



## **The Brain That Changes Itself**

By Stephanie Delmore, MA, LPC

I just finished reading the most fascinating book by Norman Doidge, MD, called “The Brain That Changes Itself”. The book is a collection of research and clinical examples of the ever-growing evidence of neuroplasticity; that our brains are ever changing. According to Doidge, “The discovery of neuroplasticity, that our thoughts can change the structure and function of our brains, even into old age, is the most important breakthrough in our understanding of the brain in four hundred years.” I have used cognitive behavioral psychology in my practice for years. This is the belief that our thoughts create our moods and behavior. Doidge’s book takes this principle one step further, that our thoughts and behavior actually change our brain structure and can continue to do so throughout our lifetime.

I think the big “ah-ha” moment I had while reading this book was his example, time and again, of “neurons that fire together fire together”. This means that the thoughts and behaviors that you pair together in your mind and your actions actually create neurological change. Negative thoughts and behaviors that occur together actually become self-reinforcing—over eating and beating yourself up for it becomes more neurologically ingrained in you every time you do it. This is why old patterns can be so hard to change. On the converse, when you change your thinking and behavior you create new neural pathways, and when those old pathways are not continually reinforced, they die off. If you’d like to read more, visit: <http://www.normandoidge.com/normandoidge.com/EXCERPT.html>

If you’d like to learn more about changing your brain and your behaviors, I can assist you. Please call the Ommani Center at 262.695.5311 to make an appointment, or for more information visit my Ommani Center website page, [www.StephanieDelmore.com](http://www.StephanieDelmore.com) or Facebook.com/StephanieDelmoreLPC.

June, 2014