

The role of the gut microbiome in sensorimotor focused eye movement desensitisation and reprocessing for psychotherapy: A new paradigm for peak performance

Art O'Malley

Mascot Child and Family Services Ltd, UK

The enteric nervous system (ENS) or gut brain has thirty different neurotransmitters and ninety percent of the body's serotonin as well as fifty percent of its dopamine. It also has the gut microbiome and taste receptors which sense 'sweetness' on the tongue and levels of glucose in the bloodstream. These taste receptors regulate insulin and are a good example of how the

ENS really acts as our gut brain and is capable of independent action. The processing of the gut instinct or gut reaction to incidents is a prerequisite for sensorimotor focused eye movement desensitization and reprocessing for psychotherapy and peak performance. This talk presents research by John F Cryan and Timothy G Dinan which shows how the gut microbiota communicates with the CNS through neural, endocrine and immune pathways. This provides scientific evidence for an influencing role in the regulation of anxiety, mood, cognition and pain. The microbiota is integrated into the illustrated gut-brain axis and impact on the brain in states from satiety to stress. Reference is made to the role of the recently discovered organs namely the mesentery

and interstitium and how the glymphatic clearance system acts as a waste clearance pathway for the nervous system during sleep. Knowledge of all these mechanisms of interaction of the gut enteric nervous system on the central nervous system lends credence to my hypothesis that reprocessing of the gut's emotional response can help to reduce any dysregulation of the gastrointestinal system. Also continuing reprocessing of distressing sensations in relation to trauma at the level of the stomach can be signaled to the heart and brain via the vagus nerve. This will enable digestion and metabolism of these sensations at a cognitive level. I will also present sensorimotor focused EMDR for psychotherapy: A new paradigm for peak performance.