

Session #3 After Visit Summary

1) **Mechanicistic**

- Throat clearing and cough suppression: ___ Drinking water ___ Rapid positive pressure breathing (sniff) ___ Slow resetting breaths ___ Lozenges/gum ___ Humming ___ Distraction ___ Yawning ___ Other: _____

- Voice Production: ___ Elide words together ___ Forward resonance ___ Increase effort ___ Use inflection ___ Increased use: singing, reading aloud, socializing ___ Pliability exercises for stiffness ___ Other: _____

- Breathing: ___ Slow pace ___ Diaphragmatic ___ Relaxed throat ___ Relaxed shoulders ___ Relaxed chest ___ Positive pressure (pursed lips, sniffing) ___ Yawning ___ Paradoxical Vocal Fold Movement (PVFM)/laryngospasm prevention & reversal: _____
Other: _____

- Swallowing: ___ Eliminate piece-meal ___ Coordinate breathing and swallowing ___ Alternating liquids and solids ___ Relaxation and reset ___ Bolus hold ___ Eliminate aerophagia ___ Suppress supragastric belching ___ Suppress rumination ___ Other: _____

- Diet/Lifestyle: ___ No food or liquid 3 hours before bed ___ Avoid spicy/acidic ___ Healthier choices ___ Reduce caffeine ___ Reduce alcohol ___ Medication/alginate compliance ___ Other: _____

- Suppression and desensitization techniques provided: ___ Drinking water ___ Rapid positive pressure breathing ___ Slow resetting breaths ___ Humming ___ Distraction ___ Yawning ___ Other: _____

2) **Vagus Nerve Calibration**

Over the course of HRV biofeedback training, you learned how to recognize the difference between a stress-dominant state and a regulated, recovery state in your body. You identified your personal resonance frequency, practiced breathing at that pace, and worked on increasing and sustaining the smooth 0.1 Hz heart–breath pattern that reflects strong vagus nerve activity. You also learned how posture, focus, and mental state influence results, and how consistent daily practice helps retrain the autonomic nervous system to shift more easily into balance.

Moving forward, the goal is to continue building resilience by practicing at your prescribed pace for about 10 minutes daily, ideally with calm focus and minimal distraction. Over time, this strengthens your ability to recover from stress more quickly and reduces the likelihood of getting “stuck” in a heightened state. While this directly supports reduced throat and digestive sensitivity through improved vagal regulation, the benefits extend beyond those symptoms. Higher and more stable HRV is associated with better sleep, improved concentration, emotional steadiness, cardiovascular health, and overall stress tolerance. Monitoring trends in your HRV over weeks and months—using Elite HRV or tools like the free Kubios app—can help you see objective improvements in recovery and nervous system flexibility. Continued practice supports long-term wellness, adaptability, and whole-body regulation.

3) **Cognitive Alignment**

In session, treatment centered on Acceptance and Commitment Therapy, which focuses on changing your relationship to symptoms rather than trying to control or eliminate them completely.



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You explored how fighting throat sensations can increase tension and keep the nervous system on high alert. Instead of organizing your life around avoiding discomfort, you identified personal values such as connection, growth, or stability, and linked those values to clear, meaningful goals. You practiced distinguishing between values, which guide your life over time, and goals, which are specific steps you can take. You also worked on identifying likely barrier and using structured problem-solving to stay aligned with your values. The “walking in the rain” exercise highlighted that discomfort may not always be preventable, but choosing how you respond can reduce added distress and help you keep moving toward what is important in your life.

Throughout treatment, you have learned how thoughts, emotions, body sensations, and nervous system responses influence one another, particularly in the throat and digestive system. You practiced cognitive flexibility and reframing to reduce automatic threat interpretations, increased awareness of stress patterns and emotional expression, and strengthened autonomic regulation through heart rate variability biofeedback. Together, these skills help calm hypervigilance, decrease symptom amplification, and improve resilience. The focus is not on eliminating every sensation, but on building adaptability so symptoms feel less alarming, interfere less with daily life, and allow you to function with greater steadiness and overall well-being.