

TEACHING  
THE HULK  
TETRAIS



*Understanding the neurobiological impacts of trauma and the importance of self-regulation in Family Treatment Courts*

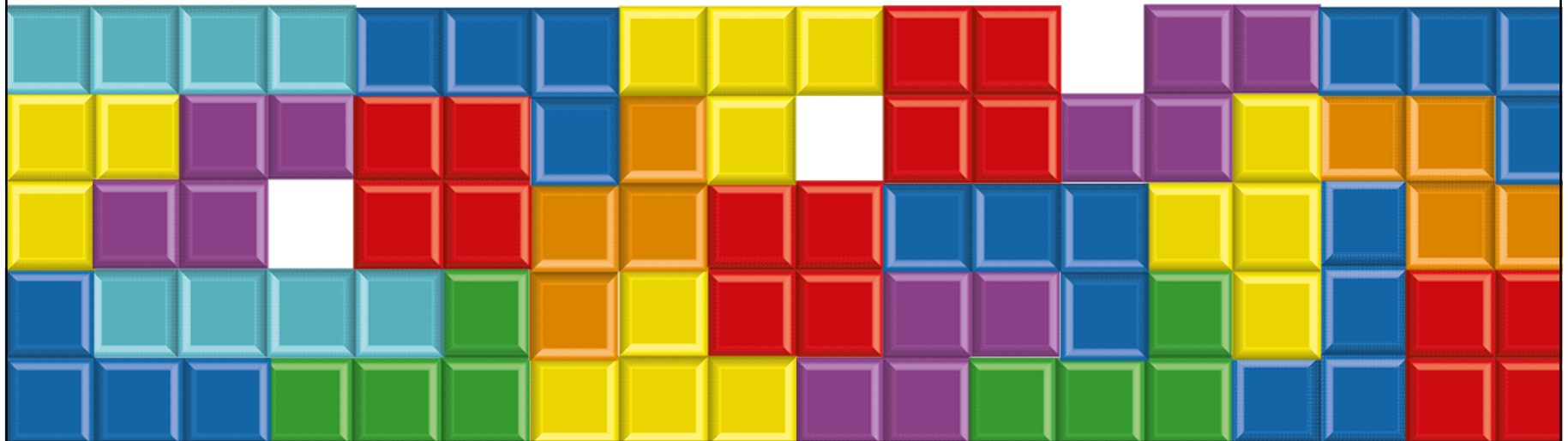
## Laura Vogel

Child Welfare Training and Court Improvement Specialist  
Administrative Office of the Courts  
Family and Youth Justice Programs  
[laura.vogel@courts.wa.gov](mailto:laura.vogel@courts.wa.gov)  
Certified Trauma Support Specialist

