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In episode 10 of season 3 of the MENTALIST..

Patrick Jane introduced us to a technique that helped him to solve the mystery of santa's death, that technique he used gave him the ability to develop a scheme that captured the real culprit.

The biofeedback technique. A mind-body technique that allows the user to send certain electrical signals to their organs and body to control the functionality of their heartbeats, breathing patterns and muscles response.

Patrick entered a rehabilitation program where they force the body to willingly reject any addictive substances such as alcohol and drugs. Once Patrick signed in that program they took him to an experimental room, where they gave him 10 consecutive shots of those addictive substances, and after every shot he gets, they electrified him to a certain extent, until they reached the final shot, where they proceeded to electrify him and knock him unconscious.

There were multiple machines and monitors that monitored Patrick's heart rate, pressure, blood flow and brainwaves to make sure that everything was functioning properly.

Patrick took both the liquor shots and the electricity with no problems at first, until they reached the final stage, where they shocked him with full power, and caused him to get unconscious, his heart rate was below 60 heart beats per minute, and his brain waves were at delta level, where he is at near-coma stage.

The doctor rushed out to find some help, while the nurse gazed maliciously at Patrick's semi-dead body, she attempted to inject Patrick's body with a mixture of pure alcohol, attempting to murder him by overdosing his body while he's unconscious with no protection.

But for her surprise, Patrick was awake, conscious, and aware of her intentions, while the machines were still saying that Patrick is not conscious at all.

The Biofeedback technique gave him the ability to manipulate his own brainwaves, electrical signals, neural system, and bodily functions to deceive the machines completely and fakes his physiological state at will.

Since PJ is conscious when he is faking being unconscious that means he has to control and stabilise both his emotional and mental state to such a point that it

reflects the emotional and mental state of someone who is unconscious (the conscious emotional and mental state of someone who is unconscious is one that is completely null since the conscious mind doesn't exist when unconscious and thus neither do any conscious emotions which would otherwise impact upon bioreadings). The fact that PJ is able to consciously control his emotional state to the point that it perfectly reflects this standard means he has filtered out and stabilised all of his conscious emotions which would otherwise impact the bioreading and suggest that he is still conscious

The most obvious signs of emotional arousal involve changes in the activity of the visceral motor (autonomic) system (see Chapter 21). Thus, **increases or decreases in heart rate, cutaneous blood flow (blushing or turning pale), piloerection, sweating, and gastrointestinal motility** can all accompany various emotions.

https://www.ncbi.nlm.nih.gov

Physiological Changes Associated with Emotion - Neuroscience - NCBI

How emotions involve a physiological response?



The James-Lange Theory of Emotion is one of the earliest emotion theories of modern psychology. Developed by William James and Carl Lange in the 19th century, the theory hypothesizes that **physiological stimuli (arousal) causes the autonomic nervous system to react which in turn causes individuals to experience emotion**.

Biofeedback **allows individuals to visualize specific physiological parameters to raise awareness and improve emotion-regulation (ER) so that the aversive behavior may be changed** [1]. Unfortunately, these physiology visualizations are nonintuitive to many individuals.

Emotional regulation is **the process of managing and appropriately responding to feelings as they arise**. This essential ability enables individuals to effectively handle complex social situations in the workplace, sustain professional relationships, and improve their decision-making capabilities.

