

Getting to Green
 Step #3: Body, Sensory, Feeling, & Thoughts
 Triggers & Toolkits

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



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3 Key Concepts, 3 Key Steps

3 Key Concepts on Early Brain Development

- Adaptive stress is healthy; toxic stress corrupts brain networks
- Positive or negative engagement influences networks & lifelong expectations
- Brain networks are set up based upon actual experiences

3 Key Steps to Assessment & Intervention


- #1 Managing Stress
- #2 Quality of Relationships
- #3 Individual Differences



It is rarely the case that there is a single cause to the behaviors we see.

- When Step 1 and Step 2 show some concerns...proceed to Step 3 to assess individual differences!
- The meaning of behavior is based upon multiple causality, rather than singular causality, as multiple causes usually underlie the "behavioral problems" that are identified as the presenting problem

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What Are Your Triggers?



What Are Your Toolkits?



Ourselves, Our Partners,
Our Children



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 Triggers & Toolkits



Step #3:
Assess for Sources of Vulnerability and Resilience Across Four Brain Systems

Guiding Principles

- There is no one-size fits all
- Assess on a “Macro” level the links with service delivery and diagnosis
- Assess on a “Micro” level functional needs that help guide the what is needed
- Distinguish between developmental age and chronological age

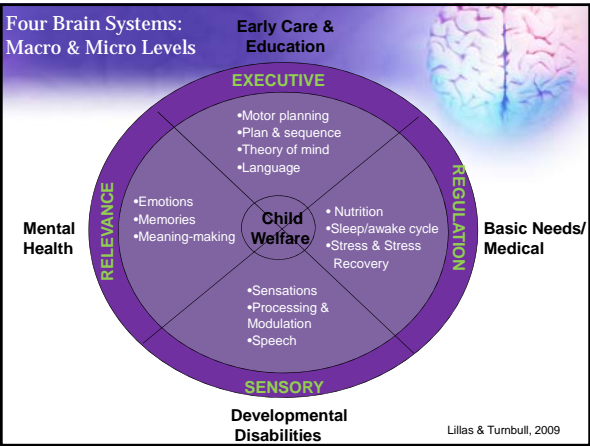
Thinking/Planning

Feeling

Sensing

Body

Bottom-Up Progression



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Facilitate Stress Recovery in Self and Others



Stress & Stress Recovery

- 4 Trigger Points

Self	Partner	Child
------	---------	-------

 - Body
 - Sensing
 - Feeling
 - Thinking/Planning
- 4 Prevention/Recovery Toolkits

Self	Partner	Child
------	---------	-------

 - Body (inside)
 - Sensing (outside)
 - Feeling (inside)
 - Thinking/Planning (outside)

Facilitate Recovery in Self





Put Your Oxygen Mask on First,
 Then Help Others

Facilitate Stress Recovery in Self

Identify your own stress recovery toolkits





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Facilitate Stress Recovery

Identify Your Own Trigger Points

1. Body triggers, core life stressors

Body Triggers

Macro

- Any significant pre-natal history
- Any medical, chronic or acute conditions
- Any financial stressors
- Global, life stressors (e.g., moving, caring for elderly parent)

Body Triggers

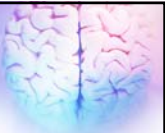
Micro


- Sleep concerns
- Stress zone patterns, stuck in one zone, fast transitions**
- Poor/accurate cue sender of body cues
- Poor/accurate cue reader of body cues (hunger, thirst, tired, bowel/bladder pressure)
- Nutritional/diet/toileting issues
- Body site where stress finds a "home"

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Facilitate Stress Recovery

Identify Your Own Trigger Points






Where Will You Feel the Stress?


- Headache
- Shoulders
- Stomach
- Back
- Chest
- Throat
- Jaw
- Blood "boiling"

Imbalance of 1, 2, & 3's




sure!

Tipped towards 1's = HEART




Tipped towards 2's = HAND




Tipped towards 3's = HEAD

Three Spheres of Control




The 3 Spheres of Control



Who We Are At Our BEST!

