

Getting to Green: In Ourselves, Our Relationships, Our Clients

Getting to Green:
In Ourselves, Our Relationships, Our Clients



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Setting the Stage – brief review
& for some, something new!



Life Is Short...
LEARN *Learn*
something
New

3 Key Concepts, 3 Key Steps



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“Bottom-Up” Processes

Bottom-up = Any behavior that is...

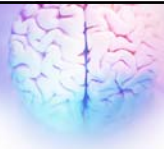
- Automatic & Habitual
- Things we do without thinking
- Often does not involve the use of words
- Begins at birth
- Dominates the early years
- Not easy to change; can last a lifetime

“We learn by example and by direct experience because there are real limits to the adequacy of verbal instruction.”

Malcolm Gladwell

“Habit is Stronger Than Reason.”

George Santayana



Our Default Modes

Anything & Everything
Automatic!

Whether...

- Actions
- Words
- Feelings
- Thoughts



“Top-Down” Processes

Top-down = Any behavior that is...

- Conscious & Effortful
- Things we do with thinking
- Often does involve the use of words

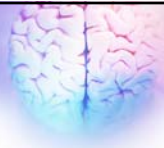
“The mind is everything, what we think, we become...”

Gautama

Buddha

“There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them.”

Dennis Waitley



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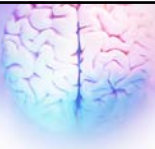
Our Intentional Modes

Anything & Everything
Deliberate!



Whether...

- Actions
- Words
- Feelings
- Thoughts

Deliberate
Actions




#2. Our early years brain networks
are based on serve & return experiences



paa433000014 fotosearch.com

http://developingchild.harvard.edu/resources/multimedia/videos/three_core_concepts/serve_and_return/

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"What fires together,
wires together"





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3. Adaptive versus Toxic Stress

How do we translate “what matters” in early brain development to a comprehensive assessment & intervention process for infants and parents?

What Matters:	Assess & intervene to (3 steps to NRF):
<ul style="list-style-type: none"> Stress Resilience versus Toxic Stress “Serve & return” levels of high quality engagement Healthy development of brain networks and circuits 	<ul style="list-style-type: none"> Step 1: Improve stress and stress recovery patterns in child and parent Step 2: Improve the level(s) in the quality of engagement in relationships Step 3: Improve individual sources of vulnerability (triggers) & resilience (toolkits) in brain networks

Cascade Effect

- Neglect disrupts the firing/wiring of brain architecture & circuits
- In 2010 alone, neglect accounts for 78% of all child maltreatment cases nationwide, far more than physical abuse (17%), sexual abuse (9%), and psychological abuse (8%) combined. *In Brief, The Science of Neglect, pg 2.*
- Finally, the vast majority of children who die as a result of child maltreatment are victims of neglect (70%), rather than other forms of child maltreatment (DHHS, 2013).
- Toxic stress disrupts circuits that exist

....“estimate that over 80% of foster children they examined suffered from developmental, behavioral, or emotional problems (between two and eight times the national averages).”

Stock & Fisher, 2006, Child Welfare League of America, pg. 446.

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Why Ourselves First?

- We cannot help others if we are not ready to help others
- We learn to help others by taking care of ourselves
- Helps us prevent burn-out; helps us with vicarious trauma/compassion fatigue
- We can teach something to others if we procedurally know these steps & use them ourselves

