

# BORN TO BE DIVERSE TO BE INCLUDED

## The Neurosequential Model - making everyday life easier for the child and the helper

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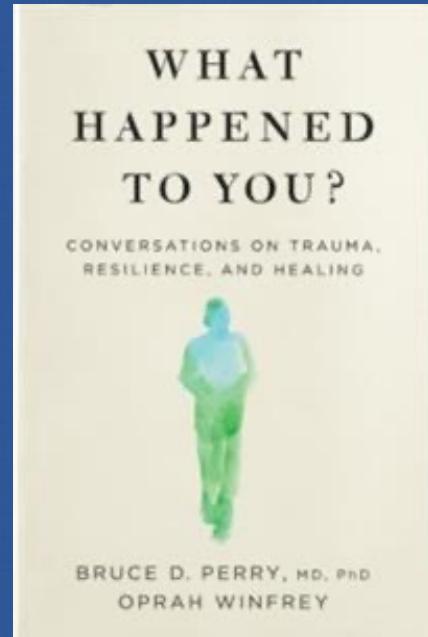
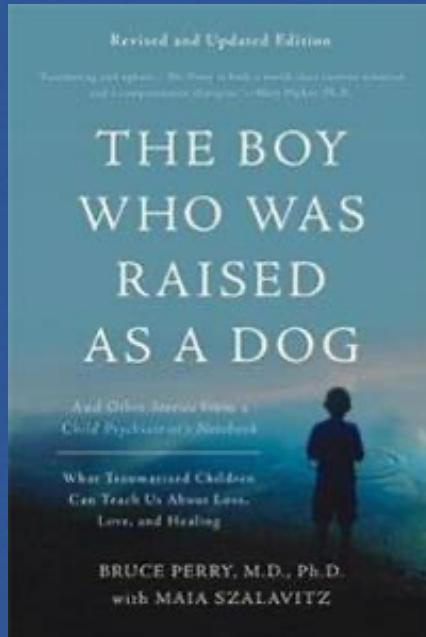
# Østbytunet Centre for Treatment and Professional Development

Internationally known for  
competence on clinical and  
practical implications of trauma  
and pervasive stress



# The Neurosequential Model of Therapeutics

Developed by Dr. Bruce Perry



# Today's agenda – brief extract from the NMT

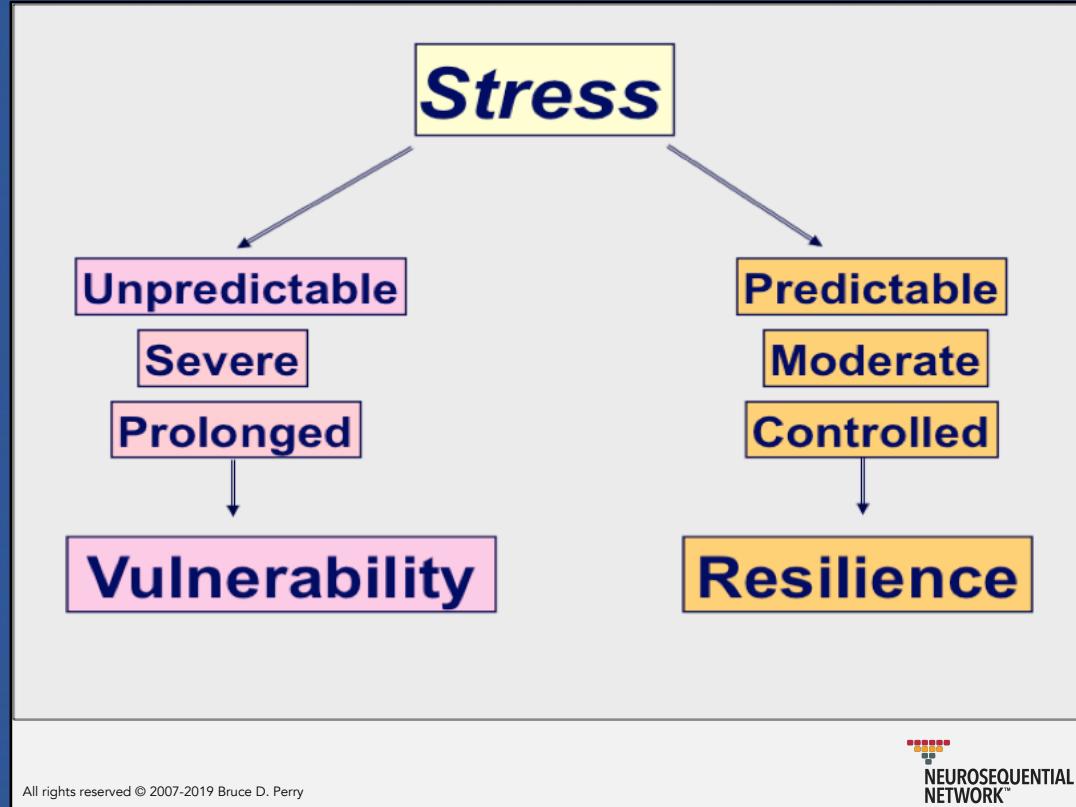
- Different patterns of stress
- Understand how prolonged and pervasive stress affects our brains and our functioning
- What might help