HEART

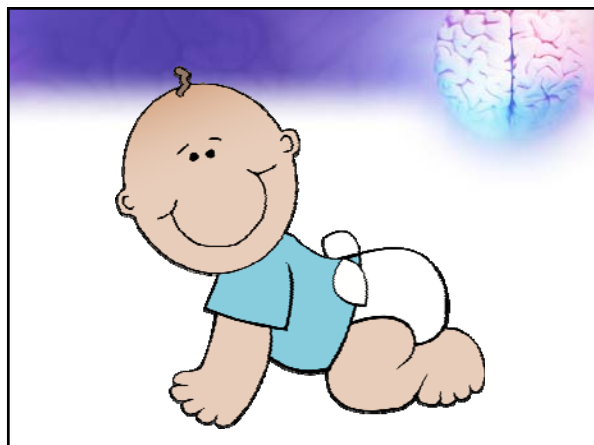


RESPONDS

We build trust


Number 1's!
 Yes!
 It's completely up to you!
 What would you rather do?
 You can choose whichever one you want.
 Oh, is this what you want?

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Who We Are At Our BEST!

HAND



DIRECTS

We guide

Number 2's
 Oh, so sorry, no...
 Yes, you have to wait for that
 Let me show you how I want you to use that...
 Yes, I hear how unfair that feels, yet this is a non-negotiable
 Stop! That's dangerous!


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Who We Are At Our BEST!

HEAD

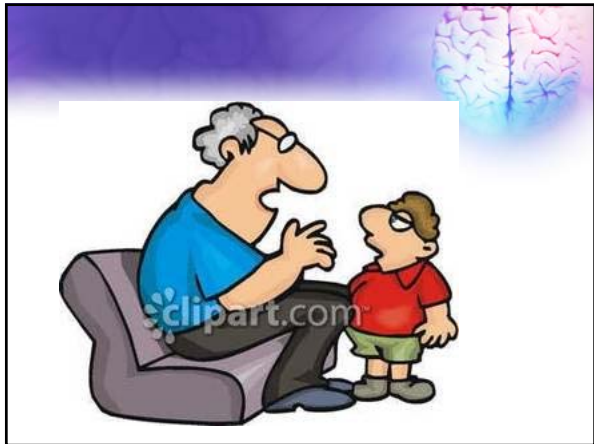


REFLECTS

Number 3's!
 Hmm...I need to think about that.
 I need more time to figure this out.
 Let's negotiate this.
 I hear you want this, and yet, I want that...
 let's talk about it!

We collaborate

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Heart, Hand, and Head Patterns				
	Under Coordination		Under Stress	
Heart 1s	Warm Empathic Connect	Functional helper Share info. Make contact Cross-sector communication	Overly accommodating Overly controlling Anxious to fix things	Dysfunctional rescuing
Hand 2s	Assertive Directive, action oriented	Take the lead Confront Stand up Notice and share differences	Overly demanding Hostile attack	Blaming the victim Blaming the system
Head 3s	Neutral Reflective Problem-solve	Take responsibility Learn, ask, & notice the impact	Overly detached Overly dismissive Passive-aggressive anger Denial	Passive avoidance Antagonistic avoidance Denial of differences across domains

Facilitate Stress Recovery

Identify Your Recovery Toolkits

1. Body toolkit, resetting body thresholds







Body Toolkit

Macro

- You have the essential necessities to feel physically secure – stable housing, reliable transportation, sources of concrete help when needed
- You have a medical “home” for each of your medical needs
- You have and can take health and well-being days




Respite

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Body Toolkits

Micro

- You know what helps you get to sleep quickly
- You implement routines that help you stay asleep
- Your frequency of eating helps you stay stable in your body
- You eat a variety of "good" and healthy foods
- You take care of your body in a variety of healthy ways



Calming Exercise (calm.com)



Body Toolkits

When Words Won't Work to Calm...

- Turtle
- Balloon
- Drain
- Star
- Pretzel
- Proprioceptive "heavy work"

- Massage
- Weighted blanket

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Balancing Act of 1s, 2s, 3s



Balance & Blends

For every NO there is a YES



This is what you CAN do
 This is what you Can't do



Body Toolkit

How do you manage stress prevention and recovery in your body on your own?

