Resilience: Building Resilience through Supporting Behavior

Meet your trainer
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Objectives

• Basic review of trauma and understanding the impact of trauma on both neurological and physiological responses.
• Understanding the role of the caregiver in regulating emotion and behavior.
• Understanding ways behaviors communicates and how to meet the needs that are being communicated.

What is your BIG question?

Let’s grow a plant together!
Trauma Review

Episodic
- Natural Disasters
- Physical Abuse
- Sexual Abuse
- DV
- Neglect
- Witnessing Crime
- Victims of Crime
- Military Actions
- Accidents/Injuries

Environmental
- Chaotic Environments
- Aggressive Environments
- Punitive Environments
- Inconsistent Parenting
- Instability in the family
  (physical, emotional, etc.)

Secondary
- Caring for a family member with high needs:
  - Medical
  - Mental health
  - Behavioral

Trauma Defined

Trauma = Perception of Threat weighed against Resources available
The Hand Model of the Brain

- Brain Stem: The things we do that we do not have to think about.
- Emotion Center (Limbic System)
  - Smoke Detector (Amygdala)
- Rational Brain (Neocortex): Thought and planning, relationships

So, what happens in the body...

Two common circumstances

- In-Utero Substance Exposure
- Trauma Response

  - Primary Behaviors
Two common parenting responses

- Rigid
- Permissive

Behavior change in children starts with....

YOU.

Which will you be?
You are...

Your child's #1 Resource!

Behavior is Communication

• Can’t vs Won’t
• State Behavior:
  – Fight: Aggression
  – Flight: Withdraw
  – Freeze: Disconnection
  – Collapse: Little energy
• Developmental Changes
  – Boundary Pushing

Behavior is Communication

• Unsettled nervous system
  – Trauma stores in the body
• Unmet needs
  – Negative beliefs
Can't vs Won't

If you’ve told a child a thousand times and he still does not understand, then it is not the child who is the slow learner.

-Walter Barbe

State Behaviors

- Find safe and fun ways to express the state
  - Fight
    - Throw wet cotton balls at windows
    - Silent screams
    - Paper punch
  - Flight
    - Join a running club
    - Walk
  - Freeze/ Collapse
    - Squeeze limbs
    - Grounding

Developmental Changes

- Boundary Setting
- Re-do's
- Provide Safe Exploration
- Set firm limits when needed; Give freedoms when appropriate
Unsettled Nervous System

Resourcing

- Internal
  - Automatic Body Response
  - Calm Place
  - Container
  - Self-talk
- External
  - Talk to somebody
  - Go for a walk
  - Get a hug

Unmet Needs

- Point out the ways your child is good
- Bring your child into belonging
- Help your child see their humanness
- Provide age-appropriate control
- Become a safe-base

I’m bad
I’m worthless
I’m an object
I have no control
I’m not safe

First thing first

1. Regulate
2. Relate
3. Reason

Bruce Perry, Neurosequencial model
Some favorites…

- Re-do
- Externalize
- Ask questions that encourage thinking brain
- Empower a voice to express needs
- Use humor to defeat tension

Be Creative!

Questions