

Complex Behaviour Simple Interventions

Learning Network - Wellington
23rd September 2022

PRESENTED BY:

Kathryn Berkett

MEdPsych

Neurosequential Model of Therapeutics Practitioner



Defining Trauma

Trauma is not purely the EVENT

Trauma is the way brain and body
EXPERIENCE the event

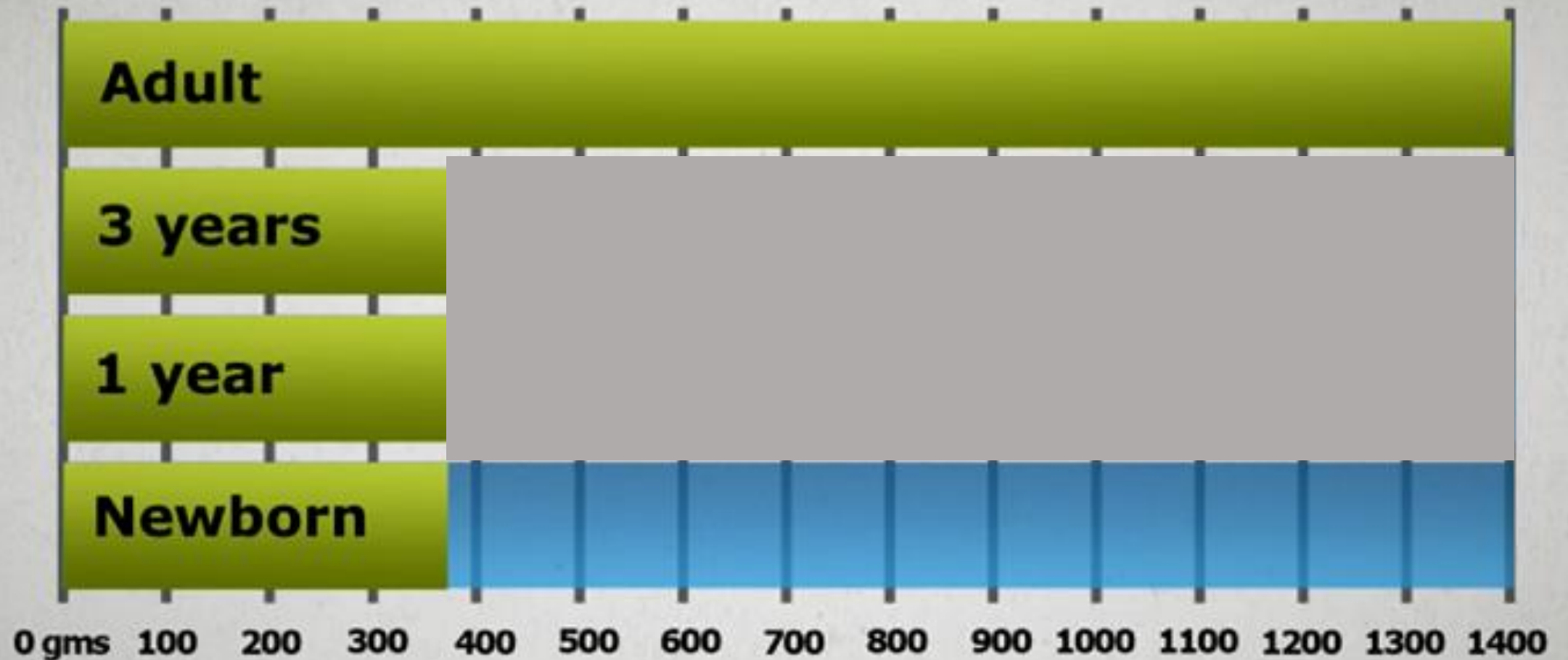
Trauma is when the brain and body
continue to be EFFECTED by the event



The First
Thousand
(+365) Days
... why so important?



BRAIN GROWTH



Consider someone you have been supporting for over six months:

How Often? (do they activate into stress response)

How Long? (do they maintain the stress response)

To Support Improvement...

