

Psychology & Mental Health

Are you interested in talking to someone confidentially who can support you during your health journey? Please read further to learn more.



Heidi Crockett LCSW, CST, CSE

Heidi Crockett is a psychotherapist and health coach. She graduated the University of Georgia School of Social Work with her Masters in Social Work with Post-Graduate Certificate in Sexual Health from the University of Michigan. She is an

expert in the brain and nervous system, called “interpersonal neurobiology,” (relational neuroscience) and AASECT certified as a Sex Therapist and Sexuality Educator. She’s currently in a three-year trauma training program and has two neurobiology books in the bookstore, “Caregiver Stress” and “Neuroscience of Dating.”

What does effective therapy look like?

Understanding how your nervous system works is at the heart of effective therapy. “Arousal” or emotional intensity is the “life blood” of your nervous system.

You have a window of tolerance where nervous system energy flows optimally. Good mental health is having a “wide window of tolerance” meaning you can experience strong emotions like fear or anger and also maintain access to what is called executive function or response flexibility.

If you’ve had moments of extreme overwhelm or trauma, your ability to keep a wide window of tolerance becomes compromised. Triggers can cause a person to go above their window into hyperarousal (anxiety, mania) or go below the window into hypoarousal (depression, numbness, dissociation).

Crockett uses evidence-based approaches to restore your nervous system flow. Her focus is neuroplasticity and memory integration.

One example of a session to integrate memory and restore nervous system flow is first settling deeply into a parasympathetic rest and digest state. Then together with Crockett you pick a memory and do a brief recall. The third step involves the scientific fact that memory has two roles: retrieval and modifier. Using kindness, we slow down your nervous system and bring in what was missing. You’ll know whether the session(s) are successful because the charge of the memory when recalling it the next day will be lessened. Triggers would decrease and you would experience yourself as having a wider window of tolerance in the face of strong emotions.

What helps improve mental health?

- Just as fasting can help reset your body, memory integration can reset your mental health.
- It isn’t simply recalling one specific moment or state that leads to improvement of the nervous system flow, the key is learning to travel between different states (anger, craving, etc.) and being able to shift the “gears” so that they are not clunky or sticking.
- Kindness combined with science gives the optimal results to improve nervous system flow.
- Addiction means your body has an excessive dependence on dopamine, the solution is training the brain to develop a preference for oxytocin. Crockett can demonstrate in sessions and classes how to do this.
- Dive into the newest brain science with Crockett at TrueNorth and learn how to change your mind while changing your body.

Neuroplasticity:

The brain’s ability to reorganize itself by forming new neural connections throughout life.



30 minute session - \$80

60 minute session - \$160

90 minute session - \$240



TRUENORTH HEALTH CENTER™

1551 Pacific Avenue, Santa Rosa, CA 95404
(707) 586-5555 | healthpromoting.com