

ENGAGE
MORE CONTROL | LESS IMPULSE

Working with those who are Over-Sensitised - The Neuroscience

SEPLA Conference
22nd July 2019

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INTRODUCING THE BRAIN

UPPER/GREEN BRAIN

- Over-ride Impulses
- Plan
- Sequence
- Time Management
- Abstract
- Empathy

LOWER/RED BRAIN

- Survival Tasks
- Impulsive
- Irrational
- "Two years old"
- Selfish

2

ACTIVATING THE STRESS RESPONSE

INCREASED CHANCE GOING TO **DIE**

↑

STRESSOR

3

FIGHT / FLIGHT RESPONSE

- Dry Mouth
- Breathing Changes
- Stomach purges
- Bowel/Bladder may empty
- Sight and Hearing Sharpen
- Heart Beats Faster
- Temperature Change
- Pores Constrict
- Blood increase in large muscles of arms & legs

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Marathon Runner

Sprinter

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OVER-SENSITISED STRESS RESPONSE

OSR

One where the stress response is over-activated **FREQUENTLY** and/or for **LONG PERIODS** of time

Plus

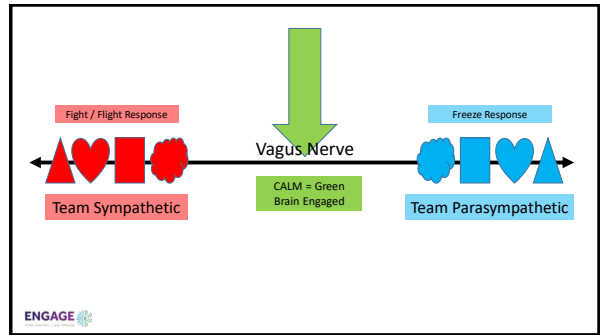
There is absence of **ATTUNED** adult support

6

ATTUNEMENT


The ability to recognise the needs of another and appropriately respond


7





8

**TELL THE BRAIN
- YOU ARE NOT GOING TO DIE!**


 Relationships


 Status


 Distraction


 Sensory activity

ENGAGE logo in the bottom left corner.

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HOW TO KEEP THE SURVIVAL BRAIN CALM

Some

Boys

Hate

Carrots

See me....

Show me I **B**elong...

Tell me what is **H**appening

Give me some **C**ontrol

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