

Making

SPACE

for Learning

Trauma Informed Practice in Schools

ST Martins Catholic Primary School 27th April 2021



ENLARGED SLIDES HANDOUT

Strategies for transforming

Brain area	Function	Activity ideas
Brainstem & Diencephalon	Basic survival & sensory processing	Pacification or stimulation. Activities in the child's preferred sensory modality
Cerebellum	Coordination of movement	Using music, rhyme and movement activities
Limbic	Emotional processing	Building relational connection through plays, animals, games
Cortex	Thinking processes	Linking experiences and sensations to words and descriptions
Prefrontal cortex	Analytical and abstract thinking	Challenges and safe risk taking activities

Image source: ©2018 ACF

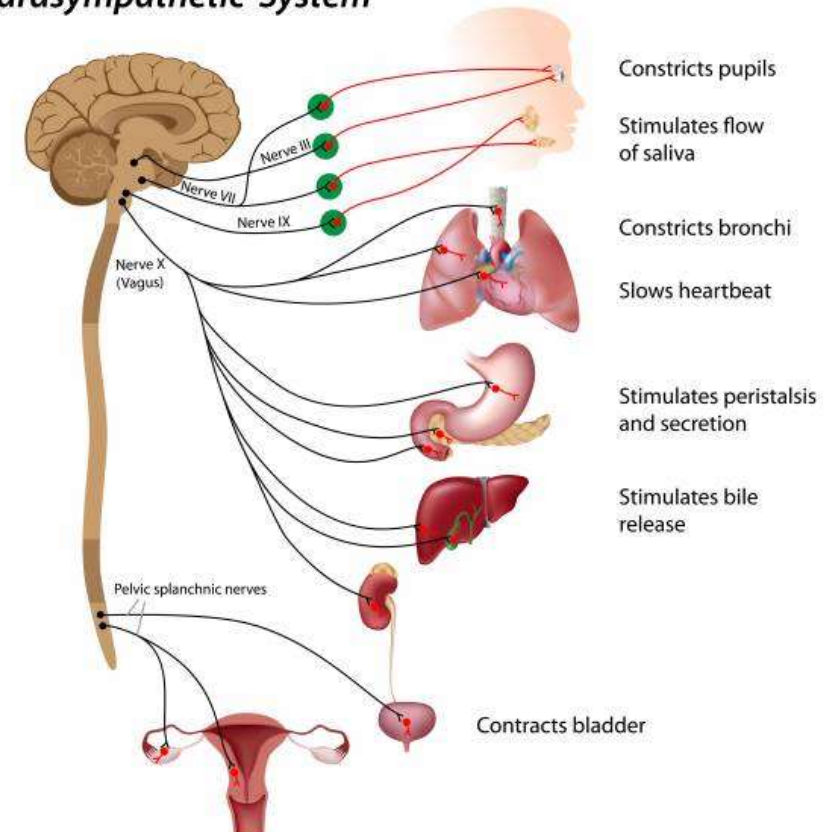
An introduction to the Polyvagal theory and neuroception

Cues of risk and safety are continually monitored by our nervous system.

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

(Porges, 2015, p.115).

Parasympathetic System



<http://lewisinstitute.com.au/wp-content/uploads/2017/08/img-strategies2.jpg>

Polyvagal theory and protective responses

Behavioural Functions

Body Functions

(Porges, 2011)

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



Regulated Arousal

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

Freeze Physically immobilized, frozen, tense musculature

**Sympathetic
Hyper-arousal**

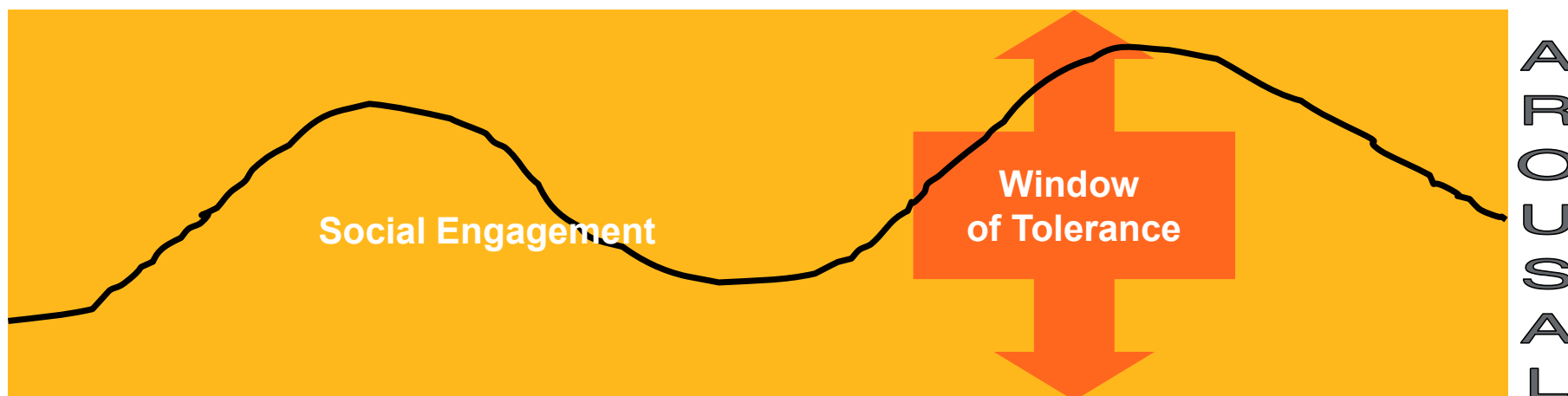


Image source: ©2018 ACF

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

**Parasympathetic
Hypo-arousal**

Dys-regulated Arousal

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

Freeze Physically immobilized, frozen, tense musculature

**Sympathetic
Hyper-arousal**

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

**Parasympathetic
Hypo-arousal**

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