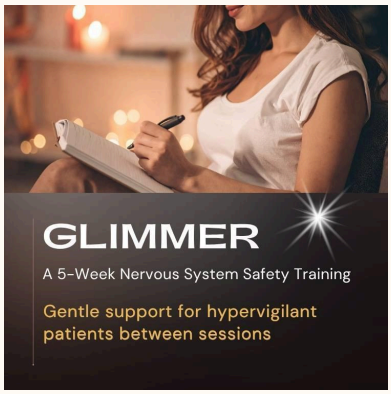
FOR CLINICIANS

GLIMMER

Between-Session Support for Hypervigilant Patients

$67
Lifetime Access



Some patients understand the work in session — then spend the rest of the week scanning symptoms, bracing for setbacks, and waiting for the other shoe to drop.

GLIMMER gives them a simple 10-minute daily practice to help their nervous system register safety, steadiness, and capacity alongside threat.

Designed for patients with anxiety, rumination, chronic stress, chronic pain, fatigue, Long COVID, burnout, or neuroplastic symptoms, GLIMMER helps build the foundation many patients need before deeper therapeutic or pain reprocessing work can fully land.

GLIMMER is **not therapy, medical treatment, trauma processing, or toxic positivity**. Patients are never asked to ignore symptoms, force gratitude, or override distress.

WHY CLINICIANS REFER

GLIMMER is designed for the gap between appointments, when patients are often left alone with symptom monitoring, fear, rumination, and uncertainty.

Ways to integrate GLIMMER into care:

- **Between-session support** for patients already in therapy, PRT, pain psychology, somatic work, or coaching
- **A waitlist bridge** for patients who need a safe place to begin before care is available
- **A low-energy starting point** for patients who cannot tolerate intensive programs
- **A foundation to support deeper work** such as somatic tracking, trauma work, emotional processing, exposure, or cognitive restructuring
- **A self-directed resource** designed for independent use, without routine homework review

> *The clinical aim is simple:*
> **Help the threat-scanning brain practice registering small moments of safety.**

Contact: simone@mindbodyjoy.org

THE SHIFT GLIMMER INVITES

Before practice	With repeated safety practice
Scans for symptoms and danger	Notices symptoms and safety cues
Treats neutral sensations as threatening	Practices noticing neutral or reassuring sensations
Filters out what is okay	Registers steadiness, relief, and support
Gets stuck in rumination	Practices flexible attention
Relies on insight from the session only	Builds daily between-session repetition
Feels unsure what to do alone	Has a simple daily roadmap

GLIMMER helps patients build the attentional flexibility needed to notice more than threat.

That shift can support emotional regulation, pain reprocessing, somatic tracking, mindfulness, self-trust, and deeper therapeutic work.

WHAT PATIENTS DO

GLIMMER removes the guesswork. It is self-paced and **delivered by mobile app** or desktop.

Each day includes:

- **One short morning prompt:** A pointer toward noticing and registering safety, steadiness, or capacity during the day
- **Evening reflection:** A 7-minute guided journaling practice
- **Somatic integration:** A 3-minute audio to help anchor safety cues in the body

Total time: **about 10 minutes a day**

Across five weeks, patients practice neuropositive skills including noticing, savoring, strengths, progress, mindfulness, perspective, gratitude, and acts of kindness.

WHO GLIMMER IS FOR

GLIMMER may be a strong fit for patients stuck in **hypervigilance, constant symptom monitoring, rumination, catastrophizing, chronic stress or burnout, anxiety, chronic pain, neuroplastic or mindbody symptoms, Long COVID recovery patterns, fatigue or ME/CFS-pattern symptoms, fear of symptoms, relapse, or bodily sensations.**

Especially for patients who say:

"I know I'm safe, but I don't feel safe."

"My brain always looks for what's wrong."

"I understand the concept, but I don't know what to practice between sessions."

WHAT PATIENTS PRACTICE EACH WEEK

Week	Skill	What It Trains
1	**Noticing & Savoring**	Catching small moments that feel okay, relieving, steady, or safe — and staying with them long enough for the nervous system to register them
2	**Strengths & Progress**	Reconnecting with capacity, agency, and evidence of "I can handle this"
3	**Mindfulness**	Placing attention on purpose and gently redirecting without urgency or self-criticism
4	**Perspective & Gratitude**	Holding what is hard alongside what is supportive, meaningful, or still available
5	**Acts of Kindness**	Turning attention toward connection and relational safety cues

THE RESEARCH INFORMING GLIMMER

GLIMMER draws from positive affect research, Pain Reprocessing Therapy principles, Positive Psychology, and clinical experience with neuroplastic symptoms.

Positive affect practice is not positive thinking. It helps patients notice real cues of relief, support, connection, steadiness, or capacity — the kinds of signals threat-focused nervous systems often filter out.

GLIMMER is informed by:

- Broaden-and-build theory
- Positive affect skill-building research, including LARKSPUR
- Pain Reprocessing Therapy
- Clinical work with chronic pain, fatigue, and nervous system dysregulation

SUGGESTED REFERRAL LANGUAGE

You might introduce GLIMMER to a patient this way:

> *"This is a short daily practice that helps your brain and nervous system remember how to register safety alongside discomfort. Since your system has been scanning for danger for a long time, we want to gently practice noticing what is steady, supportive, or okay too. I think this could be a useful between-session support for you."*

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For a PRT patient:

> *"This may support the safety side of our work. The more your brain practices noticing safety in ordinary moments, the easier it may become to approach sensations with less fear."*

REFERENCES

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ABOUT GLIMMER

GLIMMER was created by **Simone Holderbach, NSRC/LMT**, a Neuroplastic Symptom Recovery Coach, neurology-focused manual therapist, Advanced PRT practitioner, and founding member of the ATNS Coaches Advisory Council.

With 15 years of clinical experience, Simone helps clients retrain protective responses, support nervous system regulation, and rebuild trust in their bodies.

READY TO REFER A PATIENT?

> Send them to www.mindbodyjoy.org/glimmer-course to enroll.
>
> GLIMMER is self-paced, so they can begin the same day.

SUPPORTING A CLIENT TAKING GLIMMER?

The free GLIMMER Practitioner Companion outlines each week's skills and why they matter, with optional check-in questions for your regular sessions.

No teaching or supervision required.

View the Practitioner Companion (PDF)

