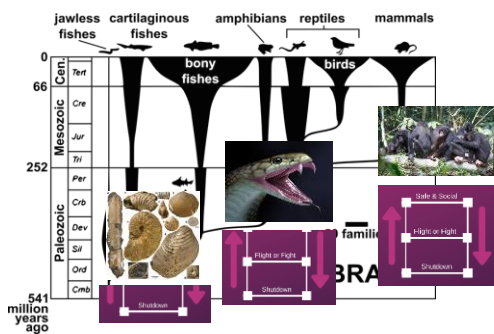
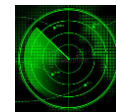


Social
Engagement
System



3 Foundational Principles

1. Neuroception
2. Co-regulation
3. Story follows state



Neuroception



Detection Without Awareness



Plasticity



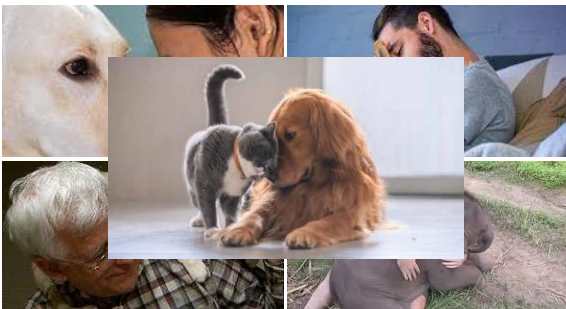
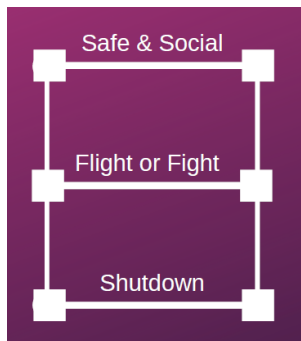
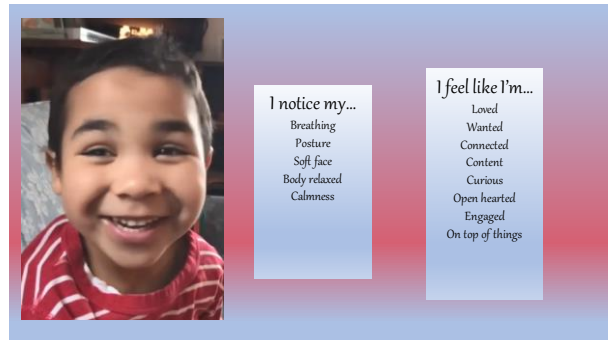
I notice my...
 Slower heart rate
 Slower breathing
 Downward gaze
 Interception
 Slouching posture
 Temperature dropped