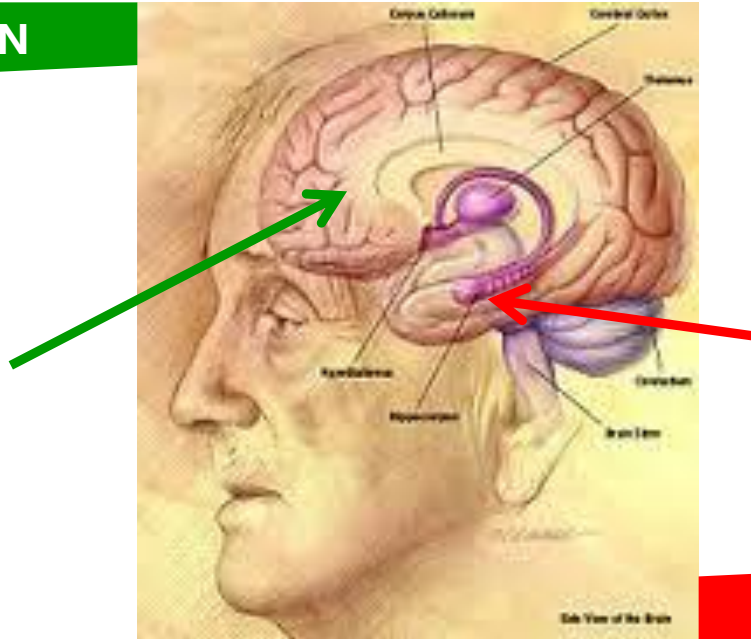
How Often =
Increase safety

How Long =
Increase individual's
capacity to activate
calm (resilience)

INTRODUCING THE BRAIN

UPPER/GREEN BRAIN

- Over-ride Impulses
- Plan
- Sequence
- Time Management
- Abstract
- Empathy



- Survival Tasks
- Impulsive
- Irrational
- 'Two years old'
- Selfish

LOWER/RED BRAIN

ACTIVATING THE STRESS RESPONSE

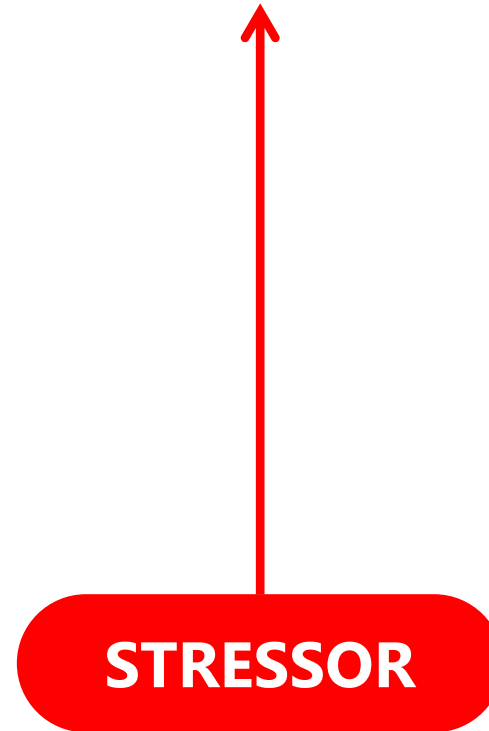
Neuroception

“AM I SAFE?”



