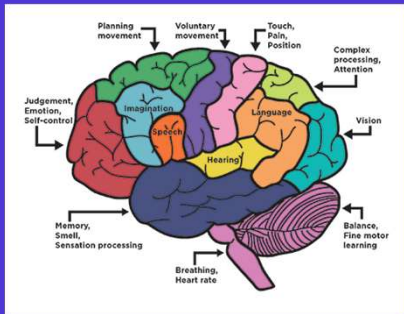






Regional Responsibilities

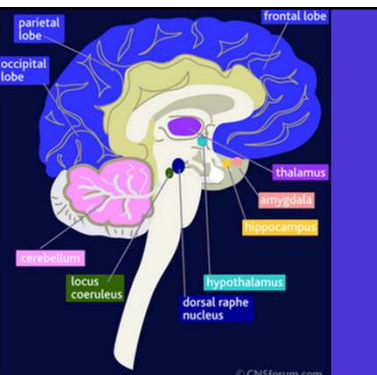


Side to Side

Hemispheres:
Convergent
vs.
Divergent
Thinking



Front to Back



Front

"Thinking about Thinking"
Higher Reasoning
Executive Function

Prefrontal Cortex
9 Functions of the Prefrontal Cortex

1. Empathy
2. Insight
3. Response Flexibility
4. Emotion Regulation
5. Body Regulation
6. Morality
7. Intuition
8. Attuned Communication
9. Fear Modulation

Limbic Brain

1. Fight, flight, freeze stress response
2. Thinks, "Am I safe? Do people want me?"
3. Emotions live here

Mid, Back

Neocortex (Higher-Order Thinking)

Limbic (Emotions)

Reptilian (Survival)

Threat: Fight or Flight

or Freeze, Fawn or Tend, Befriend

Responses to Perceived Threats or Stressors

FAWN	FIGHT	FLIGHT	FREEZE
<ul style="list-style-type: none"> • People-pleaser • Codependency • Lack of identity • No boundaries 	<ul style="list-style-type: none"> • Explosive behavior • Bullying • Controlling • Anger outburst 	<ul style="list-style-type: none"> • Perfectionism • Workaholic • Anxiety • Overthinking 	<ul style="list-style-type: none"> • Isolation • Brain fog • Indecision • Dislocation

Window of Tolerance

Hyperarousal
Hypervigilance, panic, anxiety, anger or agitation

Optimal arousal
Appropriately responsive

Hypoarousal
Numbness, shut down, poor self care, poor boundaries

The Nervous System

Brain illustration

Human figure with nervous system

Neuron illustration

The Nervous System

Human nervous system specimen

Polyvagal Theory


The Function of the Vagus Nerve

Source: Stephen Porges, PhD

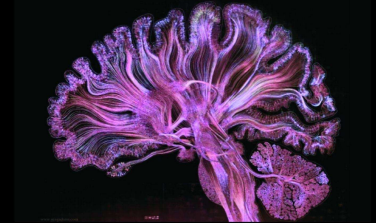
The two branches of the vagus nerve balance the physiological effects of the sympathetic nervous system.

Parasympathetic Nervous System (Dorsal Vagus)	Sympathetic Nervous System (Fight/Flight)	Parasympathetic Nervous System (Ventral Vagus)
slow heart rate	fast heart rate	calm heart rate
low blood pressure	high blood pressure	steady blood pressure
low temperature	high temperature	average temperature
low volume breath	big shallow breath	diaphragmatic breath
low metabolism	high metabolism	healthy metabolism
protective processes	quick cell processes	restorative processes
gut shutdown	gut shutdown	rest & digest
resource saving	resource draining	resource renewal
numbing of pain	sensitization to pain	aches & pains soothed

Behavior

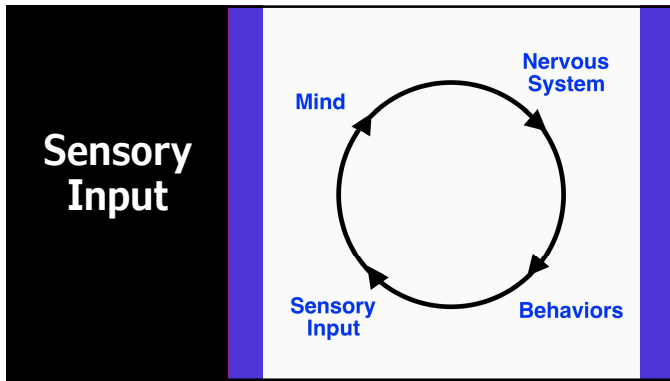


Behavior



A tantrum is the brain's attempt to reset the nervous system to become calm again.

