

Assessment of Load Conditions and Current Brain Capacities for Child and Parents

4

Instructions:

1. Place a \checkmark mark in each box that applies to the parents (P1 and P2) and the child (C) for both categories: triggers and concerns and preferences and strengths.
2. Place an N/A in capacities that do not apply to the child for developmental reasons.
3. The three highlighted items are the most salient intervention goals.

Name: _____

Date: _____

Four Load Conditions

- | |
|---|
| 1. Too frequent stress responses to real or perceived stressors |
| 2. Inability to adjust (habituate) to initial challenges that, over time, should no longer be stressful |
| 3. Prolonged stress response after the stressor is removed |
| 4. Inadequate stress recovery back to baseline |

TRIGGERS & CONCERNS

P1 C P2

PREFERENCES & STRENGTHS

P1 C P2

Regulation

- | |
|---|
| ■ Deep sleep cycling |
| ■ Stable and expanding alert processing state |
| ■ Expression of all three stress responses |
| ■ Distinct states w/ smooth transitions |
| ■ Connection to visceral cues |
| ■ Efficient stress recovery |

P1 C P2

Sensory

- | |
|---|
| ■ Internal (body) |
| ○ Pain (visceral, hunger, pain, pressure) |
| ○ Balance/vestibular/movement |
| ○ Proprioception (use of joints, muscles) |
| ■ External (world) |
| ○ Tactile (light and deep touch) |
| ○ Taste |
| ○ Smell |
| ○ Auditory |
| ○ Vision |
| ■ Processing |
| ■ Modulation |

P1 C P2

P1 C P2

Relevance

- | |
|--|
| ■ Full range of emotions (positive and negative) |
| ■ Appropriate access to full range of memories |
| ■ Accurate meanings of self and other |

P1 C P2

P1 C P2

Executive

- | |
|---|
| ■ Purposeful adaptive behavior |
| ○ Spontaneous format |
| ○ Automatic format |
| ○ Conscious control format |
| ■ Integrating thoughts and emotions |
| ■ Shifting between self and other/context |

P1 C P2

P1 C P2
