

TEACHING
THE HULK
TETRAIS



Understanding the neurobiological impacts of trauma and the importance of self-regulation

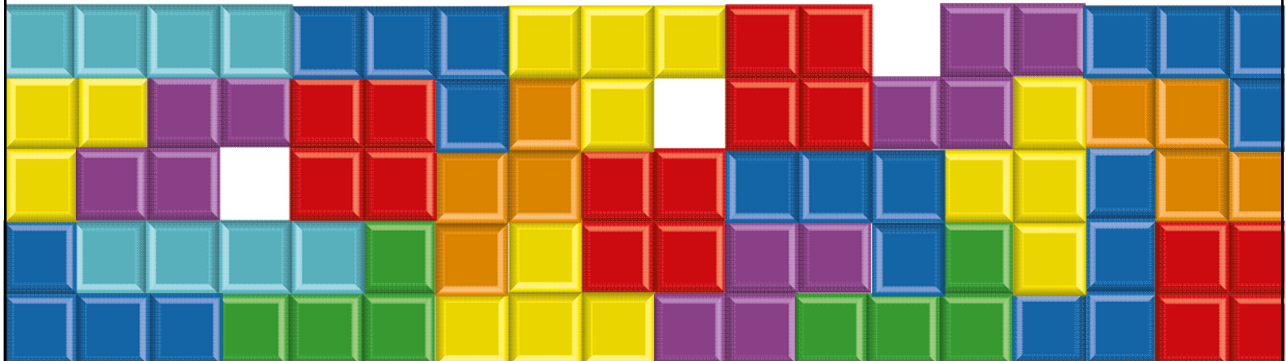
Laura Vogel

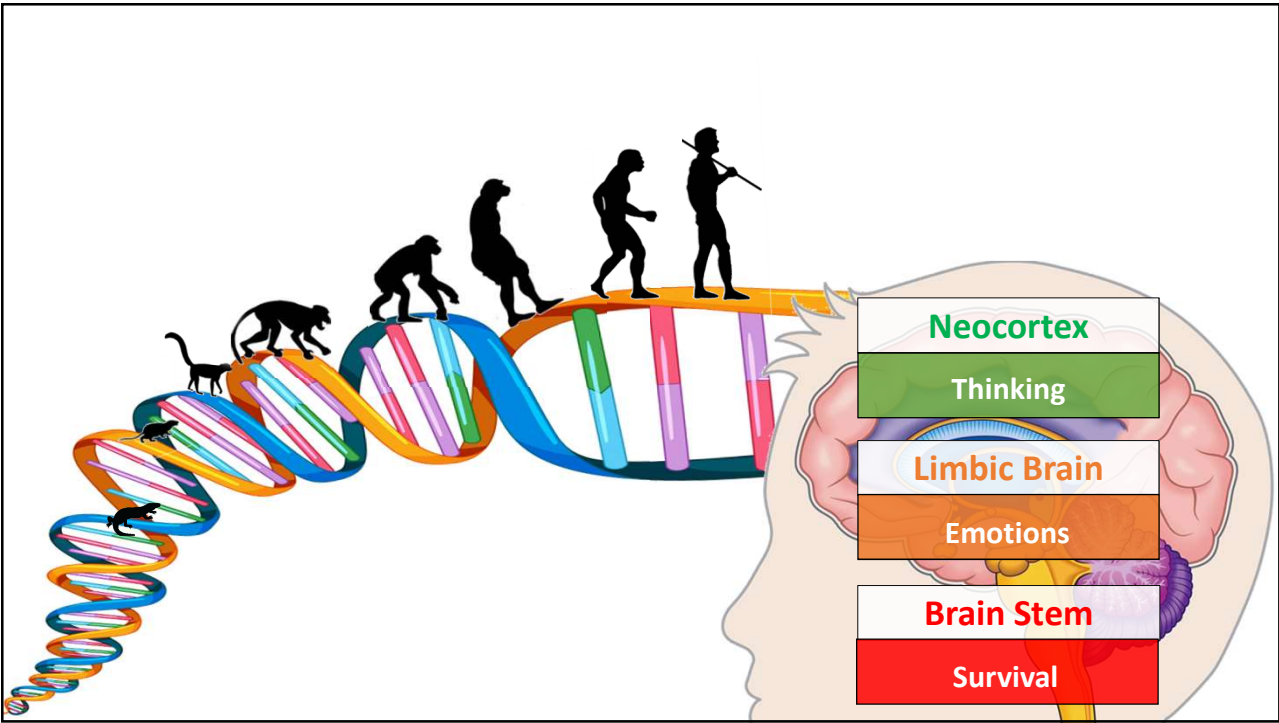
Child Welfare Training and Court Improvement Specialist
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Certified Trauma Support Specialist

