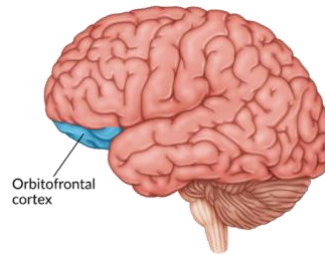


Explaining the OFC to a Client

EMDRIA Conference, Anaheim 2026

Antonieta Contreras



There's a part of your brain, just behind your forehead, whose job is to warn you, before you act, about how what you're about to do will affect the people around you.

It runs quietly, in the background, checking ahead so that by the time you're making a decision, the impact on someone else is already part of the picture.

In some people, that part hasn't fully developed the way it should have.

It's like a muscle that didn't get the chance to build strength. When that's the case, people may think you're careless. They may attribute it to your personality, or to some desire to be that way. In reality, it's a specific function that hasn't caught up yet.

Like any function that hasn't fully developed, it can still be built, through practice, repetition, and paying attention to it on purpose until it starts happening on its own.