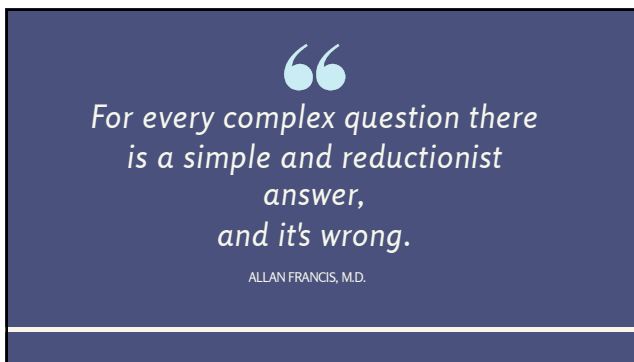
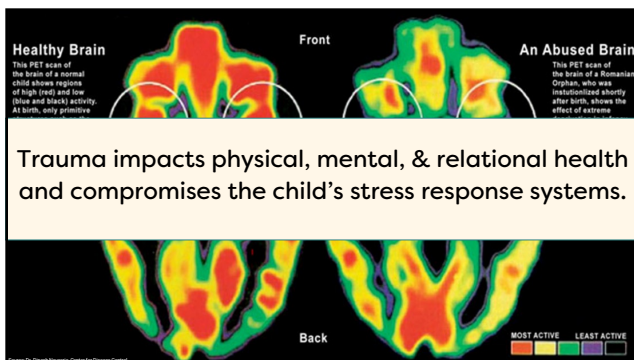


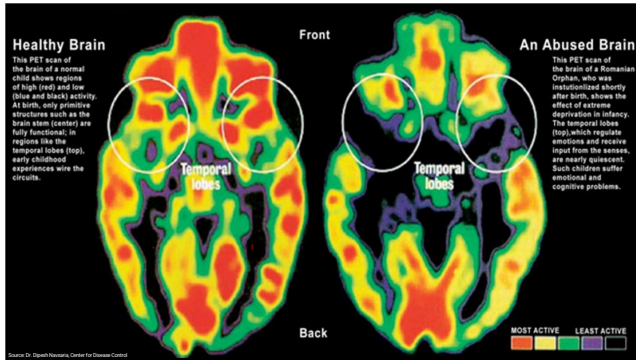
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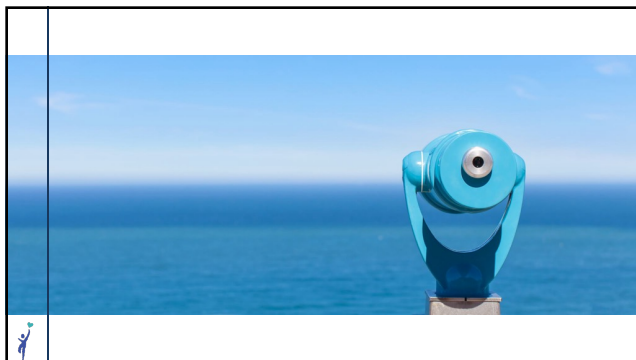


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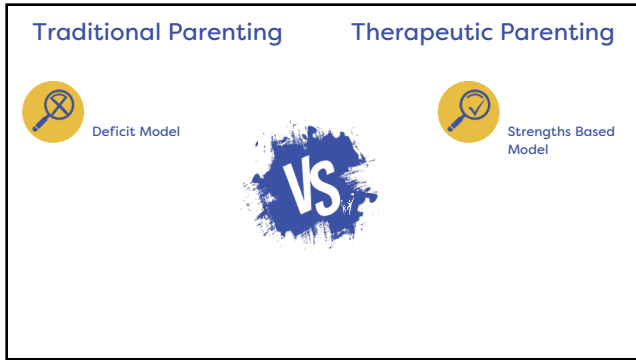
Typical Trauma Responses