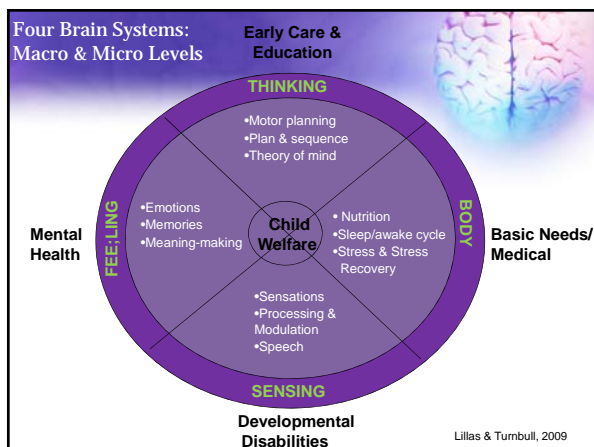
- Self regulation (S)

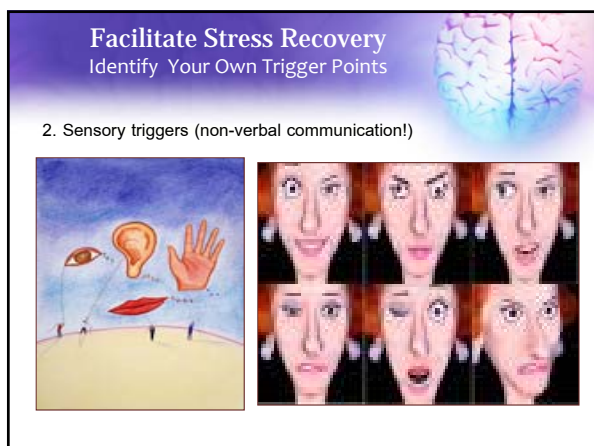
How do you manage stress prevention and recovery with help from an other?

- Co-regulation (O)

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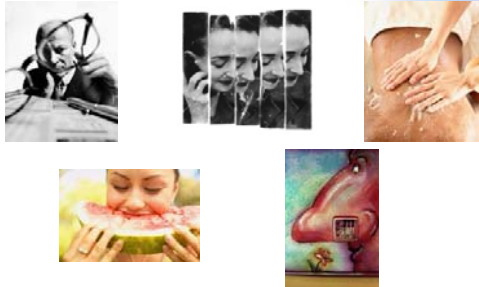






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Triggers & Toolkits

Our first language is universal & lasts a lifetime



To these 5 senses we add 2 more



Accurately Tracking = "Sensory Processing"



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“Sensory Modulation” =
Balancing highs & lows




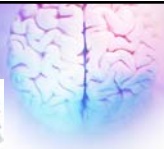





Sensory Triggers

Macro




- Any Speech Delays
- Any Learning Disorders (Processing)
 - Central Auditory Processing
 - Visual-spatial Processing
 - Reading
 - Writing
 - Math
- Any Sensory Modulation Disorders

