

# *CalmConnect*™

Connect Calm Safe



## The Science Behind CalmConnect™

**C**almConnect™ calms the nervous system and helps you get ready to learn and connect. There are many interventions that use music or movement to change behavior. CalmConnect™ is a patented, sensorimotor program that uses music, rhythmicity, patterns, repetition, emotion, and movement in a unique way, designed to increase compliance and effectiveness. By simultaneously engaging hearing, vision, cognition, motor sequencing and planning, and feeling (the limbic system), CalmConnect™ quickly activates the parasympathetic nervous system (PNS) to increase calm and attention.

CalmConnect™ uses a visceral ‘bottom up’ approach to calm the lower brain and activate the PNS. There is no speech or language in the program; no directions, expectations, or instructions. The program actively uses the body to calm the nervous system and shut down the ‘fight or flight’ response. It activates the PNS, changing the body’s physiology and synchronizing the nervous system and brain by moving as it soothes with soft, reassuring, rhythmic tones and music. Once calm, the whole brain can now organize, regulate, empathize, and learn.

In addition, CalmConnect™ operationalizes Matthew Lieberman and Naomi Eisenberger’s work on the physical pain of social rejection, Ami Klin and Warren Jones’ theory of audiovisual synchrony, and Stephen Porges’ polyvagal theory, one of the most celebrated new developments in neurobiology. CalmConnect™ faces with eye contact and the expressive features of emotion, original music in the same frequency as the female voice, and simple gestures perfectly align with the positive social engagement elements identified by Porges. CalmConnect™ unique ability to “calm and connect” people of all ages works equally well at home, in the classroom or in a clinic setting.