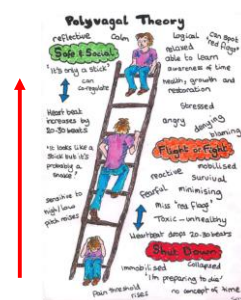
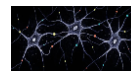
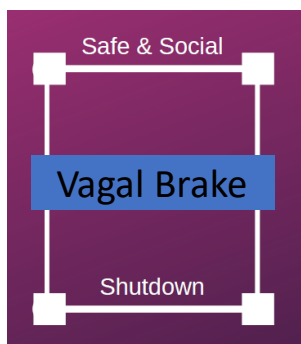
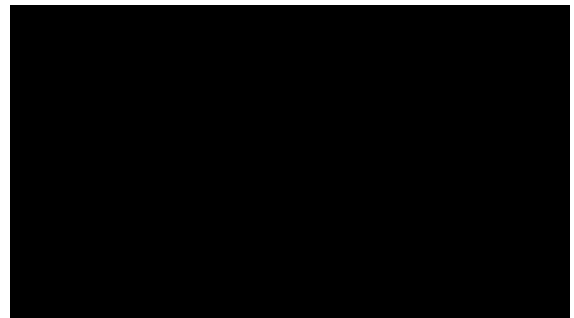
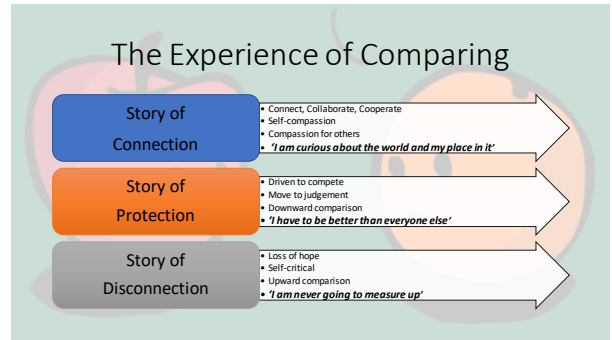
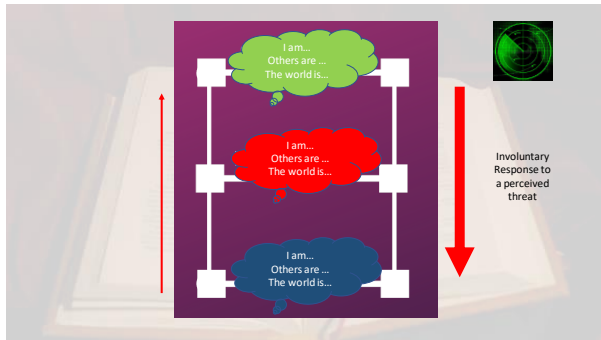
I feel like I'm...
 Sad
 Hopeless
 Isolated
 Shutdown
 Disconnected
 Numb
 Frozen

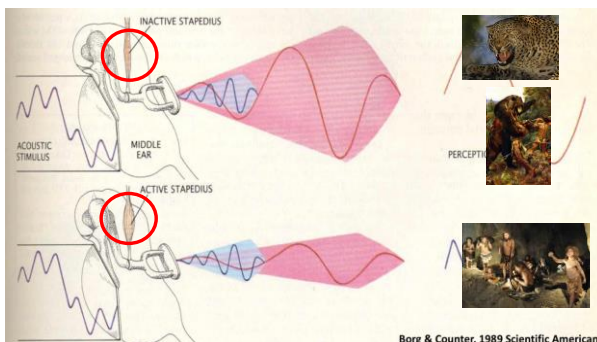
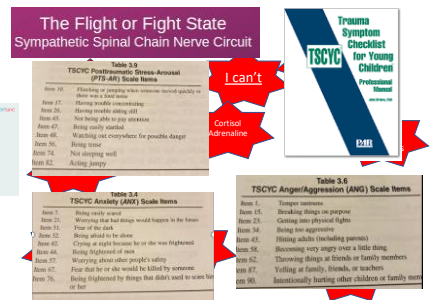
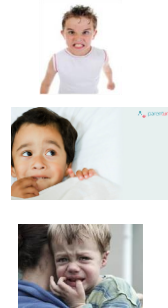
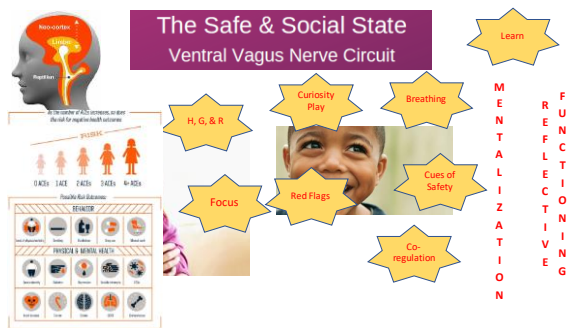
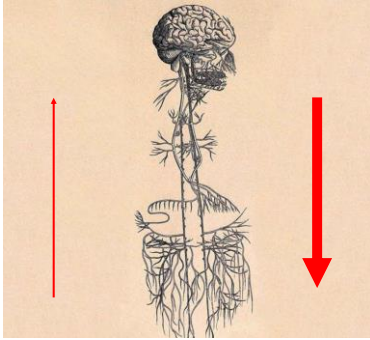