<ul style="list-style-type: none">• Blowing up when being corrected• Fighting when criticized or teased• Resisting change or transitions• Protective of personal space• Appearing lazy or zoned out	<ul style="list-style-type: none">• Reverting to younger behaviors• Frequently "seeking attention"• Sleep Issues• Fear of separation	<ul style="list-style-type: none">• Anxiety• Trust issues• Mood swings• Unexplained medical issues
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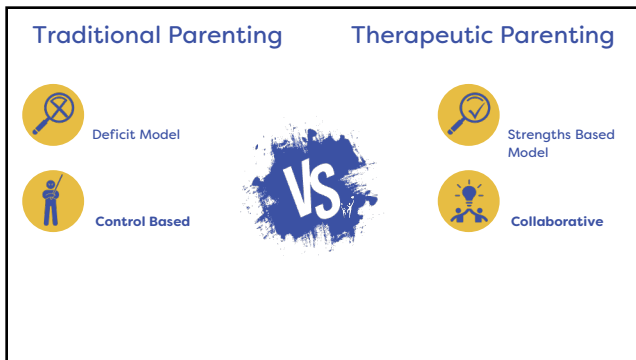
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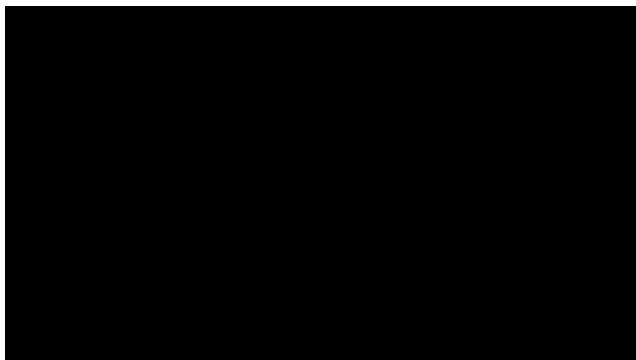
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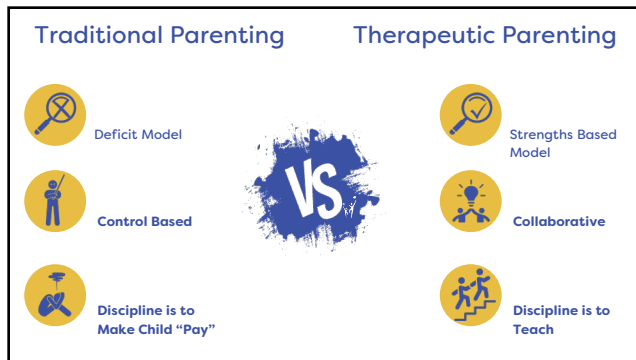
7



8




9



10

MISBEHAVIOR

- is communication
- may be based in the biological
- is often a lack of skill, not will (Ablon)



11

TRADITIONAL INTERVENTION


- General intervention for all behavior challenges
- Intervention is reactive
- Focus on behavior reduction
- Quick fix

 (NCPM)


12

BRAIN-BASED INTERVENTION

- Intervention matched to purpose of the behavior
- Intervention is proactive
- Focus on teaching new skills
- Long-term interventions


(NCPM)

13





TAKE A SEAT

14

SELF-REGULATE	EXHIBIT EMPATHY	ASSIST WITH REGULATION	TEACH NEW OR BETTER SKILLS
S	E	A	T

15

SELF-REGULATE

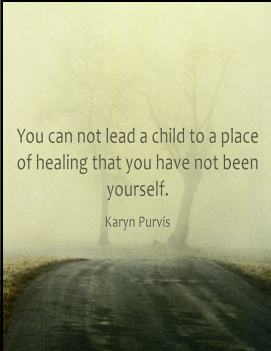


16



An out-of-control adult
can't help an
out-of-control
child.

17




You can not lead a child to a place
of healing that you have not been
yourself.
Karyn Purvis

Parental Mindfulness
and Self Awareness

- Of Our Own Triggers

18

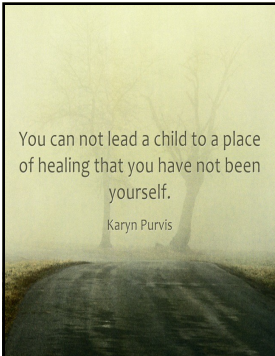


WHAT TRIGGERED ME?