Facilitate Recovery in Self



Put Your Oxygen
Mask on First,
Then Help Others

Chinese Proverb



I hear and I forget

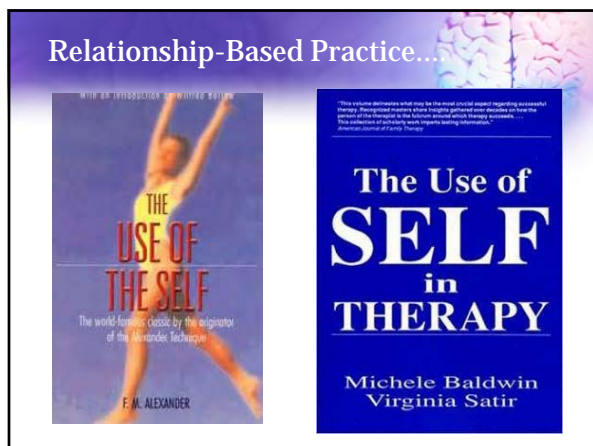


I see and I remember



I do and I understand

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“Know thyself...” Temple of Apollo at Delphi

- We hold the *potential* to be able to use ourselves as a healing agent of change with families, in creating new procedural experiences
- What are we bringing to the system?

KNOW THYSELF
SOCRATES

Parallel Processes...



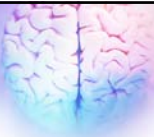
Integrating...from micro to macro

- Personal
- Interpersonal
- Institutional
- Cultural


Simultaneously, similar dynamics occurring on multiple levels

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Parallel Processes



- There is a parallel process that exists between ourselves and others in our lives on multiple levels –*from the mundane to the sublime!*




Ourselves, Our Partners,
Our Children






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Parallel Process Across the
Lifecycle




- Watching baby clips does not mean this is “just” for babies!
- Parallel process of educating you about infants and young children while looking at ourselves!
- These 3 steps are for infants, toddlers, latency aged children, teenagers, young adults, adults, & the elderly.


From




To



To



To



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**Ourselves, Our Parents,
Their Children**

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Reflective Practice....

- We need safe places to digest our stress responses to our families
- We need time to sort out....
 - Is this more about me?
 - Is this more about my family?
 - How are we both being triggered?
 - What does this mean?
 - Are we co-creating an “old” relational procedure?
 - How can we be a part of shifting to “new” relational procedures?

Feed Back Loops

Creating open learning systems

From curiosity...
To disappointment...
To accepting the need for new information...
To new hope and curiosity...

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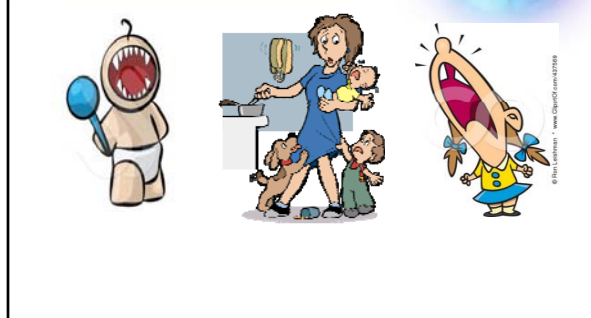
Taking Cues from You!

- Parallel process in our engagement as a class!
- Bi-directional feed back, so I will work hard to follow your cues
- Please, if I/we are missing them, tell me/us!
- Since we are applying this material to ourselves, I will be pacing and working hard not to rush

What behaviors do you have when YOU are under stress?



What behaviors do you see in your families when they are under stress?



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What do YOU think is a challenging behavior!?

- Please give us your words for challenging behaviors...

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These are words we've heard used...

- Aggressive
- Attention-seeking
- Coercive
- Defiant
- Distracting
- Lacks motivation
- Manipulative
- Non-compliant
- Oppositional
- Resistant
- Spoiled
- Temper tantrums
- Willful
- Withdrawn


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In our culture, we are taught...

- That children are doing these behaviors “on purpose” and that ...
- Rewards and punishments/consequences are how to help these behaviors...
- And, if these are not working, then parents are to blame!

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Parents are not...

- Setting firm enough limits
- If you do have limits, then...
- You do not have enough consequences
- If you do have consequences, then..
- You are not consistent enough with following through with consequences

OR

- You are not sensitive enough to reading the child's cues
- Not empathic enough

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The Blame Game!

