

Building Resiliency 1

Strategies to Engage Youth Exposed to Trauma

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Building Blocks for Growth

Penny Davis, MA, adapted from 'Attachment Parenting' by Grossmont College Foster and Kinship Education

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Arousal / Relaxation Cycle

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Stress Response

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Disrupted Arousal / Relaxation Cycle

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Brain-informed Approach to Relationship

Cortex Reason
Midbrain Relate
Brainstem Regulate

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Teaching Self-regulation

Brain in the Palm of the Hand

Mirror Neurons

Repairing Mistakes

1. Recognize
2. Regather
3. Reconcile
4. Resolve

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Functions of the Prefrontal Cortex

- Attuned Communication
- Emotional Balance
- Response Flexibility
- Fear Modulation
- Empathy
- Insight
- Moral Awareness
- Intuition

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Resiliency comes from...

The deep belief that at one time you really mattered to another human being.

Dr. Vincent Felitti

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How do we know we matter?



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Descriptive Encouragement

I notice...

Appreciative Encouragement

I appreciate...

Empowering Encouragement

I have faith... I know... I trust...
I saw (evidence), with (characteristic),
I know you can...


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Encouragement

- Did things with me
- Knew me
- Trusted me
- Listened to me
- Asked me about me
- Pushed me to do what they knew I could
- Saw something in me I couldn't see
- Saw me in a positive light
- Shared part of themselves (stories, skills)
- Eyes looked happy to see me
- Remembered things I liked
- Took time for me
- Let me teach them something
- Held me accountable

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Encouragement 2x10



1 Student

2 Encouragements each day

10 Days

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Courage

The movement we make in the direction of becoming our best selves.

Encouragement

The space we make for others to find and develop their best selves.

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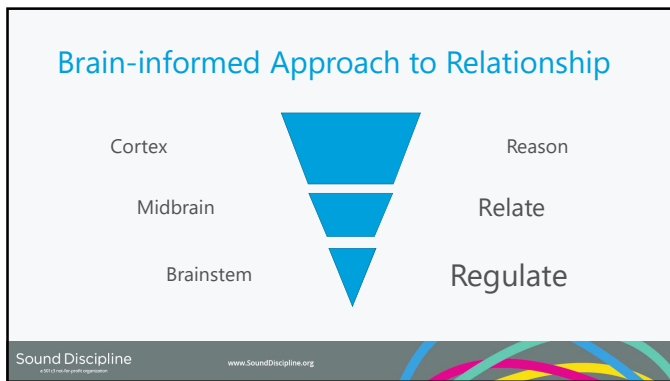
Connect Before Correct

Connection is critical for human relationships.

Being compassionate = being present "with"



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Big Ideas

Trauma & attachment are passed on
EPIGENETICALLY and SOCIALLY.


Buffering adults can help young people exposed
to trauma build new neural pathways.


REGULATE then RELATE then REASON


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