

**Seminole Spirit Brain Injury Support Group
March 4, 2022 Friday 12:15 – 1:00**

**“Neuroplasticity, Setting Goals and Creating Hope After
Brain Injury and Stroke Presentation”**

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Overcoming a Learned Helplessness

Illustration – The Pike Syndrome

Tank of water with a big fish at one end of the tank. Little fish at the other end of the tank. Pane of glass separating the big fish with the little fish. Big fish hits the pane of glass attempting to get to the little fish (food). Over time the big fish begins to associate pain with getting to the little fish. After a period of such conditioning the pane of glass is removed. Although the big fish can now readily get to the little fish, because of the learned pain associated with the little fish, the big fish gives up. The little fish can then swim around the big fish without a fear of being eaten. The learned helplessness results in the big fish going without food and starving to death.

Neuroplasticity -- creating new neural pathways and brain reorganization through repetitive mirrored movements

Essential

I believe that to begin on a journey of creating new neural pathways and brain reorganizations 3 questions need to be asked of ourselves.

- 1. What do we want to achieve or accomplish – the Goal?**
- 2. What steps do we need to take and ingredients do we need to combine to achieve or accomplish – the Goal?**
- 3. Are we committed to taking those steps and combining those ingredients to create with our life – the Goal?**

Introduction

After a Brain Injury (Traumatic or Acquired) or a Stroke

Familiar, Discouraged, Symptoms not Solutions, Hope, Dreams

Nerve Conduction, Dendrites, Axons, Axonal Terminals, Corpus Callosum,
Right and Left Sides of our Brain

Nerve Cells Die or are Damaged as a result of a brain injury (traumatic or
acquired)

Damage to the right side of our brain affects the left side of our body and
the left side of our brain affects the right side of our body.

The Unaffected side of our brain can help to restore the Affected Side of
our Body.

My right frontal lobe was damaged thus affecting the left side of my body.

Your brain may have been damaged on the left side, thus affecting the right
side of your body.

Accepting Limitations of my Brain Injury Does Not Mean I Like Them

Accepting Them Just Means that I Do not have to Be Stopped by Them

Accepting my Limitations Gives me The Ability try Different Approaches

Accepting My Limitations Gives me the Ability to Find a Way that will Work

Not Judging my Efforts in my Search to Find what Works for Me

I free to Move beyond what I am led to believe about myself (my
diagnosis).

I am free to Move beyond what I am told that I can accomplish (prognosis).

I am free to Stop judging my efforts.

The Definition of Neuroplasticity

Find a Way that will Work for You

Move beyond a Diagnosis and Prognosis

Set a Goal (s) One Step at a Time
Repetitive Mirrored Movements -- Both Sides of our Brain and Body
Work on Skills and Skill Sets
Combine those Skills and Skill Sets
Start Slowly and Don't Give Up
Achieving Your Goal
Don't be Discouraged
Elephant riddle – Keep Chewing – Small Successes
Tortoise and the Hare
Running our Own Race
Not Judging Our Efforts
Slow and Steady wins the Race
Don't Compare
Have Fun with the Process
Gather and Combine Ingredients
And Keep Chewing

Running my Own Race

To achieve and accomplish the Goal of developing hand eye, foot eye coordination, agility, balance, focus, body awareness, speed and precision I have used different martial art disciplines. I have stuck with the process of sharpening my skills although the process was slow at times.

This process has involved using repetitive mirrored movements on both sides of my body using small and large muscle groups and gross and fine motor skills.

Don't Compare – Run Your Own Race

I have been using different Martial Art Disciplines for the past 26 years to create new neural pathways and brain reorganization.

Below are recent demonstrations of my using these different disciplines to work on small and large muscle groups / Gross and Fine Motor Skills

Stick Fighting, Knife, Western Boxing & Wing Chun Drills September 2, 2021

<https://youtu.be/YLOeOUq4170>

**Transition Drills to Improve Agility, Focus, Speed & Coordination
September 6, 2021**

https://youtu.be/4JOel_4upWM

Hand Eye Coordination and Precision Drills using Fine Motor Skills Created September 12, 2021

<https://youtu.be/seeH9xbkKDs>

**Neuroplasticity and Martial Arts and Second Chance to Live
February 14, 2022 Monday**

<https://youtu.be/nBSQx0y3aP0>

Suggestions

For more information and suggestions on creating your own process, program and journey of neuroplasticity click on the below links.

[Neuroplasticity, Small Successes and Learning/Relearning Skills and Skill Sets](#)

I have also created a slideshow presentation of this article. To watch the slideshow presentation, click on this link:

[Neuroplasticity, Small Successes, and Learning/Relearning Skills and Skill Sets Slideshow Presentation](#)

I have also created a video presentation of this article. To listen to and watch the presentation, please click on this link:

[Neuroplasticity, Small Successes and Learning / Relearning Skills and Skill Sets Video Presentation](#)