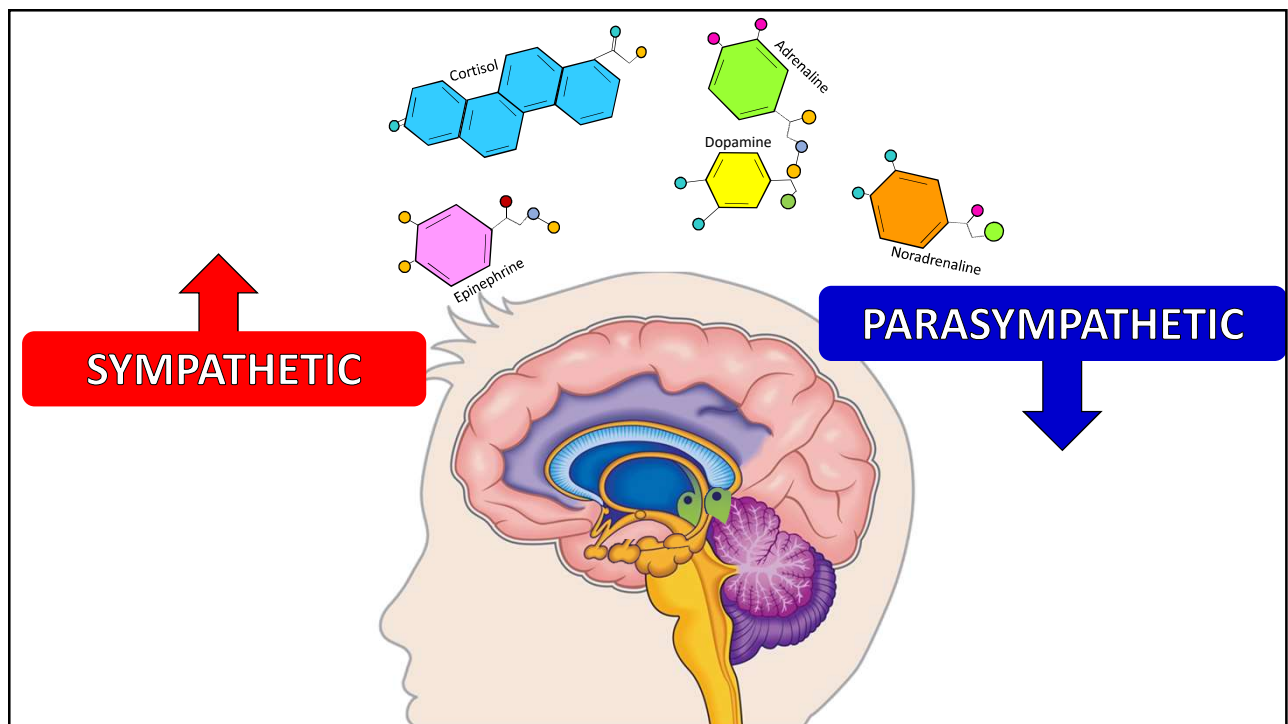
Parent Voice

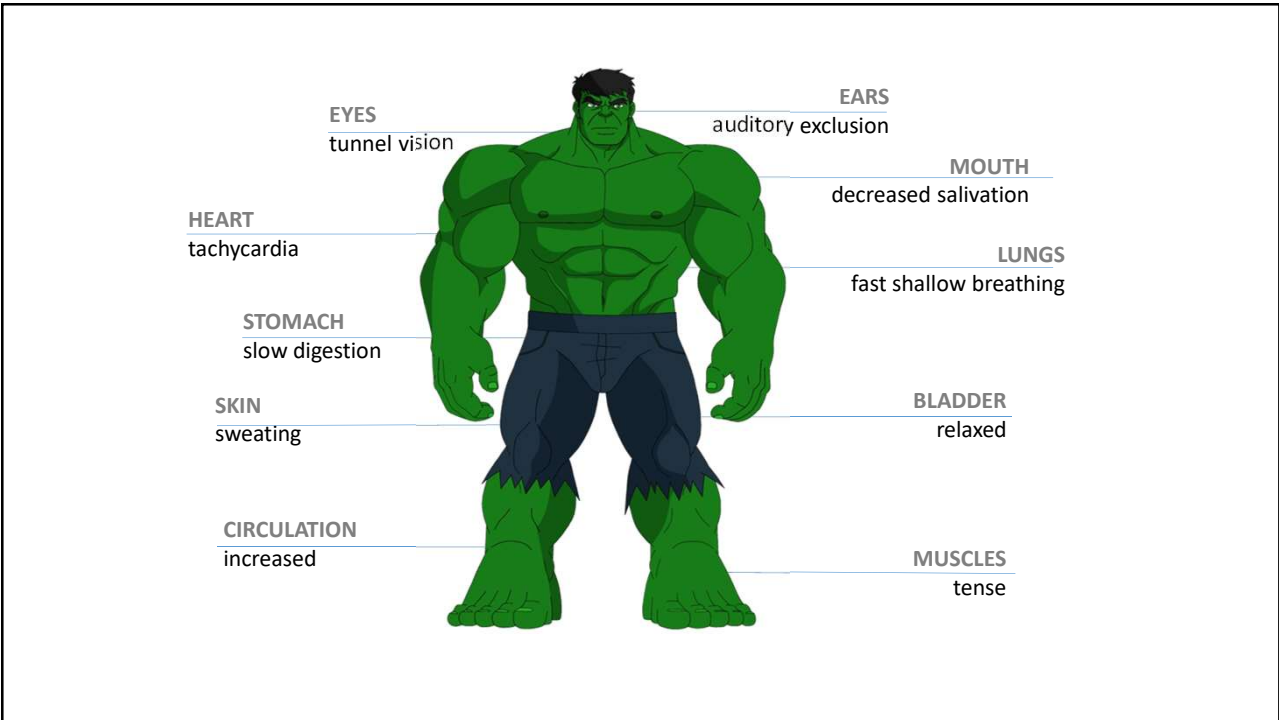
