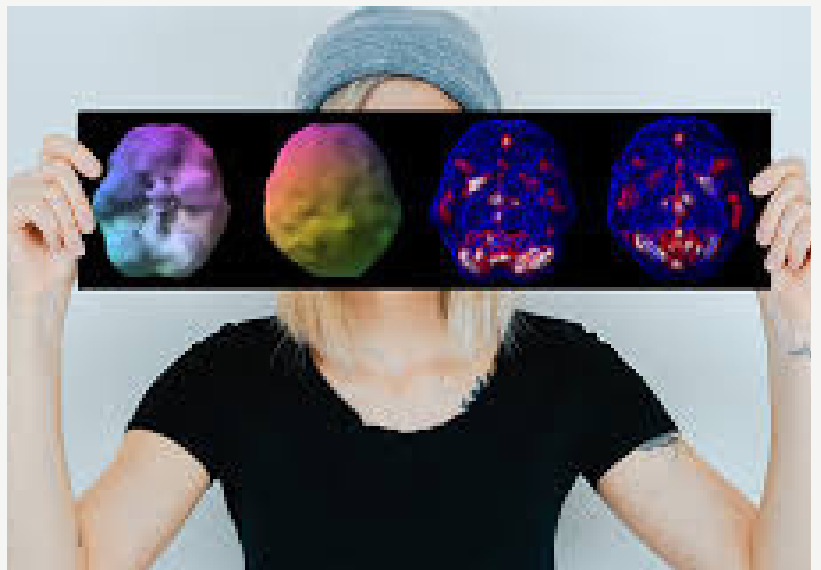


THE AMEN CLINICS METHOD: HEALING IN 4 CIRCLES

Lesson 2 Guided Notes

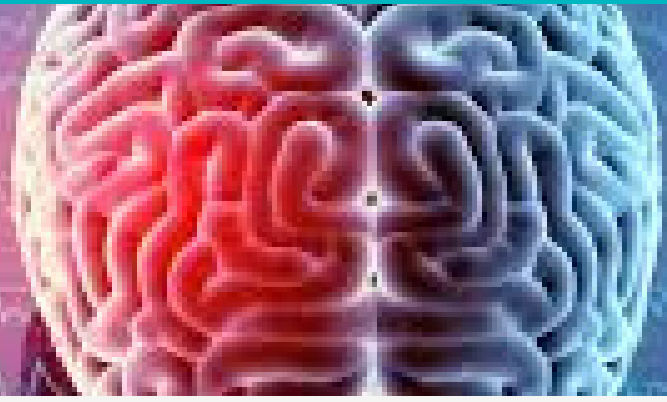
INFORMATION OBTAINED FROM THE 4 CIRCLES

- **Biological Circle:** Brain and physical health, nutrition, lifestyle habits, history of toxic exposure and illnesses, brain injuries, genetics, allergies, and medication.
- **Psychological Circle:** Self-perceptions, developmental history, generational history, sense of self-efficacy and power, emotional trauma, grief and loss, sense of hope and worthiness.
- **Social Circle:** Reviews the patient's social environment and information about a patient's sense of connection to others in the family and community, quality of relationships, financial issues, work/school, the health and habits of others they spend time with, and successes and failures.
- **Spiritual Circle:** Identifying the patient's sense of purpose and meaning in life, connection to a higher power, past and future generations, and the planet, as well as the patient's morals and values.



STEPS OF THE AMEN CLINICS METHOD:

1. A 2-hour intake interview obtains information about each patient's 4 Circles.
The intake process also includes the Beck Depression Inventory and Quality of Life Inventory, a computerized neuropsychological assessment (WebNeuro), and additional Amen Clinics questionnaires and symptom inventories.
2. SPECT brain imaging is obtained to look at a patient's brain function.
3. Targeted lab studies.
4. Patient's are taught brain-healthy habits.



SPECT BRAIN IMAGING

SPECT brain imaging is obtained to look at a patient's brain function – a test scan is completed on the patient's first visit. For this scan, the patient does the Connors Continuous Performance Test when the radiopharmaceutical is injected. The patient undergoes the resting scan on the second visit.

TARGETED LAB STUDIES

Targeted lab studies are done to identify and measure important health markers and are used as baseline information about a patient's health. In addition to blood tests, the patient's BMI, waist-to-height ratio, sleep habits, blood pressure, and other studies may be obtained as needed.

Patients are taught brain-healthy habits to incorporate into their lives to boost brain reserve and resilience. This requires 3 things of the patient:

- **Develop Brain Envy** – You have to care about your brain. The SPECT images help patients want a brain that looks and functions better. They can also help with treatment compliance and decrease stigma as patients see their medical problems, not moral.
- Avoid anything that hurts the brain.
- Engage in regular brain-healthy habits; diet, exercise, and a clean environment are so important.

Following-up with patients to keep them engaged in the process is essential to helping them improve and maintain better brain health.