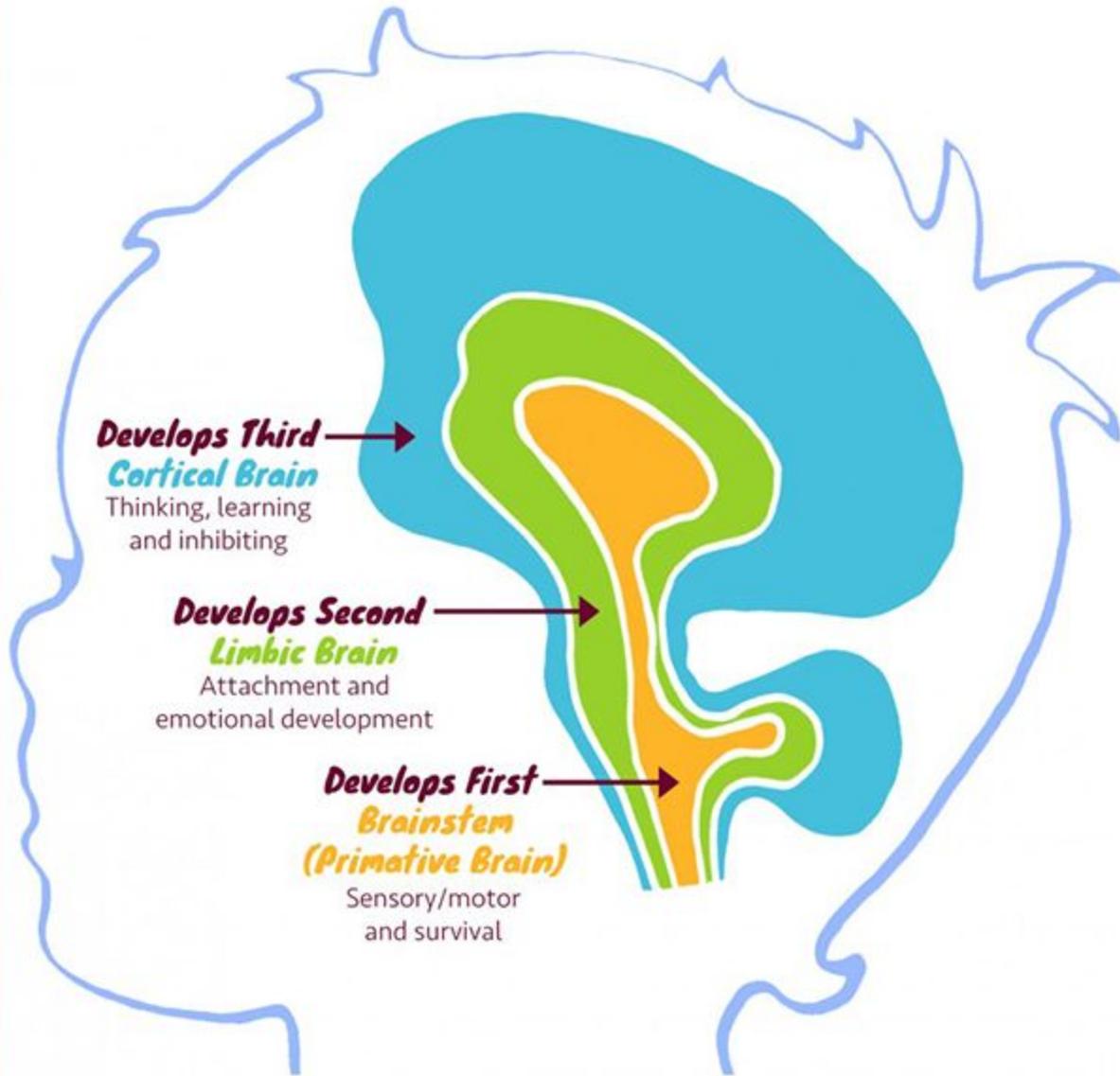




Beacon House

Therapeutic Services and Trauma Team