01. I felt excluded.	13. I felt like the bad guy.
02. I felt powerless.	14. I felt forgotten.
03. I felt unheard.	15. I felt unsafe.
04. I felt scolded.	16. I felt unloved.
05. I felt judged.	17. I felt like that was unfair.
06. I felt blamed.	18. I felt frustrated.
07. I felt disrespected.	19. I felt disconnected.
08. I felt a lack of affection.	20. I felt trapped.
09. I felt uncared for.	21. I felt a lack of passion.
10. I felt lonely.	22. I felt like I couldn't speak up.
11. I felt ignored.	23. I felt manipulated.
12. I felt like I couldn't be honest.	24. I felt controlled.

The Gottman Institute

19



You can not lead a child to a place of healing that you have not been yourself.



Karyn Purvis

Parental Mindfulness and Self Awareness

- Of Our Own Triggers
- Parenting Traumatized Kids Often Opens Up Our Old Wounds

20

EXHIBIT EMPATHY

21

Exhibit Empathy



Assures the child is not alone in her distress.



Builds or strengthens connections that are vital to correction.



Helps you feel closer to your child.



22




It's so hard when you don't get what you want.

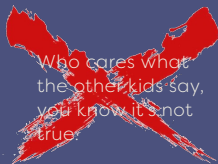


Why does it matter if you get the blue cup instead of the red, they're all the same?

23



I can tell you're really hurting. It's normal to feel like this when people are unkind.

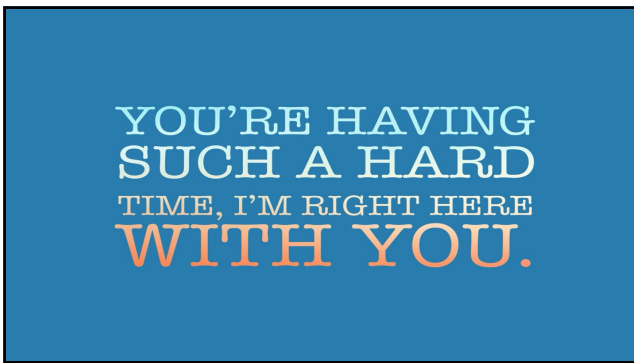


Who cares what the other kids say, you know it's not true.

24



25



26



27



Children without self regulation skills need external regulation.

28

Active Regulation






29

Passive Regulation

1. Clear area of non-essential people
2. Remove unnecessary sensory stimuli
3. Step back, avoid physical "power positions"
4. Remain calm, yet reflect the child's intensity

30

TEACH NEW OR
BETTER SKILLS



31

Discipline ≠
Consequences

32

Discipline ≠
Consequences



33

Discipline =
Skill Building



34



35



Say no without saying no.

36



37



38

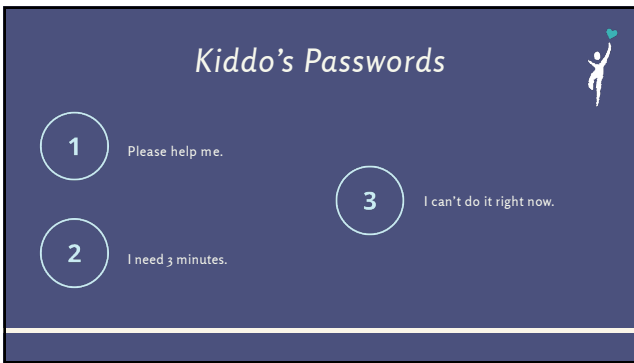
Interventions for transitions

- Visual schedules
- Timers/Alarms
- Sensory cues for transitions
- Physical activity at transition time

39



40



41



42



1. Be proactive.

2. Look

3. Shift

4. Find

43



1. Be

2. Look for patterns and underlying needs.

3. Shift

4. Find

44



1. Be

2. Look

3. Shift from he's giving me a hard time to he's having a hard time.

4. Find

45



1. Be

2. Look

3. Shift

4. Find

support for
therapeutic
parenting.



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References

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Thank You!





www.harmonyfamilycenter.org



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