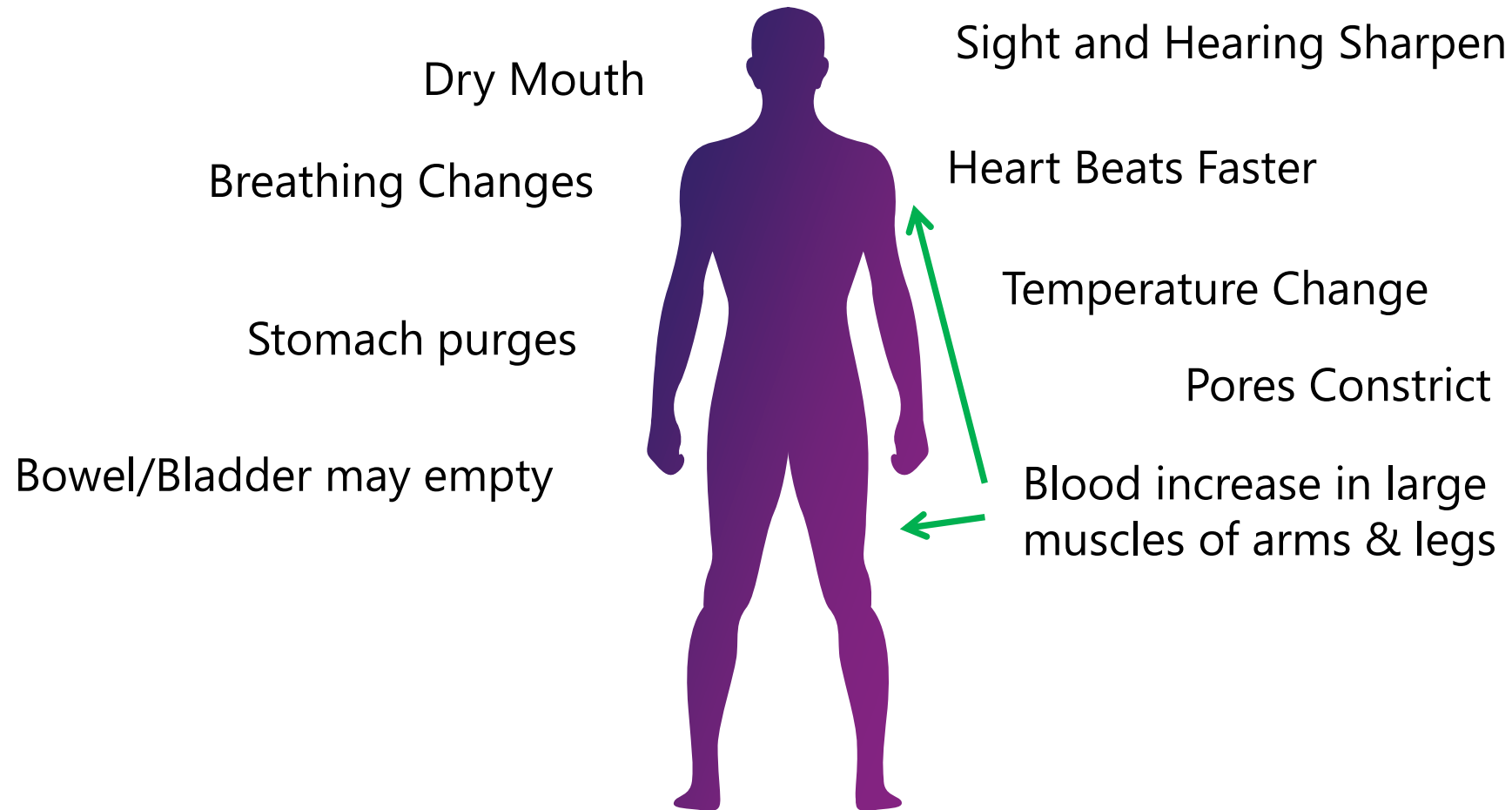
ACTIVATING THE STRESS RESPONSE

INCREASED CHANCE GOING TO
DIE



DEFENCE RESPONSE

(Fight/Flight + Anxious + Nervous +.....)



COLLAPSE RESPONSE

(Freeze + Dissociation + Shut-down)

