A large teal circle is centered on the slide, containing the main title and event information. The background of the slide is white with scattered circles in various colors (purple, teal, brown, gold) and sizes.

Developing Understanding of Neurodiversity & Trauma

Kaiawhina PD Richmond Club

Thursday Feb 8 2024

Karakia Tīmatanga

Hā ki roto
Hā ki waho
Kia tau te mauri e kokiri nei
I ngā piki me ngā heke
Ko te rangimarie tāku e rapu
nei

Tihei mauri ora!

Breathe in

Breathe out

Settle the mauri that stirs
inside of me, through the ups
and downs

It is peace that I seek



Timeline for Today

9.30 am Start

11 am - 11.30 am Morning tea break

1 pm - 1.30 pm Lunch break

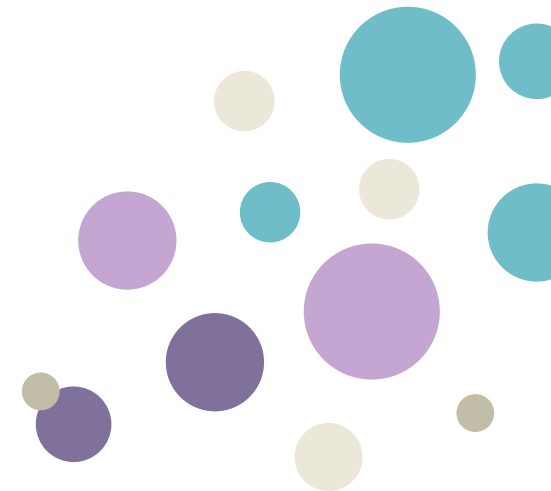
2.30 pm End of day





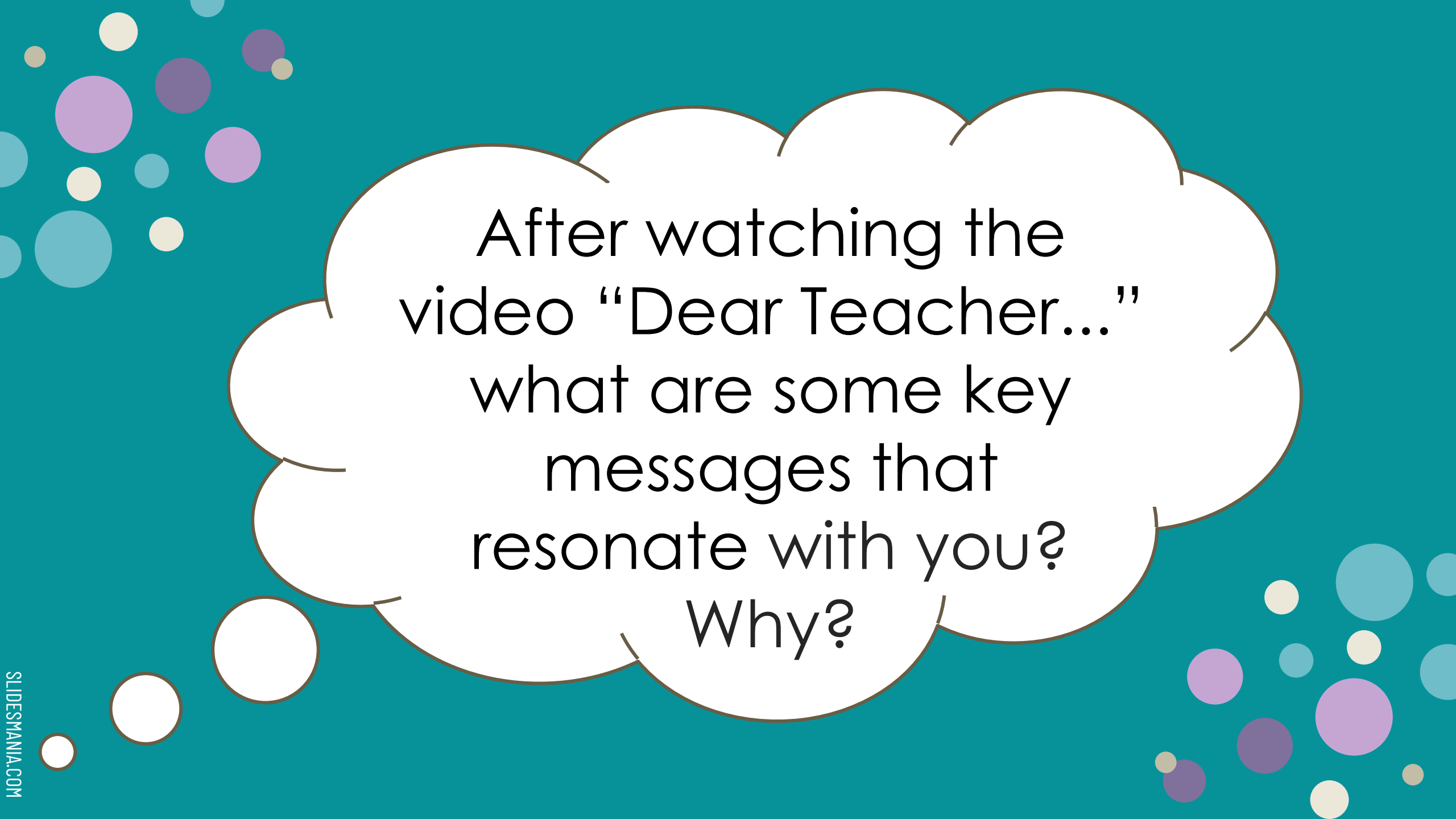
Kaupapa for Today

- To understand the different regions of the brain and their functions.
- To develop an understanding of the senses and how these can impact on ākonga learning and regulation.
- To develop an understanding of trauma informed practice



