

BORN TO BE DIVERSE TO BE INCLUDED

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

Kaja Næss Johannessen

*Psychologist specialist, NKS Østbytunet Center
for Treatment and Professional Development, Norway*



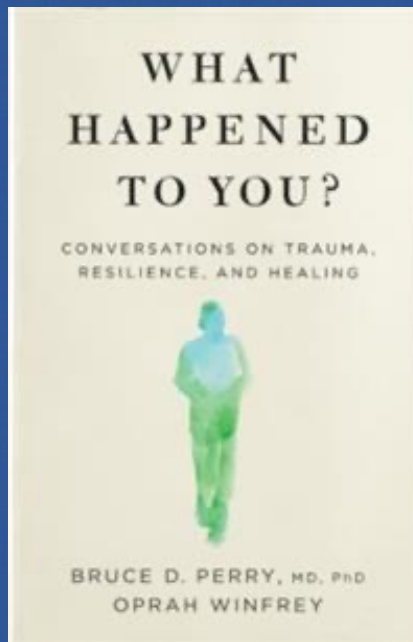
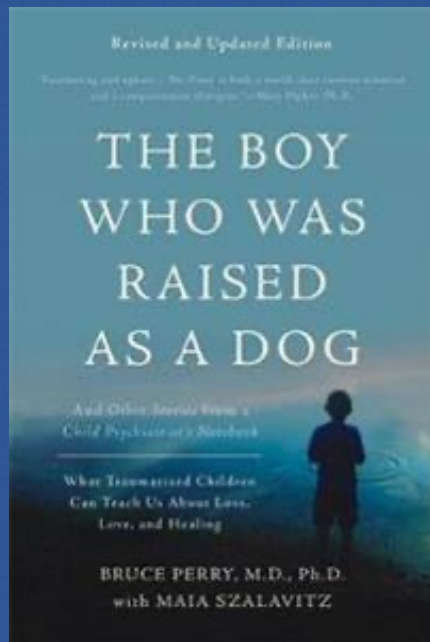
Østbytunet Centre for Treatment and Professional Development

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



The Neurosequential Model of Therapeutics

Developed by Dr. Bruce Perry



www.neurosequential.com – YouTube (Info NMN)

Today's agenda – brief extract from the NMT

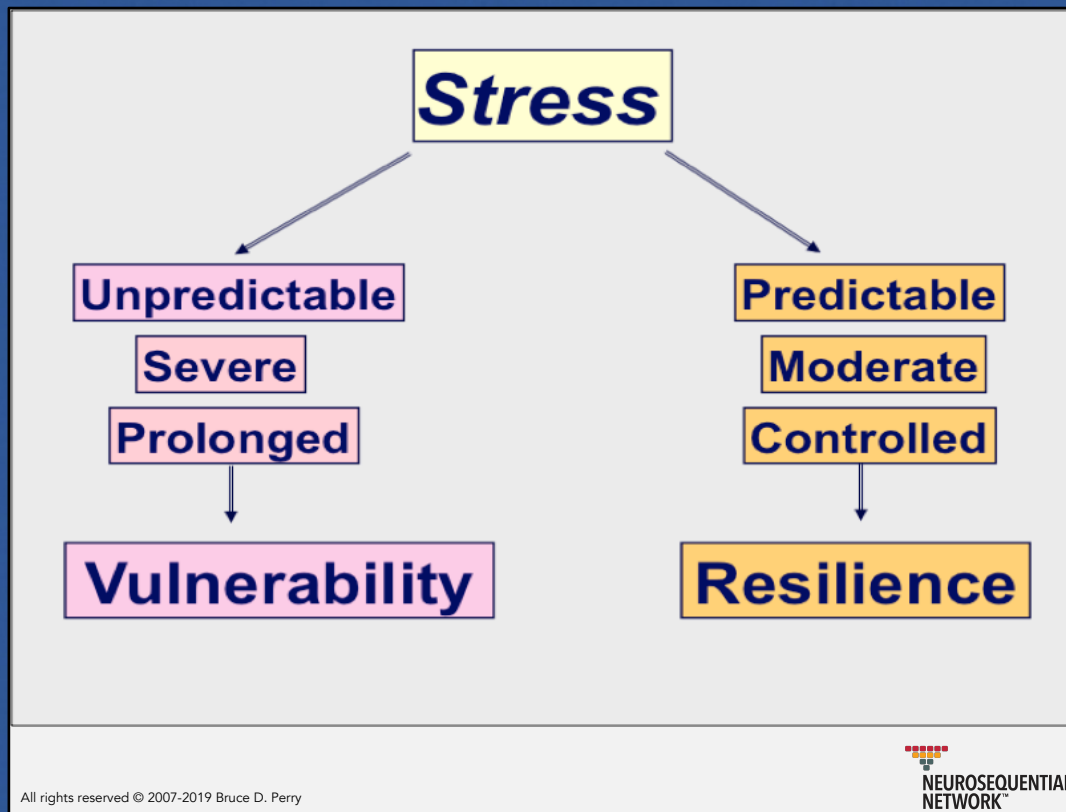
- Different patterns of stress
- Understand how prolonged and pervasive stress affects our brains and our functioning
- What might help