Quote: Lisa Feldman Barrett, neuroscientist, psychologist, author
Artist: Greg Dunn, neuroscientist. 8 X 11 foot gilded engraving



Trauma

Adverse Childhood Experiences

All Effects of ACEs

ACE FACT SHEET

- addictions
- anxiety depression PTSD
- autoimmune disease & chronic illness fractures
- injuries, intentional & not intentional more marriages
- intimate partner violence
- low life satisfaction
- greater challenges with parenting
- giving birth prematurely
- smoking
- teen pregnancy
- self-harm violence

Trauma

Trauma is not about Thought

Hypervigilance is not a thought.
 Startle is not a thought.
 Dissociation is not a thought.
 Triggers are not a thought.
 Freezing is not a thought.
 Shutting down is not a thought.

These are **autonomic responses** below the level of the thinking mind.

Quote: © CPTSDCOACH
 Artist: Raiaela Seniff

**Interrupting
the
Vagus Nerve**



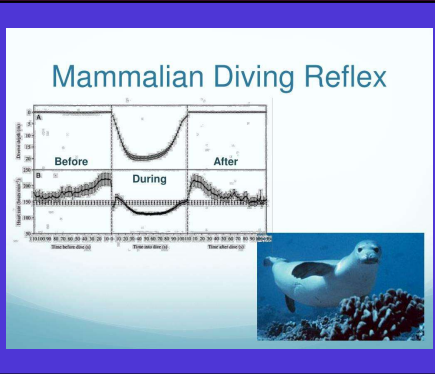
- 1. Humming
- 2. Ice
- 3. Cold Water Splash
- 4. Breathwork
- 5. Co-Regulation



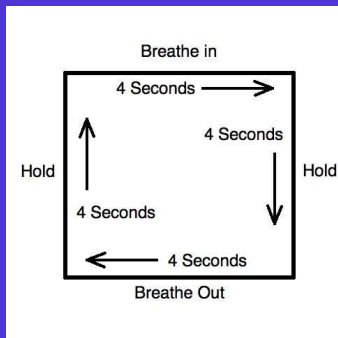
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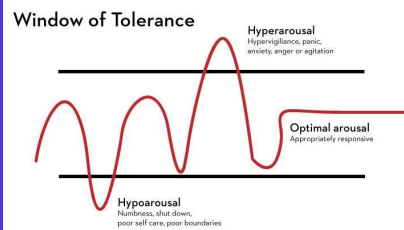
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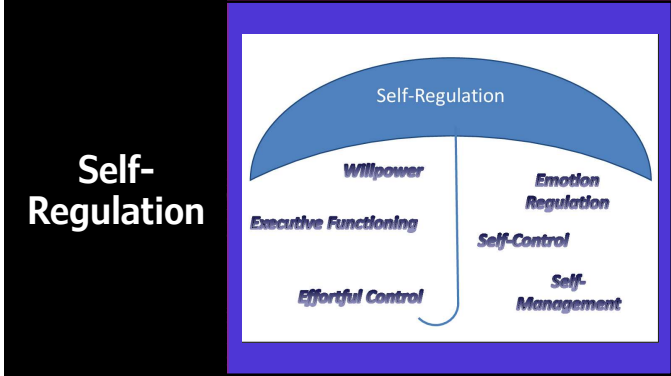


- 1. Humming
- 2. Ice
- 3. Cold Water Splash
- 4. Breathwork
- 5. Co-Regulation



Window of Tolerance





Self-Regulation



Self-Regulation



The Mind: Thoughts & Questions








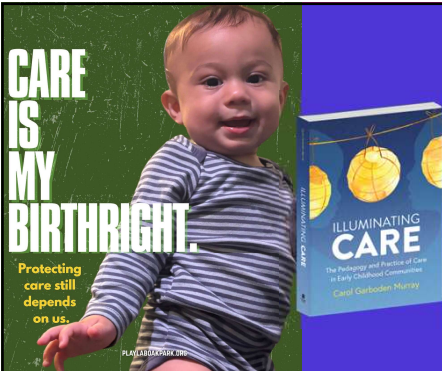
Love is the supreme form of communication.
In the hierarchy of needs, **love** stands
as the supreme developing agent
of the humanity of the person.

As such, the teaching of **love** should be
the central core of all early childhood
curriculum with all other subjects
growing naturally out of such teaching.

- Ashley Montagu




Love



CARE IS MY BIRTHRIGHT.
Protecting care still depends on us.