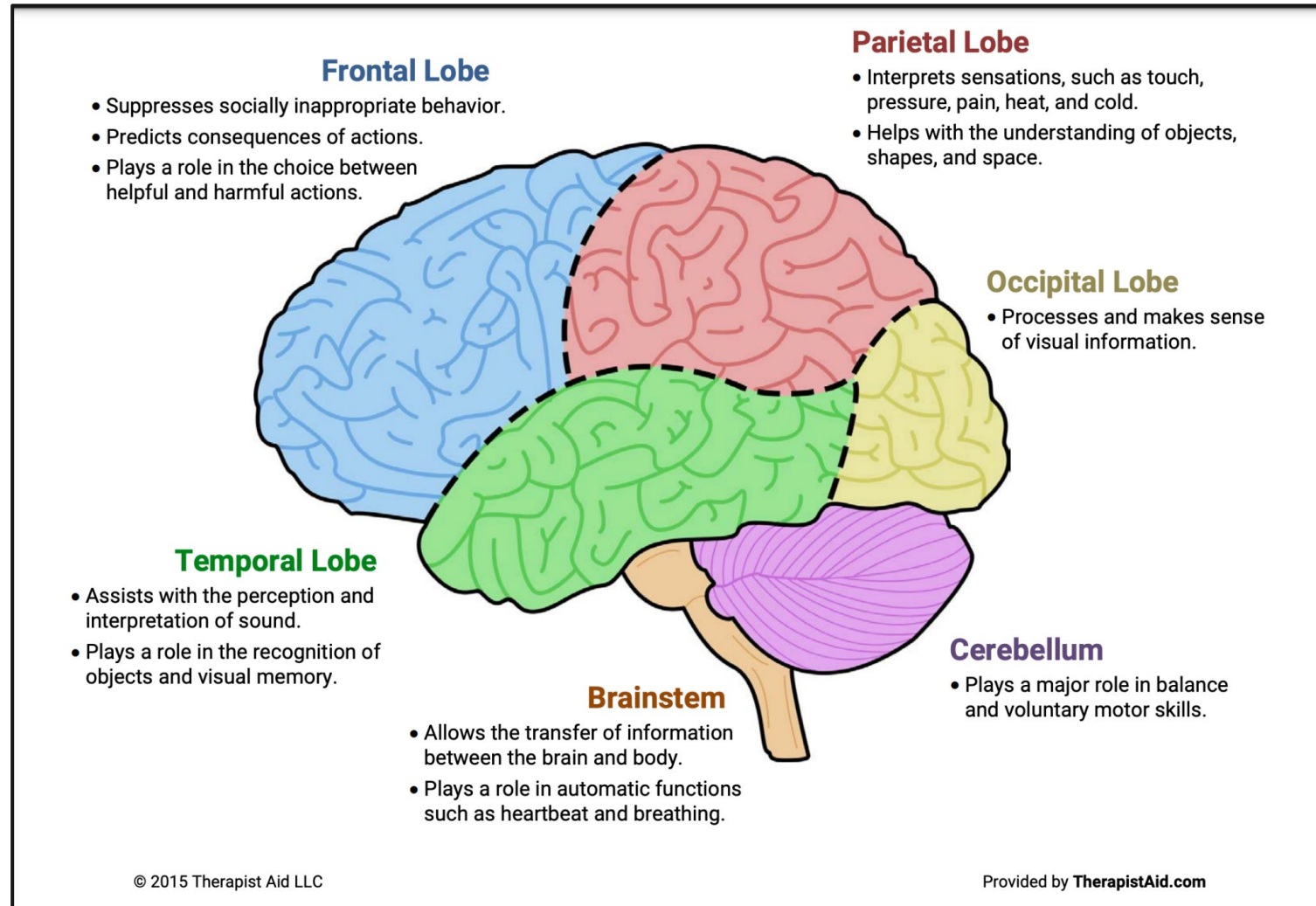


(n.d.). YouTube.
https://youtu.be/ITMLzXzgB_s



After watching the
video “Dear Teacher...”
what are some key
messages that
resonate with you?
Why?

The Brain



(Therapist Aid, 2015)

