

## Sensible Solution to Clinical Challenges: Thought Process Re-Engineering, Blue Brain and Sleep Learning

**Santa Misra\***

*Professor Adjunct Professor, Institute of Health Science, Bhubaneswar, Odisha, India*

**\*Corresponding Author:** Santa Misra, Professor Adjunct Professor, Institute of Health Science, Bhubaneswar, Odisha, India.

**Received:** May 06, 2022; **Published:** May 26, 2022

### Abstract

The growing research on global health security is now having prime positions in Govt. and Non-Govt. level. Again the current psycho-social and sociocultural scenario throughout the world due to pandemic and war, that leads mankind to devastation, is an addition to it. Thus needs sensible solutions to clinical manifestations among human beings. The key avenue to this sensible solution can be to focus on neuro-biological, neuro-psychological, neuro-scientific, socio-cultural and indigenization of the facts to face these clinical challenges. Some strategies for these sensible solutions can be regulation of circadian cycle, Thought Process Re-engineering (TPR), Blue Brain, spirituality, sleep learning, biocybernaut, etc. From among them in this paper focus is given to TPR, Blue Brain, and sleep learning. Finally describing these facts, suggestions have been given to the potential psychologists, psychiatrist, clinicians, and clinical practitioners to apply sensible solutions to meet the demands of clinical challenges.

**Keywords:** *Sensible Solution; Clinical Challenges: Thought Process Re-Engineering; Blue Brain and Sleep Learning*

### Introduction

Clinical psychology is an integration of science, theory and clinical knowledge for the purpose of understanding, preventing, and relieving psychologically based distress or dysfunction and to promote subjective well being and personal development. To face the challenges of clinical psychology several methods, several processes and several techniques are there. Among them, regulation of Thought process, initiatives to use blue brain technique and induction of information processing from outside through sleep learning are important ways to consider.

### Rationale of the study

Keeping in view of current day situations it is essential to come out of the tensions, depressions, frustrations and other traumatic situations to lead a peaceful and harmonious life.

### Objective

#### Thus the objective of the paper is

To create awareness among those who are dealing with clinical challenges either for themselves or for others around them. The facts of some sensible solutions to these challenges are described with some evidence to help the people in general and challenge people in particular to deal with the recurring situations. Finally suggestions and implications are given to develop different strategies to overcome negative outcomes.

**Description of the facts**

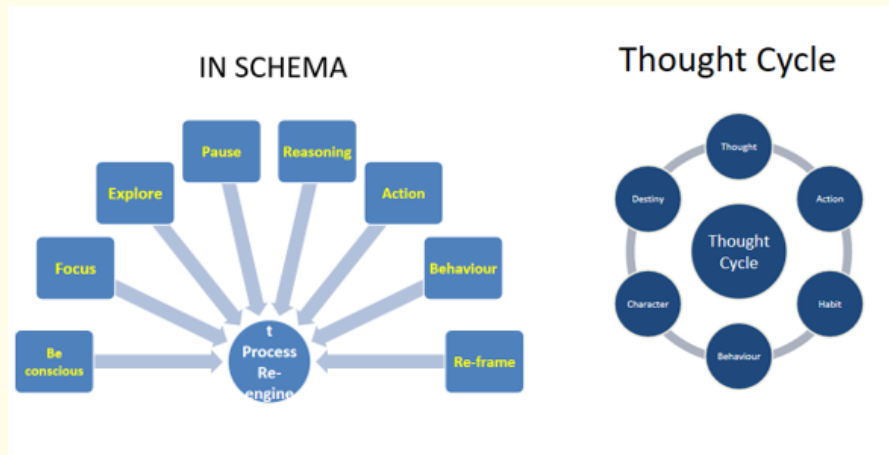
**Thought process re-engineering**

Thought Process Re-engineering (TPR) is an unique programme (By Sajeev Nair, Emakulam, Kerala) where the thought processes are to engineer and Re-engineer through the neural wirings by giving a pathway to the brain. The process involves neuroscience, Quantum physics and spirituality, enabling one to - realize, re-engineer and re-create - in neural level, quantum level and spiritual level. The concept was recently developed by Sajeev Nair. Only pilot study is made with 30 subjects and miles to go ahead. The objective is to prohibit, control, manage and minimize the manifestation of clinical challenges in providing the sensible solutions of TPR. By re-engineering the causal thought processes that leads to the mental manifestation of the anxiety, depression, stress etc. at psychotic or psycho-neurotic level the patient can get relief out of the symptoms.

**Transforming thought to reality**

Thought process leads to 'words' and 'action'; Action when repeated becomes a habit ;Any habitual thought in due course of time will be a behaviour ;Good behaviour in due course of time becomes a character; This character leads to our destiny (State or levels of our life where we are); then destiny again lead to thought. So it continues in a cyclic way it is continuing (Nair,2015).

Then the best thought leads to the best life and the worst thought leads to the worst life. These best/Worst thoughts remain stored in our brain in the form of memory trace or neural trace.



