

Developmental De-escalation

Working with the nervous system





Human Needs and Drives

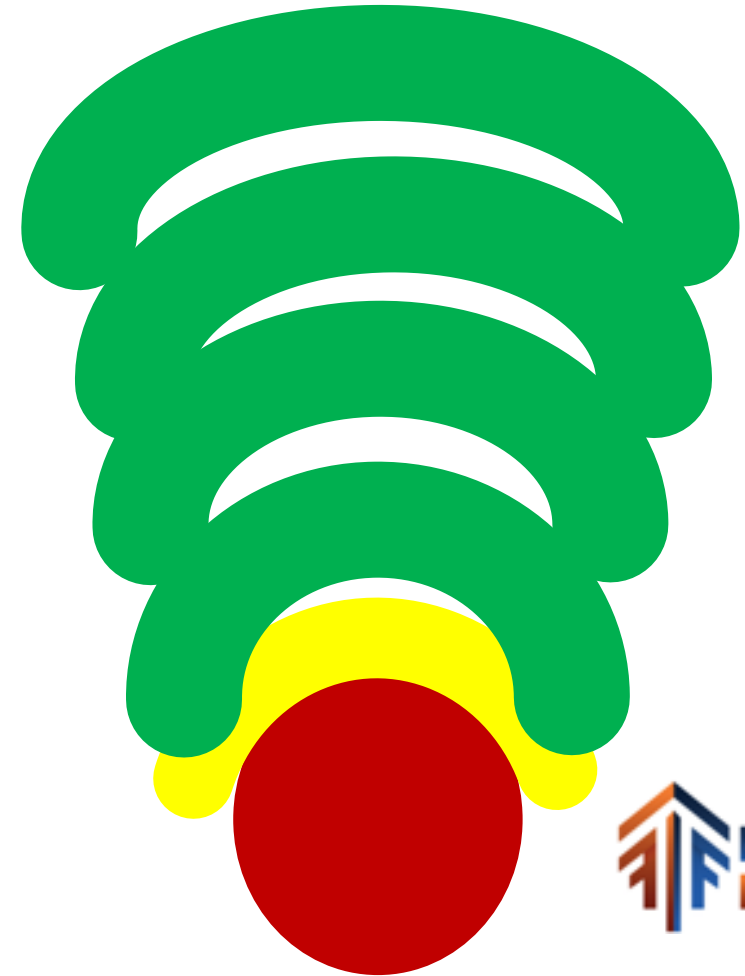
Safety

Connection

Competence!

Brain Development

NEEDS
MUST BE
MET!!