Red Brain / Green Brain



Movement Break

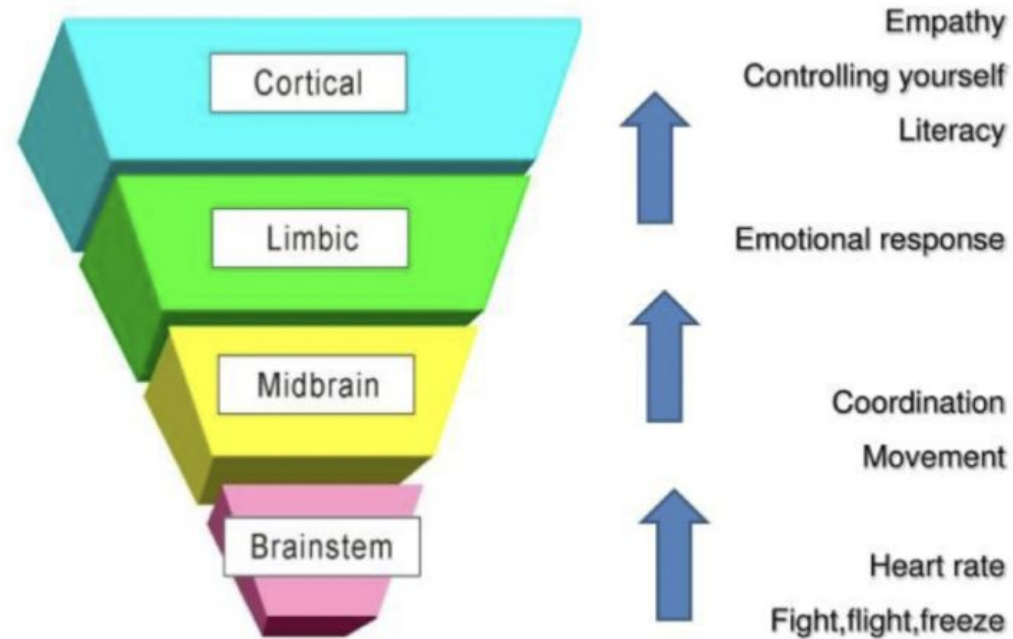
Choose from the interoception cards and movement activity cards on your table

Flipping the Lid - Fight, Flight, Freeze



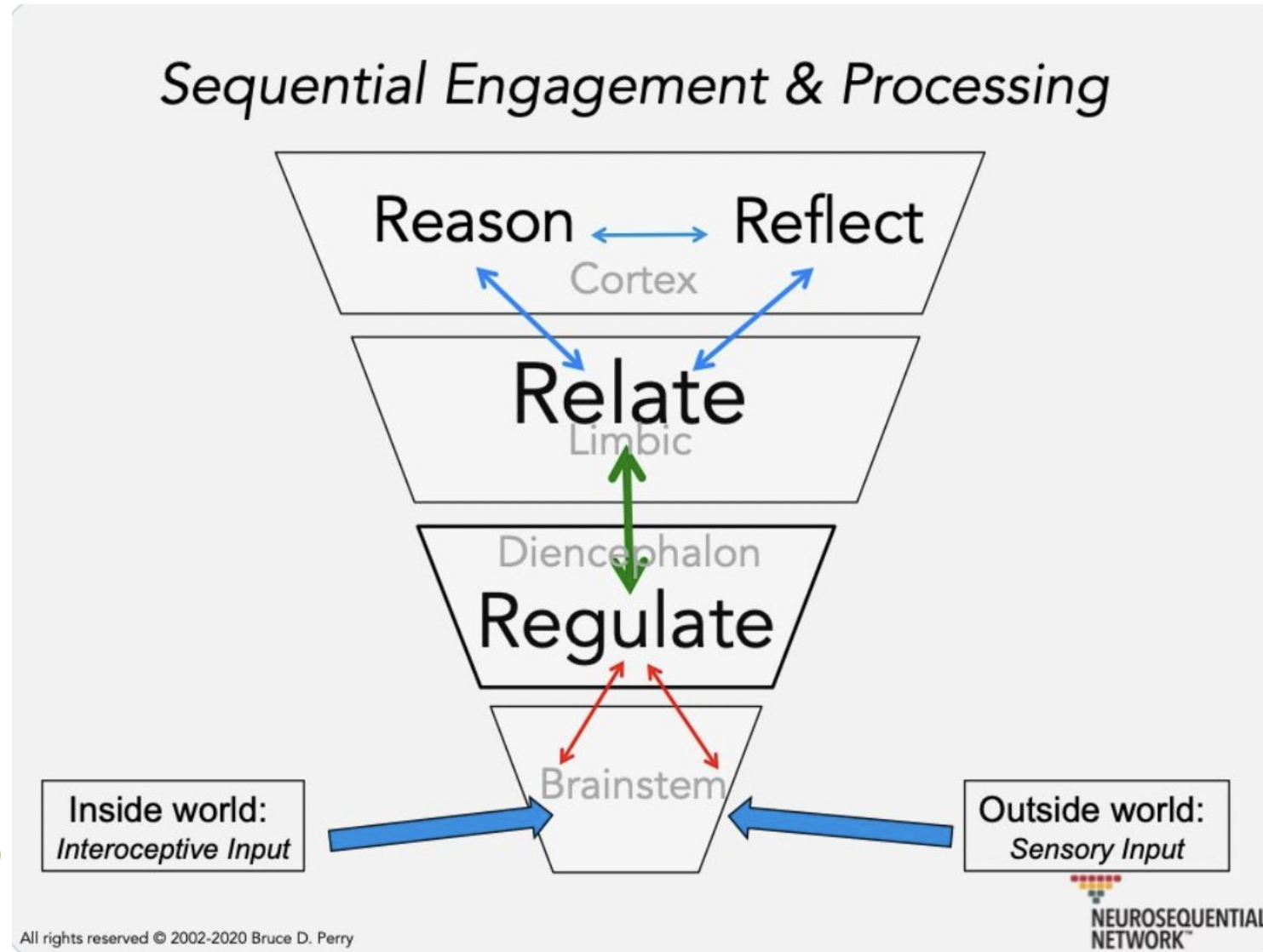
Understanding the Brain using Dr Bruce Perry's Neurosequential Model

Perry's Neurosequential Model



Perry, B.D. (2002). *Brain Structure and Function I: Basics of Organisation*. Adapted in part from *Maltreated Children: Experience, Brain Development and the Next Generation* (W.W. Norton & Company).