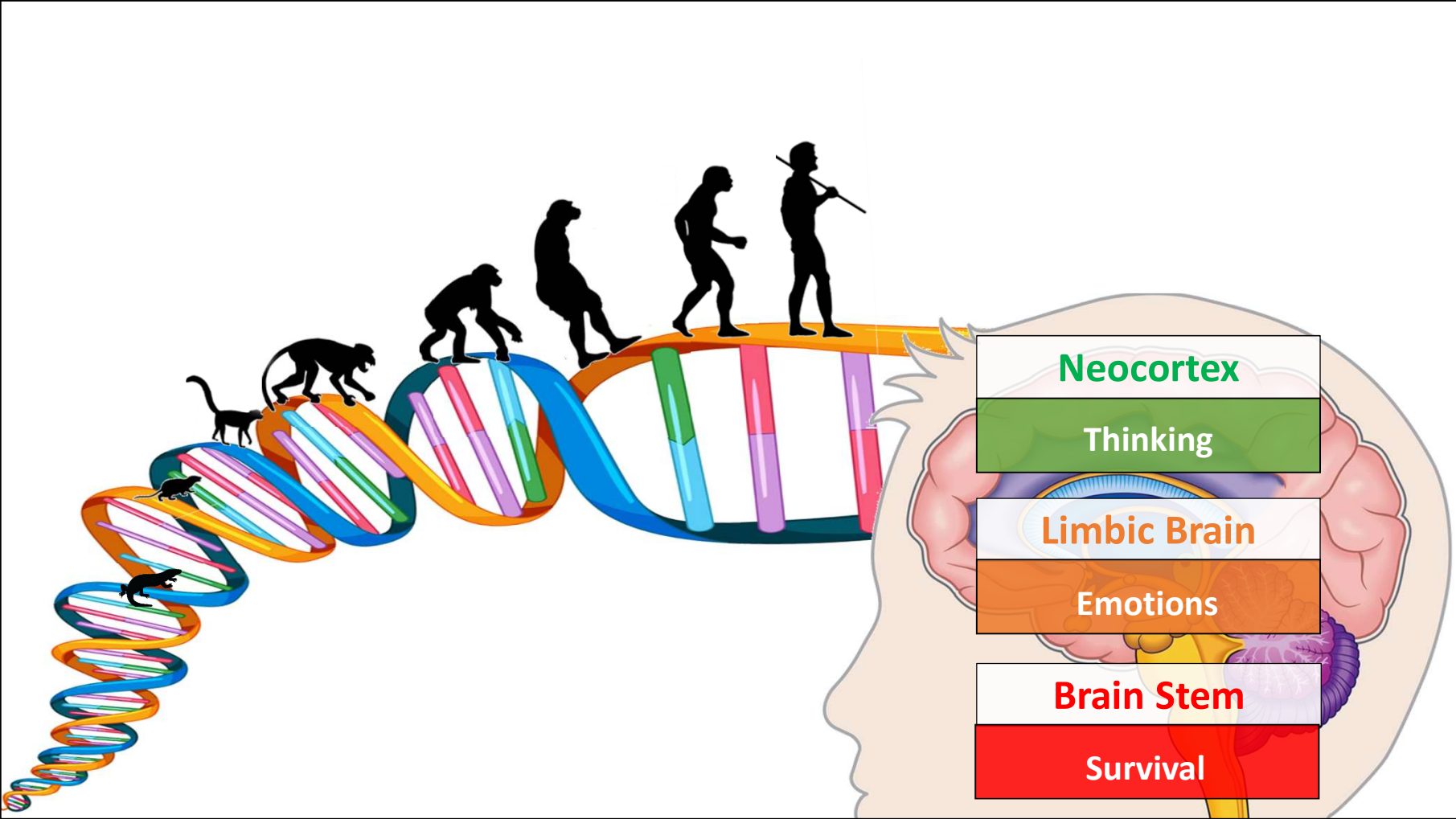
## KatieBelle Karstens

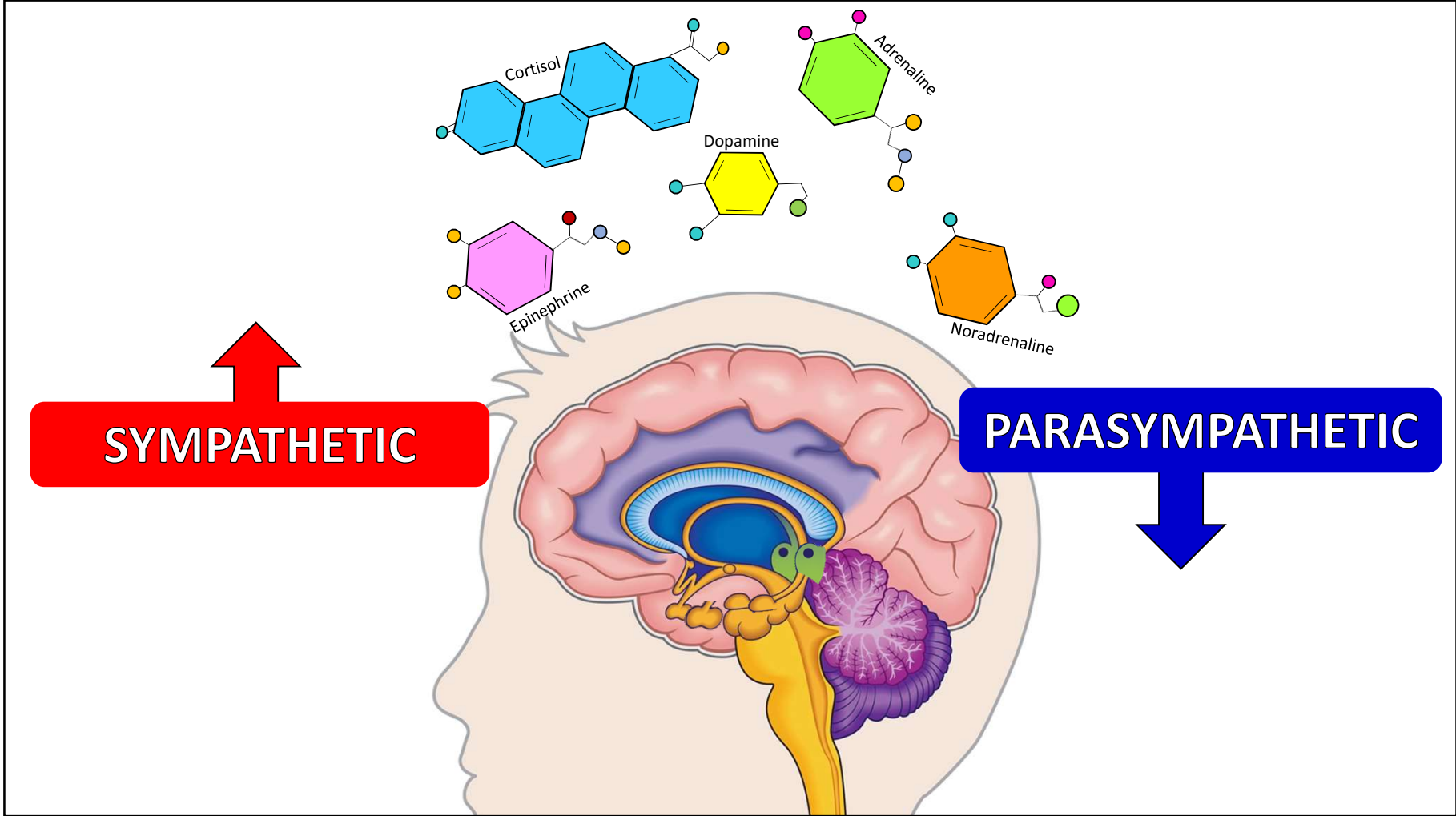
Family Recovery Court  
Alumni 2021  
katiebelle.karstens@gmail.com