ILLUMINATING CARE
The Pedagogy and Practice of Care in Early Childhood Communities
Carol Gerboden Murray

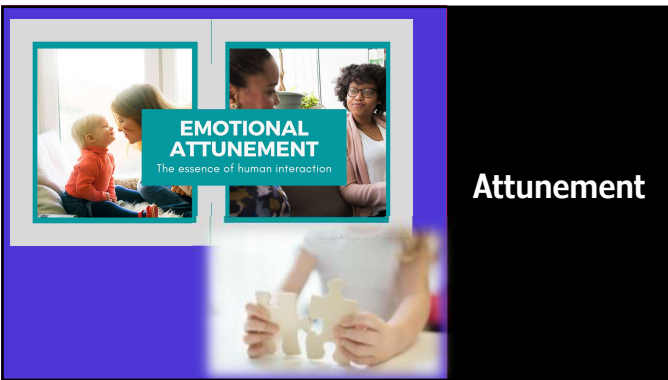
Caring Relationships



The Three S's:
Safety
Security
Support



Attachment



Attunement



Co-Regulation

Why Co-Regulation is Important.

"Co-regulation is where one nervous system calms another. It happens when you have a caregiver who is attuned to you as a child. They can use their body, the tone and pitch of their voice, and their breath to anchor safety for you as a child and calm you down."
Jennifer Nurick



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@PSYCHOTHERAPY.CENTRAL

Co-Regulation: What is it?



Co-Regulation

We must be in a safe environment to allow our nervous system the opportunity to inhibit or shut down its automatic defense systems. Once these systems are offline, so to speak, our heart rate begins to decrease as we experience safety, which in turn allows us to socially connect with others in order to experience a calming.

Deborah Spangler SZC Practitioner

Co-Regulation: What is it?

Co-regulation is what builds a child's future ability to manage life's ongoing challenges flexibly, face adversity, and form loving attachments with others.



Co-Regulation: Why?

Reactive

Co-Regulation Techniques	
TECHNIQUE	DESCRIPTION
Label Feelings	Help your child identify big feelings by labeling your child's feelings in a neutral tone of voice. For example, "It seems like that really frustrated you," or "I can see how you feel when..."
Breathe Together	Calmly take deep breaths so your child can see you practicing self-calming. If it does not make your child more soothed, sit next to or hold your child while you breathe deeply so your child can feel the rhythm of breathing.
Body Calming	Slowly and rhythmically rub your child's back, feet, etc. when they are recovered. Connecting like this lets them know that you will be there when they are ready to talk.
Back Stories	Tell your child a story while drawing on the top half of your child's back. For example, draw a circle with eyes for the sun, draw triangles for mountains, tap your fingers to make up the mountain, and brush your hand back forth to make wind. Then, switch places and let your child tell a story on your back.
Music	Sing or play relaxing songs. Model how to sing/dance/play an instrument. Your child will learn to use music as an active calming tool.
Sensory Activities	Creating a soothing environment can reduce distress. Try lowering lights and turning off noisy toys and devices. Weighted blankets or other objects that children can touch or feel can help them focus and calm down. A cold washcloth over the eyes can reduce visual stimulation and calm an overly stressed system.

Co-Regulation: How?

EMDR tapping to regulate the nervous system

It hurt your feelings that I put you to bed yeah yeah

Co-Regulation: How?

Proactive



A Dozen Ways to Co-Regulate with your Child

- Lower your Body Position
- Lower your Voice
- Soften your Facial Expression
- Model Deep Breathing
- Do Heavy Work Together
- Walk Outside
- Offer Deep Pressure
- Model a preferred sensory activity
- Move your Body Together
- Dim the Lights
- Stop Talking
- Change your Proximity

@coastalconnectionsot

Co-Regulation: How?

<p>Other Proactive Techniques?</p>	<p>Co- Regulation: How?</p>
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<p>Old Paradigm</p> <ul style="list-style-type: none"> *We blame/incentivize children for refusing to comply—as if they're always making a choice. *For “choosing” behaviors we deem “inappropriate.” *We consequence them based on the assumption that a negative consequence will help them “learn” to behave better. <div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: right;"> <p>#Brain-BodyParenting</p>  </div> </div>	<p>Co- Regulation: How?</p>
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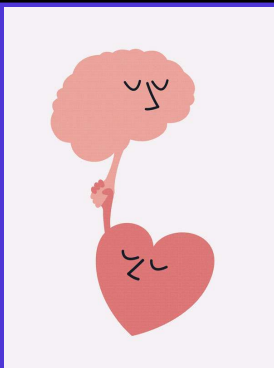
<p>New Paradigm</p> <ul style="list-style-type: none"> *We assume that children want to cooperate when they can. *We understand the difference between a stress response and a “misbehavior.” *We understand that co-regulation in safe connected relationships is the answer, and not rewards or consequences. <div style="display: flex; justify-content: space-between; align-items: center;">  <div style="text-align: right;"> <p>#Brain-BodyParenting</p>  </div> </div>	<p>Co- Regulation: How?</p>
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When you're both dysregulated

**Co-Regulation:
How?**



**The Heart:
Thoughts
&
Questions**



**Discussion:
Applications**