We believe, that in this way of viewing behaviors, we end up either blaming the child, blaming the parents, or both!

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- We want to shift to a “no blame” zone!
- We accept that we **ALL** have “challenging” behaviors from time to time and...

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Step One: The Foundation to the House

How Sturdy or Fragile is the Foundation?



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Step #1:
How do we identify stress & stress recovery ?

A. Recognize what stress recovery looks like and who we are at our Best!



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B. Recognize three primary stress responses and who we are at our Worst!

C. Recognize four toxic stress patterns

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Step #1A:
How do we identify stress recovery ?

- Recognize what stress recovery looks like:
 - **Deep sleep**
 - **Green zone**

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[illegible]

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Non Verbal Cues Last a Lifetime

- 93% of communication is nonverbal
- Eye contact
- Facial expression
- Tone of voice
- Body posture, movement, & gestures
- Rhythm, rate, & intensity

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What's outside? What's inside?

Face

Chest/breathe

Tone of voice/words

Heart

Body posture

Gut

Gestures

Feelings

Intensity

Thoughts

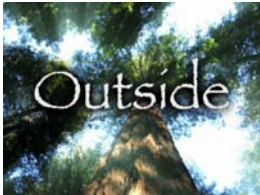
Felt sense of "being" inside

"The ego is first and foremost a bodily ego"...Sigmund Freud


"The organization of state (of arousal) governs the quality of one's inner experience"...Louis Sander

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Do “outside” & “inside” match or mismatch?



Human anatomy



Match versus Mismatch

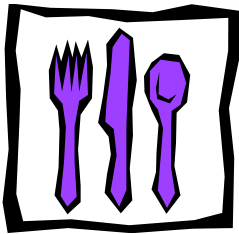
Match

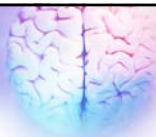
- Coordination of inside and outside
- I can get my needs met for closeness (co-regulation)
- I can get my needs met for exploration (self-regulation)

Mismatch

- Mismatch of inside and outside
- I miss-cue my needs for closeness
- I miss-cue my needs for exploration
- How much do I cover up?



LUNCH!





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Green Zone is 'just right'...
for learning and relationships



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Everyone Can Learn to Read
Non-Verbal Cues

- 93% of communication is nonverbal
- Eye contact
- Facial expression
- Tone of voice
- Body posture, movement, & gestures
- Rhythm, rate, & intensity




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Video clips

What do you see in the non-verbal cues in the green zone?

- Happy grandfather 7 days old!
- Happy baby and mom 4 months old



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How Do You Show Your Green Zone?



- Please circle non-verbal body cues that you show others when you are in the green zone
- Are you matching or mismatching what you feel inside with what you show outside?
- Pick a vignette to share about your body's signals with the person to your right!

Green Zone Grows!



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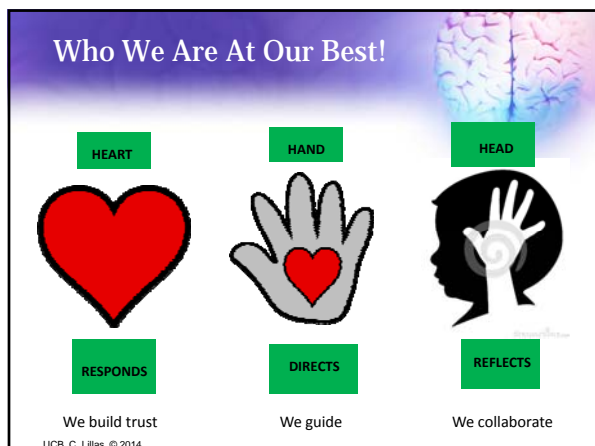
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Who Are We At Our BEST?



