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Progressively Accelerated Cognitive Exertion: A Novel Non-Pharma Approach to Overcoming Depression

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This unique approach to improving cognitive function and mood regulation was developed at the request of the US Marines in 2007 initially as a program to improve intuition and decision making under stress. The core modality is a series of non-digital exercises that optimize [CNS and PNS connectivity](#) to create the robust stimulation critical for fast neuroplasticity changes in functional neuronal circuits. Gradually increasing the difficulty ([progressively accelerated cognitive exertion](#)) increases beneficial far effects and creates positive anticipation which releases dopamine and creates positive feelings of accomplishment and self-worth. This reverses the spiral of negative reinforcement that leads to deeper depression. When performed with another person ([family member or caregiver](#)) or in a group, positive socialization from a shared experience also boosts positivity. Included will be a case study of a patient diagnosed with severe depression and BPD and his remarkable recovery.

Biography

John Kennedy, Neuroplastician. John spent 25 years as a Sr. Level Process and Project Management consultant before the Marines contracted him in 2007 to develop the world's first Targeted Neuroplasticity Training program to apply his unique methodologies to the brain to improve mental efficiency. After successfully helping Marines, Snipers, Special Operations forces and their instructors, pilots he created several pilot programs to help people with brain trauma including children with learning disabilities, TBI, PTSD, depression and MCI. To date thousands of people have experienced CBT and 100% report significant improvements in performance in all areas of their lives.

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