

# The Neuroscience

Prof. Jim Doty, a Professor of Neurosurgery & a Neuroscientist, highlights how effective an intention is.

## Key Brain Networks Involved in Setting Intention and Actualisation

1. **Default Mode Network (DMN):** This network is active during periods of rest and introspection. When you visualise yourself as a successful counselor, helping clients and making a difference, the DMN is engaged. By envisioning positive outcomes, you set the foundation for creating a mental image and a narrative of success, which influences how you act and make decisions.

### This activates the Task-Focussed Networks:

2. **Salience Network:** The salience network helps you identify what is most important and where you should direct your focus. As a counselor, your salience network helps you tune into the emotional cues and needs of your clients, guiding you to prioritise their well-being and create an empathetic environment.
3. **Central Executive Network (CEN):** This network is responsible for higher-level cognitive functions, including decision-making, planning, and working memory. By engaging this network, you can create actionable plans for your sessions, develop strategies to address client issues, and ensure you are prepared for each interaction.
4. **Attention Network:** This network governs your ability to focus. As a counselor, maintaining focused attention on your clients is critical for building trust and fostering a safe therapeutic space. Training yourself to be present and attentive during sessions enhances your ability to connect deeply with clients.

### The steps are as follows:

1. **Write it down**
2. **Read it silently**
3. **Read it aloud**
4. **Visualise the intention**
5. **Repeat it over and over again to embed it in the subconscious mind**

*Believe it*