

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



John Kennedy

Neuroplastician, the Mental Performance Institute, USA

Abstract

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 boost positivity. Included will be a case study of a patient diagnosed with severe depression and BPD and his remarkable recovery.

Speaker Publications:

1. 2018 *Zombie Thinking - why we do what we do and how to improve it!*
2. 2017 Accelerated Mental Performance, CEC Manual
3. 2016 "Brain Training", British Psychological Society Research Digest
4. 2015 "Does Brain Training Work?", Neuroscientists Speak Out, BeBrainFit
5. 2014 "Being Analog in a Digital World", Cutter IT Journal, Vol. 27. June/July 2014

[International Summit on Depression, Anxiety and Stress Management](#): August 10-11, 2020 Webinar.

Abstract Citation:

John Kennedy, Progressively Accelerated Cognitive Exertion: A Novel Non-Pharma Approach to Overcoming Depression, Stress Meet 2020, International Summit on Depression, Anxiety and Stress Management, Webinar, August 10-11, 2020.

<https://stressdisorder.psychiatrycongress.com/abstract/2020/progressively-accelerated-cognitive-exertion-a-novel-non-pharma-approach-to-overcoming-depression>



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.