Apr 29, 2024

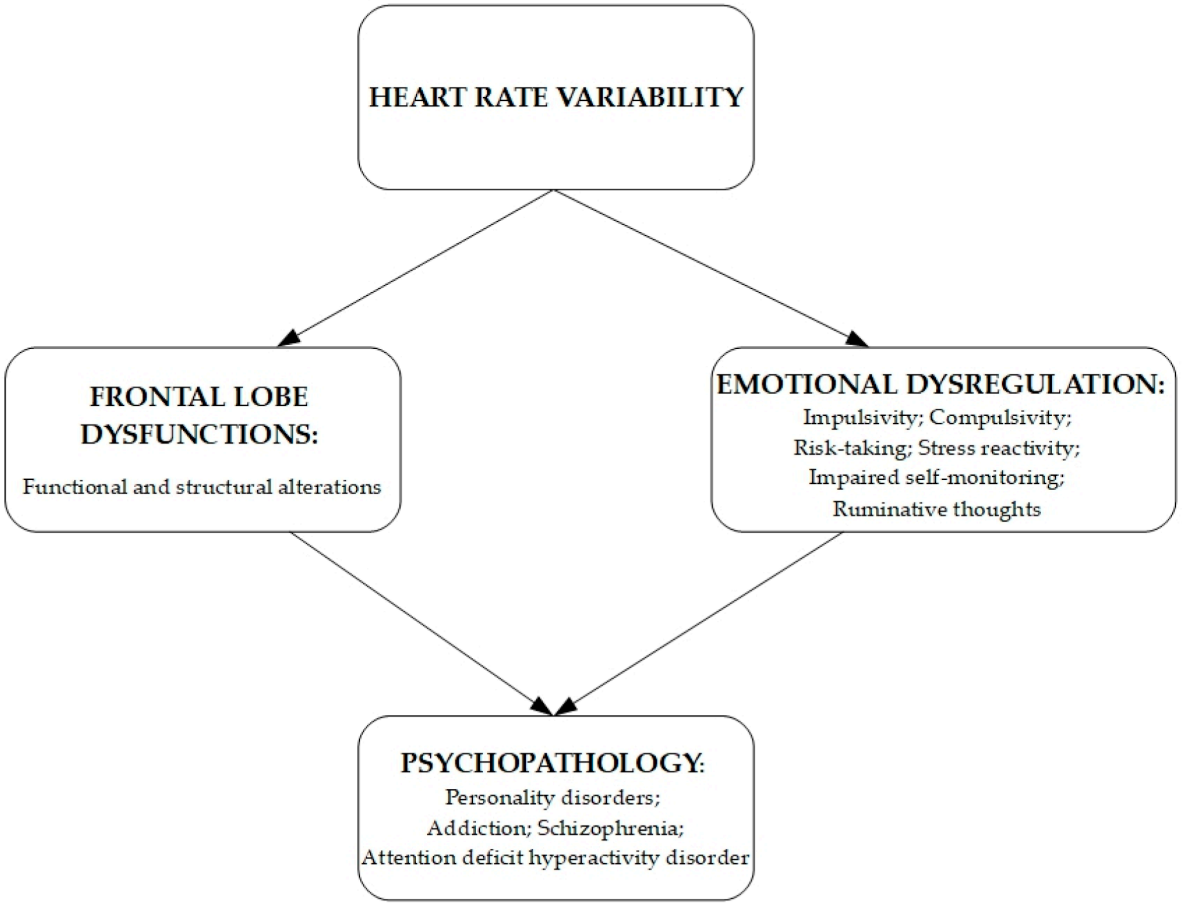
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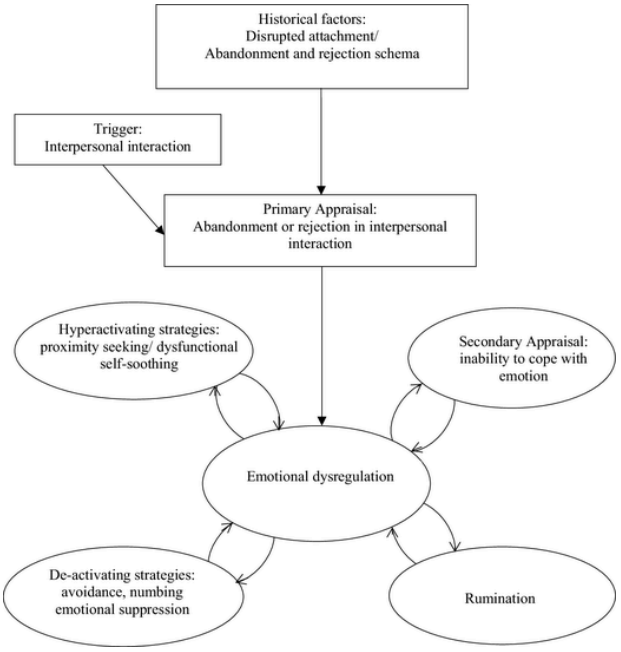
Emotional Regulation in the Workplace: Importance & How to Develop

