

ENGAGE
MORE CONTROL | LESS IMPULS

Assisting Behaviour Change

Safe for Children

PRESENTED BY:
Kathryn Berkett
MEdPsych
Neurosequential Model of Therapeutics Practitioner

1

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

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2

ACTIVATING THE STRESS RESPONSE

INCREASED CHANCE GOING TO **DIE**

STRESSOR

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3

What is a stressor?

- **Primary stressor**
 - Life threatening danger
 - Lack of life preserving factors
 - Lack of relationships
 - Reduction of status
 - Lack of certainty
- **Social stressor**
 - Something you have socially become activated to
 - Others may share this stressor, but it won't be shared by most (as in primary Stressor)

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4

FIGHT / FLIGHT RESPONSE

Left side (Fight/Flight Response):

- Dry Mouth
- Breathing Changes
- Stomach purges
- Bowel/Bladder may empty

Right side (Fight/Flight Response):

- Sight and Hearing Sharpen
- Heart Beats Faster
- Temperature Change
- Blood increase in large muscles of arms & legs

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5

Activating a Physical Reaction

Sprinter

- Send message from brain to body
- Caused by 'signal' in environment
- At first, need more conscious thought to activate
- When continue to activate, it becomes more unconscious
- The more often we repeat the activation, the more effective we get
- This leads to activation in a matter of millisecond
- NB: always remember we are all unique and develop in different ways

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6

Holding a Physical Reaction

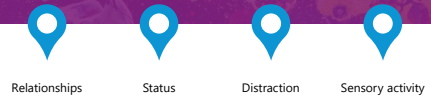


- Similar understanding when we 'hold' a physical reaction for a length of time
- Our ability to 'hold' that state becomes more natural
- Some of the children we work with can remain in a stressed state for incredible lengths of time
- Again – remember there is always a uniqueness in our genetic ability, that will interact with our environment to impact on development



7

TELL THE BRAIN - YOU ARE NOT GOING TO DIE!



8

HOW TO KEEP THE SURVIVAL BRAIN CALM

Some See me....
Boys Show me I Belong...
Hate Tell me what is Happening
Carrots Give me some Control

9

HOW THE BRAIN CONNECTS



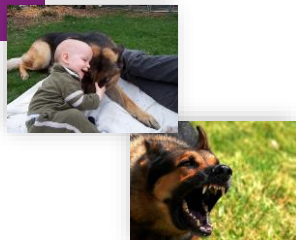
The More Repetitions = More Myelination = It Will Happen Faster

What We See/Hear/Feel More Often = What Our Brain Will Learn



10


TEMPLATE DEVELOPMENT




11

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 kathryn@engagetraining.co.nz

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12