KatieBelle Karstens

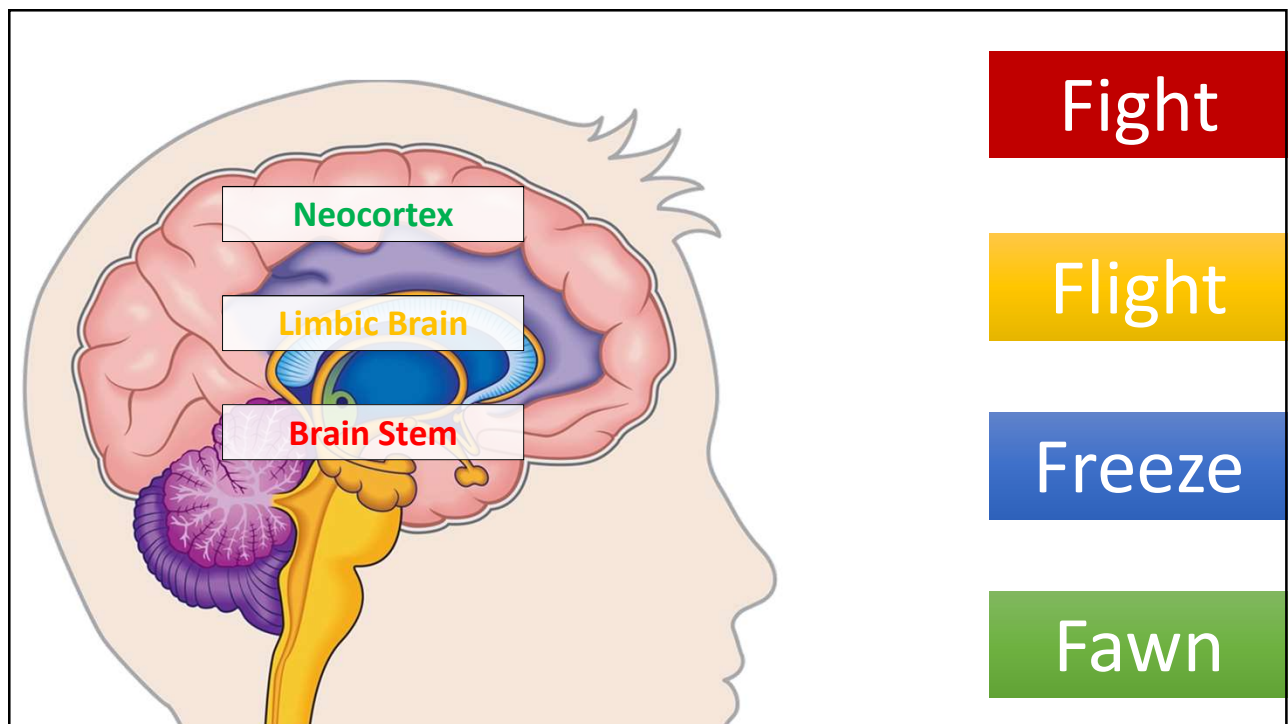