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Finding Yourself
Heart Personalities
(Caring Feeling Matters)

**Heart Personalities:
Lead by Empathy**

- Are warm & engaging
- Follow other's lead
- Learn through feelings
- Mirror and offer empathy
- Prefer to seek harmony in relationships

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Finding Yourself
Hand Personalities
(Active Doing Matters)

**Hand Personalities
Lead by Action:**

- Like to be doing things with others
- Take the lead
- Are directive
- Set up structure and follow procedures
- Coach & mentor others
- Can tolerate conflict
- Press for results

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Finding Yourself

Head Personalities

(Logical Thinking Matters)



Head Personalities Lead by Thinking:

- Are reflective
- Educate others
- Problem-solve
- Negotiate with others
- Gather knowledge
- Use logic
- Prefer self-reliance



Finding Yourself

In a natural disaster, would you...?

Hurricane Katrina










Finding Yourself

In a natural disaster, would you...?

Pour out your feelings?

Express yourself by calling, sending cards or letters, offering prayers from the heart...



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Finding Yourself

In a natural disaster, would you...?

Move into action?

Express yourself by wanting to go to help clean up the mess, help build houses, organize and collect supplies to be sent to the area...







Adapted from Lillas & Turnbull, © 2009



Finding Yourself

In a natural disaster, would you...?

Solve the problems?

Express yourself by reading, talking, & thinking about the problems and coming up with solutions....



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Finding Yourself

In a time of grief, would you...?

- If a loved-one of yours or of a friend's died, would you...
 - Let's hear the heart responses
 - Let's hear the hand responses
 - Let's hear the head responses





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Stress & Stress Recovery
Individual Differences




Who We Are At Our Best!		
Heart Under Coordination	Hand Under Coordination	Head Under Coordination
Responsive Engagers/Feelers	Directive Doers	Reflective Thinkers
Body: Calm, alert, relaxed	Body: Calm, alert, relaxed	Body: Calm, alert, relaxed

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How much Heart, Hands, or
Head did you get growing up?




HEART



RESPONDS

We build trust


HAND



DIRECTS

We guide

HEAD

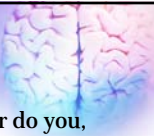


REFLECTS

We collaborate

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How Much “Green Zone”
Do You Each Have?



- How much **green zone** behavior do you, your partner, your child(ren) have during any given day? [0, 25, 50, 75, 100%]
- Is there a difference in the “green zone” between a day during the week and on the weekend?
 - Some do “better” during the week when there is often more structure
 - Some do “better” during the weekend when there is often less structure

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Step #1:
How do we identify stress & stress recovery ?

A. Recognize what stress recovery looks like and who we are at our Best!



B. Recognize three primary stress responses and who we are at our Worst!

C. Recognize four toxic stress patterns

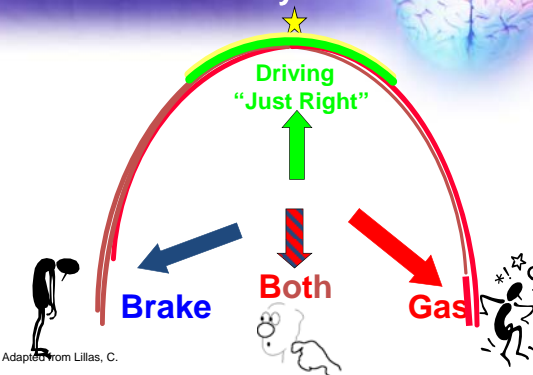
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Who We Are At Our WORST?



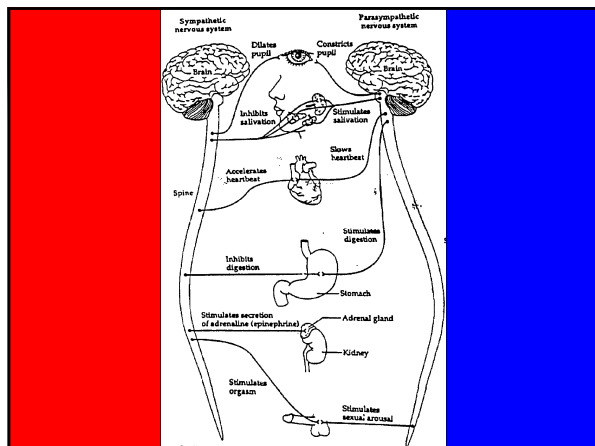
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Our Nervous System



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What's outside? What's inside? Match? Mismatch?

