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Primary Area	Neocortex	Subcortex	Limbic	Diencephalon	Brainstem
Time of Greatest Development	Childhood	Childhood	Early Childhood	Infancy	In Utero
Primary Developmental Goal	Abstract Reasoning, Creativity, Respect, Moral & Spiritual Foundations.		Emotional Regulation, Empathy, Tolerance, Affiliation.	Sensory Integration, Motor Control, Relational Flexability, Attunement.	State Regulation, Primary Attachment, Flexible stress Response, Resiliance.
Critical Function	Abstract Cognitive Funcitons, Socio-Emotional Integration, Being Organized.		Emotional States. Social Language: Interpretation of non-verbal.	Integration of Multiple sensory Inputs. Fine Motor Control.	Regulation of Arousal, Sleep & Fear "States".
Mechanism	Abstract thought, Concrete thought. Affiliation / Reward.		"Attachment," Sexual Behavior, Emotional reactivity, Motor regulation.	"Arrousal," Appetite / Satiety, Sleep.	Blood Pressure, Heart Rate, Body Temperature.

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Incoming data enters the brain through the brainstem and proceeds upward. Behavioral response to a perceived threat will be mediated by the LEAST WELL DEVELOPED brain area.

Cognition	Abstract	Concrete	"Emotional"	Reactive	Reflexive
Mental State	Calm	Alert	Alarm	Fear	Terror
Heart Rate	70 - 90	90 - 100	101 - 110	111 - 135	136 - 160

Children with a trauma history may "live" here. This usually makes them very good at reading the emotional cues of others. This is non-verbal.

Time Awareness	Extended Future	Days, Hours	Hours, Minutes	Minutes, Seconds	Loss of Sense of Time

Adaptive Response From Adults	Rest	Vigilance	Freeze	Flight	Fight

Hyper Arousal Continuum Seen more in males	Rest	Vigilance	**Resistance**	Defiance	Aggression

Dissociative Continuum Seen more in females	Rest	Avoidance	**Compliance**	Dissociative	Fainting

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Escalating Behaviors	Talking Poking Noise Television	Frustration, Anxiety, Communicating from a distance WO Eye Contact, Complex Directives, Ultimatums.	**Raised voice, Raised hand, Shaking finger, Tone of voice, Yelling, Threats, Chaos**	Increased Frustration, More Yelling, Chaos, Sense of Fear.	Inappropriate Physical Restraint, Grabbing, Shaking, Screaming.
Deescalating Behaviors (of th adults)	Presence, Quiet, Rocking.	Quiet Voice, Eye Contact, Confidence, Clear, Simple Directives.	**Slow, Sure Physica Touch. "Invited" Touch. Quiet, Melodic Words. Music Singing, Humming.**	Presence, Quiet, Confidence, Disengagement.	Appropriate Physical Restraint, Withdrawal from Class, Time.

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	Neocortex	Subcortex	Limbic	Diencephalon	Brainstem
Examples of Optimizing Experiences	Complex Conversations, Secial interactions, Exploratory Play, Security, Solitude.	Complex Movement, Narrative, Social Experience.	Complex Rhythmic Movement, Simple Narrative, Emotional & Physical Warmth.	*Patterned, Repetative Predictable Routines.* <u>Rthymic and Patterned</u> Sensory Input: Auditory , Tactile, Movement. *Attuned, Responsive* Caregiving.

	Neocortex	Subcortex	Limbic	Diencephalon	Brainstem
Examples of Therapeutic & Enrichment Activities	Storytelling, Drama, Exposure to Performing Arts, Formal Education, Traditional Insight-Oriented or Cognitive-Behavorial Treatment.	Play & Play Therapy, Performing & Creative Arts & Therapies, Parallel play.	Music & movement, Reiki Touch, Therapeutic Massage, Equine or Canine Interactions.	Massage. Rhythm. Drumming. Reiki Touch. Rocking. Touch. Music.

1000 - Repetitions required to make behavior go from conscious to automatic.

10,000 - Repetitions requried to make it *smooth.*

    - at this point, if you **think** about it **too much** it will decrease performance. Example: TRYING to improve

      your golf swing will decrease performance.

100,000 - Repitions requried to make it so that thinking about it won't decrease performance.