

What Happens in a Mind-Body Bridging Session? FAQ | I-System Institute

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Have you ever wanted to try something new but talked yourself out of it because you didn't know what to expect? That's one of the most common reasons people put off trying Mind-Body Bridging (MBB), even when they're curious. Not because the idea doesn't make sense, but because "session" is a vague word, and vague things are easy to postpone.

So we gathered the questions we hear most often from people considering their first free session at the I-System Institute, and answered them here.

Is MBB Therapy?

MBB is a practical, skills-based approach rooted in psychology, neuroscience, and mindfulness. Sessions are led by trained practitioners and can feel similar to therapy in that you're talking with someone one-on-one about what's going on in your life. But the focus stays on learning a specific, repeatable skill set — recognizing your I-System, understanding your Requirements, and practicing RELACS — rather than open-ended talk therapy.

What Actually Happens in a Session?

Sessions are built around your real life, not a script. You'll typically talk through a situation that's been on your mind, then use a Mind-Body Map to lay out the thoughts and body sensations connected to it. From

there, your practitioner walks with you through identifying Requirements and practicing Coming to Your Senses, so you leave with a tool you can use again on your own, not just a conversation you had once. Sessions are 55-60 mins long.

Do I Have to Talk About Something Serious?

No. Some people come in dealing with major stress, grief, or trauma. Others come in because they keep snapping at their kids, can't sleep, or feel tense for no clear reason. Mind-Body Bridging works with whatever is actually happening in your life right now, big or small.

Is It In Person or Online?

Both. Sessions are available in person at the MBB Clinic on the USU campus or over Zoom, depending on what works best for you.

Who Can Come?

The 10 free MBB Clinic sessions are open to USU students, USU employees, and community members across Utah — no diagnosis or referral required.

What If I Don't "Get It" Right Away?

That's normal, and expected. Recognizing an overactive I-System in real time is a skill, and like any skill, it takes practice. Most people notice the mind clutter and body tension shifting, even a little, before they fully understand why it's working. Your practitioner is there to help you build that awareness at your own pace.

Will I Have Homework?

You may be given simple practices to try between sessions, like noticing your Requirements in a specific part of your day. These aren't graded assignments. They're chances to practice the moment-to-moment awareness that makes MBB useful outside the session, not just inside it. You may be given simple practices to try between sessions, like noticing your Requirements in a specific part of your day. These aren't graded assignments. They're chances to practice the moment-to-moment awareness that makes MBB useful outside the session, not just inside it.

You Don't Have to Argue with “Should”

Requirements aren't a flaw. They're often built from things that genuinely matter to you: fairness, respect, competence, connection. The goal isn't to stop caring about those things. It's to notice when a rigid rule about how they should show up is doing more damage than the situation itself.

Ready to See for Yourself?

The best way to understand what an MBB session feels like is to experience one. The I-System Institute offers [10 free MBB Clinic sessions](#) to USU students, employees, and the wider Utah community, in person or over Zoom.

You don't have to have it all figured out before you walk in. That's actually the point.