

THE BIOLOGICALLY RESPECTFUL APPROACH TO CHILDREN

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EMPHASIS

- THE OVERALL GOAL IS TO MOVE A CHILD TO A PLACE OF HEALTHIER REACTIONS
- *C+O+A+L = What helpers need to be:*
- Curiously interested,
- Observing with an open attitude,
- Accepting and aware of where the child is (dev.holes)
- Loving in their approach (Mindful from Dan Siegel, MD, PH.D.)



EMPHASIS (cont.)

- Consider all 5 Senses when working with a child
And with the adults!
- A point is best made with an activity to help it to be truly understood and felt (arm wrestling to make a point that cooperation is possible).
- The Think-Feel-Do Cycle can help a reactive child to stop and think. Change the thought and you change the behavior... Be a detective and look for clues about what you think and feel.

WELL BEING!!

**MAKING IT WORK

- WELL BEING SEEN NEUROLOGICALLY
- (from Dan Siegel's Work)
- $F+A+C+E+S = \textit{Well Being}$
- Flexible – Many ways can work
- Adaptive – Accept that change can be OK
- Coherent – What you say, feel, think and do all fit together and make sense. Harmonious, open and connected, receptive, compassionate
- Energized – Letting the energy flow
- Stable – You feel YOU in any circumstance

F A C E S *Flexible

- FLEXIBLE is the opposite of rigid
- It implies physical as well as mental flexibility (OT,PT)
- Physical flexibility helps the energy flow through the body for the feeling of freedom
- Mental flexibility means accepting input from the “others” with thoughtfulness
- Flexibility makes a person feel safer, more powerful and more ready to respond to life

F A C E S *ADAPTIVE

- ADAPTIVE is the opposite of Restricting
- Keeping an open mind lets one be adaptive
- There is more freedom when one can adapt
- Accepting that Change does happen, just as the seasons of the year happen. Try to enjoy it as much as possible vs. despairing over it
- Keep your options open

F A C E S *COHERENT

- COHERENT is the opposite of Chaotic
- Coherent is defined as connected and harmonious, it makes the individual parts of a person connect to make sense of the whole!
- A person who achieves coherence feels ordered and reasonable in their responses
- Reactivity (mid brain responses) are reduced
- Thoughtfulness (frontal brain) is increased

F A C E S

* ENERGIZED

- ENERGIZED is the opposite of constricted and limited
- It is an awareness of the body as energy and flow with increased awareness of control
- An energized person has control of their energy and their responses: breathing, grounding, reduced tension. They can focus better and attend clearly
- Energized people are able to achieve to their own potential

FACES * STABLE

- STABLE is the opposite of imbalanced
- Stable is the ability to feel balanced within oneself regardless of what is going on around us or what others do
- Stable is not reactive, but allows thoughtfulness
- Stability allows quicker recovery from trauma

When one has a feeling of Well Being..

- One can connect past and present but does not get frozen by expecting past to prevail
- One can connect thoughts and feelings and know which one is which but yet integrate them so that they achieve a WHOLE concept
- It is possible to keep options open rather than being controlled by past experiences
- Freedom is achieved with this order and thoughtfulness

FACES

- CAN MAKE IT POSSIBLE TO REDUCE CHAOTIC EXPLOSIONS WHICH TAKE AWAY YOUR CHOICE
- ALLOW YOU TO THINK BEFORE YOU ACT
- DECISIONS ARE HEALTHIER
- OUTCOMES MAKE MORE SENSE
- INTERNAL ORDER IS ACHIEVED
- SOCIETY BENEFITS FROM PEOPLE WHO ACHIEVE WELL BEING WITHIN THEMSELVES

MINDFULNESS

- NEUROLOGICAL WAY TO GAIN BRAIN GROWTH AND SELF ACCEPTANCE
- TIME TO FOCUS ATTENTION ON TRUE SELF
- SELF REGULATION DEPENDS ON CONNECTION
- LET THE CHILD USE YOU TO REGULATE WHILE THEY LEARN SELF-REGULATION
- IT FEELS GOOD – CONTENTMENT CAN BE FELT

GROUNDING

- PHYSICAL/NEUROLOGICAL WAY TO HELP YOUR BODY BECOME COHERENT
- GAINING SELF CONTROL OVER YOUR BREATHING AND YOUR BODY
- CONTROL SELF..... NOT OTHERS
- FEELS SAFER, MORE SECURE IN YOURSELF
- FILLS IN THE DEVELOPMENTAL HOLE OF NOT FEELING SAFE AND PROTECTED

CORE BELIEFS

- When someone seems stuck, it is often because they cannot change a core belief..... “I ALWAYS DO THIS”...
- Core beliefs are very strong, bound in neuro-networks
- Decisions are guided by these beliefs
- When they are in error they lead astray
- Human connections are needed for a child to even question them
- Attachment allows changing them
- Security is necessary before a child can even think about changing them

Changing

- Our brain needs time to organize new information and see how it connects to the old information
- Seen once creates a weak neuro network
- Repetition is needed to strengthen it
- Experiencing the change is necessary to make it your own (neurologically 3 months for networks to set).
- Then, change can occur

Connecting for Change

- Attachment is necessary for change to occur
- Someone has to understand = stand under the position of the child with true empathy
- Empathy experienced is empathy seen – the child must feel it to know what it is
- Parents, mentors, caregivers, professionals need to create teams to create the security needed for change

BRAIN STORM POSSIBILITIES

Apply COAL and FACES to yourself and family

Apply COAL and FACES to a client you know

Apply neuro facts to a client you know...