The Neurosequential Model

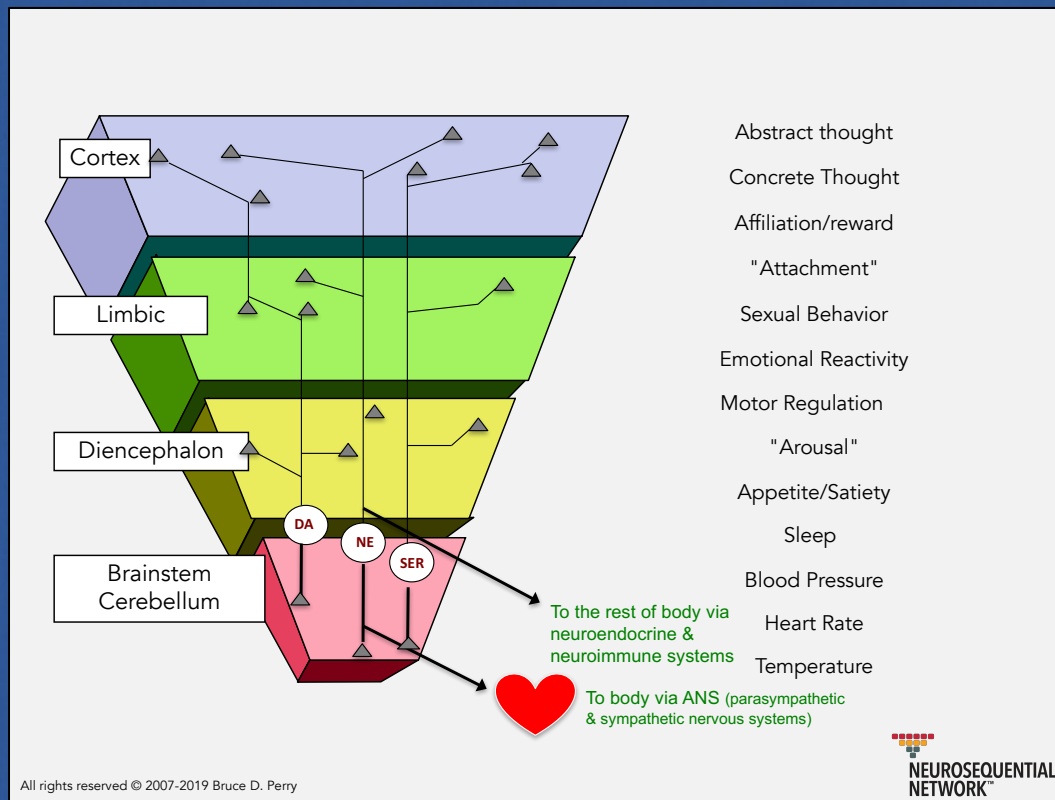
*The brain mediates our thoughts,
feelings, actions and connections
to others and the world.*