Assumptions

Hopeful

Goal oriented

Empathetic,
compassionate

Social and appropriate

Sees self as competent and capable

Experiences belonging

Manageable stress response



Neurological Needs and Drives

Hopeless

Unmotivated

Need to be superior

Protective

SEES SELF AS INCOMPETENT

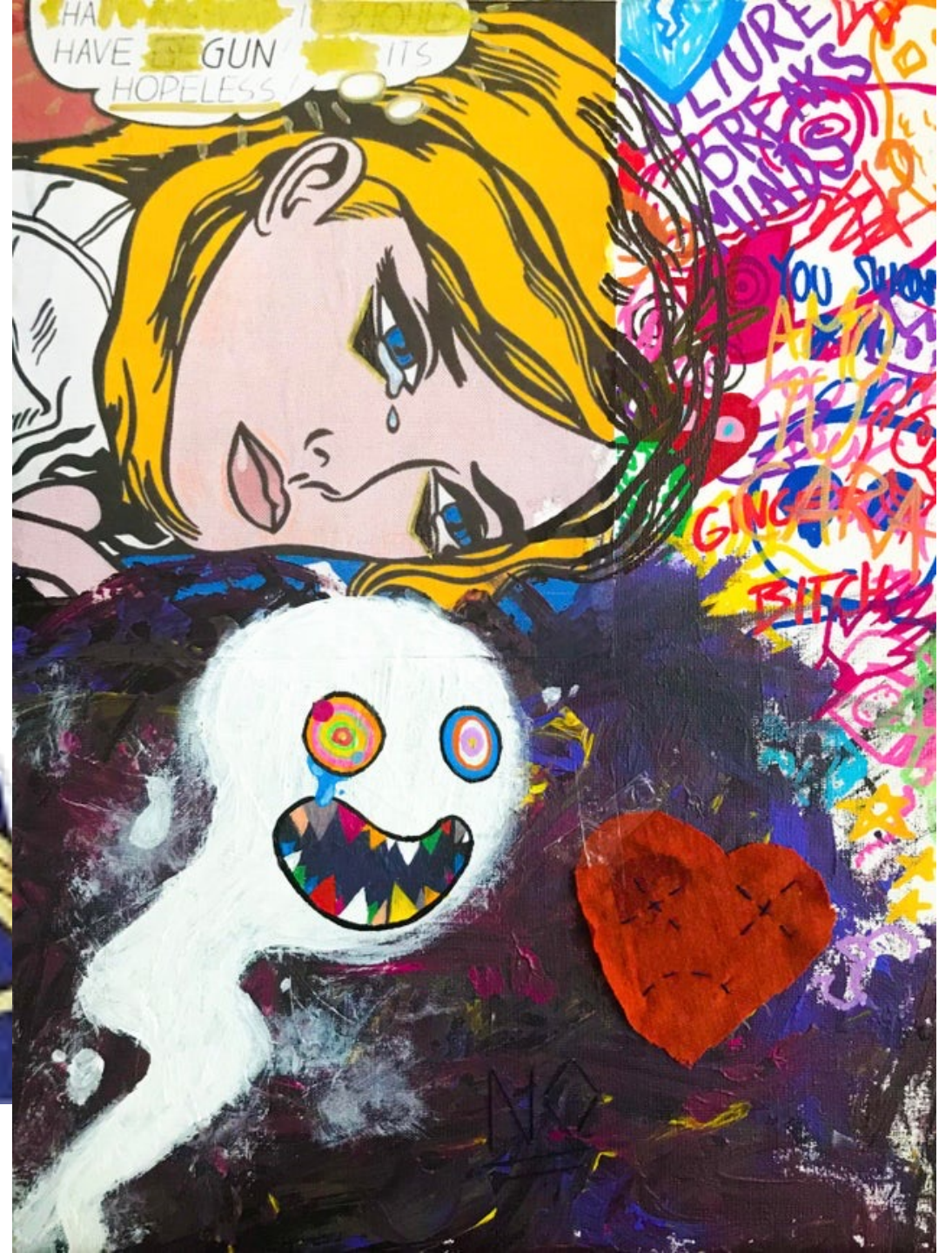
ISOLATED AND INAPPROPRIATE

UNMANAGEABLE STRESS

RESPONSE







Every Escalation is an Opportunity

- Development/experience versus learning
- For development of self regulation and self control
 - Build interoception
 - Build understanding of felt experience
 - Build relational permanence
 - Build ability to self reflect, contradict black and white thinking
 - Build perspective taking
 - Build metacognition



**Every Escalation is an
opportunity**

Safety

Connection

Competence!

Safety

- Be mindful of your state -*BS, 1*
- Support child's sense of power over the experience-1
- Be responsive versus authoritative-*BS, limbic*
- Remove anger, judgment, and threats-*limbic*
- Decrease power differential- *BS, limbic*
- Rythmn and repetition- *BS*



Safety

- Connect what the child is expressing to the world to his or her internal affect/experience for coherence and integration - 1
- The distress does not mean threat - 1,2

Connection



- Feel and own your personal experience-*limbic*
- Believe in child's positive intention, human drive for connection - *limbic*
- Avoid asking "Why" - *BS, limbic*
- Affirm the distress, the child's experience matters- *limbic*
- Say what you see that tells you about their internal state - *limbic, 1*

Connection

- Reference for attunement is internal state not external behavior
- Appropriate playfulness – *BS, limbic*
- Avoid
 - Opining
 - Fixing
 - Silver lining
- Relational permanence, “We’re good.” – *limbic, 1*

Competence!

Wake me up when I care.



"I'm ready! I'm ready!
I'm ready!"



Competence

- Success over compliance - *limbic*
- Success is NOT the absence of behavior
- Measure successful regulation instead of episodes of dysregulation – once escalated what is motivation to regulate????
- You must believe in them if they are ever to believe in themselves - *limbic*

Competence

- Do not bring yesterday's failure into today's fresh start - *limbic, 2*
- Expectations:
 - Notice internal state of distress, express, and regulate
 - Notice feelings of pride and express and share
 - Notice vision, hearing, thinking, doing and if they are all the same
 - Align vision, hearing, thinking, and doing and focus them on a goal
 - Know what you believe in and pursue it!

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