



1



2

## SMART Learning Pathway

- SMART Online Training – 6 hours
- SMART – 2 hour training – facilitated by a local SMART Trainer
- SMART – Day 1 – Foundation (*includes specialist packages ie Early Years, Refugees, Adolescents, Working with Aboriginal communities*)
- SMART – Day 2 – Strategies (*for the above as well*)
- SMART Train the Trainer program – 3 days
- Graduate Certificate in Developmental Trauma (24 F:F days, online components available as well in 2020)



SMART  
Strategies for Managing Abuse Related Trauma

3

## Key learning outcomes

- Review brain development, the impacts of complex trauma and ways to provide support
- Explore the Window of Tolerance as a framework to guide observation, reflection and action, and provide an understanding for arousal
- Understand the feelings and needs behind behaviour
- Build a toolkit of strategies to support the SMART P.R.A.C.T.I.C.E framework



SMART  
Strategies for Managing Abuse Related Trauma

4

# Relationships shape our sense of self and safety



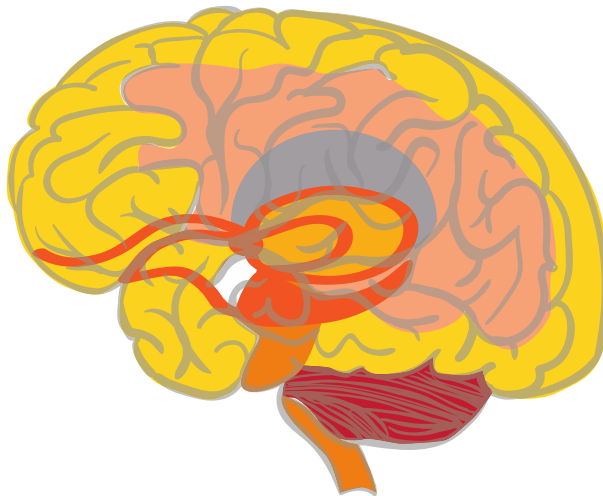
Image source: ©ACF2021



SMART  
Strategies for Managing Abuse Related Trauma

5

## Brain review



- Neocortex
- Limbic
  - Hippocampus
  - Amygdala
- Diencephalon
  - Hypothalamus
  - Thalamus
- Corpus Callosum
- Cerebellum
- Brainstem

Image source: ©ACF2021



SMART  
Strategies for Managing Abuse Related Trauma

6

## Broca's and Wernicke's areas

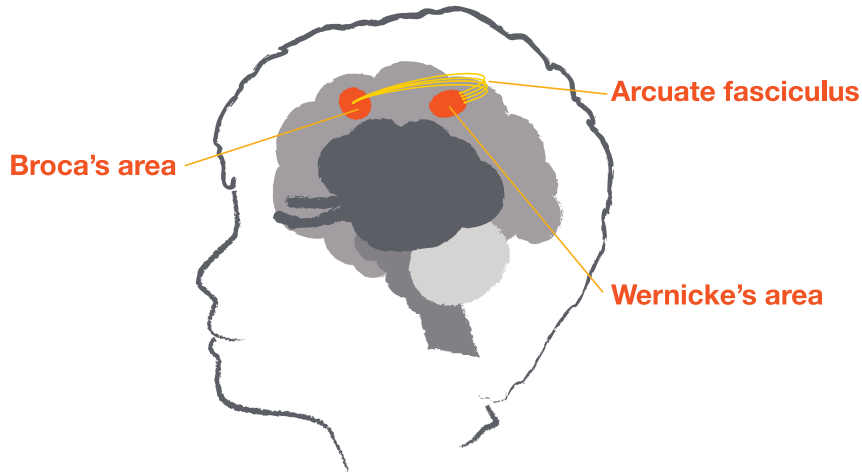


Image source: ©ACF2021



Australian  
Childhood  
Foundation

SMART  
Strategies for Managing Abuse Related Trauma

7

## Under stress and trauma....

Traumatised children are often stuck in their right hemisphere.