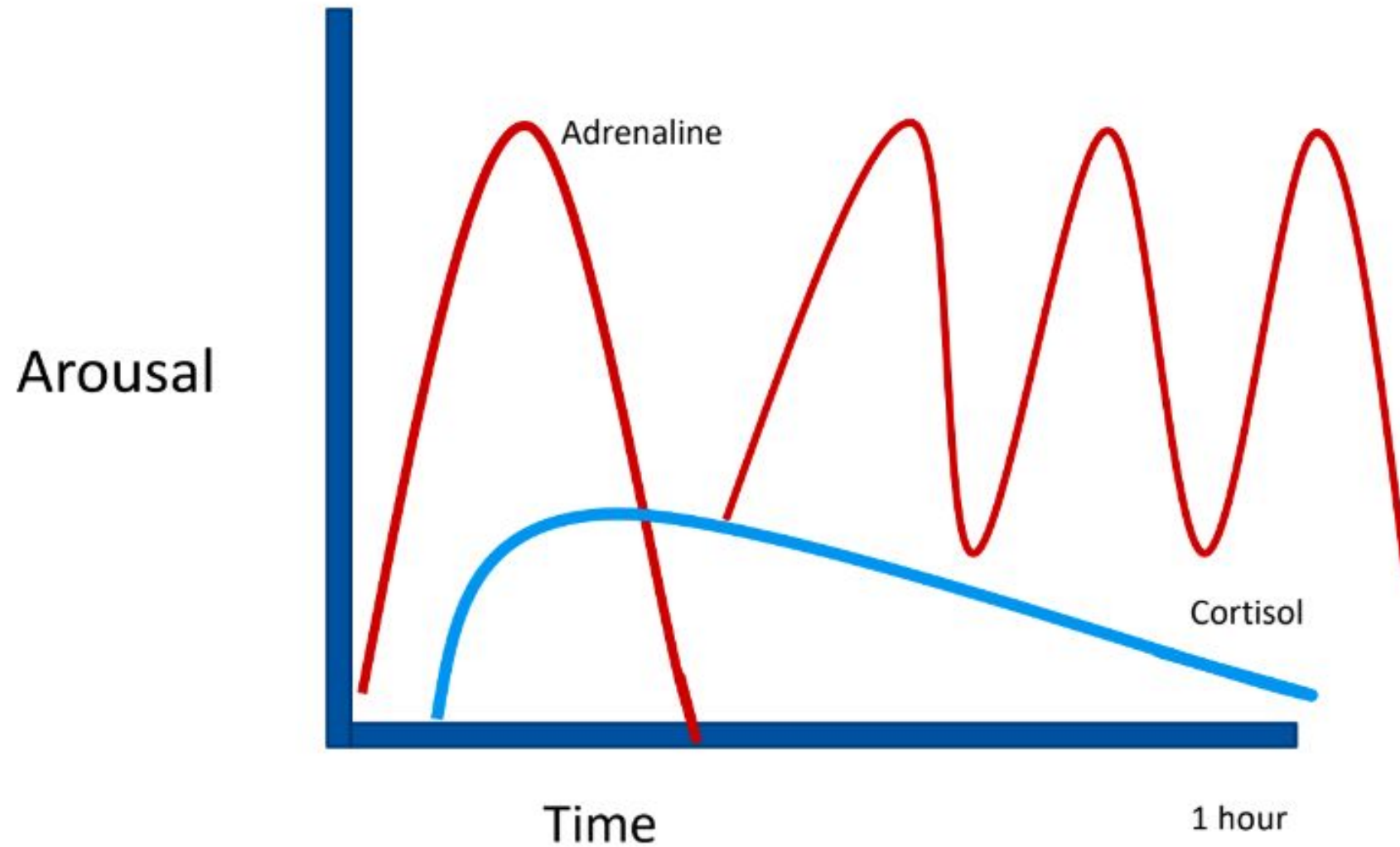
How the Senses Impact on the Different Regions of the Brain