Face		Chest/breathe	
Tone of voice/words		Heart	
Body posture		Gut	
Gestures		Feelings	
Intensity		Thoughts	

Adaptive Stress

Stretches out	Bounces back


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Reading Non-Verbal Cues:
Combo Zone 

A Baby's Vigilant State:



*How Do You Show
Your Stress Zones?*



- Please circle non-verbal body cues that you show others when you are in the combo zone
- Are you matching or mismatching what you feel inside with what you show outside?
- Pick a vignette to share about your body's signals with the person to your left!


Reading Non-Verbal Cues:
Red Zone 

A Baby's Flooded State:



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How Do You Show Your Stress Zones?



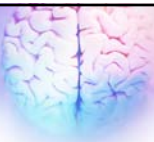
- Please circle non-verbal body cues that you show others when you are in the red zone
- Are you matching or mismatching what you feel inside with what you show outside?
- Pick a vignette to share about your body's signals with the person to your right!

Reading Non-Verbal Cues:
Blue Zone 

A Baby's Shut-Down State



How Do You Show Your Stress Zones?



- Please circle non-verbal body cues that you show others when you are in the blue zone
- Are you matching or mismatching what you feel inside with what you show outside?
- Pick a vignette to share about your body's signals with the person to your left!

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Reflection On Individual Differences

Who We Are At Our Worst!

Body Under Stress	Body Under Stress	Body Under Stress
Hypervigilance	Crying, Anger, Rage	Shut Down, Glazed
Fear, Anxiety	Hyperactivity, Mania	Depression, Dissociation

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Our Nervous System

Adapted from Lillas, C.

When your mother/father goes **red**, what zone do you go?

Mother/Father

RED

Yourself

RED


BLUE

COMBO

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When your partner goes **blue**,
what zone do you go to?



Partner

BLUE

Yourself


RED

BLUE

COMBO

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When your child (foster) goes **combo**,
what zone do you go to?



Child

COMBO

Parent

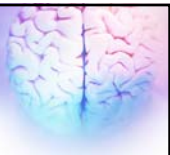
RED


BLUE

COMBO

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Transition...





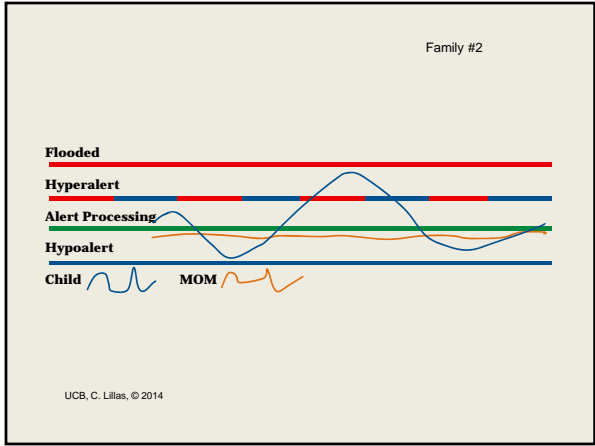
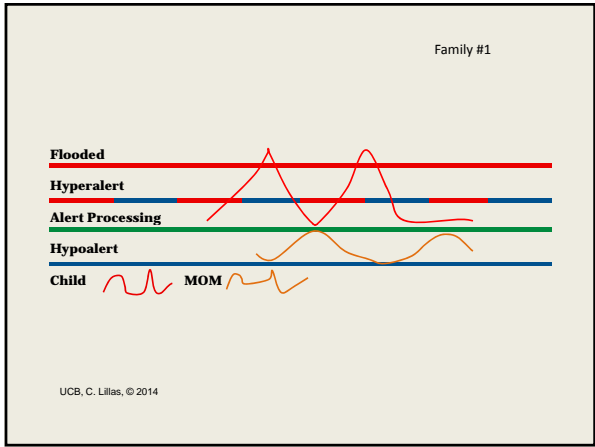
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Parallel Process “Dance” Patterns