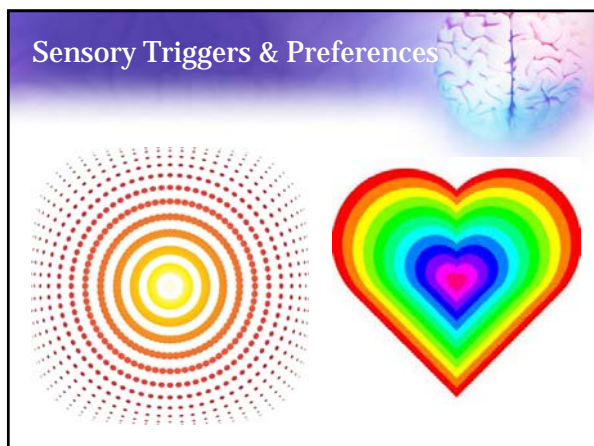
Sensory Triggers

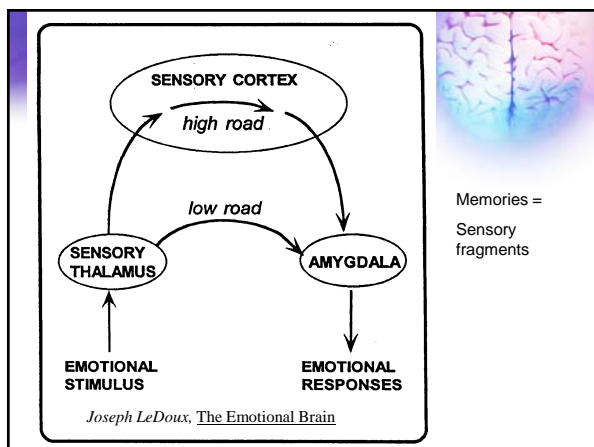
Micro

- Can you accurately orient to, locate, discriminate, and track sensations?
- Can you modulate the duration, intensity, and rhythm of sensations?

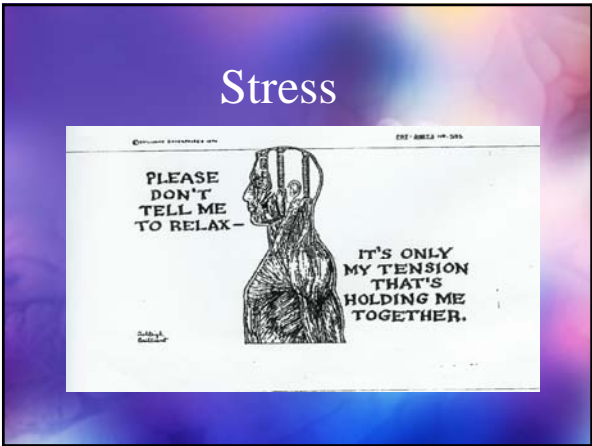




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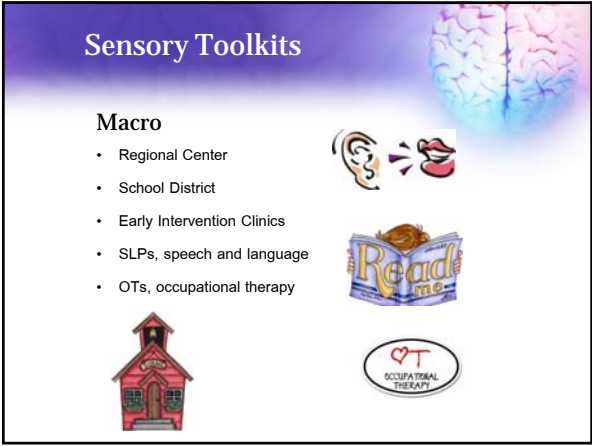
















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 Triggers & Toolkits

Sensory Toolkits




Micro

- You know what sensations help you get to sleep
- You know what sensations help you wake up
- You know what sensations keep you in the green zone
- You know what sensations bring you down from red
- You know what sensations bring you up from blue

Facilitate Stress Recovery

Identify Your Recovery Toolkits

2. Sensory toolkit, resetting sensory thresholds

Sensory Toolkits

Are Used For Facilitating...

- Engagement
- Falling in love
- Stress recovery, back to green
- Down regulation to Sleep





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 Triggers & Toolkits

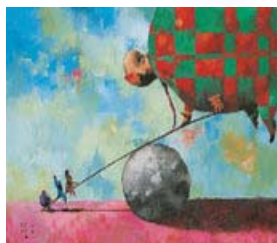
We all have individual threshold
 and preferences in
 relationships



Nonverbal signals

- Eyes and face
- Tone of voice
- Body posture & movement
- Rhythm, rate, & intensity

What brings you down...
 What brings you up???



Do we match or counter?



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Match vs. Counter

Match

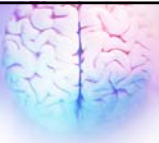
If low intensity and slow rhythm, match

If high intensity and fast rhythm, match

Counter

If low intensity and slow rhythm, counter with high intensity and fast rhythms

If high intensity and fast rhythm, counter with low intensity and slow rhythm



Catching Things at the Front End!

Ourselves, Our Partners, Our Children






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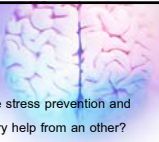
Sensory Toolkit

How do you manage stress prevention and recovery with sensations on your own?