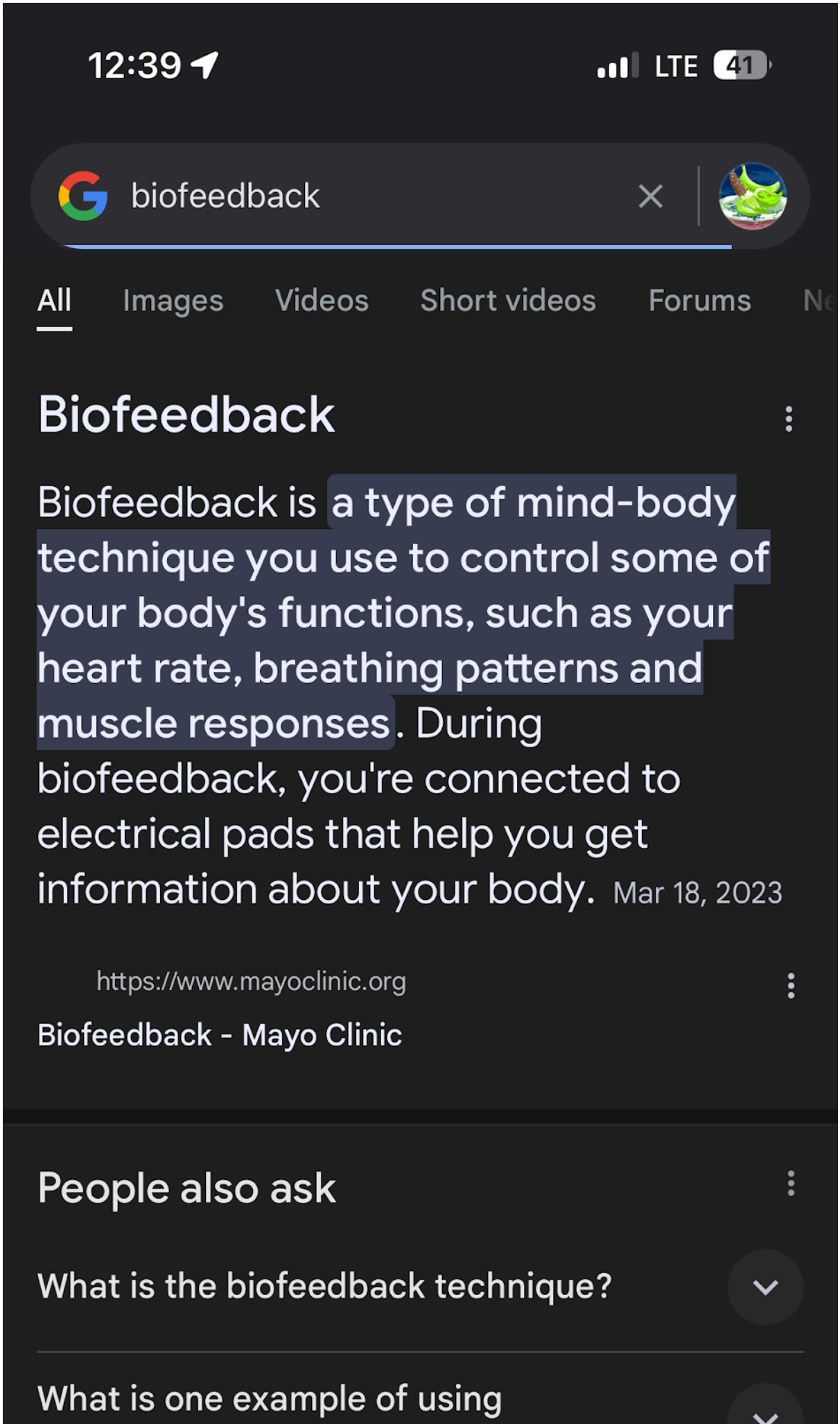
People also ask

Can negative thoughts increase heart rate?