Movement Break

Choose from the interoception cards and movement activity cards on your table

Adrenaline and cortisol effects

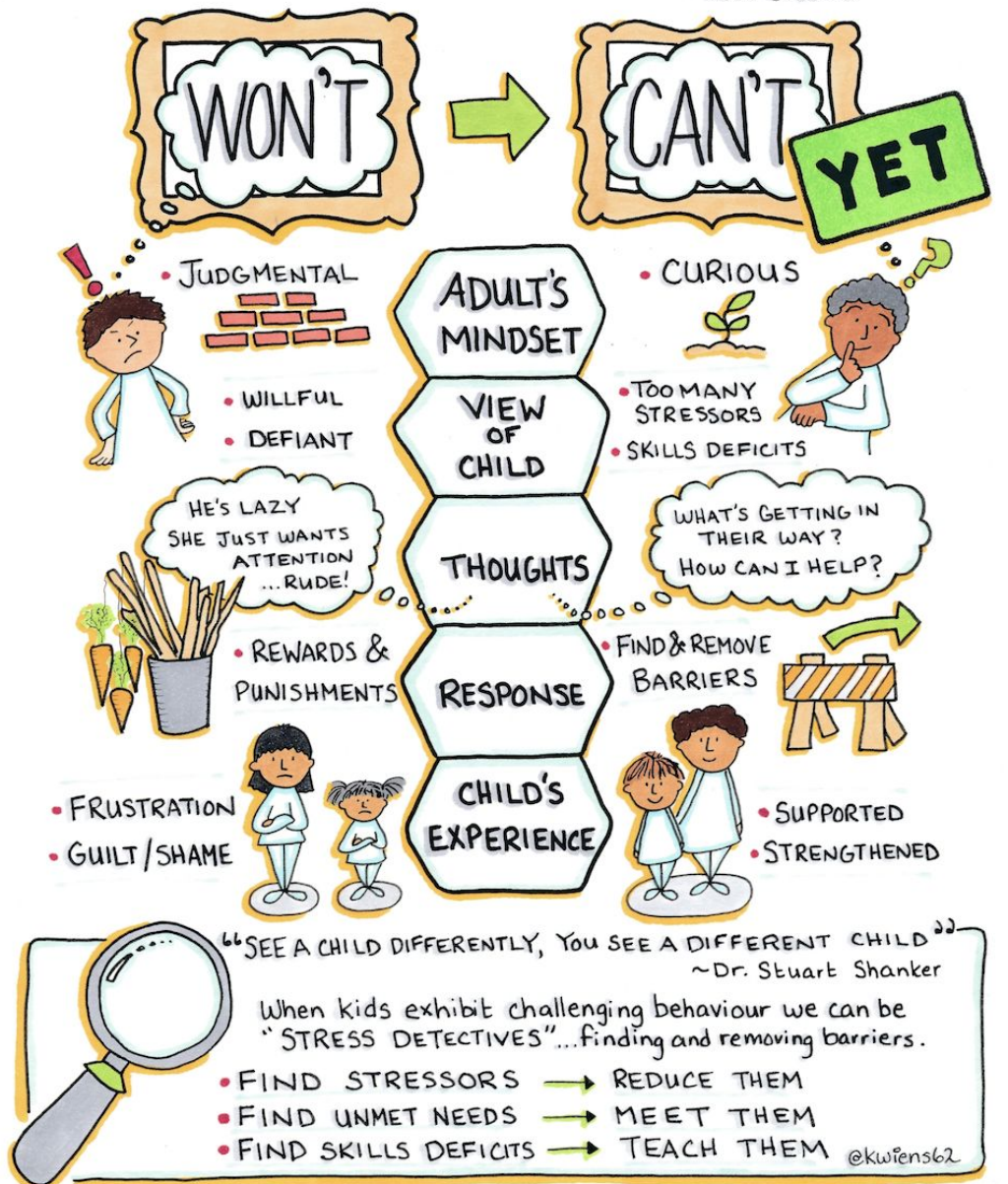


(T. Roberts, personal communication, July 12 2023)

REFRAME THE BEHAVIOUR

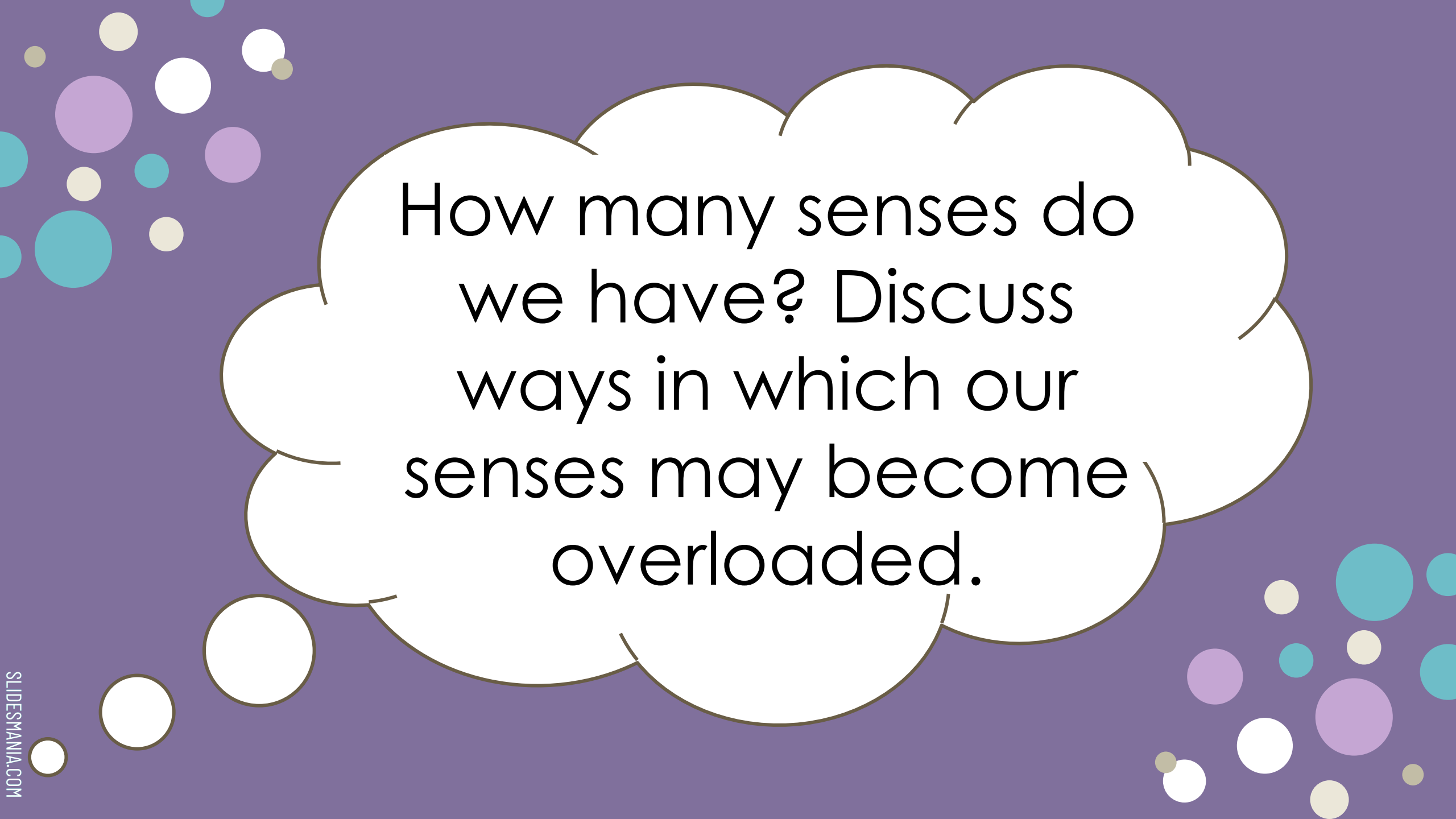
"KIDS DO WELL IF THEY CAN"