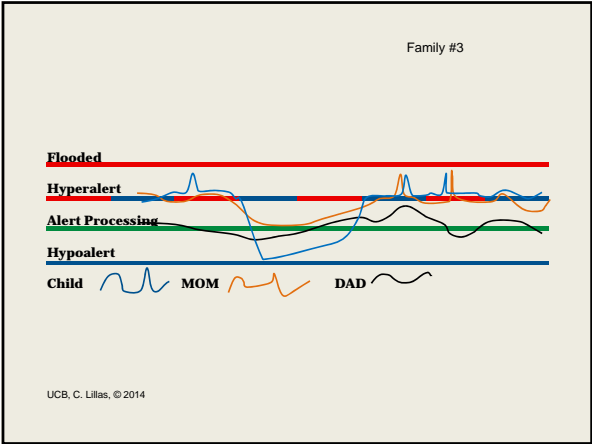
- With your partner
- With your child(ren)
- With your in-laws
- With your boss
- With your colleagues
- With your clients

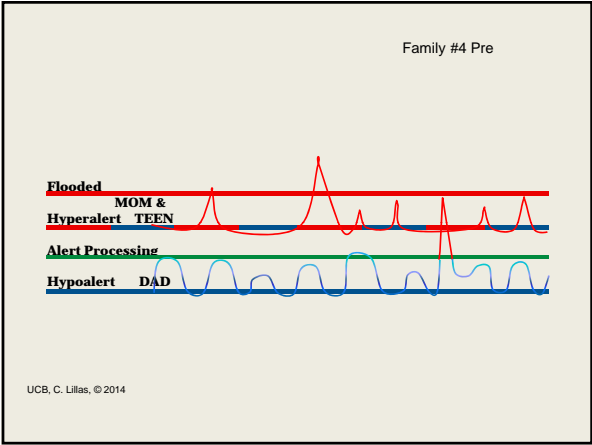
Which “dance” patterns are the same?

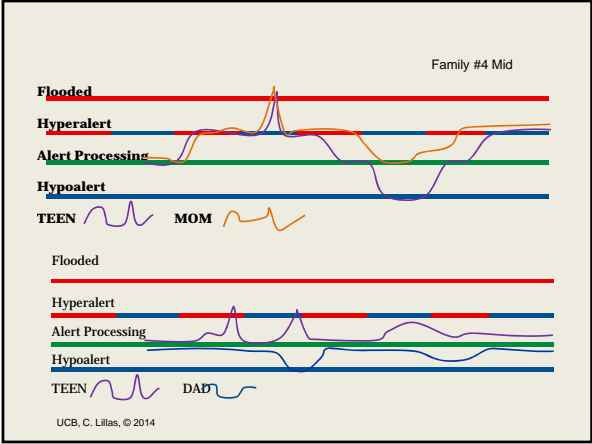
Which “dance” patterns are unique?



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At Our Best & Our Worst

Heart Under Coordination

Responsive

Engagers

Hand Under Coordination

Directive

Doers

Head Under Coordination

Reflective

Thinkers

Body Under Stress

Hypervigilance

Fear, Anxiety

Body Under Stress

Crying, Anger, Rage

Hyperactivity, Mania

Body Under Stress

Shut Down, Glazed

Depression, Dissociation

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Catch Yourself At Your Best & Worst!

Ourselves, Our Partners, Our Children




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See you next time!