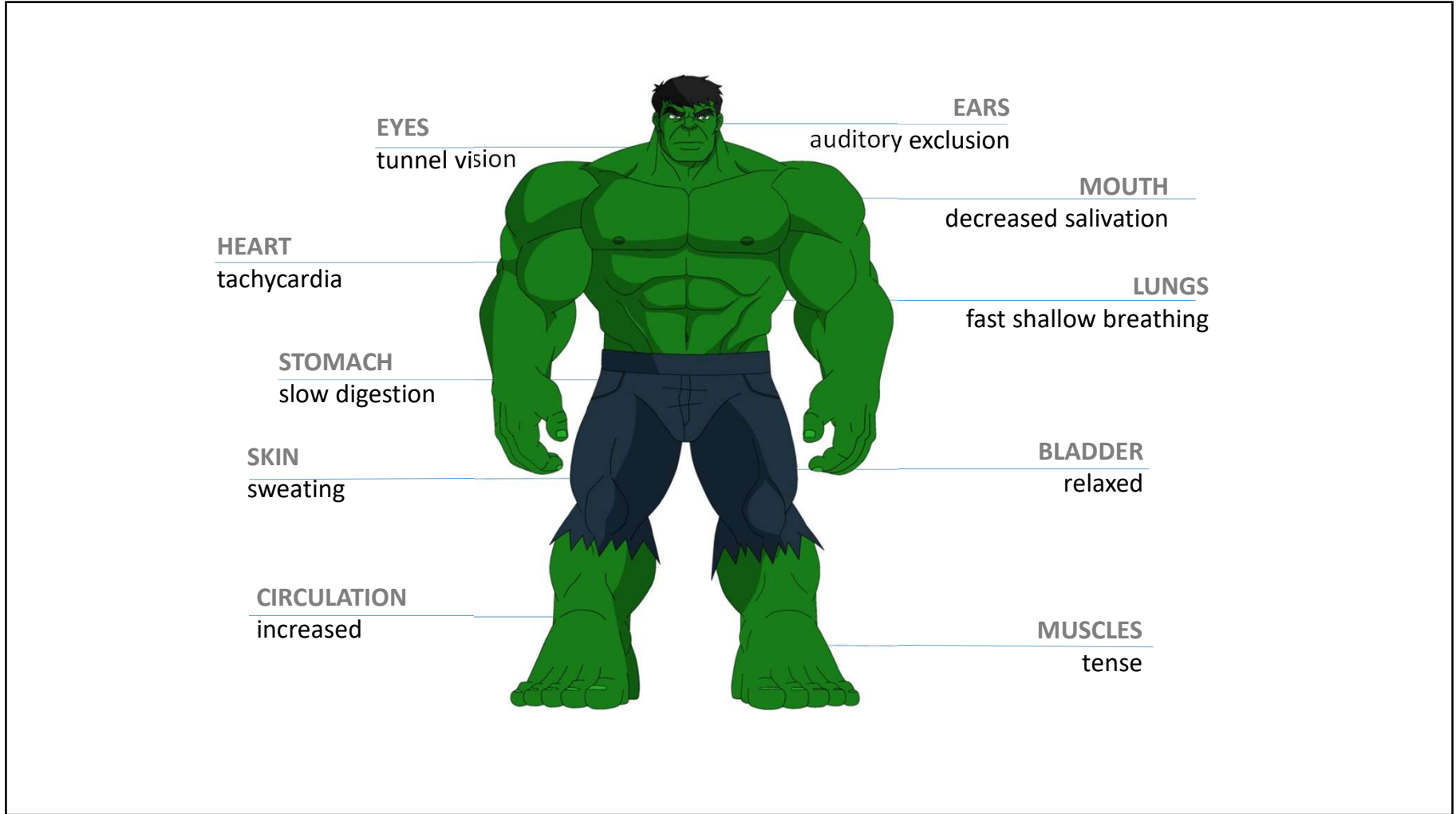
Parent Voice

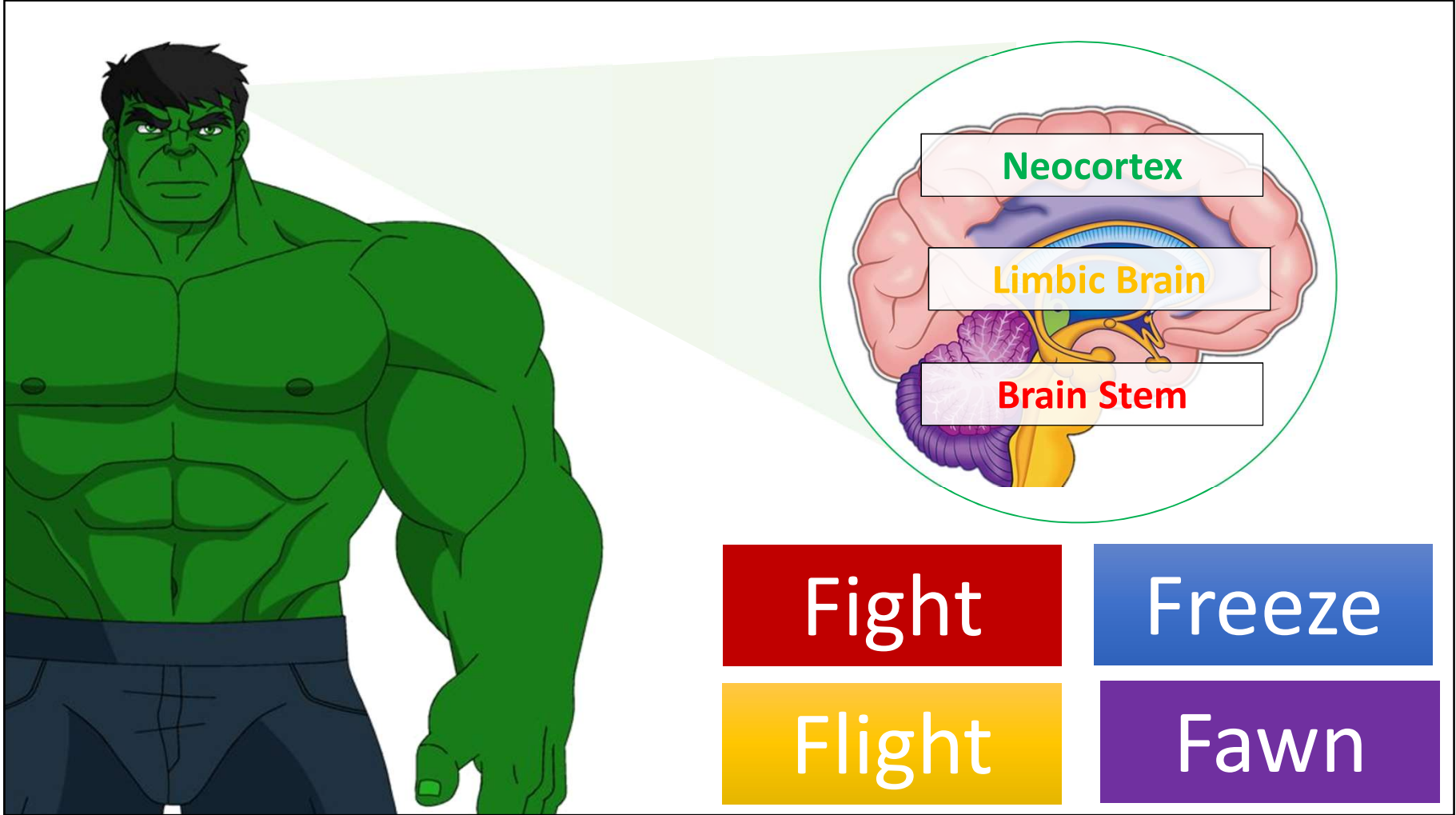


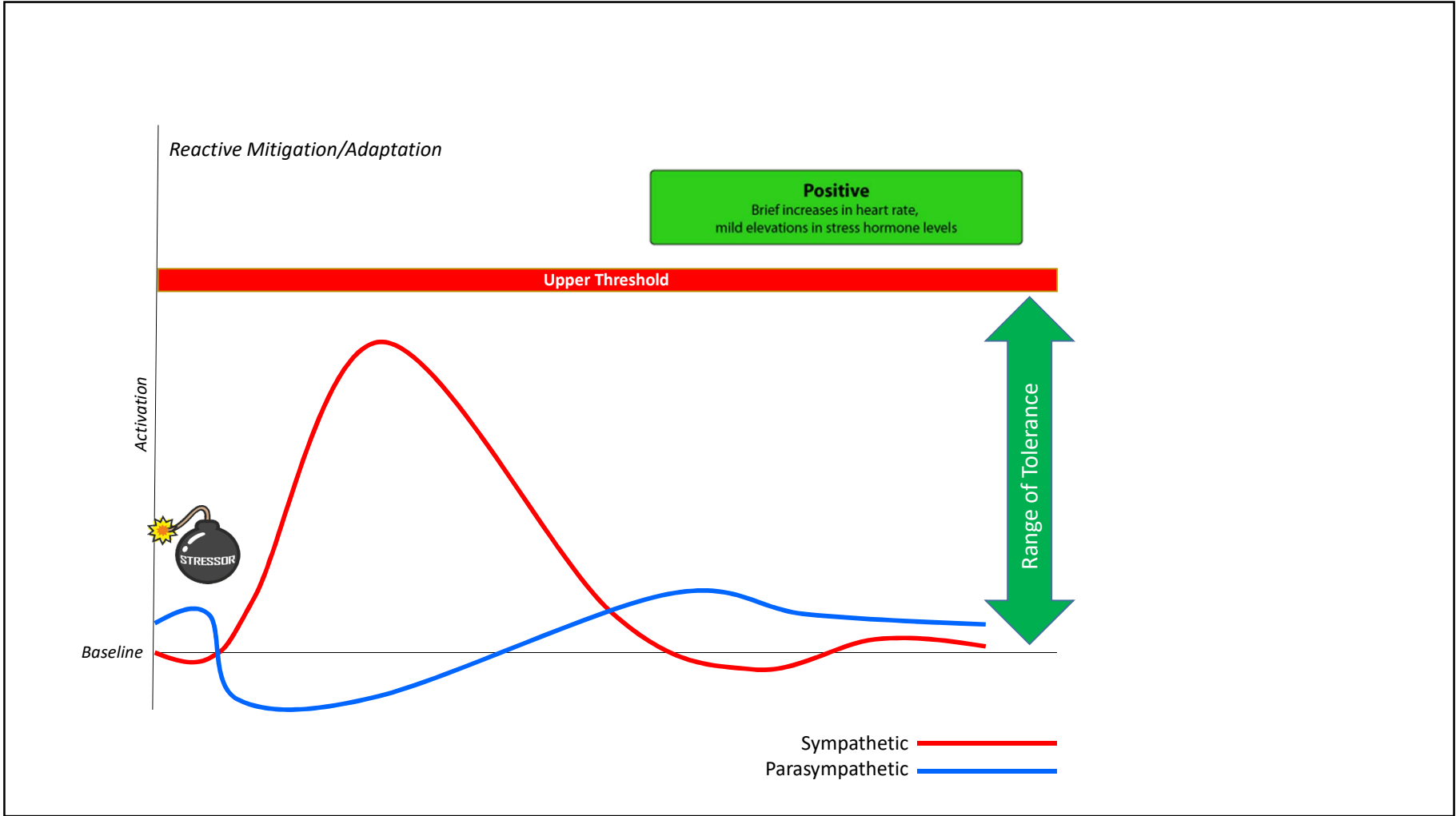




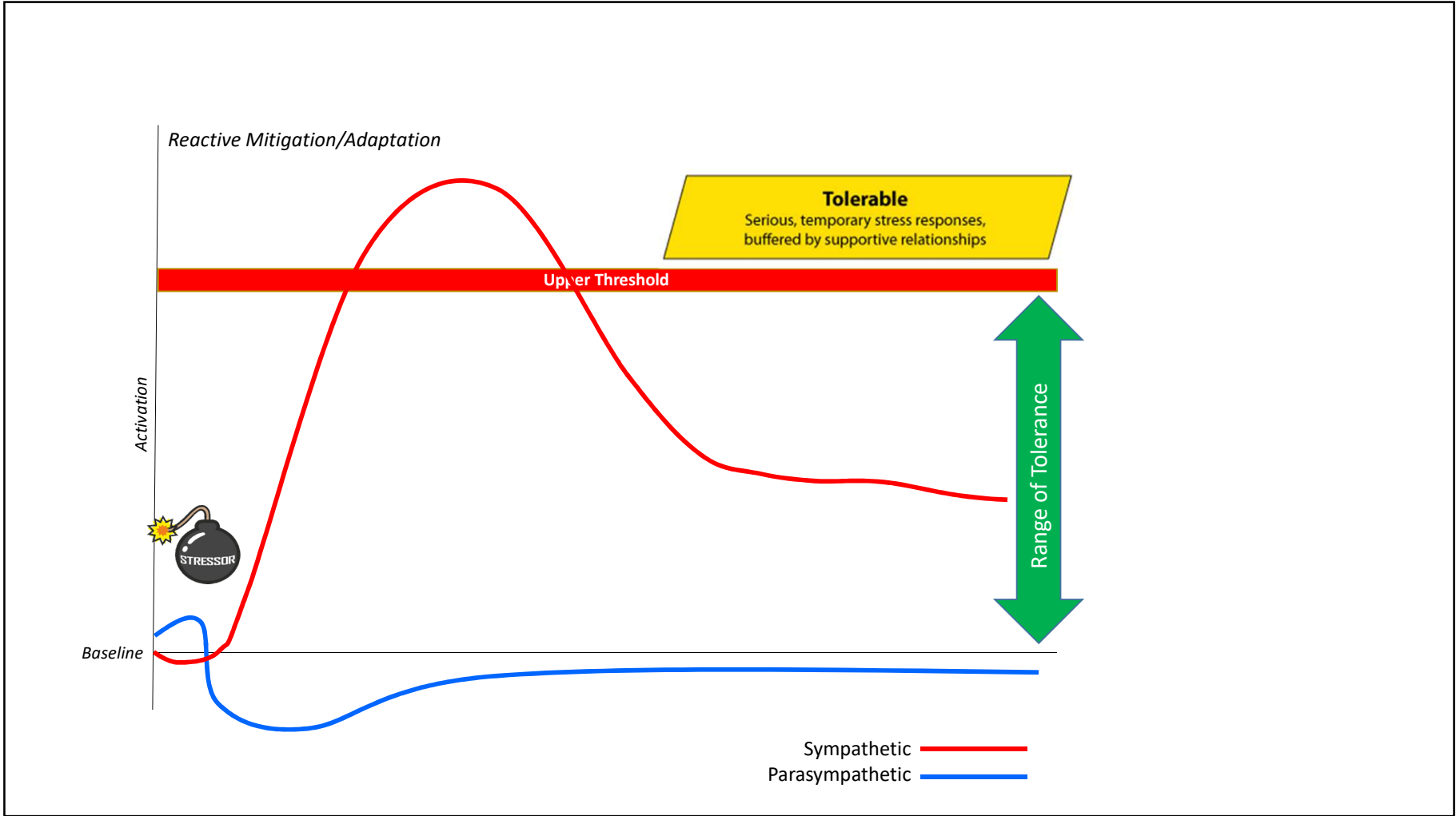


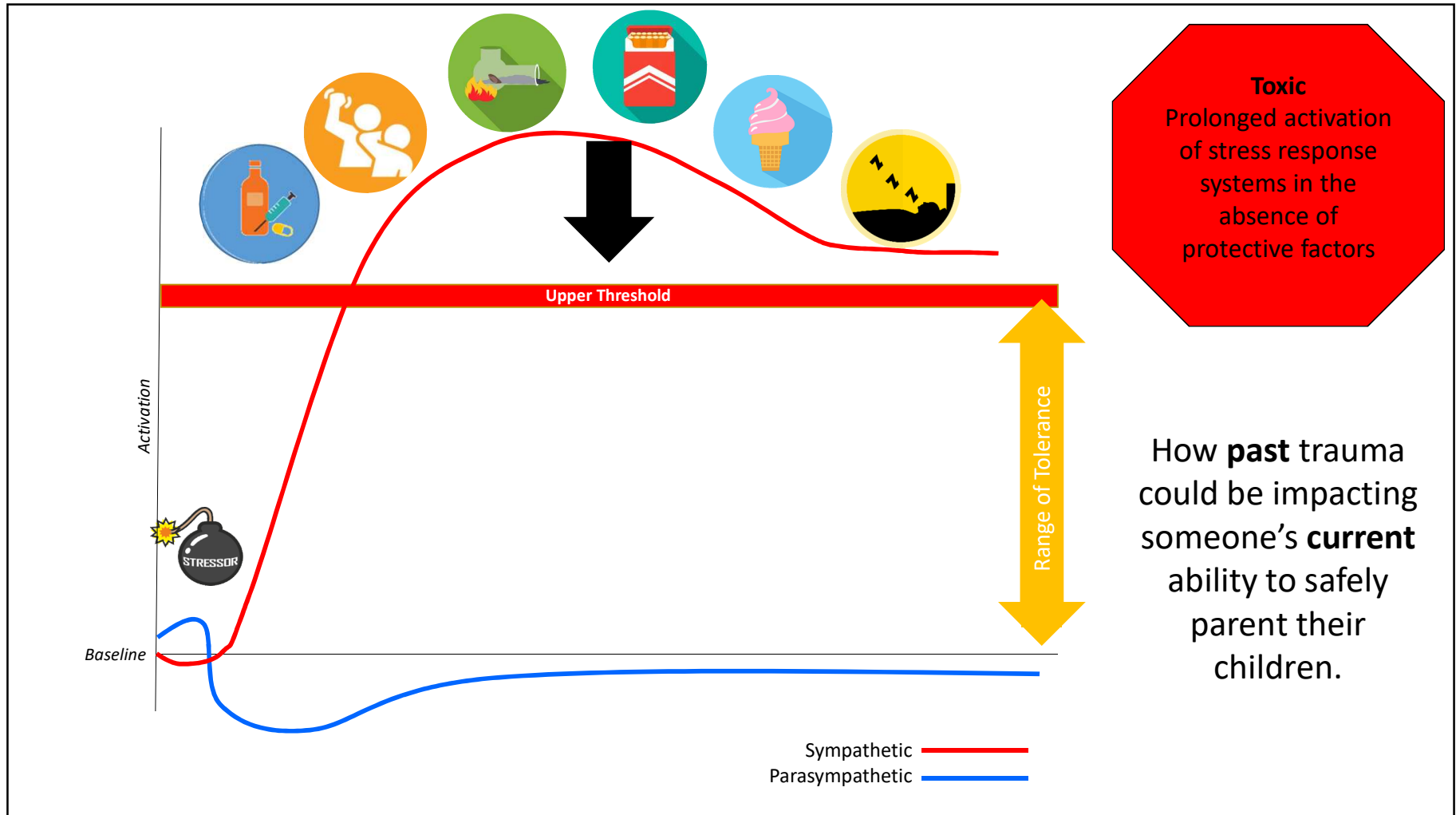












**Toxic**  
 Prolonged activation  