It could be hard for the child to:

- Understand what we say  
(a left hemisphere task)
- Speak (a left hemisphere task)



Australian  
Childhood  
Foundation

SMART  
Strategies for Managing Abuse Related Trauma

8

## Strategies for transforming – Broca’s and Wernicke’s areas



Image source: ©ACF2021

**SMART PRACTICE Focus – Predictable, Attuned, Connecting Translating, & Engaging**



Australian  
Childhood  
Foundation

SMART  
Strategies for Managing Abuse Related Trauma

9

## Superior Colliculus

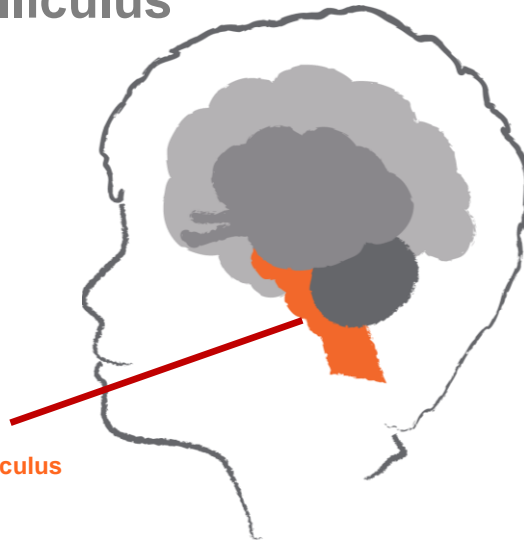


Image source: ©ACF2021



Australian  
Childhood  
Foundation

SMART  
Strategies for Managing Abuse Related Trauma

10



SMART  
Strategies for Managing Abuse Related Trauma

## Strategies for transforming – Superior Colliculus



Image source: ©ACF2021

**SMART PRACTICE Focus – Predictable, Attuned, Connecting  
Translating, & Engaging**



SMART  
Strategies for Managing Abuse Related Trauma

childhood.org.au

## Neuroception

**“Before we can engage in social behaviour and learning we must first feel safe.”**

(Porges, 2015, p.115).



Australian  
Childhood  
Foundation

SMART  
Strategies for Managing Abuse Related Trauma

13

## Polyvagal theory and protective responses

### Behavioural Functions

### Body Functions

by Stephen Porges

#### Social Engagement

Soothing and calming  
Indicates safety

- Lowers or raises vocalisation pitch
- Regulates middle ear muscles to perceive human voice
- Changes facial expressivity
- Head turning
- Tears and eyelids
- Slows or speeds heart rate

#### Mobilisation

Fight or Flight  
Active Freeze  
Moderate or extreme danger

#### Hyper arousal

- Increases heart rate
- Sweat increases
- Inhibits gastrointestinal function
- Narrowing blood vessels - to slow blood flow to extremities
- Release of adrenaline

#### Immobilisation

Collapse or submission  
Death feigning  
Increased pain threshold  
Conserves metabolic resources  
Life threatening situations

#### Hypo - arousal

- Slows heart rate
- Constricts bronchi
- Stimulates gastrointestinal function

(Porges, 2012)

Image source: ©ACF2021



Australian  
Childhood  
Foundation

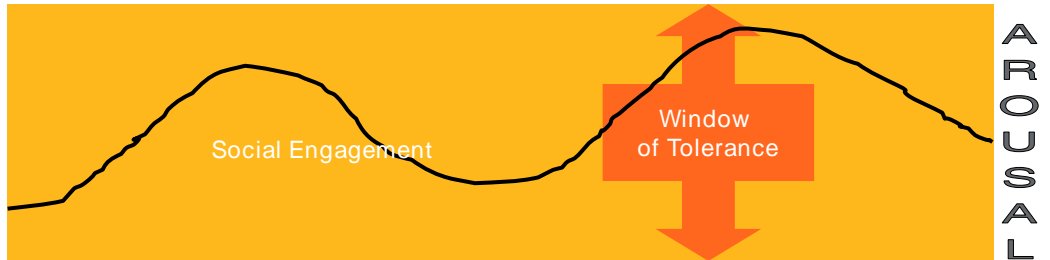
SMART  
Strategies for Managing Abuse Related Trauma