I notice my...
 Faster heart rate
 Faster & shallower breathing
 Wider gaze
 Orienting response
 Hunched posture
 Temperature increase
 Need to move
 Increased focus
 A change in my hearing

I feel like I'm...
 Angry
 Irritated
 Annoyed
 Disgusted
 Anxious
 Scared
 Under threat







Safe & Sound Protocol (SSP)

For children and adults. Nourish and awaken your nervous system. Feel more calm, in control and regulated.

An auditory intervention developed by Dr. Stephen Porges that restores the nervous system, and is designed to reduce stress and auditory sensitivity while enhancing social engagement and resilience.

The Shutdown State (Freeze)
Dorsal Vagus Nerve Circuit

**Table 3.5
TSCYC Depression (DEP) Scale Items**

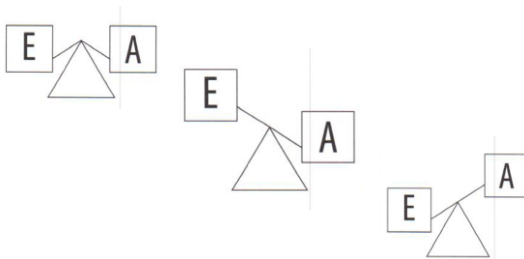
Item 2: Looking sad
Item 18: Blaming himself or herself for things that weren't his or her fault
Item 47: Not laughing or being happy like other children
Item 54: Crying for no obvious reason
Item 61: Calling himself or herself bad, stupid, or ugly
Item 66: Saying that nobody liked him or her
Item 71: Saying he or she wanted to die or be killed
Item 84: Acting sad or depressed
Item 88: Not playing because he or she was depressed

**Table 3.6
TSCYC Dissociation (DIS) Scale Items**

Item 5: Feeling in a dream world
Item 25: Not knowing what he or she was doing
Item 38: Feeling like he or she was in a daze
Item 39: Spacing out
Item 46: Feeling off like when
Item 48: Feeling like he or she was in a daze
Item 52: Not paying attention because he or she was in his or her own world
Item 78: Acting like he or she was in a trance
Item 85: Being or almost-acting like he or she didn't notice what was going on around him or her

All the COLORS of Me
My First Book About Dissociation
Written by Anna M. Gomez and Sandra Pechter
Illustrated by Sandra Pechter

Risky Behaviour
I can't
Zoning Out
Breath HR
Pain Threshold
Cognitive
regulation



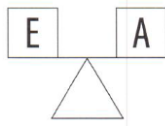
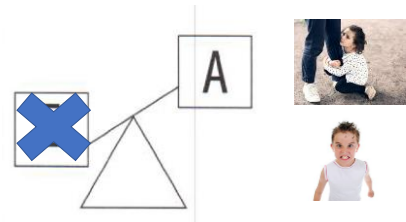
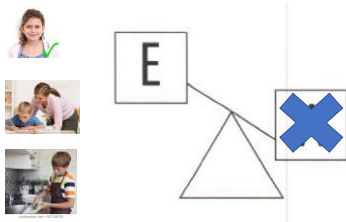
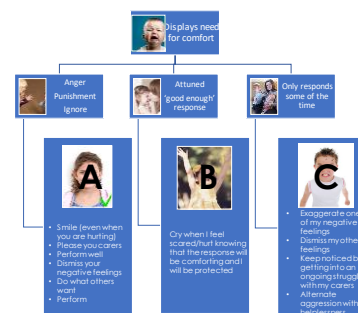
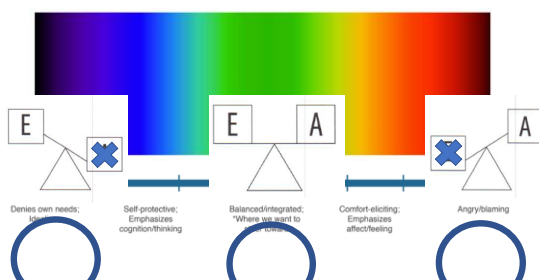
Expressed V Hidden
Attachment Needs

