

## The Infinity Rug: Enabling the Infinity Walk

### ***A “Dual-Brain” Method and Assessment Tool for Health Care Professionals***

Infinity Walk is a “dual-brain” approach to strengthening and integrating the whole person, from balance and physical coordination to self-confidence and emotional well-being. Infinity Walk method integrates many of the important daily life skills that represent the clinical efforts of clinicians and teachers in health care and education. As an effective, progressively more challenging skill-building exercise, numerous professions over the years have adopted and adapted Infinity Walk to meet the needs of the individuals they serve.

### ***A Marriage of the Brain Hemispheres***

Brain hemispheres differ in some very significant ways. Some of these differences are useful; but others can represent physical, cognitive or emotional health concerns. Brain hemispheres do not automatically work together for the good of the whole person. They have to learn to synchronize and coordinate their efforts one new task at a time, just as if individuals must learn to be supportive and work together if they are to succeed in marriage.

### ***Lateral Asymmetries***

Dysfunctional lateral asymmetries of the body and the brain hemispheres can affect any aspect of our physical, cognitive and emotional health. Many thousands of medical research studies have identified both functional and dysfunctional lateral asymmetries.[2]

**PHYSICAL HEALTH:** Lateral brain asymmetries of musculoskeletal structure, function and **MOVEMENT HABITS** contribute to accidents, repetitive motion injuries, and premature joint deterioration.

**COGNITIVE ABILITY:** Lateral brain asymmetries of brain structure, function, and cognitive processes contribute to learning disabilities and performance struggles.

## ***Dual Nature of Limbic Structure***

The limbic system, also called the emotional brain, (shaded area) provides a perfect example of how bilateral brain asymmetries can affect a person on every level of experience, including felt emotional responses. Anything that the brain has two of can potentially have one be healthier or more functional than the other. Mental health can vary from hemisphere to hemisphere, and requires treatment that considers this asymmetry. Infinity Walk was created by a psychologist, Dr. Sunbeck, and uses a gentle self-paced approach to developing emotional strength and resiliency through the integrated support of the bilateral brain. Dr. Fredric Schiffer, of the Harvard affiliated McLean Hospital, has written an excellent text on the topic dual-brain psychotherapy.