~ ROSS GREENE



Consider rewording
"attention seekers" as
"connection seekers"

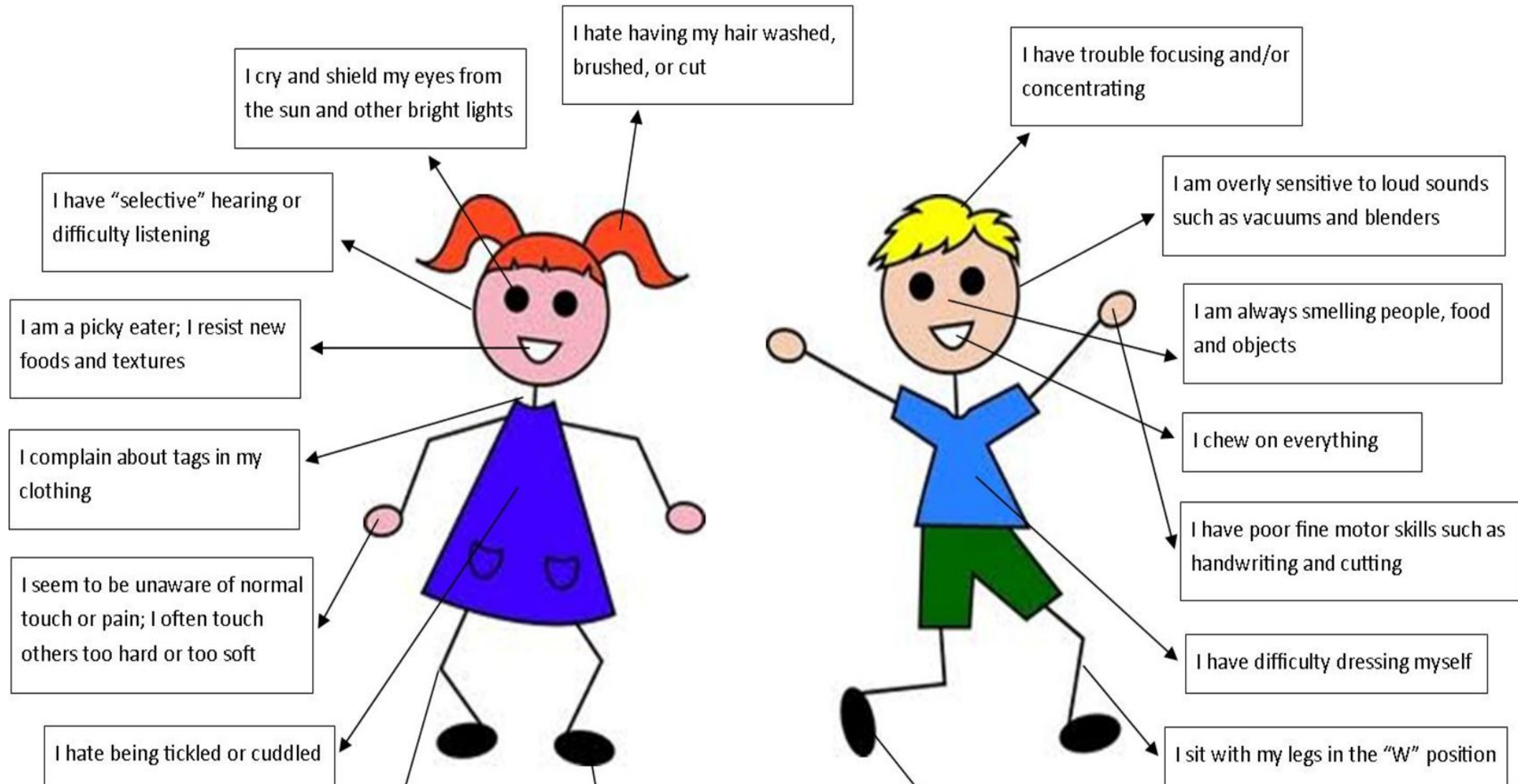
(The MEHRIT
Centre, 2023)



How many senses do we have? Discuss ways in which our senses may become overloaded.



