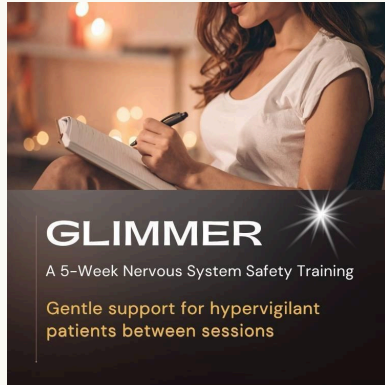


FOR CLINICIANS

GLIMMER

A 5-Week Nervous System Safety Training for Hypervigilant Patients



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 notice 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. Instead, they practice noticing small, real cues of safety that are already present but often filtered out by a threat-trained brain.

WHY CLINICIANS REFER TO GLIMMER

For many patients, the challenge is not lack of insight. It is lack of repeated, embodied practice.

They may understand that their symptoms are safe, that their body is not broken, or that their nervous system is overprotective. But once they leave your office, their attention often returns to monitoring, bracing, researching, checking, and predicting danger.

GLIMMER gives patients a clear daily roadmap for the hours between sessions.

It can be used as:

- **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, emotional processing, trauma work, exposure, or cognitive restructuring
- **A self-directed resource** that requires no extra clinician time, monitoring, or homework review

The clinical aim is simple:

Help the threat-scanning brain practice registering safety.

WHAT GLIMMER IS

GLIMMER is a 5-week, self-paced nervous system safety training delivered by mobile app and desktop.

It is designed for people with limited energy, high symptom sensitivity, and overactive threat monitoring.

Each day, patients complete a brief practice that helps them notice, savor, and integrate small signals of steadiness, comfort, connection, relief, progress, or capacity.

THE DAILY RHYTHM:

- **Morning:** A short prompt sets a gentle lens for the day
- **Evening:** A 7-minute guided reflection helps the patient identify what felt even slightly okay, steady, supportive, or possible
- **Somatic integration:** A 3-minute audio helps those cues land in the body

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

Each week also includes a short video lesson explaining the nervous system skill being practiced.

WHAT GLIMMER IS NOT

GLIMMER is not a replacement for psychotherapy, medical care, psychiatric care, PRT, trauma treatment, or pain psychology.

It does not ask patients to:

- Deny pain or symptoms
- Pretend they are fine
- Think positively about distress
- Stop medications or treatment
- Process trauma independently
- Track symptoms obsessively
- Push through limited capacity

GLIMMER is a structured, gentle skills practice. It helps patients notice:

“Something may be hard right now, and something may also be safe, steady, or supportive.”

That *“both/and”* capacity is the heart of the work.

THE CLINICAL PROBLEM GLIMMER SOLVES

Many patients with chronic pain, anxiety, fatigue, trauma-adjacent dysregulation, or neuroplastic symptoms live in a narrowed attentional field.

Their nervous system has learned to prioritize threat.

They may constantly ask:

- *Is this symptom worse?*
- *What does this sensation mean?*
- *Am I relapsing?*
- *Did I overdo it?*
- *What if this never gets better?*
- *What if I am unsafe in my own body?*


This threat focus can become self-reinforcing. The more the patient scans for danger, the more danger the brain expects. The more danger the brain expects, the more closely the patient scans.

GLIMMER interrupts that loop by training a complementary skill:

Noticing safety on purpose, in small enough doses that the nervous system can tolerate and register.

This is not about replacing threat signals with positive thoughts. **It is about helping the brain take in a more complete picture.**

Threat may be present.
Pain may be present.
Fatigue may be present.
Fear may be present.

 **And there may also be steadiness, warmth, orientation, support, comfort, agency, connection, or a moment that feels just 1% easier.**

For many patients, learning to register those cues is not automatic. It takes practice.

THE CLINICAL SHIFT

Before practice	With repeated safety practice
Scans for symptoms and danger	Notices symptoms and safety cues
Treats neutral sensations as threatening	Builds more accurate body signals
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.