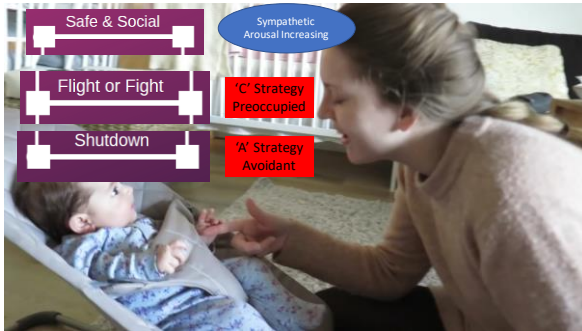
Exploration

Attachment



Secure Attachment

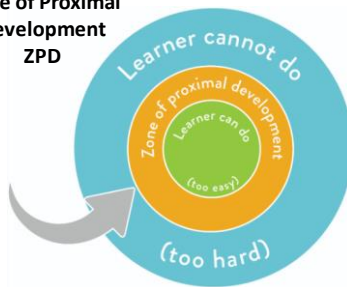
Ambivalent Attachment
Pattern of RelatingAvoidant Attachment
Pattern of RelatingDisorganized/Controlling
Patterns of Relating**THE ATTACHMENT SPECTRUM**



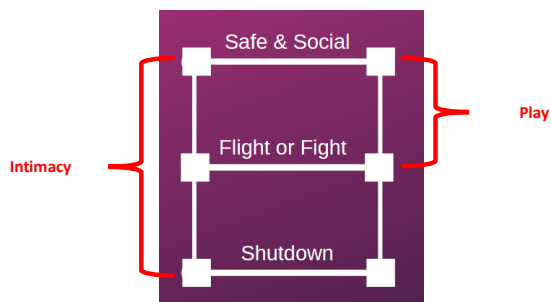
Epigenetics & Intergenerational Transmission of Trauma



Zone of Proximal Development ZPD

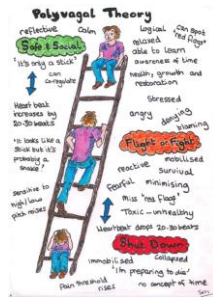


Willingness Ability to Engage (& connect)



Generalised
Anxiety
Disorder

Depression



ASD

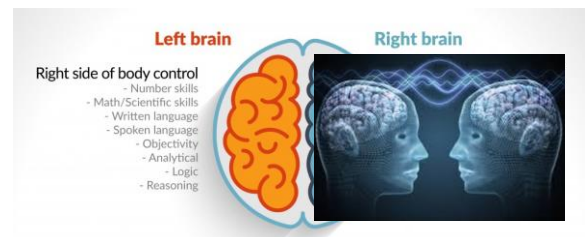
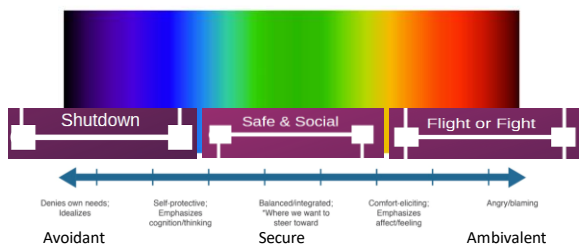


ADHD

Where is your home from home?



THE ATTACHMENT SPECTRUM

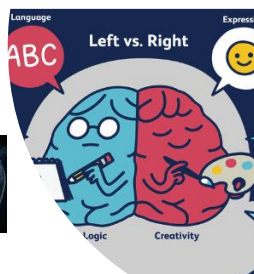


Cues of Safety

- Right Brain to Right Brain
 - Eyes
 - Face
 - Tone
 - Proximity
 - Gesture
 - Timing
- Intonation before information
- Micro doses



'Don't tell me I'm safe, help me to feel safe'



The Safe & Social State Ventral Vagus Nerve Circuit



What do I need right now?