Facial Expressions Blank

Breathing Slows

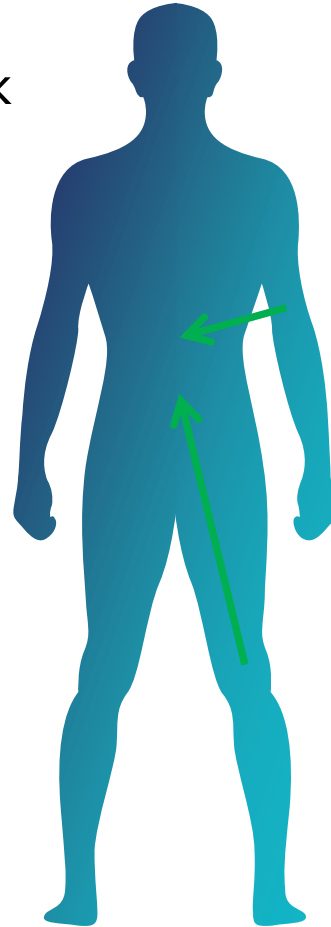
Eyes can look fixed / spaced out

Heart Beats Slower / Blood Pressure Drop

Temperature Drops

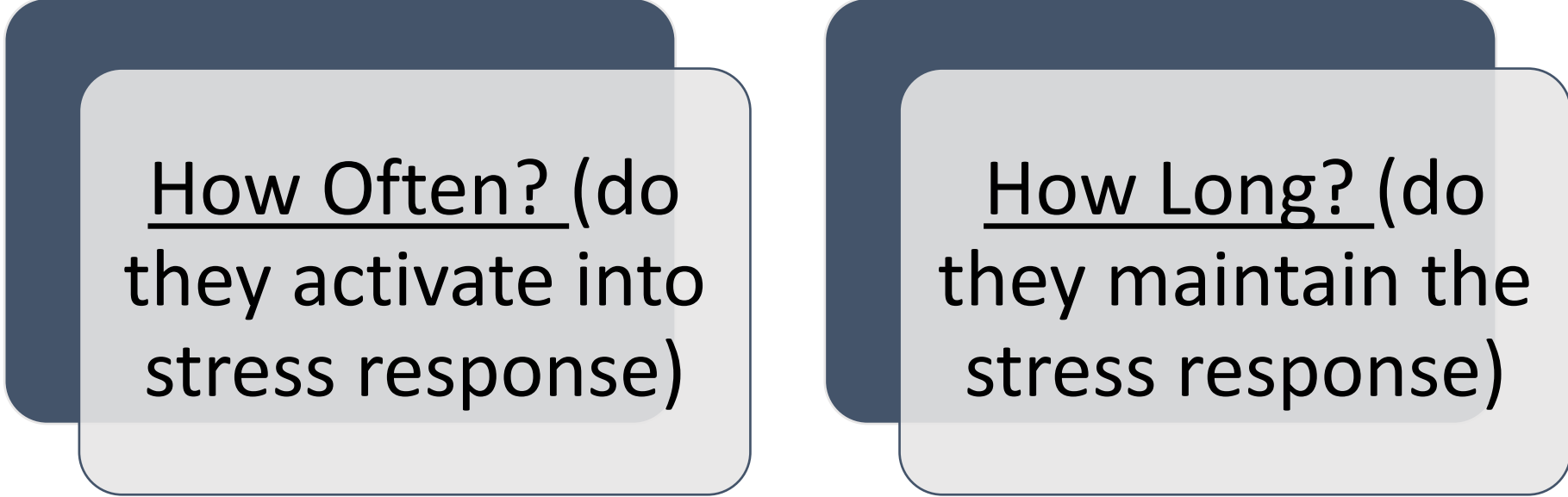
May feel low or no pain

Blood pools in the core,
moving away from large
muscles of arms & legs



Can you see how this is linking in with the two main observables?

- The more often and longer they are in red-brain (*as can be seen via activation of the body*) the less they can be present in their green brain



How Often? (do they activate into stress response)

How Long? (do they maintain the stress response)

Marathon Runner



Sprinter



ACTIVATING CALM IN THE MOMENT = INCREASE SENSE OF SAFETY



Relationships



Status



Distraction



Sensory activity

HOW TO KEEP THE SURVIVAL BRAIN CALM

Some

See me....

Boys

Show me I **B**elong....

Hate

Tell me what is **H**appening

Carrots

Give me some **C**ontrol

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

Template Development



What does a
dog say?