14

# Regulated Arousal

Fight or Flight hyper-vigilant, action-orientated, impulsive, emotionally flooded, reactive, defensive, self-destructive

Freeze Physically immobilized, frozen, tense musculature



Submit Collapsed, weak, defeated, flat affect, numb, empty, helpless, hopeless

Parasympathetic Hypo-arousal

Image source: ©ACF2021

Ogden, Minton, Pain 2006



SMART Strategies for Managing Abuse Related Trauma

# Dys-regulated Arousal

Fight or Flight Hyper-vigilant, action-orientated, impulsive, emotionally flooded, reactive, defensive, self-destructive

Freeze Physically immobilized, frozen, tense musculature



Submit Collapsed, weak, defeated, flat affect, numb, empty, helpless, hopeless

Parasympathetic Hypo-arousal

Image source: ©ACF2021

Ogden, Minton, Pain 2006



SMART Strategies for Managing Abuse Related Trauma



# Reflecting on Regulation

**My 5 point scale**

Feels like:		What it looks like:
MAD	5	
FRUSTRATED	4	
JUST RIGHT	3	
QUIET	2	
SLEEPY	1	

What zone am I in?

REST AREA GO SLOW STOP

Use tools to get in the green zone.

<b>5</b>	I am not safe. I need to leave before anyone gets hurt.	
<b>4</b>	I am losing control. I need a Chillville break to calm down.	
<b>3</b>	I am not fully in control. I need to take deep breaths.	
<b>2</b>	Things are ok. I can handle it.	
<b>1</b>	I feel super	



# Teaching students about the WOT

## Hyperarousal

- Fight
- Flight
- Active Freeze



## Social engagement

When we feel and are safe we will be able to:

- Play well
- Engage well with others and our environment
- Think well and make decisions




## Hypoarousal

- Feigned death
- Flop
- Collapse




**Overshooting your Window of Tolerance:**

- Upset and hyped up
- Angry and agitated
- Frustrated
- Heart beating fast
- Tense and can't think clearly
- Unable to regulate your emotions




**Within your Window of Tolerance:**

- Feeling safe, calm and peaceful
- Happy and able to think clearly
- Ready to learn
- Settled and content
- Mindful and able to regulate your emotions



**Undershooting your Window of Tolerance:**


- Sad and tired
- Unmotivated with no energy
- Feel empty and withdrawn
- Don't want to listen, talk or play
- Can't think about learning





Making Space for Learning – Action Research Project - St Thomas More School, Elizabeth Park, S.A.