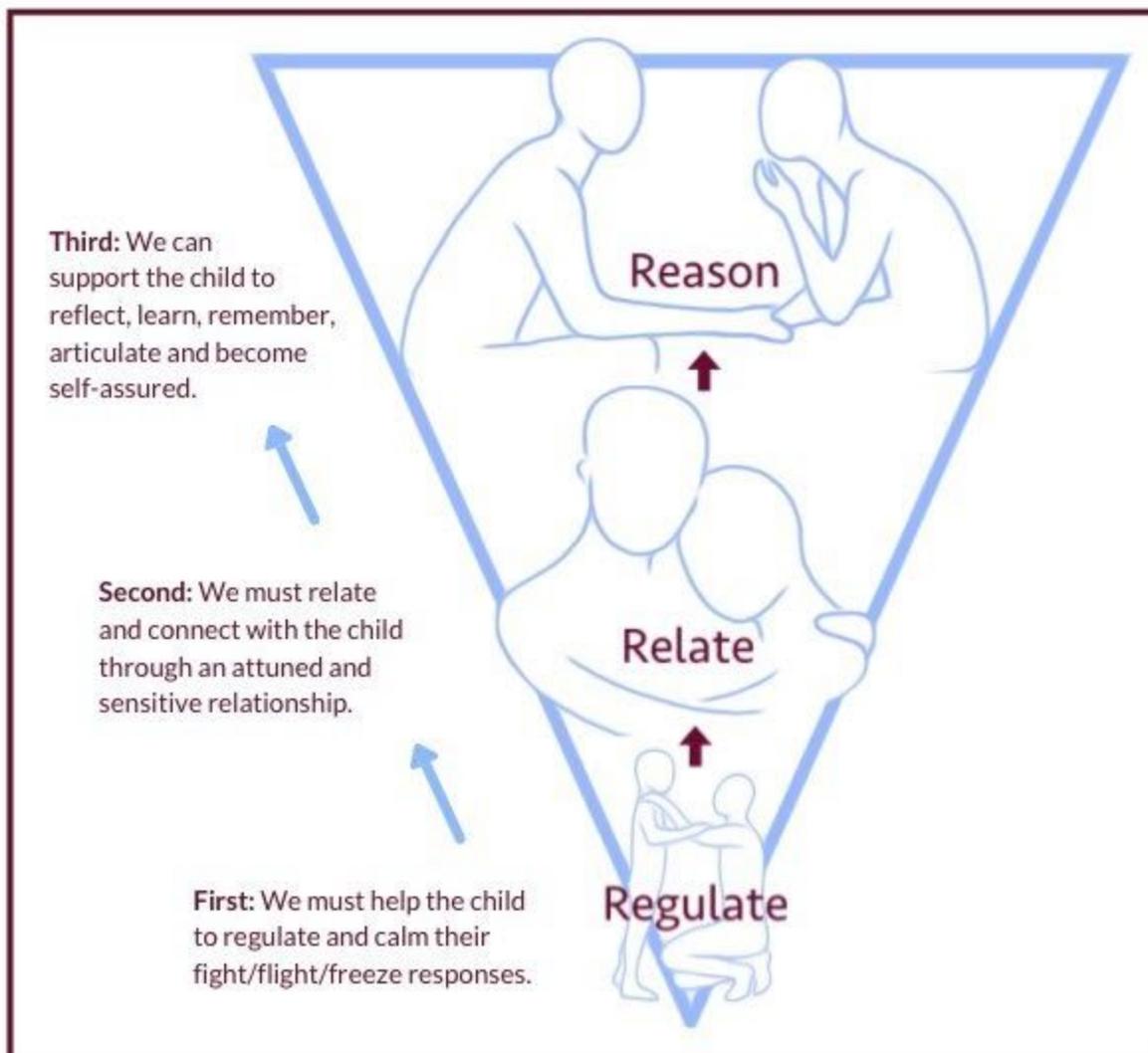


Children's brains develop
from the bottom up.