- ✓ CPR
- ✓ Structure
- ✓ Nature
- ✓ Curiosity
- ✓ Art
- ✓ Music
- ✓ Play
- ✓ Connection/co-regulation
- ✓ Moments of joy
- ✓ Cues of safety

The Flight or Fight State Sympathetic Spinal Chain Nerve Circuit



What do I need right now?

- ✓ **Cues of Safety**
- ✓ To burn off adrenaline*
- ✓ Support
- ✓ Your patience
- ✓ Your acceptance
- ✓ Your empathy
- ✓ Connection
- ✓ To borrow your thinking brain
- ✓ I wonder if you are feeling...



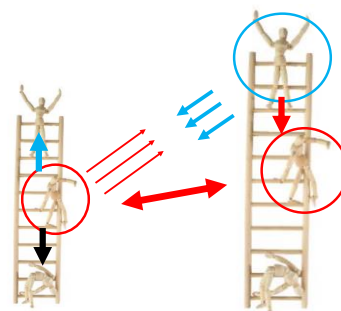
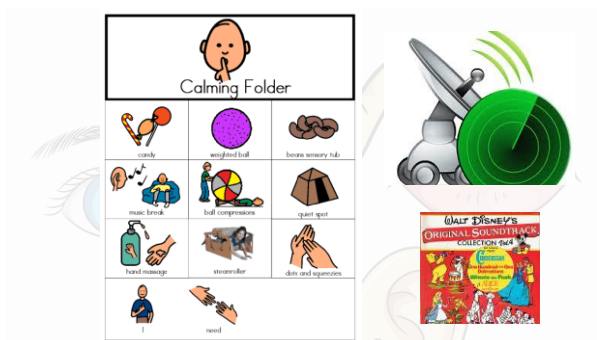
The Shutdown State (Freeze) Dorsal Vagus Nerve Circuit

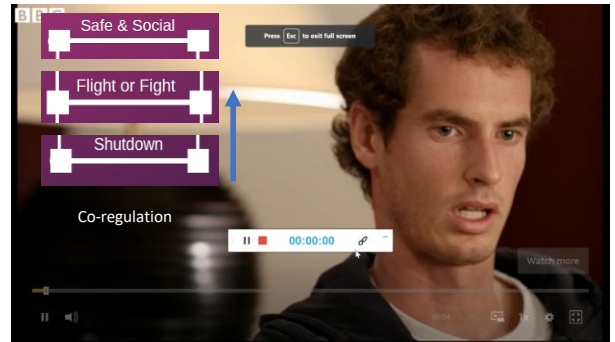


What do I need right now?

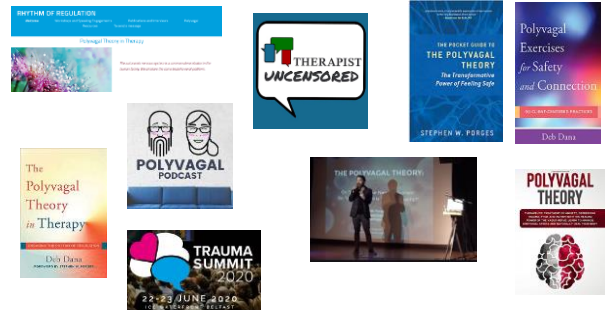
- ✓ **Cues of safety**
- ✓ Your help
- ✓ Connection
- ✓ Softly, softly...
- ✓ To borrow your thinking brain
- ✓ Touch?
- ✓ Acceptance
- ✓ Empathy
- ✓ Time

Impala in
Collapsed Immobility





- Neuroception
- Involuntary physiological shift occurs first
- Can't versus won't
- Cues of Safety are the 'therapy'
- Compassion
- It's about being human



Feedback