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

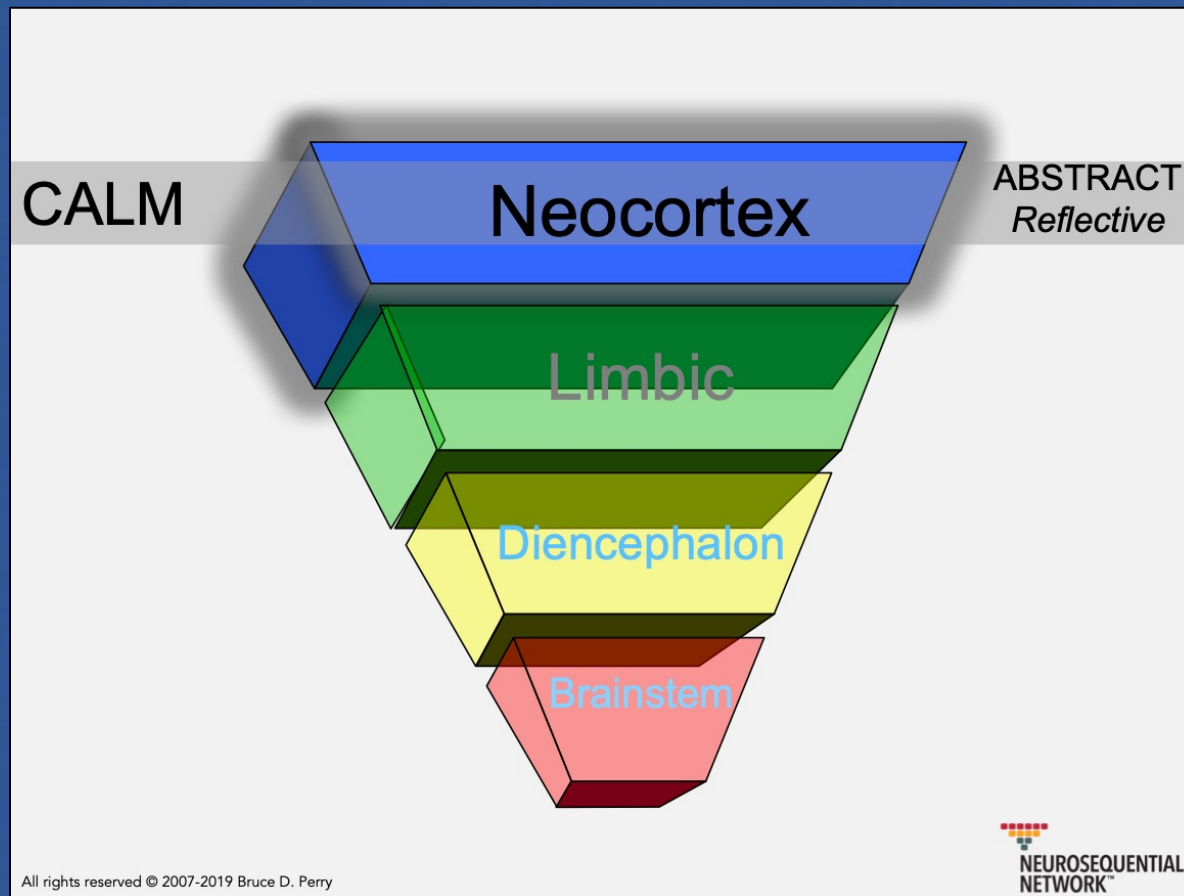
Different patterns of stress

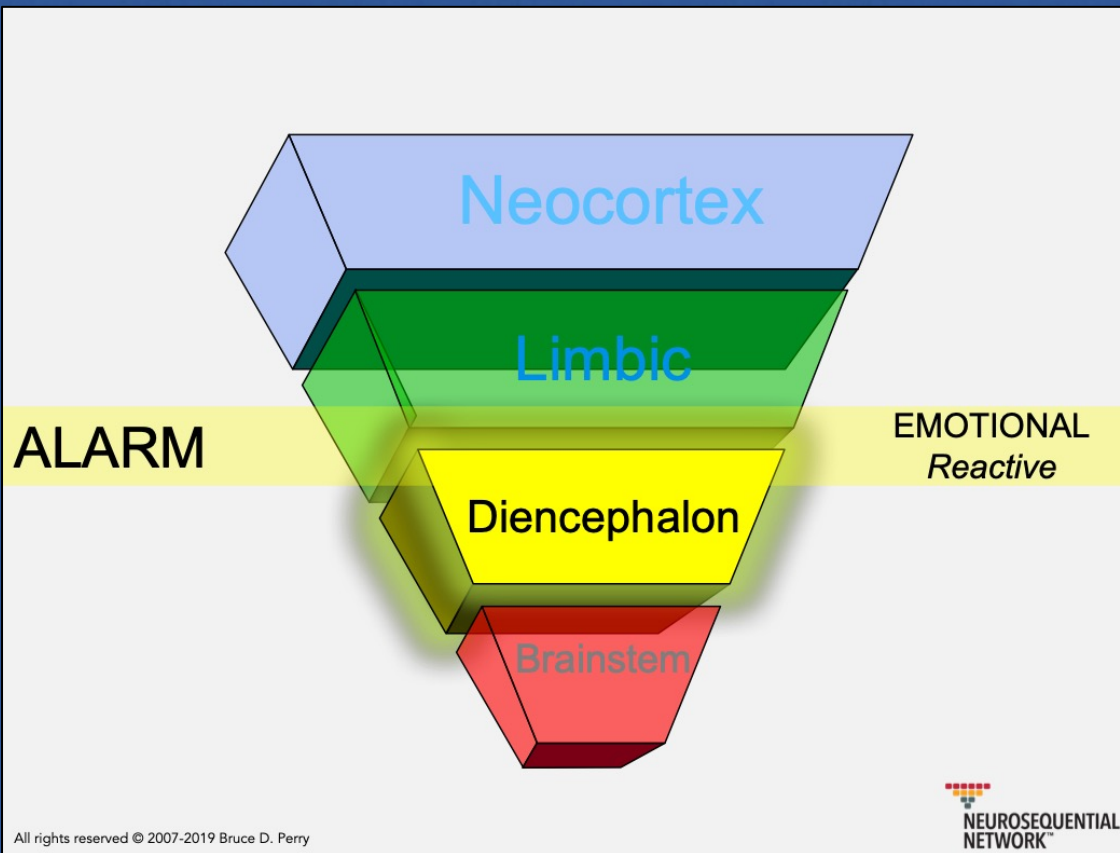


Sequential functioning of the brain

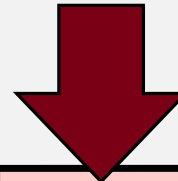


State-dependent functioning





Ages	30 ← 15	15 ← 8	8 ← 3	3 ← 1	1 ← 0
Developmental Stage	Adult Adolescent	Adolescent Child	Child Toddler	Toddler Infant	Infant Newborn
Primary secondary Brain Areas	NEOCORTEX Subcortex	SUBCORTEX Limbic	LIMBIC Midbrain	MIDBRAIN Brainstem	BRAINSTEM Autonomic
Cognition	Abstract	Concrete	Emotional	Reactive	Reflexive
Mental State	CALM	ALERT	ALARM	FEAR	TERROR



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

Contact information:

Phone no: +47 67 92 20 40

kaja@ostbytunet.no

www.ostbytunet.no