WHO GLIMMER IS FOR

GLIMMER may be a strong fit for patients who are medically evaluated and stable enough for self-guided practice, but remain stuck in:

- **Hypervigilance**
- **Symptom monitoring**
- **Rumination**
- **Catastrophizing**
- **Chronic stress**
- **Anxiety**
- **Burnout**
- **Chronic pain**
- **Neuroplastic or mindbody symptoms**
- **Long COVID recovery patterns**
- **Fatigue or ME/CFS-pattern symptoms**
- **Fear of symptoms, relapse, or bodily sensations**

It is especially useful for patients who say things like:

- *“I know I’m safe, but I don’t feel safe.”*
- *“I had a good day, but I spent the whole time waiting for the crash.”*
- *“I understand the concept, but I don’t know what to practice between sessions.”*
- *“My brain only looks for what’s wrong.”*
- *“I’m too exhausted for a big program.”*
- *“I need something gentle.”*

WHO GLIMMER IS NOT FOR

GLIMMER is not appropriate as a standalone resource for patients experiencing:

- Active suicidality
- Psychosis
- Mania
- Acute psychiatric crisis
- Severe destabilizing trauma symptoms requiring dedicated stabilization
- Inability to consent to or complete a brief independent practice
- Any presentation where self-guided somatic attention may increase risk without direct clinical support

For these patients, GLIMMER may need to wait until adequate stabilization and clinical containment are in place.

HOW GLIMMER SUPPORTS YOUR CLINICAL WORK

Between Sessions

Face-to-face work matters. But nervous system learning happens through repetition.

GLIMMER gives patients a simple daily practice so they are not left wondering what to do after they leave your office.

It can help reinforce the work you are already doing without requiring additional homework design, tracking, or review from you.

Before Deeper Therapeutic Work

Some patients are too threat-activated to engage effectively in deeper work at first.

Before trauma processing, emotional exposure, cognitive restructuring, or somatic tracking can land, the patient may need a stronger baseline capacity to notice safety, orient to the present, and remain with small moments of steadiness.

GLIMMER helps build that foundation.

Alongside Pain Reprocessing Therapy

In PRT, patients often need to reinterpret pain through a lens of safety.

But a patient whose brain is trained to scan for danger may struggle to access safety cues consistently.

GLIMMER helps them practice noticing safety repeatedly throughout ordinary life, which may make somatic techniques and symptom reappraisal more accessible.

Alongside Somatic Tracking

Somatic tracking asks patients to observe sensations with curiosity rather than fear.

For highly vigilant patients, that can be difficult. Attention to the body may immediately become threat monitoring.

GLIMMER strengthens the patient's ability to notice neutral, pleasant, relieving, or steady cues, which can support a more balanced relationship with bodily sensation.

Alongside EAET and Emotional Processing

Patients doing deeper emotional work may benefit from a reliable resource-building practice between sessions.

GLIMMER offers a gentle anchor: a daily reminder that the nervous system can register comfort, connection, support, and steadiness even while difficult material is being processed./

While Patients Wait for Care

For patients on your waitlist, GLIMMER provides a safe, structured, low-energy starting point.

It gives them something productive to practice without positioning itself as a substitute for therapy or medical care.

WHAT PATIENTS PRACTICE EACH WEEK

GLIMMER builds eight neuropositive skills across five weeks.

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

Each week includes:

- One short neuroscience lesson
- Daily prompts
- Guided evening reflection
- Somatic integration audio
- Daily and weekly self check-ins to notice what is shifting

WHY POSITIVE AFFECT MATTERS CLINICALLY

Positive affect is not the same as positive thinking. Positive thinking can become performative or invalidating.

Positive affect practice is different. It helps patients notice real experiences of relief, connection, steadiness, interest, comfort, or possibility.

For threat-trained nervous systems, this matters because threat narrows attention. It pulls the brain toward danger, symptoms, and prediction.

Positive affect can broaden attention. It helps the nervous system include more information.

That broader attentional field can support:

- More accurate threat appraisal
- Greater emotional flexibility
- More access to agency
- Less rigid symptom interpretation
- Increased capacity for deeper clinical work

GLIMMER treats safety as a skill, not a mood.

Patients do not have to feel good to practice. They only have to notice what is also true.