## *The Neurosequential Model*

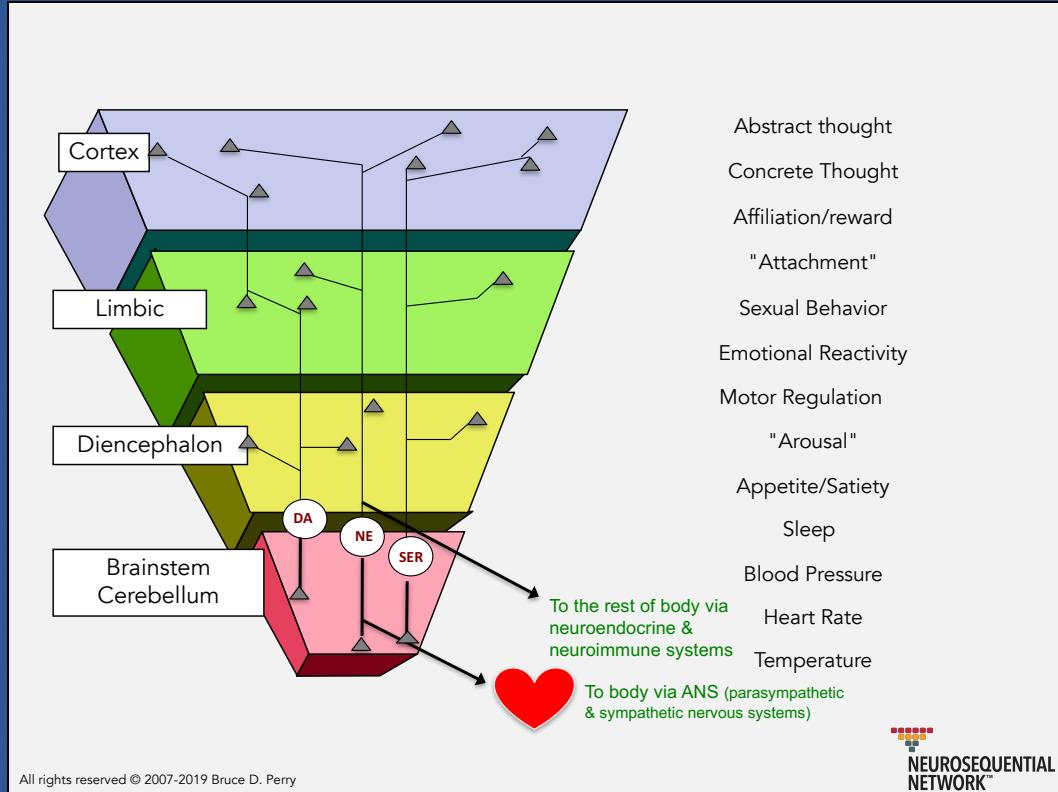
*The brain mediates our thoughts, feelings, actions and connections to others and the world.*

*Understanding core principles of neuroscience, including neuroplasticity and neurodevelopment, can help us better understand ourselves and others.*

