3 Steps for a Clinical Application of the NRF

Adapted Lillas & Turnbull, 2009, NRF, by C. Lillas

Level F: Linking feelings to cause - effect thinking

Level E: Showing, playing, talking, & sharing feelings

Level D: Reading non-verbal Cues & intentions

Level C: Keeping a back & forth flow going

Level B: Sharing joy & being present w/ a full range of emotion

Step 2: Levels of Engagement

Step 3: Strengths & Concerns

Thoughts/Plans (Executive)
Macro
Micro

Macro
Micro
(Sensory)
Sensations

Step 3: Strengths & Concerns

Feelings (Relevance)
Macro
Micro

Macro
Micro
(Regulation)
Body

Level A. Getting to Green Together

Step 1: Stress & Stress Recovery

Heart	Hand	Head
Respond	Direct	Reflect
Defer	Demand	Detach

Sleep Cycle Recovery (Deep Sleep)