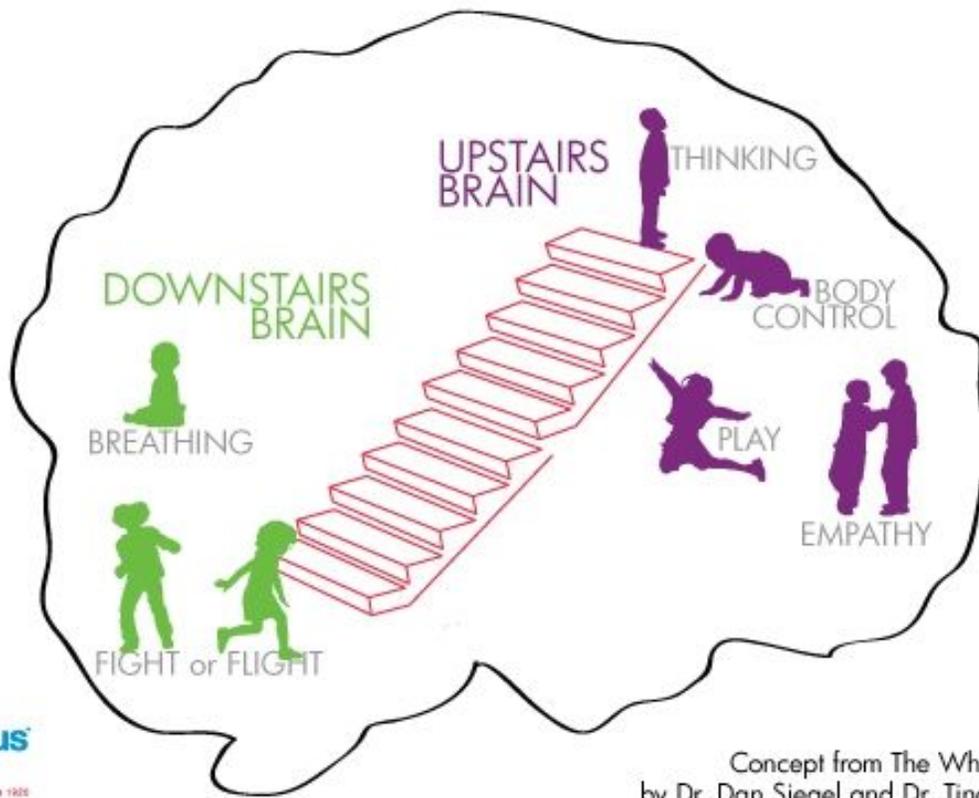


The Three R's: Reaching The Learning Brain

Dr Bruce Perry, a pioneering neuroscientist in the field of trauma, has shown us that to help a vulnerable child to learn, think and reflect, we need to intervene in a simple sequence.



Heading straight for the 'reasoning' part of the brain with an expectation of learning, will not work so well if the child is dysregulated and disconnected from others.



Understanding dysregulation: How to Support a Highly Emotional Child



Dysregulation occurs when the brain responds to sensory input in a manner that triggers the alarm state.



When a child is dysregulated, it is harder to listen, comprehend, and cope.

Remember the Three "R"s

Regulate

focus on soothing your child. Make them feel calm, safe, and loved.