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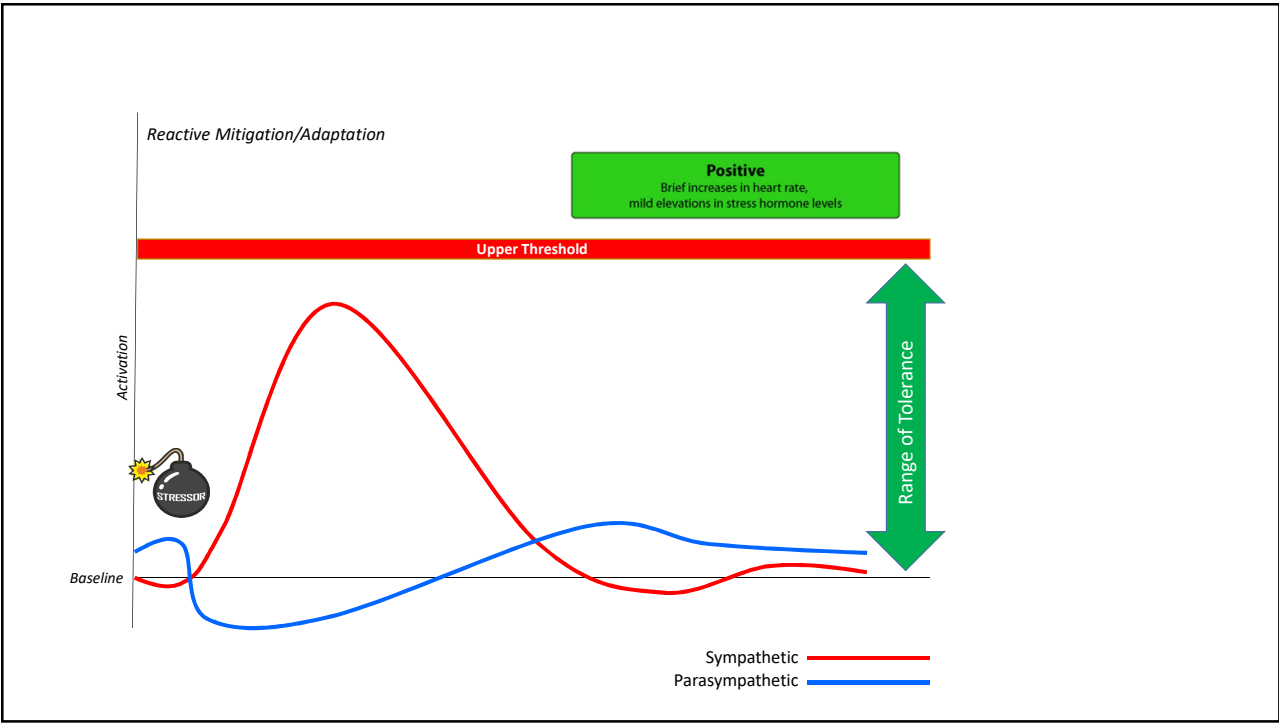