# Different patterns of stress



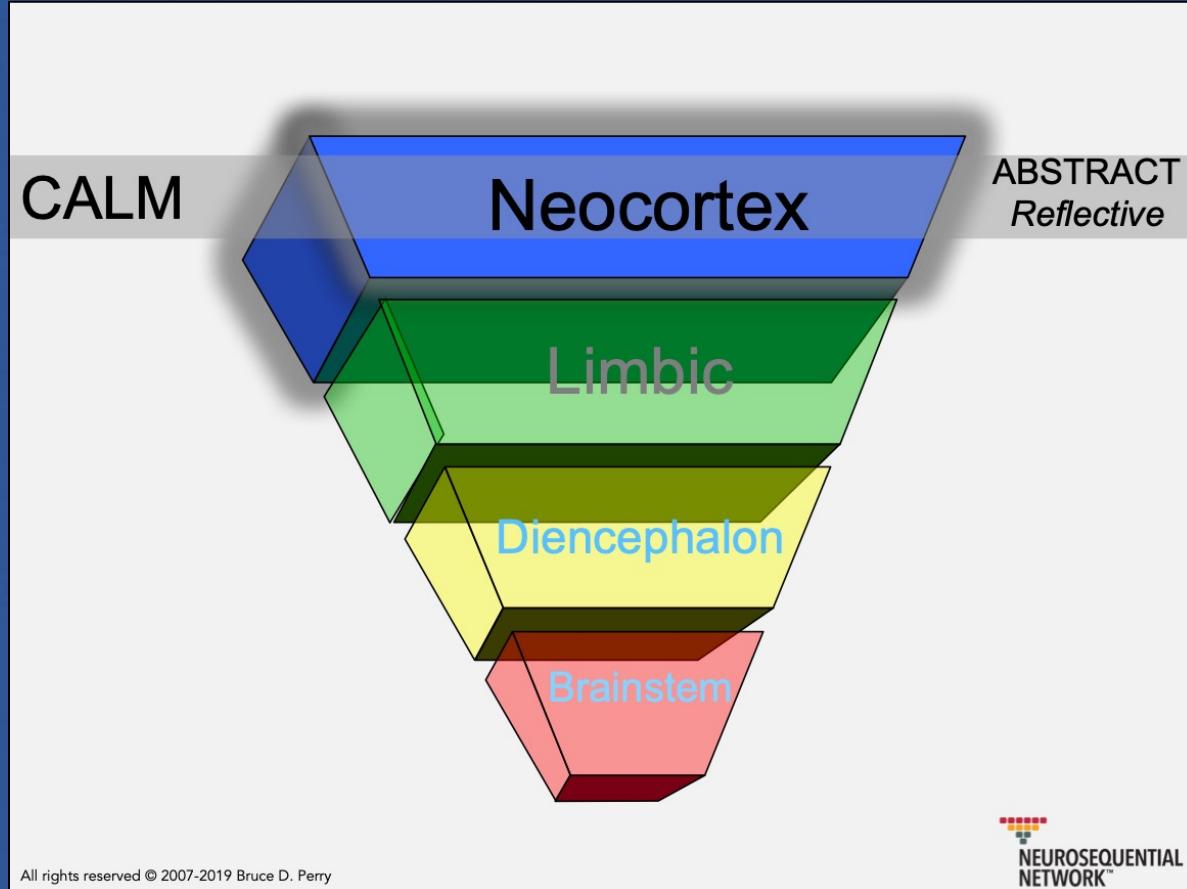
# Sequential functioning of the brain

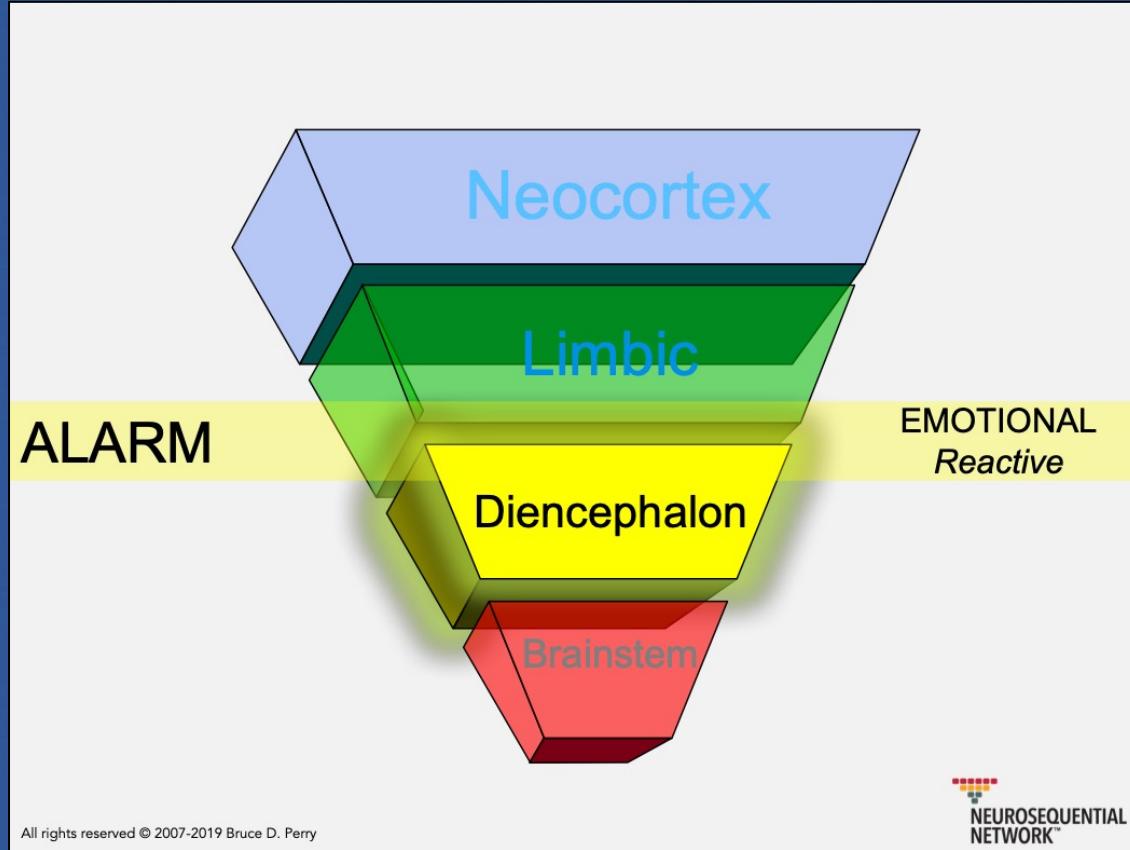


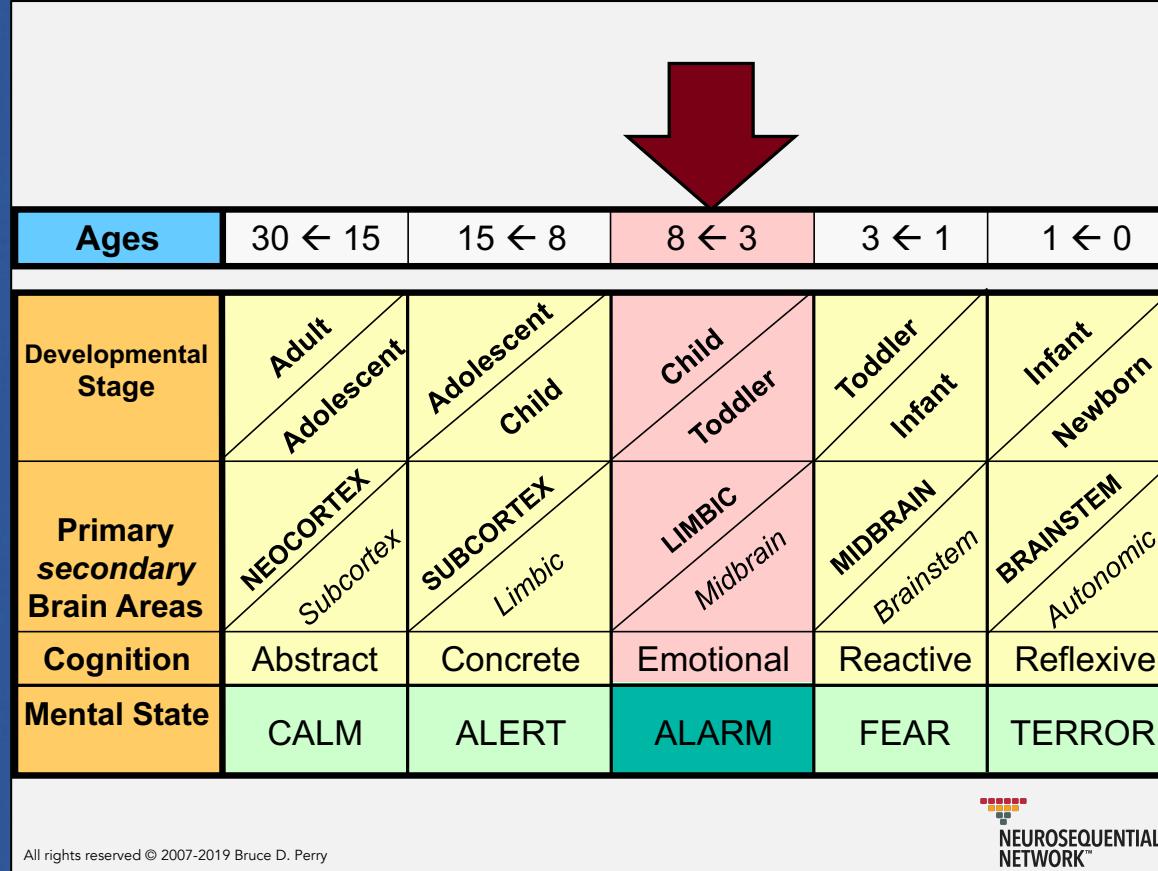
**BORN** TO BE DIVERSE  
TO BE INCLUDED

  
STIG IN  
ASTU SISÄÄN  
COME IN 2  
BORN TO BE INCLUDED

# State-dependent functioning



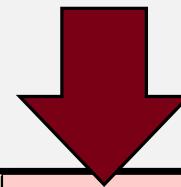




Ages	30 < 15	15 < 8	8 < 3	3 < 1	1 < 0
Developmental Stage	Adult	Adolescent	Adolescent	Child	Toddler
Primary secondary Brain Areas	NEOCortex	Subcortex	SUBCortex	Limbic	LIMBIC
Cognition	Abstract	Concrete	Emotional	Reactive	Reflexive
Mental State	CALM	ALERT	ALARM	FEAR	TERROR

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 NEUROSEQUENTIAL NETWORK™



<b>Hyperarousal Continuum</b>	Rest (M > F: A>C)	Vigilance	Resistance	Defiance	Aggression
<b>Dissociative Continuum</b>	Rest (F > M: C>A)	Avoidance	Compliance	Dissociation	Fainting
<b>Primary secondary Brain Areas</b>	<b>NEOCORTEX</b> Subcortex	<b>SUBCORTEX</b> Limbic	<b>LIMBIC</b> Midbrain	<b>MIDBRAIN</b> Brainstem	<b>BRAINSTEM</b> Autonomic
<b>Cognition</b>	Abstract	Concrete	Emotional	Reactive	Reflexive