- Self regulation (S)

How do you manage stress prevention and recovery with sensory help from an other?

- Co-regulation (O)



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 Triggers & Toolkits

LUNCH!

Facilitate Stress Recovery

Identify Your Own Trigger Points

3. Emotional triggers

Feeling Triggers

Macro

- Any global trauma to family (e.g., Hurricane Katrina, tornado, earthquake, immigration trauma)
- Intergenerational history of trauma – from daily to acute
- 4 or more Adverse Childhood Experiences
- History of mental illness in the family

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Adverse Childhood Experiences

- Linear increase in negative health/mental health outcomes as number of adverse childhood experiences increase
 - Events include:

Abuse

Physical Abuse

Emotional Abuse

Sexual Abuse

Neglect

Physical Neglect

Emotional Neglect

Household Dysfunction

Family Violence

Parental Mental Illness


Separation or loss of a parent

Parental Criminality

Parental Substance Abuse

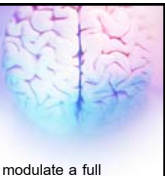


Feeling Triggers



Micro

- Can you/partner/child modulate a full range of both happy and upsetting emotions?
- Can you/partner/child access a full range of both happy and unhappy memories that you learn from?
- Can you/partner/child accurately portray your cues and read others' intentions?



Intensity Scale 1 to 5



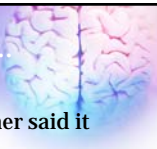


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From Safety to Danger
 1 2 3 4 5




Our past is in our present...




- Faulkner said it best:
"The past is never dead. It's not even past."

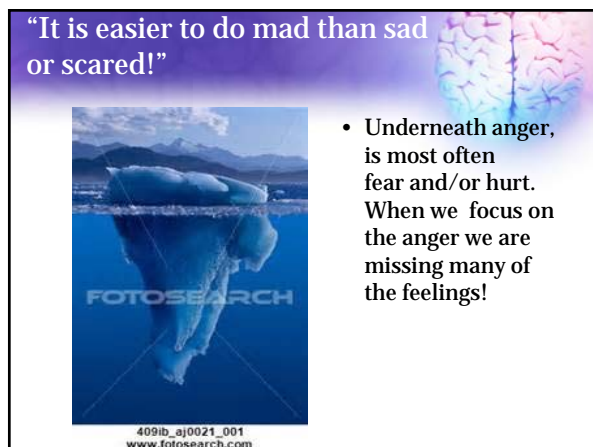
Our memories?
 Are we using them to learn?





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Triggers & Toolkits







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Now, having watched the video clips, has anything changed in your comfort level?


Which are easier/harder for yourself to manage?

- Green zone
- Red zone
- Blue zone
- Combo zone

Which do you find easier/harder to handle in others?





- Green zone
- Red zone
- Blue zone
- Combo zone

It's important to know our tender spots



Trigger spots can give us clues.


Rupture and Repair

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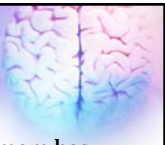
Which feelings you are comfortable or uncomfortable with...?

Positive feelings (green zone)	Negative feelings
•Interest	•Anger, hostility, hate (red zone)
•Enthusiasm	•Blame
•Laughter	•Resentment
•Empathy	•Jealousy
•Calmness	•Sorrow, sadness, grief (blue zone)
•Trust	•Depression
•Hope	•Regret
•Confidence	•Worry, fear, panic (combo zone)
•Affection	•Anxiety
•Gratitude	•Insecurity
•Love	•Shame, embarrassment



Pulling it all together

- What are the stress responses the mom has, the father, the child?
- Every time the child “acts out” what are the sensory triggers?
- How is this child’s red zone incidents related to her procedural memories?