**Figure 1**

As stated by Sajeev Nair “What we think - We Become”. “What we are in our life - is the product of our choice,i.e., the decision we take ( whatever may be the cause).If we want to change our life, it Can be possible - may not be in a day. But gradually it can..... ” If you want to change the thought, change your destiny. To change destiny - change your character, If you want to change the character - change your behaviour, Change the behaviour by changing the habit, To change the habit change your action, To change your action, change your thought. To change the thought, change your mind. To change the mind the brain stimulation is required with high energy of thought frequencies. If we re-programme or Re-engineer our brain, our thought process can also be recycled. And this process can be possible when we have our brain wave connectivity and by using this process we can help the mentally challenged people to have a normal life.

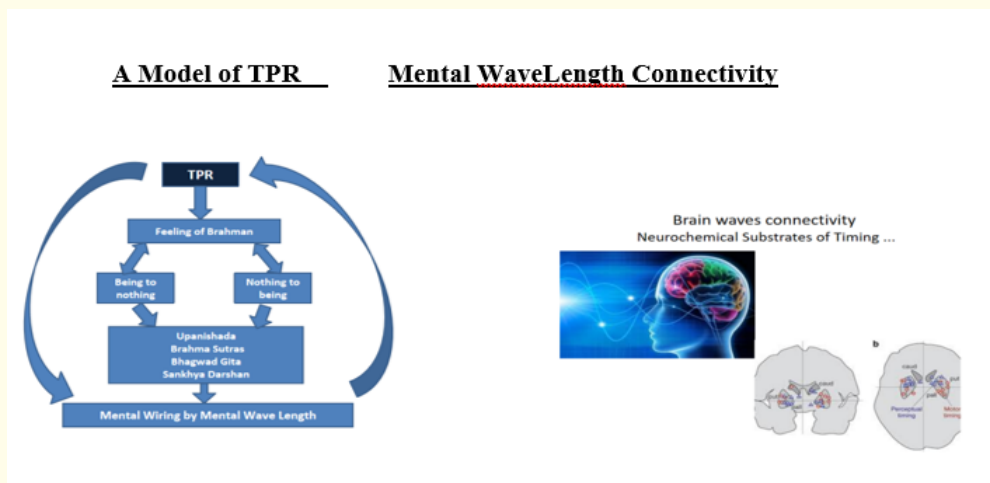


Figure 2

**Blue brain**

The role of cognitive behaviour therapy is unique in the treatment process of mentally challenged. And when we are thinking of treatment in cognitive and behavioral changes, the virtual brain or blue brain will have its tremendous effect.

We know the most complex and interesting structure ever exists in this universe is our brain. The recent researches are now focusing on creating machine functioning just like a human brain called as virtual brain/Blue Brain (Can think, feel, imagine and remember as the normal brain) that can help in many more things as a substitute/as an addition to the human brain, which was first introduced by Scientists at Switzerland’s Ecole Polytech-nique de Laussane’s ‘Brain and Mind’ Institute, in partnership with IBM. The main aim of placing this fact here is, this brain technology that can help to assist many problems to solve, such as treatment of brain malfunctioning, scientific curiosity about consciousness, analysis of human mind and some authentic views on para- psychological aspects of human behaviour etc. It is also presumed that the intelligence and cognitive abilities of a person can be used for the development of the future generations or the race by using this blue brain concept. It also can help in solving the problems of brain malfunctioning, scientific analysis of causal factors of malfunctioning, scientific analysis of consciousness which is still in exploration, and several other analyses of the mind. Most importantly by the type of observations we can strengthen the positive memories that can help the individual. It also diminishes the trauma and stressful memories which are the causes of mental malfunctioning. Interestingly this virtual brain [1] even can act after the death of a person [2]. It is expected by Markram, 2006 that after 30 years there can be a brain in our hand like a computer.

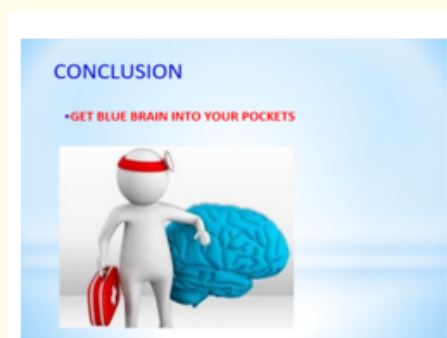


Figure 3

### Sleep learning

Latest researches prove that there is a link between **SLEEP** and **LEARNING**. Advances in neuroscience lead scientists in recent years to produce a large body of converging evidence that sleep helps in securing memories and acts as aids, at least, in some types of learning. The findings indicate that sleep is much more important than commonly believed.

### Induction through sleep learning

Coming to the manifestation contents where treatment procedure is possible i.e., in case of anxiety neurosis, obsessive compulsive neurosis, shedding a bad habit, or any other, that can be fatal etc., the induction of subnormal state of mind where the induction of information processing will occur from outside, sleep learning phenomena can be a step to the content.

