than nothing.”
From: Malone Dies  Samuel Beckett

SPACE
AND
SYNCHRONY
EXAMPLES OF SINE WAVE PHASE RELATIONS

These two waves are perfectly, that is, 100% out of phase with each other.

These two waves are perfectly, that is, 100% in phase with each other.

These two waves are partially in and out of phase with each other.