The Neurorelational Framework's Three Clinical Steps C Lillas PhD (adapted from Lillas & Turnbull, 2009) with CA Hapchyn MD Supported by Nathaniel Osgood PhD, University of Saskatchewan and the Interdisciplinary Training Institute Top Down Executive -Relevance movement and emotions and adaptability memory Lush or Pruned Branches Brain Architecture Regulation -Sensory - all bodily sensations processes Bottom Up Child - 7 Parent -7 cause/effect Child - 6 Child - 5 Parent - 5 gestures Thick or Thin Child -4 Trunk Child - 3 joy Parent - 3 Parent - 2 calm together Parent- 1 Interactive Regulation -Levels of Engagement Narrow Green Zone Wide Green Zone Blue Zone Drowsy 24 hr Sleep-Awake Cycle Deep/Active Deep or Fragile Roots Seed - Genetics

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Art by J Christensen PhD