EVIDENCE-INFORMED FOUNDATION

GLIMMER is evidence-informed, not yet independently validated as a standalone intervention.

It draws from positive affect research, pain reprocessing principles, and clinical experience with neuroplastic symptoms.

Broaden-and-Build Theory

Barbara Fredrickson's broaden-and-build theory describes how positive emotions can broaden attention and build psychological, social, and physical resources over time.

GLIMMER applies this idea through brief daily practices that help patients notice real cues of safety, steadiness, and support.

Positive Affect Skill-Building

GLIMMER's structure and skill set are modeled in part on LARKSPUR, a web-based positive affect skills program studied in adults with fibromyalgia.

That research found improvements in positive affect and reductions in pain and fatigue responses to daily positive events, with modest measurable effects at one-month follow-up.

GLIMMER extends this mechanism by adding somatic integration and adapting the practice for a broader group of patients with dysregulated nervous systems.

Pain Reprocessing Therapy

Positive affect, safety reappraisal, and reduced fear of bodily sensations are also important elements of Pain Reprocessing Therapy.

In PRT, patients practice interpreting symptoms through a lens of safety rather than danger. GLIMMER supports this by helping patients repeatedly notice safety cues in daily life.

Clinical Experience

GLIMMER's prompts, reflections, and somatic integration practices are drawn from Simone Holderbach's clinical work with clients experiencing neuroplastic symptoms, chronic pain, fatigue, and nervous system dysregulation.

GLIMMER has not yet been independently studied as a complete program.

WHY I BUILT GLIMMER

In my one-to-one work with neuroplastic symptoms, I kept seeing the same pattern:

Many clients could understand safety intellectually, but their nervous systems still defaulted to scanning, bracing, and fear.

They needed a structured way to practice safety every day — not as forced positivity, but as nervous system training.

Therapy, PRT, coaching, and pain psychology can address this directly. But the practice has to continue outside the appointment.

I built GLIMMER to make that daily practice accessible, affordable, and doable for patients who need a gentle bridge between sessions, before deeper work, or while waiting for care.

SUGGESTED REFERRAL LANGUAGE

You might introduce GLIMMER to a patient this way:

"This is not about pretending things are fine or ignoring your symptoms. It's 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."

For a patient on a waitlist:

"While you're waiting to begin care, this may give you a gentle place to start. It's self-paced, low-energy, and designed to help your nervous system practice small moments of safety without pushing or overdoing."

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.”

ABOUT THE PRACTITIONER

Simone Holderbach is a Neuroplastic Symptom Recovery Coach, Licensed Massage Therapist, Advanced PRT practitioner, and founding member of the ATNS Coaches Advisory Council.

With 15 years of neurology-focused manual therapy experience, she helps clients retrain protective responses, support nervous system regulation, and rebuild trust in their bodies.

Her work sits at the intersection of Pain Reprocessing Therapy, somatic awareness, positive affect research, and neuroplastic symptom recovery.

She has trained with leaders in pain neuroscience and mindbody medicine, including Dr. Howard Schubiner, Prof. Lorimer Moseley, Mark Lumley, Dr. Dan Ratner, Charlie Merrill, and Vanessa Blackstone.

Through mindbodyJOY, she translates positive affect research into daily practices that help people notice and reinforce signals of safety alongside their recovery work.

Bilingual: English and German.

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What's Included

5 Weekly Video Lessons. The neuroscience behind each week's skill, in plain language. The why, not just the what.

35 Morning Prompts. One a day. A gentle shift in what attention looks for, with no extra time required.

35 Evening Journaling Prompts. Seven minutes to reflect and let the day's moments imprint. This is where savored experience becomes lasting change.

5 Somatic Integration Audios. Three minutes each. Guided nervous system settling so the work lands in the body, not just the head.

Daily and Weekly Check-ins. One-minute ratings to notice what's shifting, because tracking progress builds safety too.

Somatic Resource Library. Curated regulating clips for a hard day or whenever the nervous system needs support.

Bonus: 5 phone wallpapers designed to support each week's practice.

Simple. Structured. Designed for real life and limited energy.