Think of..... One word a
dog might say



Resilience

of the bodies' stress response





First Part of
Resilience =

Recognising our
body - activating
into stress



TAKE
A DEEP
BREATH

Second part of
resilience =

Returning to a
state of calm

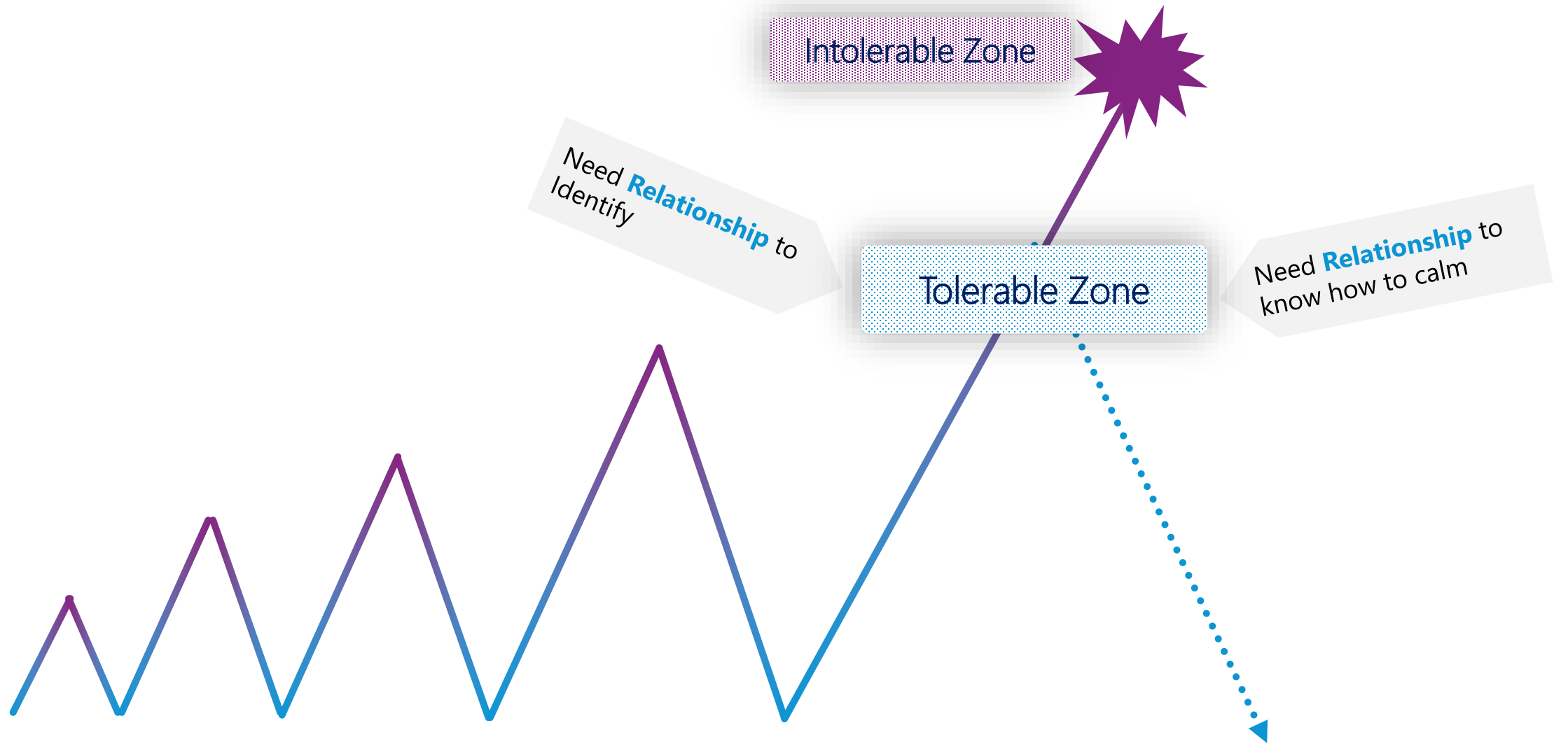
Developing Emotional Resilience

Multiple moments of
tolerable stress
+
attuned relationship











Podcasts

For More Information
check out
engagetraining.co.nz

[www.facebook.com/
EngageKB](https://www.facebook.com/EngageKB)



TEDx Talk