Negative emotions are associated with the release of stress hormones and a physical stress response, resulting in a higher heart rate and blood pressure. Mar 6, 2019


HEART RATE VARIABILITY
FRONTAL LOBE DYSFUNCTIONS:
Functional and structural alterations
EMOTIONAL DYSREGULATION:
Impulsivity; Compulsivity;
Risk-taking; Stress reactivity;
Impaired self-monitoring;
Ruminative thoughts
PSYCHOPATHOLOGY:
Personality disorders;
Addiction; Schizophrenia;
Attention deficit hyperactivity disorder


Historical factors:
Disrupted attachment/
Abandonment and rejection schema
Trigger:
Interpersonal interaction
Primary Appraisal:
Abandonment or rejection in interpersonal interaction
Hyperactivating strategies:
proximity seeking/ dysfunctional self-soothing
Secondary Appraisal:
inability to cope with emotion
Emotional dysregulation
De-activating strategies:
avoidance, numbing
emotional suppression
Rumination


12:39
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biofeedback
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Biofeedback
Biofeedback is a type of mind-body technique you use to control some of your body's functions, such as your heart rate, breathing patterns and muscle responses. During biofeedback, you're connected to electrical pads that help you get information about your body. Mar 18, 2023
https://www.mayoclinic.org
Biofeedback - Mayo Clinic
People also ask
What is the biofeedback technique?
What is one example of using

Brain Wave Biofeedback

EEG biofeedback, also known as neurofeedback, measures the brain's activity in real-time. EEG Biofeedback can be used to help patients gain control over abnormal brainwave patterns, which can help reduce symptoms of anxiety disorders, panic attacks, depression, and insomnia.

https://www.drakeinstitute.com

Biofeedback vs. Neurofeedback: What's The Difference? - Drake Institute

Overview

Biofeedback is a type of mind-body technique you use to control some of your body's functions, such as your heart rate, breathing patterns and muscle responses. During biofeedback, you're connected to electrical pads that help you get information about your body.

You may not realize it, but when you have pain or are under stress, your body changes. Your heart rate may increase, you may breathe faster, and your muscles tighten. Biofeedback helps you make slight changes in your body, such as relaxing muscles, to help relieve pain or reduce tension. You may be able to decrease your heart rate and breathing, which can make you feel better.

3:14 LTE 12

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Types of biofeedback

Your health care provider might use different kinds of biofeedback depending on your health problems and goals. Biofeedback types include:

- **Breathing.** During breathing biofeedback, bands are placed around your stomach and chest. Sensors on the bands check your breathing rate and patterns. You can control your breathing and feel better.
- **Brain waves.** During this type of biofeedback, an electroencephalograph (EEG) uses scalp pads to monitor your brain

Feedback

3:15 LTE 12
www.mayoclinic.org

that improve your health.

