



Institute of Brain Working Recursive Therapy

The Science Behind Interactive Reinforcement

It doesn't take long to discover that **Interactive Reinforcement** is a powerfully effective process if the PAL hasn't dropped as much as we would like during the preceding *Urgent Recursion*. We know it works but it will be helpful, perhaps, to understand the science behind it. In the absence of being able to observe the process in real time in a scanner, this can only be a hypothesis, of course.

When the PAL remains high

When IR was first introduced, it was intended for use when the PAL remained at 8 or above, though it later transpired that it was useful at any time when the PAL was higher than we wanted it to be i.e. >3. There are several reasons why this situation might arise, (other than practitioner ineffectiveness) the main ones being:

- 1 Intelligence level – a lower than average IQ might hinder the work.
- 2 Lack of client participation.
- 3 'Zoning out' during the loops.
- 4 Hidden agenda, lack of belief, or other resistance.
- 5 Fear of change overriding the replacement response.
- 6 Weak replacement response.
- 7 No real freeze
- 8 Lack of understanding – client is remembering instead of rechecking.

It is likely that there are other possibilities but it is probable that IR will address them OR, on occasions, reveal the reasons for the PAL still being high. (Numbers 6, 7 and 8 in the list can be addressed immediately and the standard loop process reapplied.)

Why IR works

As long as the client has created a valid replacement response an associated neural pattern will have been created in the reptilian and paleomammalian complexes. This response has not, for some reason, propagated into the neomammalian complex and thus to what we might term 'active awareness.' IR works effectively with each of the 5 elements listed above as follows (numbers 1 – 5 refer to issues 1-5 above):

- 1 More time for greater assimilation where intelligence is lower than average.
- 2 Client participation is forced or practitioner becomes aware of its absence.
- 3 Zoning out is not possible without the practitioner being aware.
- 4 Resistance is very likely to be voiced or overcome.
- 5 Vocalisation bypasses or reveals the fear

When IR 'just works' it is likely to be because vocalisation employs the neomammalian complex and awareness; in this way the neural patterns that have been created during the first loop process can be 'carried' into active awareness. This is effectively the Conscious Critical Faculty being bypassed in the reverse manner to that normally employed.