Relate

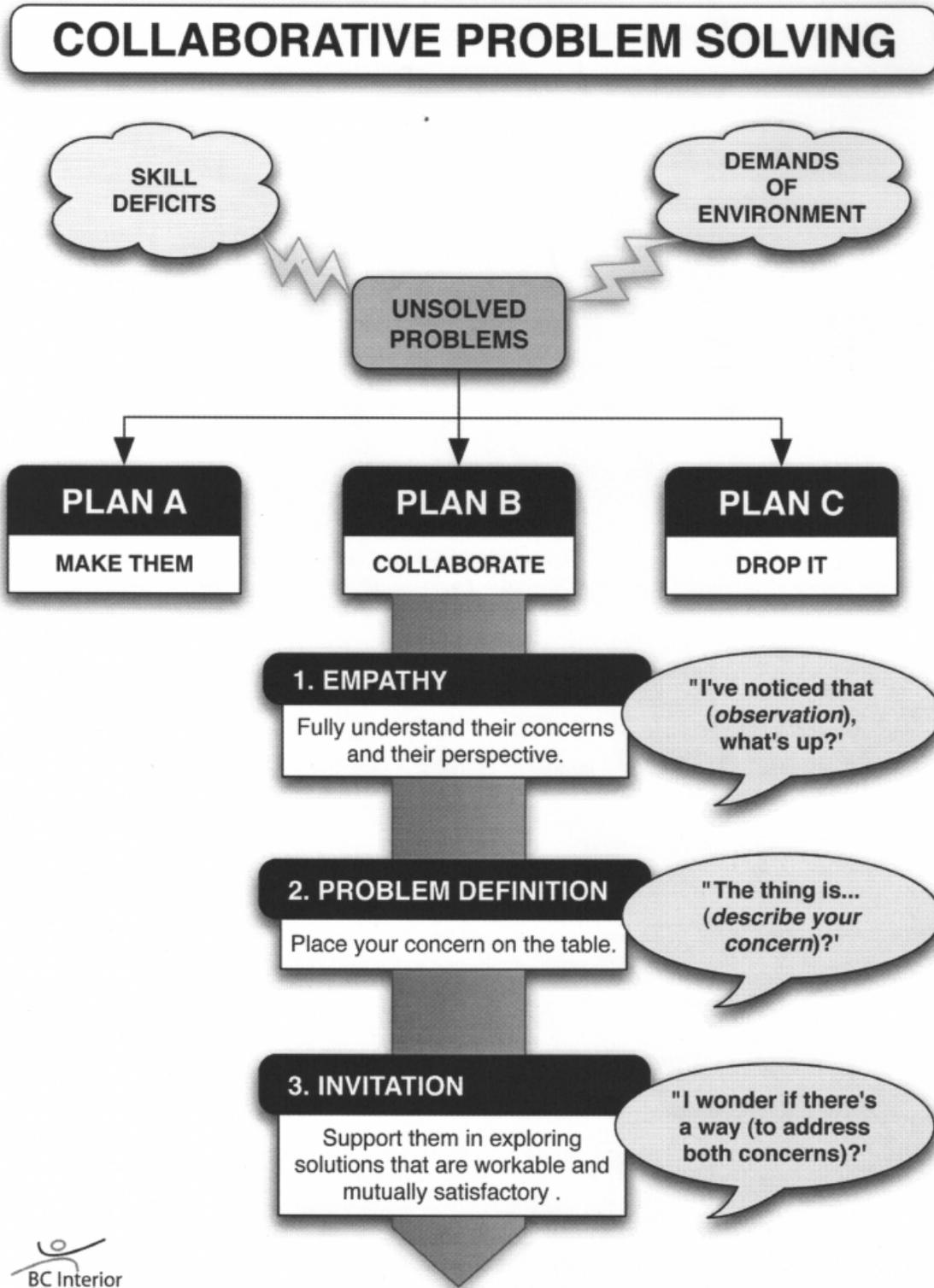
Validate their feelings with your words and tone of voice. "I know you're upset right now." "This is very hard". Focus on connecting with your child.

Reason

Once your child is calm, now it is time to talk about alternatives to behaviors while reinforcing limits you set before. You can reassure them you love them but that the behavior they're exhibiting is not ok.



Until a child is regulated, they are unlikely to related to you (feel connected & comfortable). And until a child is related, they are unlikely to have the mental capacity to reason with you.



Bruce Perry and Stuart Ablon

Sequence of Engagement: Plan B

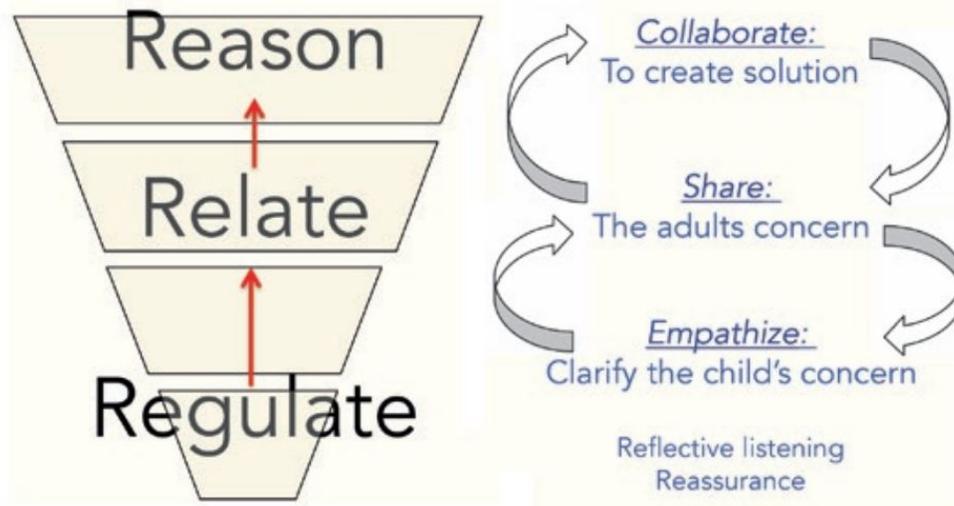


FIGURE 2.5 How Plan B maps on to the sequence of engagement for optimal information processing