 of stress response  
 systems in the  
 absence of  
 protective factors

How **past** trauma  
 could be impacting  
 someone's **current**  
 ability to safely  
 parent their  
 children.

Sympathetic ——— (red line)  
 Parasympathetic ——— (blue line)

# DYSAUTONOMIA

Complex conditions that are caused by a dysfunction of the autonomic nervous system

**OH**  
(Orthostatic Hypotension)

**POTS**  
(Postural Orthostatic Tachycardia Syndrome)

**OI**  
(Orthostatic Intolerance)

**PVS**  
(Postural Vasovagal Syncope)

**PAF**  
(Pure Autonomic Failure)

**VVS**  
(Vasovagal Syncope)

**Hyper POTS**  
(Hyperadrenergic Postural Orthostatic Tachycardia Syndrome)

**NCS**  
(Neurocardiogenic Syncope)

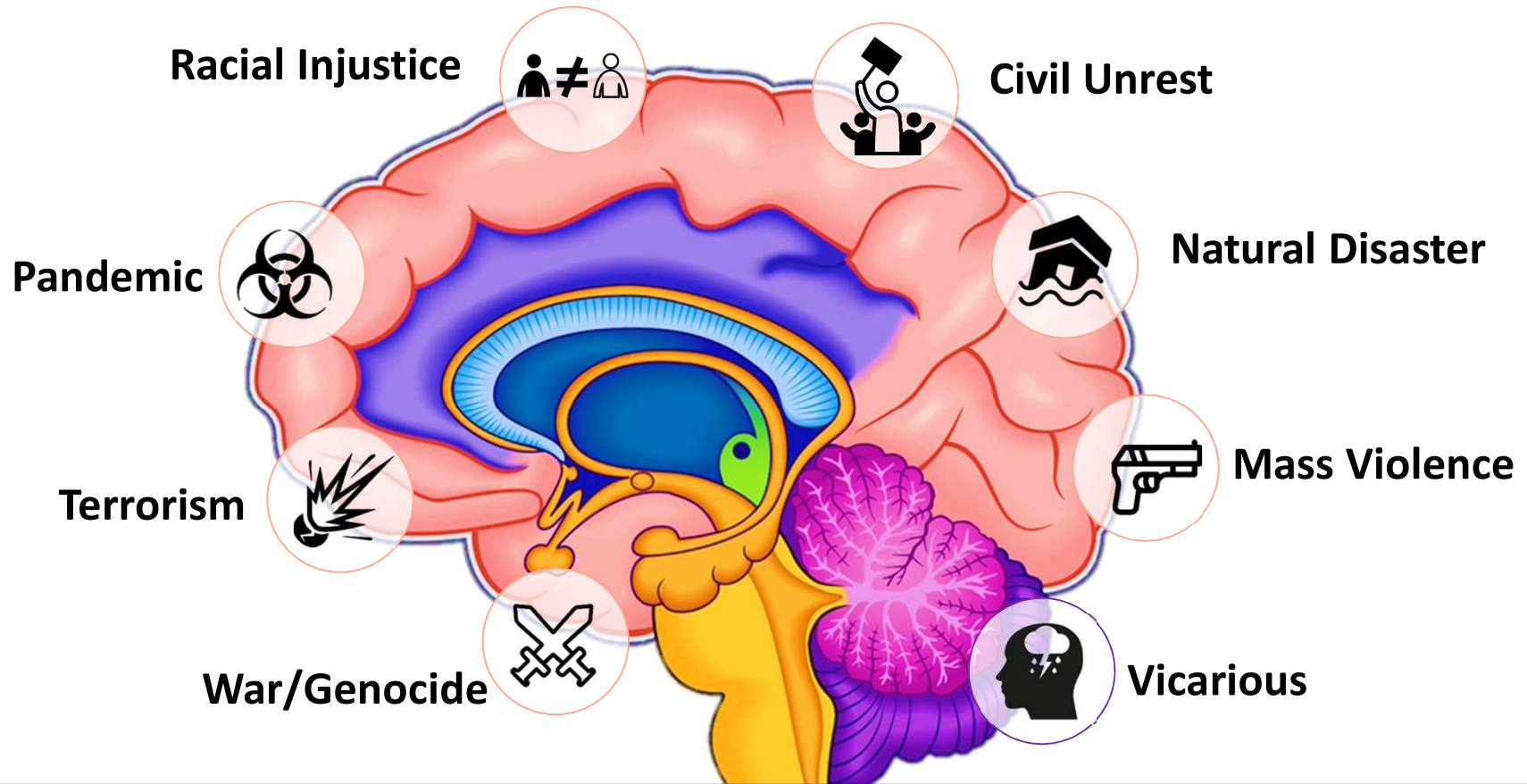
**ITS**  
(Inappropriate Sinus Tachycardia)