Facilitate Stress Recovery

Identify Your Recovery Toolkits

3. Emotional toolkit, resetting emotional thresholds








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 Triggers & Toolkits

Feeling Toolkits

Macro

- Mental Health Support
- Coaches & Mentors
- Procedural Learning
- Therapeutic Groups



- You have an "emotional" home for any mental health needs from your own trauma history
- You have a support group or community of family/friends to help you with your emotional load
- You have someone helping you learn new skills and practicing them with you

Feeling Toolkits

- Catching feelings at the "front-end"
- Learning new procedures
 - Listening & Validating
 - Talking



Micro

- You are comfortable sharing a full range of feelings in yourself with your partner and child
- You have a co-regulator that can listen/validate your range of feelings and help you laugh!
- You can validate a full range of feelings in yourself, your partner, and child
- You have relationships that repair from ruptures

We all have individual emotional preferences in relationships...



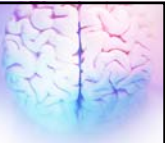
Without Words:

Nonverbal signals

- Eyes and face
- Tone of voice
- Body posture & movement
- Rhythm, rate, & intensity


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Triggers & Toolkits

Feeling Toolkit: non-verbal help?
What do you need from others?





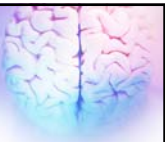
- Do I need a calm voice?
- What vocal rhythm helps me?
- Do I need gentle looks?
- What type of body posture conveys comfort and safety to me?
- What actions or movement feels uncomfortable?
- What kind of touch do I need?

Non-verbal cues:
What do others need from you?



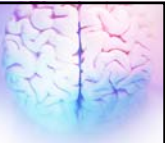
- They need a calm voice.
- They need gentle looks.
- They need slow rhythms.
- What gestures/actions convey comfort and safety?
 - Which ones might seem intrusive?
- What kind of touch does the child need?

Heart Validation Skills




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 Triggers & Toolkits


Practice using non-verbal cues




- This is really hard to do!
- Pair up with one other person, and for 30 seconds have one person talk while the other person ONLY uses non-verbal cues to keep the conversation going.
 - Warm eye contact
 - Leaning forward
 - Nodding face
 - Ugh, huh...Hmm...non-verbal acknowledgment
- Now, switch with your partner!




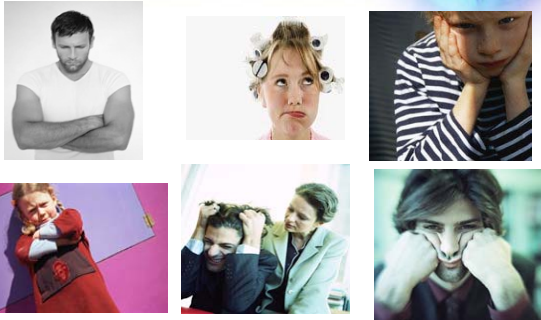
Practice using verbal cues:
Take Turns Listening





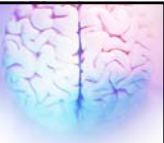
You seem...












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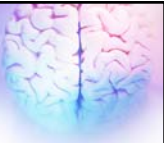
It looks like you feel...






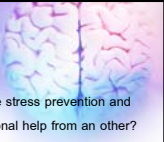





Even when you think they should feel “differently”...



Feeling Toolkit



How do you manage stress prevention and recovery from feelings on your own?

- Self regulation (S)

How do you manage stress prevention and recovery with emotional help from an other?

- Co-regulation (O)

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 Triggers & Toolkits

Facilitate Stress Recovery

Identify Your Own Trigger Points



4. Thinking & Planning triggers





Thinking-Planning Triggers



Macro

- Any motor planning and output disabilities/delays, including apraxia
- Any Learning Disabilities combined with a Slower Processing Speed
- Any Language Disorders
- Any ADHD symptoms (too much flexibility)
- Any delays across multiple domains, such as with Autistic Spectrum Disorders (too much rigidity)
- Any cognitive rigidity (e.g., black & white thinking)






Executive branch is busy...



Air Traffic Controller



Juggling



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 Triggers & Toolkits

Balancing the teeter-totter

Thinking-Planning Triggers

Micro

- Can you, your partner, your child balance spontaneous events with automatic routines up against the "big picture" and stay on target?
- Can you, your partner, and your child balance feelings with thoughts up against the "big picture"?
- Can you, your partner, and your child balance his/her own needs with other's needs up against the "big picture"?