Some Indicators of Sensory Processing Needs



Karakia mo te kai

Karakia mō te kai

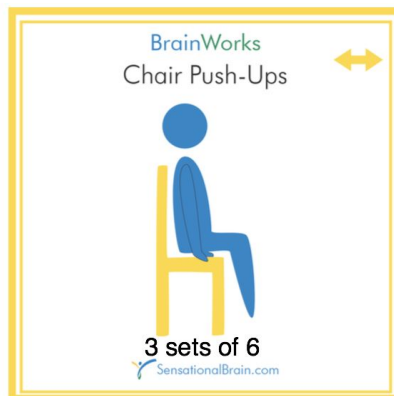


Five Senses and the Other Three - Proprioception

What is it:

- Receptors in our muscles, joints and ligaments tell us where our body parts are and what they are doing.
- Provides a reference point of where our body is in space
- Indicates how much pressure we need to apply to do something

Movement breaks



Brain highways: The proprioceptive system. (2010, August 4). YouTube.
<https://youtu.be/b2iOliN3fAE>

Five Senses and the Other Three - Vestibular

What is it?

- First sensory system to get all the information received by the brain and its function is to direct this information to the other senses
- Provides the leading contribution to the sense of balance and spatial orientation for the purpose of coordinating movement with balance.
- Helps to keep you stable and upright. People with vestibular issues may not know where their body is in space
- Poor vestibular function results in trouble interpreting and directing this information
- Can be both over responsive and under responsive



(n.d.). YouTube.
<https://www.youtube.com/watch?v=ueDQjhJDqIg>

Five Senses and the Other Three - Interoception

Interoception is the eighth sense. It is our internal sensory system and enables us to be aware of what is happening within our bodies:

Interoceptive awareness is needed for:

- Toileting awareness - being aware of bladder being full
- Being aware of pain
- Being aware of body temperature
- Being aware of being hungry or thirsty
- Being aware of becoming angry - a change in emotional state

For a person to be able to regulate their emotions before they become too big they need to be aware of the feeling of these emotions.



(n.d.). YouTube.
<https://www.youtube.com/watch?v=A0zbCiakjaA>

Neuroception - Am I Safe?

Neuroceptive scanning

- Scanning - someone who has grown up feeling safe will naturally scan and presume safety.
- If you have grown up feeling unsafe then your scan will naturally presume danger or risk - the inner radar says do not trust.

Highly vigilant people will have the following inner dialogue:

- Are you the same tribe as me?
- Do you look, talk, act like me?
- Do we trust or mistrust....are you a danger to me?
- If someone has experienced danger or lack of belonging they may be triggered by similar traits that they encounter.

Movement Break

Choose from the interoception cards and movement activity cards
on your table

Self Assessment

Most of us use sensory strategies without even knowing it. Some people need a more intentional approach.

Sensory Seekers: people who are under-responsive so they seek intense sensation to make up for their under responsive nervous systems

Sensory Avoiders: people who are over-responsive so they avoid sensation to make up for their over responsiveness.

<https://sensationalbrain.com/wp-content/uploads/2010/03/SB-School-Checklist.pdf>



Know your Triggers

Have a plan for how to manage your own emotions or sensory needs in the moment

Make time for what you enjoy

Seek support from colleagues

Be aware of assumptions and bias.

Look after yourself

A regulated, calm adult can
regulate a dysregulated, anxious child
but a dysregulated adult can never
calm a dysregulated child.

- DR. BRUCE PERRY



@WILDPEACEFORPARENTS

The Natural Parent Magazine, 2022, April 27.

What is Executive Function?



STRONG Self-Regulation Skills



(Committee for Children, 2016)

Movement Break


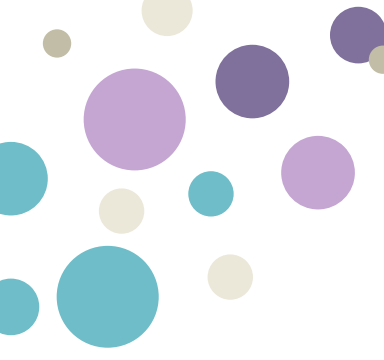
Choose from the interoception cards and movement activity cards
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What is Trauma?

Trauma is not what happens to you; trauma is what happens inside you as a result of what happens to you.


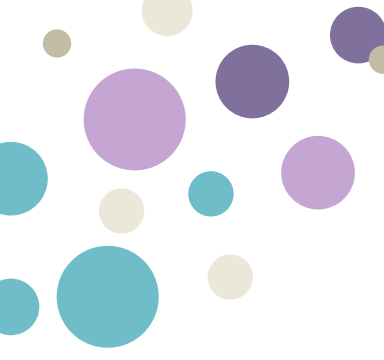
Gabor Maté

The Wounded Healer | Victoria, BC | May 2018



“A trauma has three key aspects: the event, the experience, and the effects. The complexities of these three interrelated components are what should be considered in clinical work and studied in research.”

The Substance Abuse and Mental Health Services Administration (SAMHSA)



Capital “T” trauma, or the experiences that likely come to mind for most people when thinking about trauma: abuse, neglect, natural disaster and death.

Small “t” trauma, “You can have a loving family... but if you’re continually in a school where you’re feeling like you don’t belong, you’re not the right colour, you’re not the right gender, you’re not the right religious beliefs, whatever it is, if you are continually in the outgroup, it leads to the same emotional, physical, and social consequences as capital “T” trauma”. If prolonged enough, small “t” trauma activates stress response systems and leads to the very same changes in the brain.”

Brown, B and Perry, B (2021).

What kind of experiences are considered adverse?