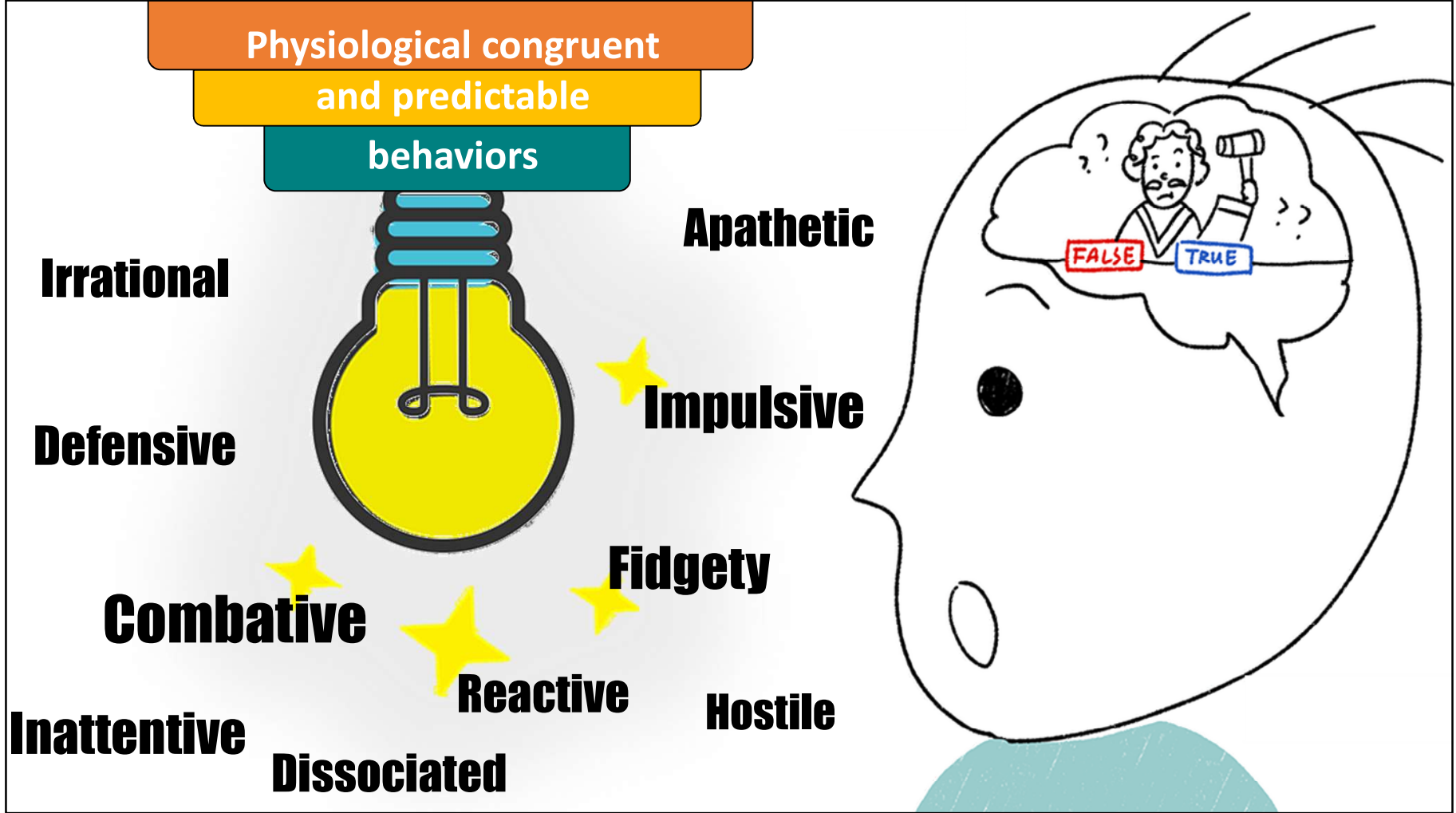
**Neuropathic POTS**  
(Neuropathic Postural Orthostatic Tachycardia Syndrome)