“Sleep learning” is a learning process that takes place during natural sleep. It is way to harness the power of the subconscious, during sleep, enabling one to learn something extra but essential, where the learning is induced to the human mind from an external source through different techniques that facilitates the learning schedules. It is a technique in which induction of information processing occurs from the outside during subnormal state of sleep The brain reprocess newly learned information during sleep by Left promoter cortex, Left and right cuneus as stated by Kibiuk [3]. Several findings are there in the support of sleep learning phenomena [4]; Bilizntchenko, [5]; Leshon, Fox and Robbins; Dutton, [6]; Gagne, [7]; Karni, and Korman, and Matthew Walker, [8]. Fox and Robbins [9] and Leshan, [4] have proved that learning during sleep is possible. So in case of clinically affected people this process can be applied to induce positive thinking in their mind during their sleep time that can help in recovering the issues.

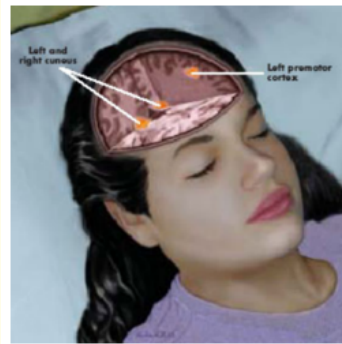


Figure 4: Kibiuk (2007, Copyright).

The most important part of clinical treatment is the mentally challenged patients never admit that they are patient and need treatment. Hence they never accept to go for treatment So it becomes difficult to provide treatments to them. But if their mind can be stimulated during their sleep and they can be cured through these induction of information processing from outside it can help them in positive thinking and can facilitate their treatment process. Hence sleep learning can be used as a therapeutic process to mentally challenged.

### Conclusion

Challenges of clinical psychology are manifold - whether it is causal factors or Manifestations or Assessment of causal factors or treatment or Strategies. In order to prohibit, control and manage the manifested situations the challenges need solutions And now in current

situation, the Pandemic and the War added a lot to it, affecting the Physical and mental condition of the individual in some way or other, needs more attention. This paper is an outcome of these facts inviting ideas on, current trends, Techniques and treatment strategies for anxiety, depression and stress management. TPR, Blue-Brain and sleep learning can be some sensible solutions to the clinical challenges. Further this paper provides information and suggestions to potential psychologists, psychiatrist, clinicians, and clinical practitioners and stakeholders to apply these sensible solutions to meet the demands of clinical challenges.

### Implication

- The academic Significance of the terms imply how it will be beneficial for students, teachers, stakeholders, educational administrators and policy holders to include in syllabus that can facilitate the educational processes. Child rearing practices of parents can also be promoted through these techniques focusing the future course of actions of their children. Considering its relevance to the current situation it can be said that TPR can relieve us from depression, frustration etc by re-engineering our thought processes promoting peace of mind. Attempts can be made to build brain-based models capable of predicting observed behaviour. All these facts have their Contribution to knowledge, contributions to the society and contribution to world peace as a whole and thus can help to meet overall challenges of Clinical Psychology.
- Suggestions Can be - to start these facts from the grass root level i.e., from the very childhood stage so that from this stage their thought process should be regulated, controlled and when necessary can be re engineered.
- The new areas in the research of sleep learning on mentally challenged may need further scientific verification and exploration for the establishment of the fact.
- Based on the own research of the author [10,11] on the inadequacy of the sample size, the limitations in the methodology, the researcher invites to suggest that more number of subjects with further refined methodology may be planned and used to explain the use of sleep learning for benefit among the mentally challenged children on their intellectual enhancement.

### Bibliography

1. Awad M., *et al.* "A survey of Electroencephalogram Based Brain Computer Interface Applications". *International Journal of Engineering Research and Technology* 12.3 (2019): 385-404.
2. Shanmugapriya Kaveri K., *et al.* "Artificial Intelligence-A. Survey of Blue Brain". *International Journal of Advanced Research in Biology Ecology Science and Technology* 1.1 (2015): 49-54.
3. Kibiuk. *Sleep and Learning, Brain, Briefings*, copyright © Lydia Kibiuk (2003).
4. Leshan L. "Hypnopaedia: Encyclopaedia of Educational Technology". *A Publication of the SDSU The Department of Educational Technology* (1942).
5. Bliznitchenko LA. "Hypnopaedia retention of memory-: A comparison with waking stage". *Sleep Learning* (2005).
6. Dutton B. "Sleep learning both in and out of the laboratory". *Sleep Learning* (2005).
7. Gagne LK. "Mechanisms acting during sleep". *Learning and Memory* 11 (2005): 679-685.
8. Markram H. "The Blue Brain Project". *Nature Reviews Neuroscience* 7 (2006): 153-160.

9. Fox BH and Robbin JS. "The Retention of Material Presented During Sleep". *Journal of Experimental Psychology* 43 (1952): 75-79.
10. Morin A., *et al.* "Motor Sequence Learning Increases Sleep Spindles and Fast Frequencies in Post-Training Sleep". *Sleep* 31.8 (2008): 1149-1156.
11. Ellenbogen JM., *et al.* "Human relational memory requires time and sleep". *Proceedings of the National Academy of Sciences of the United States of America* 104 (2015): 7723-7728.

**Volume 14 Issue 6 June 2022**

**©All rights reserved by Santa Misra.**