

WHY CLIENTS RELAPSE — AND THE NEUROSCIENCE-ROOTED TOOLS THAT RESTORE CLARITY, STEADINESS, AND SUSTAINABLE RECOVERY

The missing link in treatment: tools that stabilize physiology so clients can actually use the skills they're learning.

*A neuroscience-rooted workshop for clinicians, care teams, and recovery professionals.
Because when physiology is resourced first, recovery becomes sustainable.*

WHY THIS TRAINING MATTERS NOW

Why do clients relapse, resist, or shut down — even with skilled clinicians and strong programming?

Because most treatment approaches rely on cognition and coping, while the client's internal operating system is still stuck in survival.

When the system is overwhelmed:

- ✦ **Insight can't land**
- ✦ **Skills don't stick**
- ✦ **Capacity collapses**
- ✦ **Relapse becomes relief — not choice**

The NeuroSomatic™ Reset Experience corrects this by restoring communication between brain, cranial nerves, vestibular and ocular pathways, and the vagus nerve — so clients can:

- ✦ **Regulate in real time** (not after the crash)
- ✦ **Re-engage when triggered** instead of shutting down
- ✦ **Return to an internal rhythm** they can rely on

This is where sustainable recovery begins.

WHAT IT IS

A **science-backed, experiential workshop** that blends **neurobiology**, cranial nerve resets, vestibular/ocular drills, interoceptive and proprioceptive tools, and **real-time assessment work**.

No jargon.

No equipment.

Just **precise, neuroscience-rooted practices** that steady and strengthen the system from the inside out.

Each session includes three core elements:

- ✦ **Quick Assessments** — Simple, measurable resets that show immediate change in under two minutes.
- 🧠 **Brain-Body Reconnects** — Sensory + motor drills that shift clients from reactive to responsive.
- ✦ **High-Payoff Practices** — Tools clients can use on their own to prevent overwhelm, support sobriety, and reduce shutdown.

WHY IT WORKS

When the **inner operating system stabilizes**, **higher-level capacities begin to return** — clearer thinking, calmer responses, and the ability to make choices from presence instead of overwhelm.

Grounded in neuroscience, this method **strengthens communication between the brainstem, limbic system, and prefrontal cortex** — the pathways that govern:

- ✦ **Emotional Regulation** — Ease internal pressure and support calmer responses
- 🧠 **Cognitive Function** — Improve clarity, memory, focus, and decision-making
- ✦ **Mood & Motivation** — Support engagement, hope, and follow-through
- 🌙 **Rest & Recovery** — Support deeper rest, clearer mornings, and steadier daily energy



ABOUT THE FACILITATOR

Andrea Arlington ICF PCC, Legit Script-Certified Practitioner

NeuroSomatic™ Strategist • Trauma-Informed Coach • Family Recovery Expert

Andrea helps individuals and organizations move beyond insight into real physiological change — guiding them from survival mode to sustainable focus and steadiness.

Since 2014, she's been supporting entrepreneurs, families, and clinical-adjacent wellness professionals to turn NeuroSomatic™ principles into real-time tools that create lasting regulation and clarity.

Restore the steadiness success alone can't give.

Through the NeuroSomatic™ Reset Experience, participants reconnect with their natural rhythm—thinking clearer, resting deeper, and leading with calm precision.

PROGRAM FORMATS

Onsite or virtual delivery for your team:

- 60-Minute Reset**
- ✦ **90-minute Workshop**
- ✦ **4-week series**
- ✦ **Staff Training: Practical NeuroSomatic™ tools your team can use in real time**

As seen on:



BRING THIS EXPERIENCE TO YOUR ORGANIZATION, WELLNESS CLUB, OR RETREAT. CUSTOM PROGRAMS AVAILABLE.

Less burnout. More balance. Real results.

This immersive workshop blends neuroscience, regulation tools, and micro-practices that help your clients restore the internal steadiness required for real recovery.

Book or learn more: ✉ andrea@andreaarlington.com | ☎ 818.532.8636 | 🌐 www.andreaarlington.com