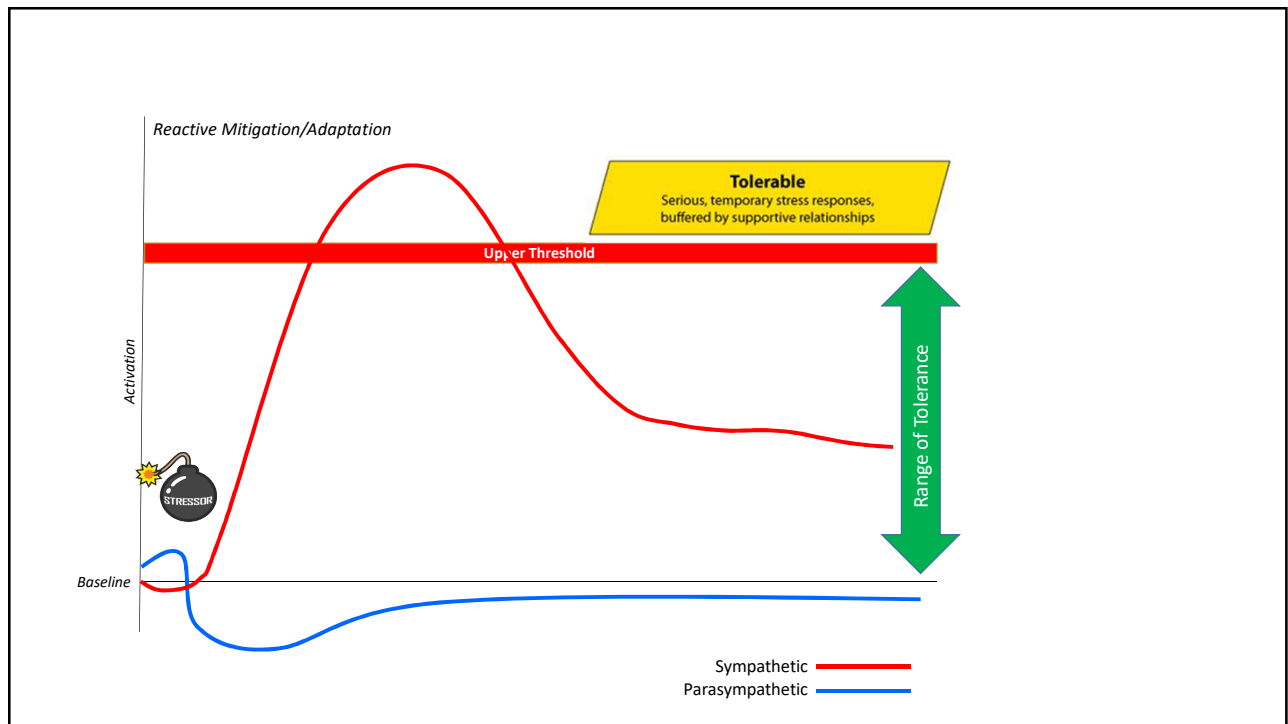


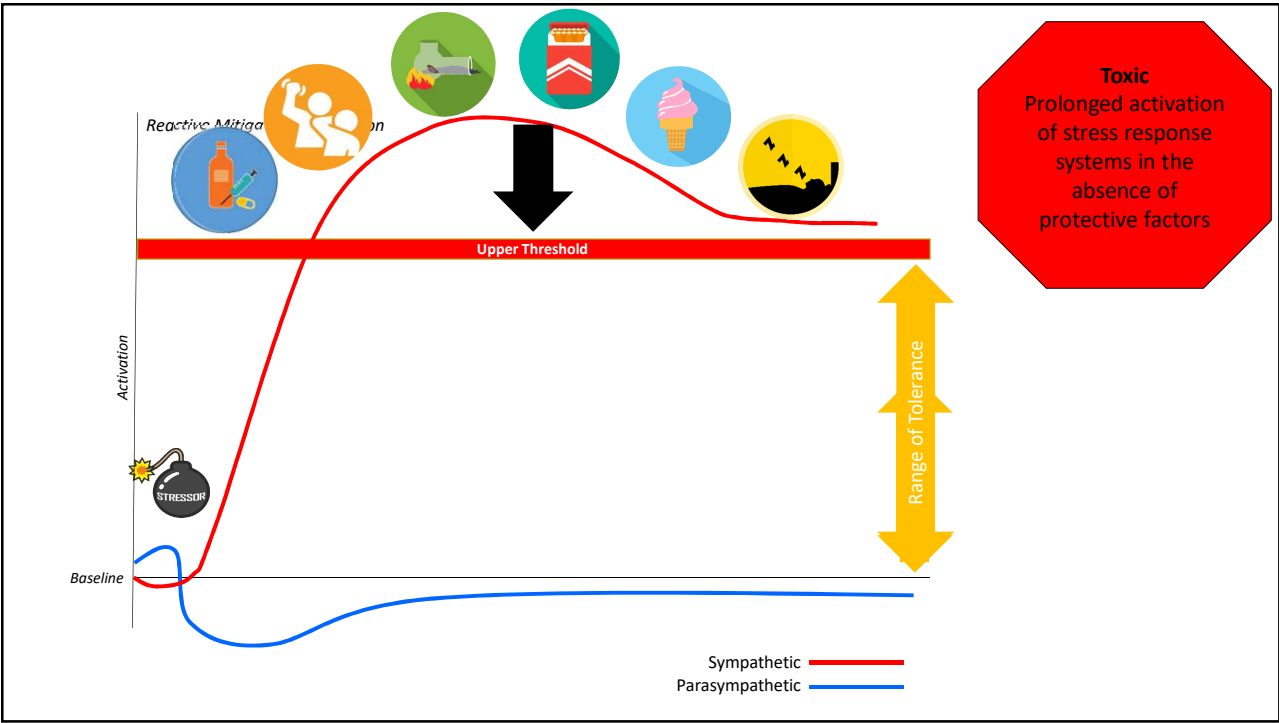


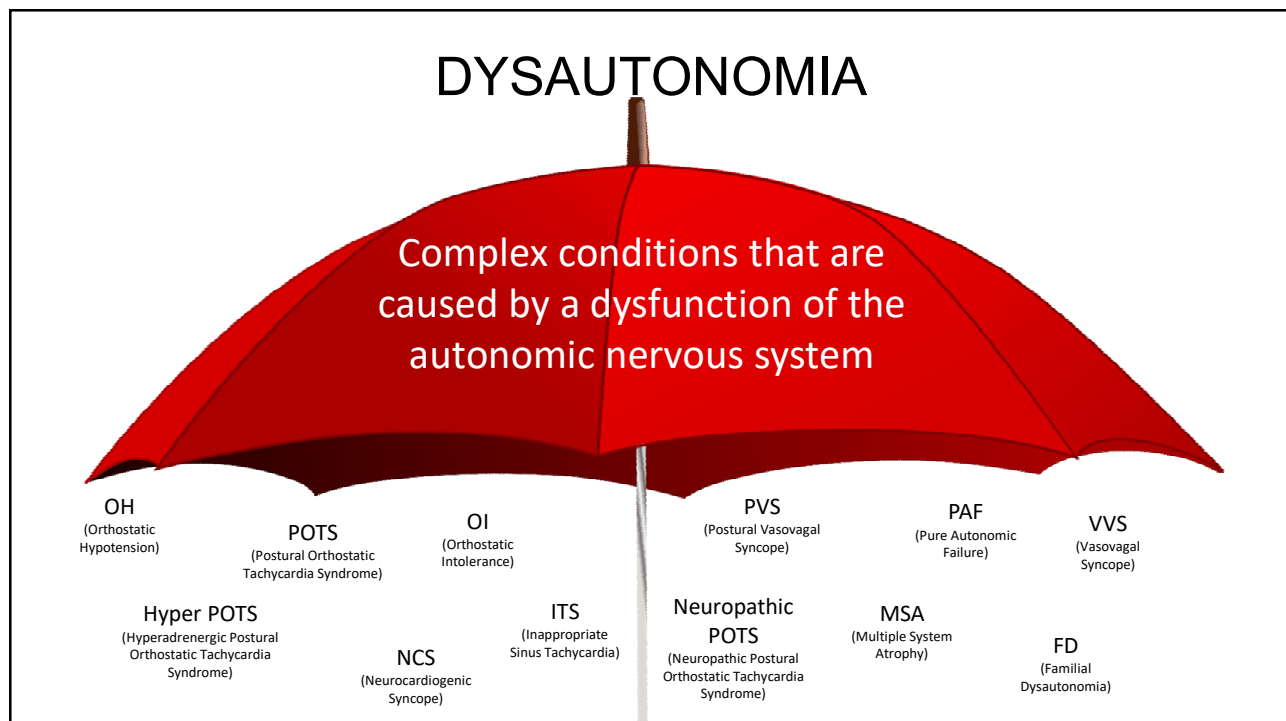


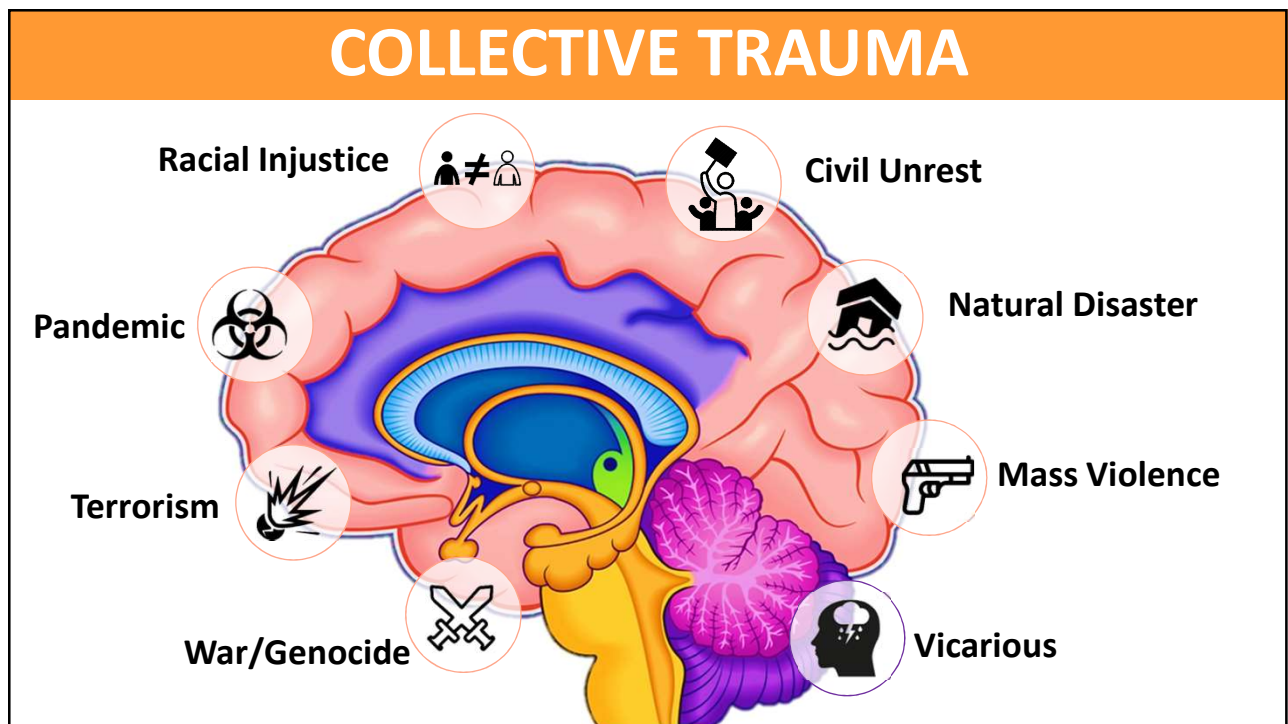


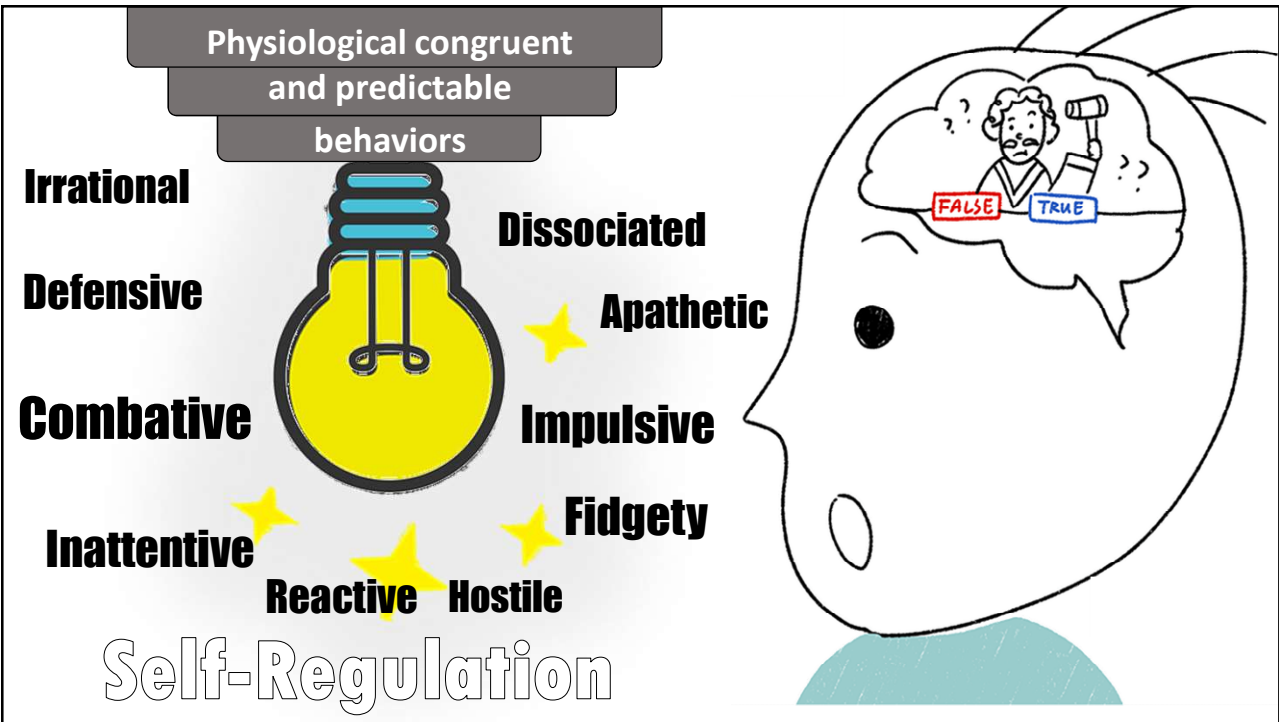




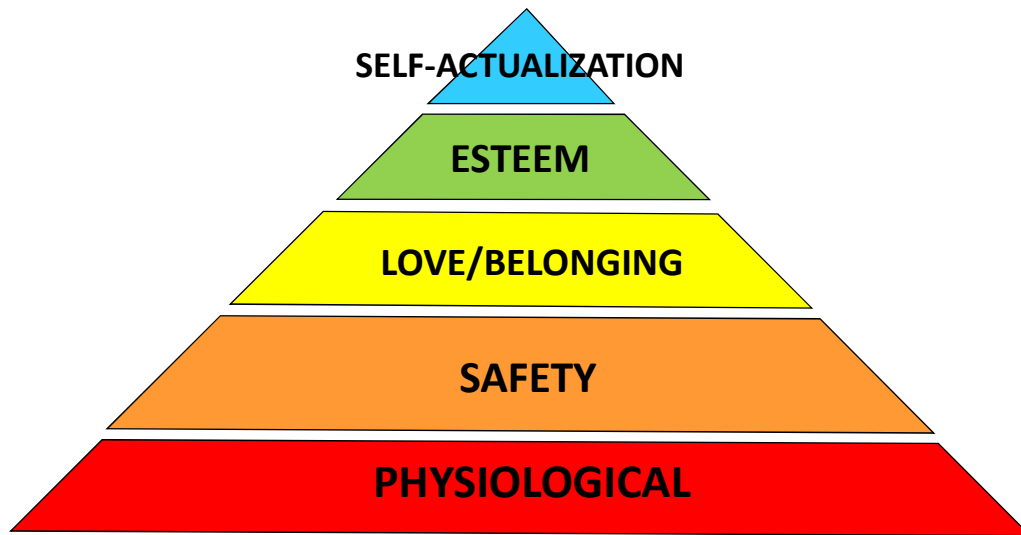








BASIC NEEDS



Maslow's Heirarchy of Needs

GROUNDING

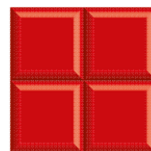
- ❑ Quick (<20 seconds)
- ❑ Easy
- ❑ Body-based



Cross lateral movement



5 Senses





The Parent Experience



“Mindfulness is a way of keeping my power....and my peace.”



The Cost of Kindness



THE
END



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- Lifehack. <https://www.lifehack.org/643384/others-judge-you-even-before-you-meet-them-heres-why>
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Continued Learning

Books

- [Why Zebras Don't Get Ulcers](#) by Robert M. Sapolsky
- [The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma](#) by Bessel van der Kolk, MD
- [Fuel Your Brain, Not Your Anxiety](#) by Kristen Allott & Natasha Duarte

Videos

- Heal (Netflix)
- Unwind Your Mind (Netflix)
- Unrest (Netflix)

Apps

- Paced Breathing: *Breathe Easy; Tactile Breathing; Spacer Pacer; Breathwrk*
- Biofeedback: *BellyBio; Biofeedback Breath Meditation*
- Mindfulness: *Calm; HeadSpace; Insight Timer; Mindfulness Coach*

Technology

- HeartMath™
- Muse™
- Purrrble™
- Omi the Elephant™

Online Learning/Certifications

- www.heartmath.com
- www.traumainstituteinternational.com
- www.dysautonomiainternational.org