Maltreatment

i.e. abuse or neglect



Violence & coercion

i.e. domestic abuse, gang membership, being a victim of crime



Adjustment

i.e. migration, asylum or ending relationships



Prejudice

i.e. LGBT+ prejudice, sexism, racism or disablism



Household or family adversity

i.e. substances misuse, intergenerational trauma, destitution, or deprivation



Inhuman treatment

i.e. torture, forced imprisonment or institutionalisation, or genital mutilation



Adult responsibilities

i.e. being a young carer or involvement in child labour



Bereavement & survivorship

i.e. traumatic deaths, surviving an illness or natural accident

The 'Growing Up in New Zealand' Study

53% of children had experienced at least one ACE before starting school – most commonly emotional and physical abuse

One in four children had been exposed to emotional abuse - their parent criticising their child's ideas, shouting at them, or exploding with anger "very often" - before reaching school-age.

One in five children were exposed to physical abuse - where their parent reported smacking their child "often or very often".

One in 10 parents or partners reported using illegal drugs during the first 4 years of their child's life.

Movement Break

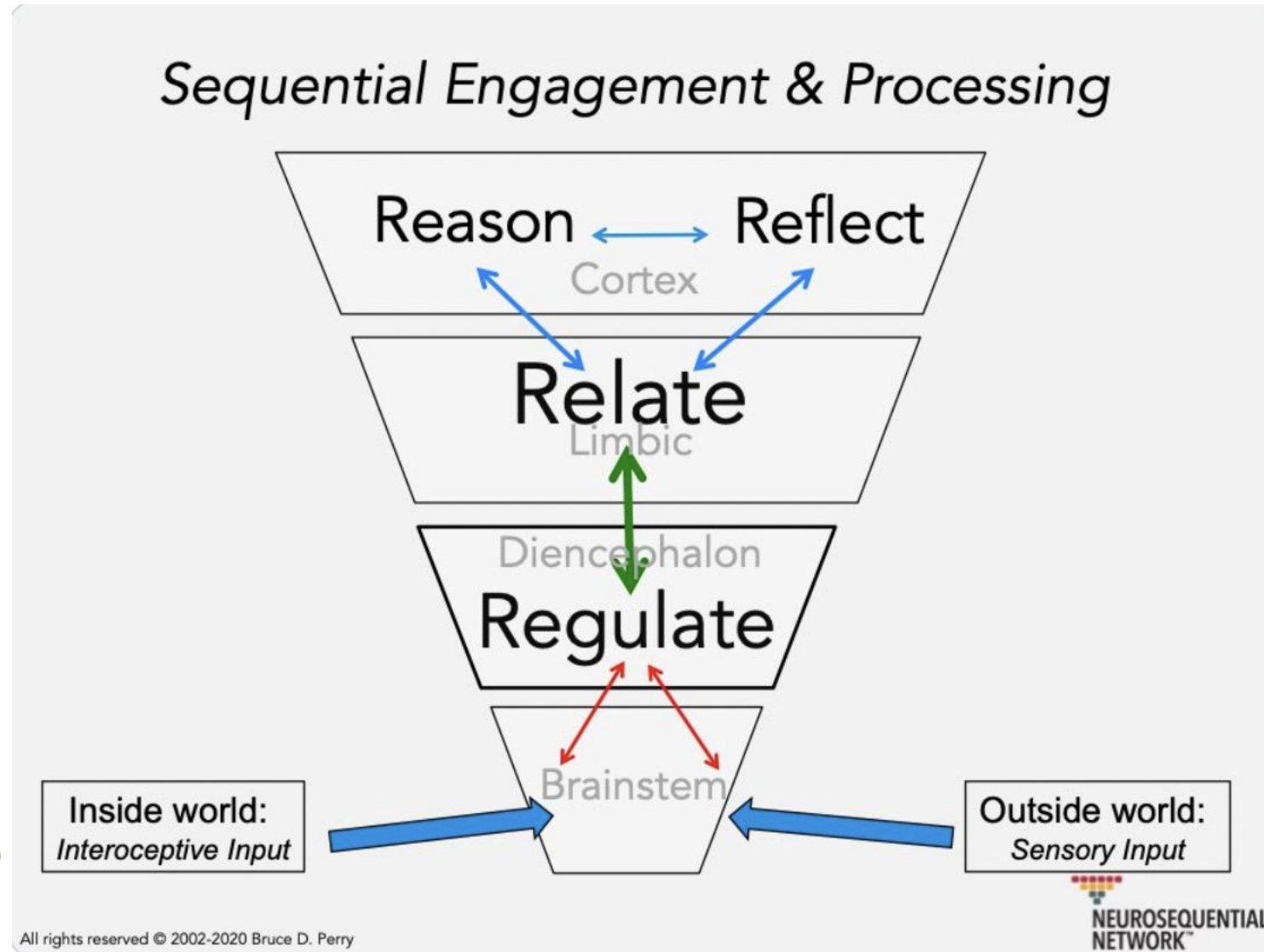
Choose from the interoception cards and movement activity cards on your table

How Stress Impacts Brain Function

Episode 2

How Stress Impacts
Brain Function

How the Senses Impact on the Different Regions of the Brain





Kathryn Berkett

Keeping the Survival Brain Calm

“Some **B**oys **H**ave **M**ullets.”

Kathryn Berkett’s mnemonic acts as a prompt as to how we can support to keep the survival brain calm.

Some
Boys
Have
Happening ...
Mullets

See me...
Show me I **B**elong...
Tell me what is
Enhance my **M**ana ...

Karakia Whakamutunga

Unuhia te pō
te pō whiri mārama
Tomokia te ao
te ao whatu tāngata
Tātai ki runga
tātai ki raro
tātai aho rau
Haumi e, hui e, tāiki e!



**Thank
you!**