Australian Childhood Foundation


**SMART**  
Strategies for Managing Abuse Related Trauma







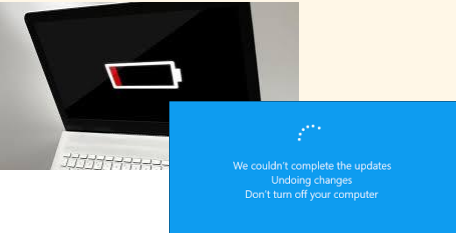















Australian Childhood Foundation

**SMART**  
Strategies for Managing Abuse Related Trauma

## Line of My Day

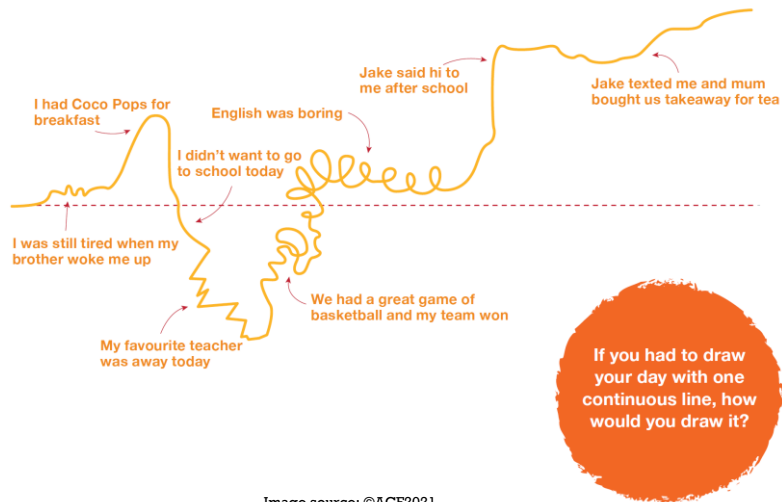


Image source: ©ACF2021



Australian  
Childhood  
Foundation

SMART  
Strategies for Managing Abuse Related Trauma

21

## Strategies - MOBILISED responses - *Fight*

### What it might look like

- angry, aggressive, irritable
- confrontational, controlling, shouting
- blaming others, pushing others away, argumentative

### Supportive responses/strategies

- Help me stabilise my hyper-aroused nervous system
- Rhythm, containing and grounding
- Match my energy before helping me calm down
- Hanging, swinging, climbing, marching
- Stomping, jumping on the spot, drumming



Australian  
Childhood  
Foundation

SMART  
Strategies for Managing Abuse Related Trauma

22

## Strategies - MOBILISED responses - *Flight*

### What it might look like

- Anxious, silly, manic
- Running away, hiding, disruptive
- Difficulty with free play, silly voices, distracting

### Supportive responses

- Be kind and patient when “finding” or collecting me
- Offer me an easy task/chore to do
- Help me settle my body – weighted blankets, heat packs
- Engage senses
- Encourage me to hang/swing/carry something heavy



Australian  
Childhood  
Foundation

SMART

Strategies for Managing Abuse Related Trauma

23

## Strategies MOBILISED responses – *Freeze*

### What it might look like

- Arousal is high, but movement is inhibited
- May look confused or distracted
- Scanning the room, dilated pupils, wide eyes

### Supportive responses/strategies

- Be curious about the freeze state- places that are less frozen than others?
- Gently facilitate movement eg. Wiggling one finger
- Play with metaphors like thawing ice
- Encourage breathing
- Engage senses



Australian  
Childhood  
Foundation

SMART

Strategies for Managing Abuse Related Trauma

24

## Strategies - IMMOBILISED responses - *Submit*

### What it might look like

- low, sad, flat mood
- quiet, compliant
- alone, withdrawn

### Supportive responses

- Orienting to the space/grounding exercises
- Orienting the senses
- Alignment- engaging the spine



Australian  
Childhood  
Foundation

SMART  
Strategies for Managing Abuse Related Trauma

25

## Strategies for keeping students in their WOT.

- Breath based activities
- Grounding activities
- Movement & Regulation activities
- Use of self



Image source: ©ACF2021



Australian  
Childhood  
Foundation

SMART  
Strategies for Managing Abuse Related Trauma

26

## Understanding behaviour

- What is the behaviour telling me?
- What might have triggered this behaviour?
- How does this behaviour serve to protect the child/young person and help him/her survive?
- What is the impact on me?



Image source: ©ACF2021



SMART  
Strategies for Managing Abuse Related Trauma

27

## Reflecting on our practice - SMART PRACTICE



Image source: ©ACF2021



SMART  
Strategies for Managing Abuse Related Trauma

28

# Holding Hope



Image source: ©ACF 2021

What are your hopes  
for the children/yp  
you work with?

What are your hopes  
for your school?



Australian  
Childhood  
Foundation

SMART  
Strategies for Managing Abuse Related Trauma

# Thank you for your participation!

We appreciate your feedback!



Image source: ©ACF 2021



Australian  
Childhood  
Foundation

SMART  
Strategies for Managing Abuse Related Trauma