<b>Mental State</b>	CALM	ALERT	ALARM	FEAR	TERROR

We need to provide tolerable doses of stress and room for regulation. For two reasons:

1. To help people access their resources
2. To help people heal and re-adjust

This is true for the refugees, but also for the helpers

**What does this look like in practice and  
everyday life?**

# Psychoeducation (teach what you've learned today)

## Structure and predictability

## Play and sensorymotor stimulation

## Togetherness and connection

## Rituals, dance, music and rhythm

## What is a “Therapeutic Dose” ?

*Neural networks change in response to brief, repetitive stimulations. Typically very brief – seconds long – activations are sufficient to bring about the signal for ‘change’.*

After a burst of repetitive activation, neural networks become ‘refractory’ (non-responsive). Sensitivity of synaptic dynamics change as a function of these patterns of activity. For long-term change, a pattern of brief stimulation (e.g., four three-minute bursts of stimulation within an hour) is followed by a consolidation period. During this time, protein synthesis and synaptic micro-architecture is modified in ways that allow changes related to ‘memory’.

## What is a “Therapeutic Dose” ?

*This means that a brief, 3-minute interaction can provide sufficient ‘dosing’ of a therapeutic experience. Embedded in these 3-minutes will be many 5-second moments of true ‘connection’. Fully present, listening without judgement and with an ‘open heart’.*

Ideally multiple ‘3-minute’ doses with many 5-second moments will be provided throughout the day by the child’s Therapeutic Web.

Connectedness is the key. Relational health buffers present stressors and helps heal from previous trauma.

# Connectedness is the key.

Your history of connectedness is a better predictor of your health than your history of adversity.

Be with each other. Celebrate diversity. Listen and learn from others. Share time, food, work.

The 'super-power' of humankind is our capacity to connect; it is regulating, rewarding and the major "route" by which we can teach, coach, parent, heal and learn.

# THANK YOU

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