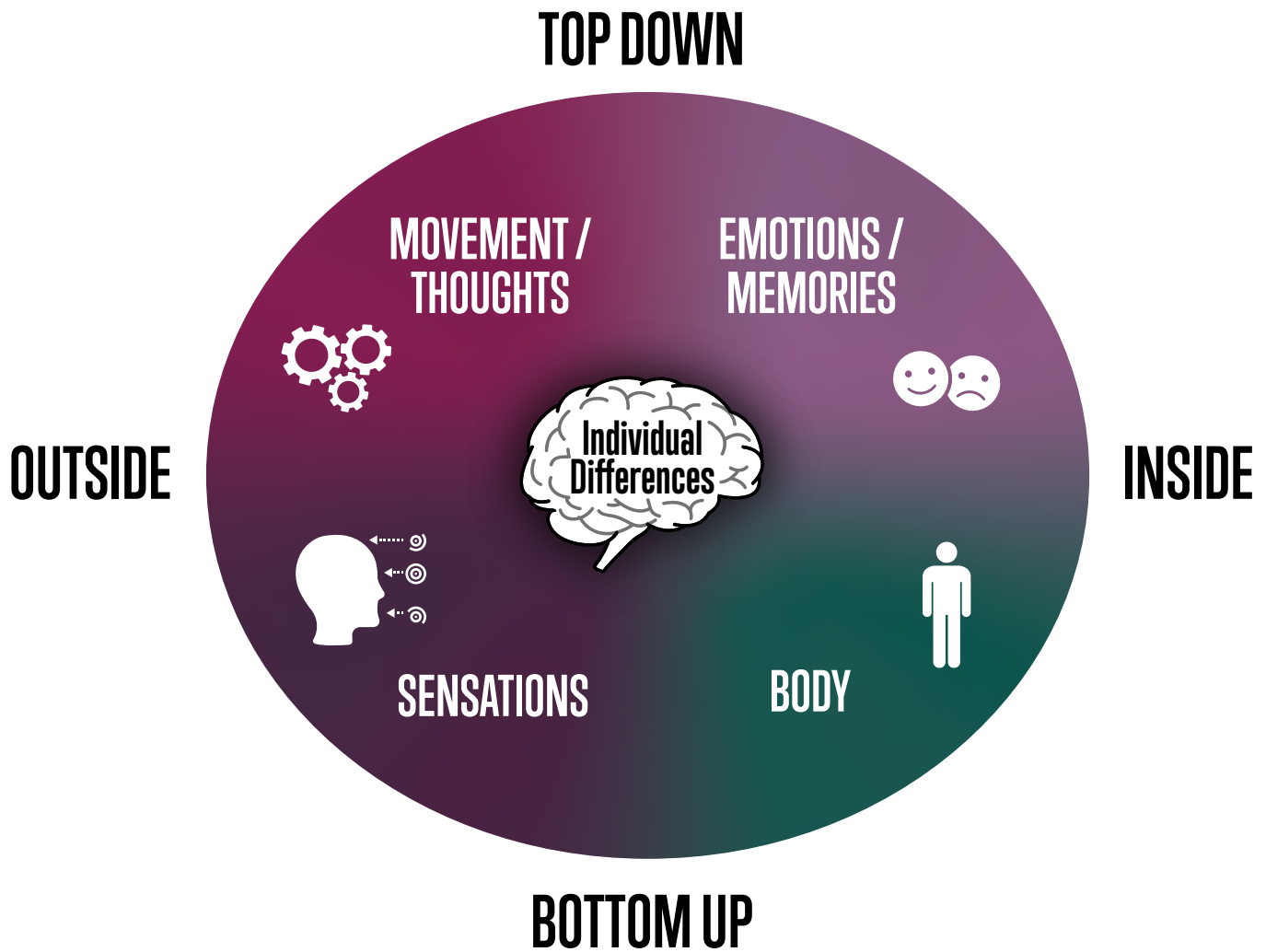


THE NEURORELATIONAL FRAMEWORK'S
Four Brain Systems

SUPPORT CUSTOMIZED AND COLLABORATIVE CARE

STEP **3**

BRANCHES



THE NEURORELATIONAL FRAMEWORK'S Four Brain Systems

STEP 3

TRUNK

This oval diagram shows the four brain networks, or brain systems, of the NRF.

The four brain networks are Body, Sensations, Emotions/Memories, and Movement/Thoughts. These networks are used to assess an individual's different strengths, abilities, and vulnerabilities. These four networks tell a story as to how these networks mature to integrate our inside and outside worlds.

It all starts in the **body**. It is important to get calm in our bodies so that we can take in the outside world that is full of interesting and novel **sensations**. Then, we start to organize those sensations in our inside world discerning what to pay attention to, what to ignore, what to like, and what not to like. This begins to shape our inside world of **emotions and memories**. Lastly, we return to the outside world and, thanks to our understanding of the goals and demands of each context, we can now **move** to adapt, or not. Later, as the brain matures, it can use this information from all the networks to **think** about our future choices.

Step Three assesses individual differences through these four stories which collect a breadth and depth of information on the four brain networks. Step Three provides a customized guide for each person's journey towards improving their stress patterns and the quality of their relationships. When communities use the NRF's three steps as a common language and shared approach, collaborative care can function at its best.