Early on, even with infants, we look to see if there is a balance of spontaneous with automatic routines

- Can the baby engage with spontaneity?

- Can the baby engage with routines of feeding, bathing, sleeping, playing?

As children get older, from three to five years old...

- We begin to expect more...now, there is the potential capacity for pre-school aged children to be able to shift and to put the brakes on a bit more, and to begin to juggle!




Juggling Spontaneous Events with Automatic Routines





Balancing the Teeter-Totter
 Where do you need help?

Are you naturally playful?



Are you naturally structured?



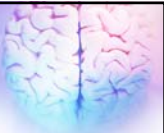


Who/what balances you out?



- Are you at-risk to choose to play instead of getting things done?
- Are you at-risk to choose to get the "next thing done" instead of playing with your family?



Juggling our Feelings with
our Thoughts

Balancing the Teeter-Totter
Where do you need help?

Are you naturally oriented towards your feelings?



Are you naturally organized to think about things?



Who/what balances you out?

- Are you at-risk to choose to feel your way through something?
- Are you at-risk to think only about the facts in making a decision?



Juggling Our Own Needs with
Other's Needs




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Balancing the Teeter-Totter
 Where do you need help?

Are you naturally oriented towards other's needs?



Are you naturally organized to think about your own needs?



Who/what balances you out?


- Are you at-risk to choose to give to others and not yourself?
- Are you at-risk to take care of your own needs and not consider other's?



Other contributions to the success of our thinking & planning skills

Time Travel, moving with ease between the...

Past
Present
Future



Facilitate Stress Recovery
 Identify Your Recovery Toolkits

4. Thinking/planning tools, resetting thinking/planning thresholds





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Thinking/Planning
Toolkits

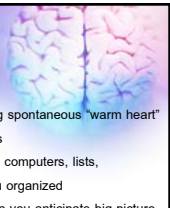


Macro

- Physical therapy/occupational therapy
- Speech & Language Therapy
- If needed, an advocate to help you navigate Individualized Educational Plans
- Educational Therapy Support
- Tutoring support
- Medical support

- You have an "educational" home for any developmental delays and learning needs that require treatment
- You have educational support for your child or a community of family/friends to help you with the cognitive load
- You have someone helping you/your child learn new skills and practicing them with you/your child

Thinking/Planning
Toolkits

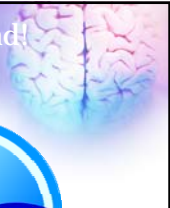




- Anticipating problems at the "front-end"
 - Holding on to the Big Picture
- Learning new procedures for the "back-end"
 - Modeling
 - Collaborative problem-solving

Micro

- You are naturally good at juggling spontaneous "warm heart" events with steady "hand" routines
- You have external supports (e.g., computers, lists, relationships) in place to keep you organized
- You have a relationship that helps you anticipate big picture needs at the "front-end"
- You have internal "space" or a relationship that helps you process your thoughts and feelings; you can use blends of heart/head skills
- You have a step by step process to help you problem solve conflict at the "back-end"
- You keep a balance between meeting your own needs and meeting other's needs

Catching Things at the Front End!
Ourselves, Our Partners, Our Children

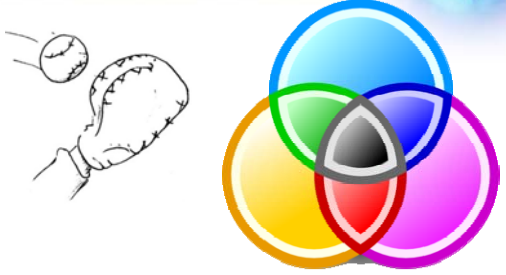


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Catching Things at the Back-End!
Ourselves, Our Partners, Our Children
"Old" versus Learning "New" Procedures



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Thoughts/Planning Toolkit

How do you manage stress prevention and recovery from thots/planning on your own?

- Self regulation (S)

How do you manage stress prevention and recovery with thots/planning help from an other?

- Co-regulation (O)

Pulling it together!

<https://www.youtube.com/watch?v=GfJWqjoekow>



<http://printthistoday.com>