- **Heart rate.** In this type of biofeedback, pads are placed on your chest, lower trunk or wrists. These pads are connected to an electrocardiogram (ECG) that measures your heart rate and how your heart rate changes. A sensor also can be placed on your finger to measure your heart rate. When you are relaxed, your heart rate may decrease.
- **Muscle activity.** A machine called an electromyograph (EMG) uses sensors to measure muscle tightening. This helps make you aware of muscle tension so you can take steps to control it.
- **Sweat gland activity.** Pads attached

Feedback

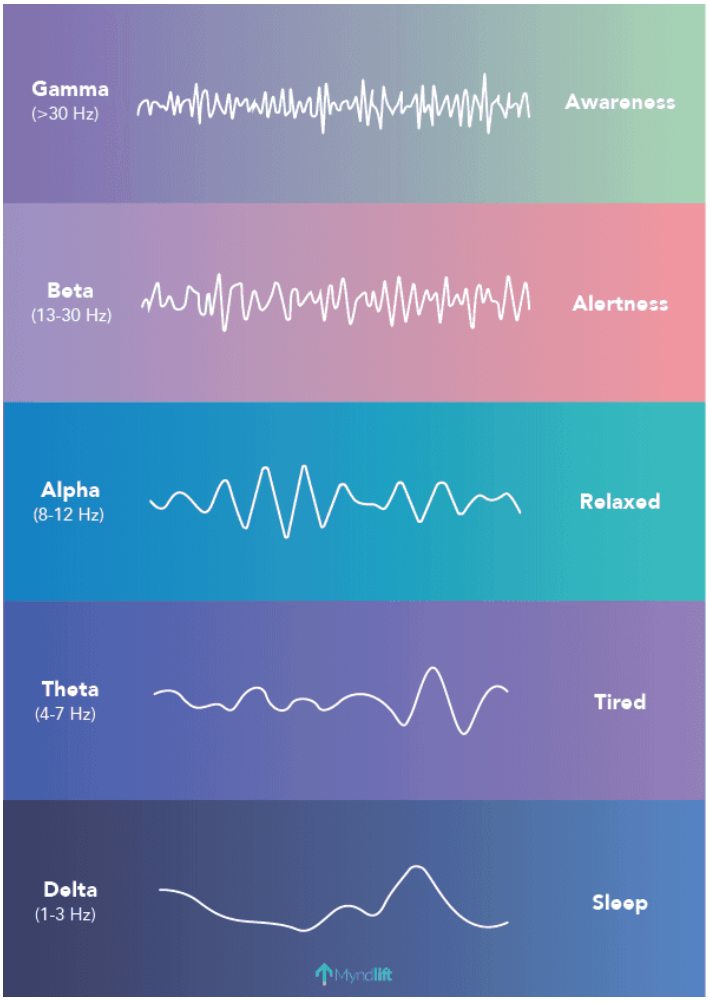
- **Temperature.** Pads attached to your fingers or feet measure blood flow to your skin. Because your temperature often drops when you're under stress, a low reading can prompt you to begin relaxation methods. As you become more relaxed, your fingers and toes may become warmer.

3:16 LTE 12

What is Neurofeedback

The human brain emits electrical activity in waves that can be measured by a device called an electroencephalograph (EEG). When the results of an EEG measurement are analyzed, scientists are able to identify certain brain wave patterns recorded by the machine. There are several frequencies of brain waves when we are awake; these are called alpha (medium), beta (fast), and theta (slow) waves. Alpha waves are seen when a person is in a relaxed state, and not actively thinking or interacting with one's environment. Beta waves are present when a person is interacting with the surrounding environment, and is concentrating, thinking, or solving problems. Theta waves are often seen during times of drowsiness, daydreaming or during light sleep, but can also occur during thoughtless, restless overactivity. (A fourth type of brain wave, called delta, is seen during deep sleep).

Neurofeedback, formerly called electroencephalographic (EEG) biofeedback, and occasionally referred to as neurotherapy, is an intervention for ADHD based on findings that many individuals with ADHD show low levels of arousal in frontal brain areas, with excess of theta waves and deficit of beta waves. Supporters of this treatment suggest that the brain can be trained to increase the levels of arousal (increase


Gamma
(>30 Hz)
Awareness
Beta
(13-30 Hz)
Alertness
Alpha
(8-12 Hz)
Relaxed
Theta
(4-7 Hz)
Tired
Delta
(1-3 Hz)
Sleep
Myndlift