**MSA**  
(Multiple System Atrophy)

**FD**  
(Familial Dysautonomia)

# COLLECTIVE TRAUMA





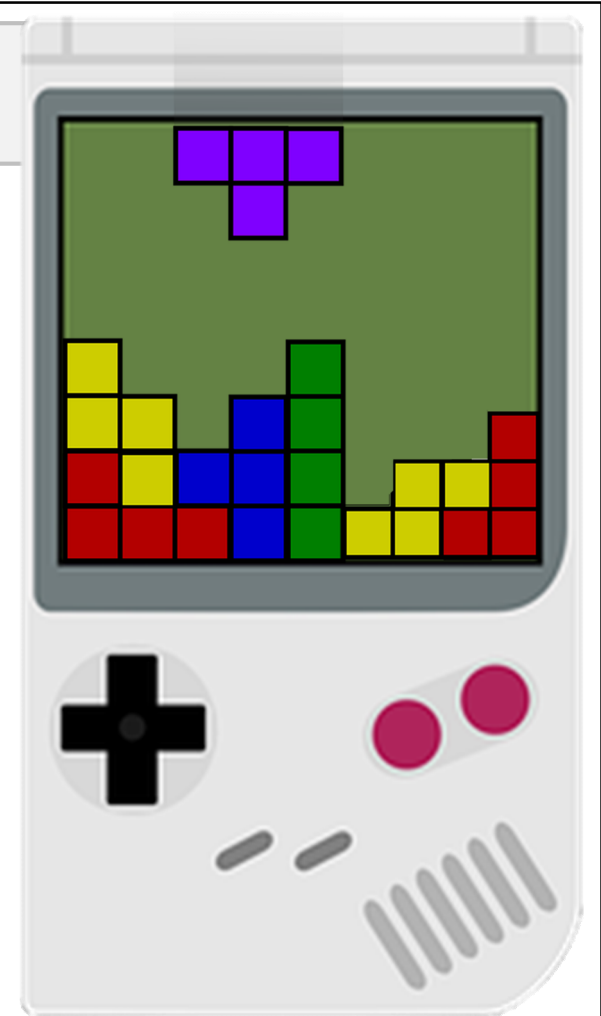
# Self-Regulation

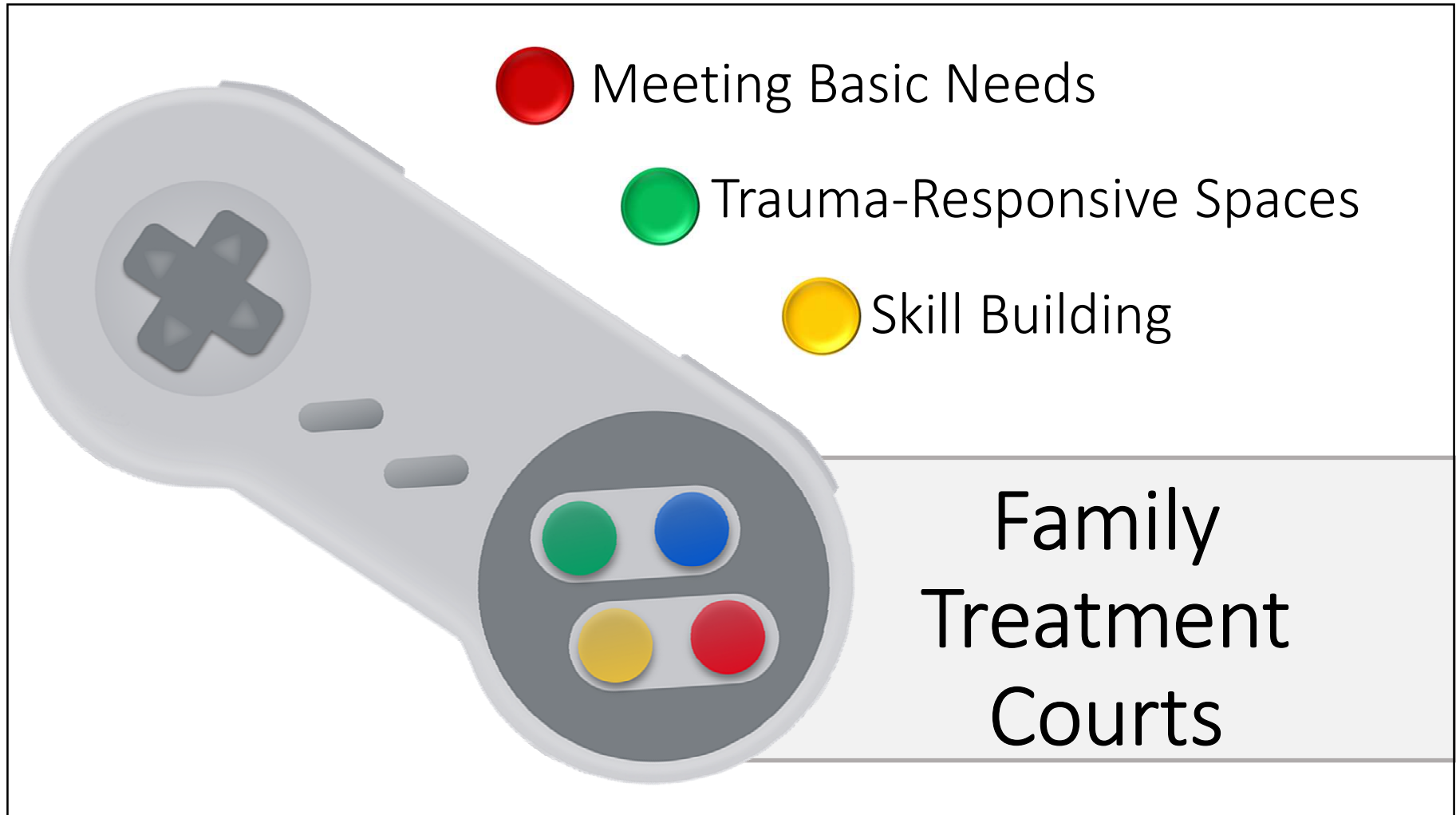
The ability to strategically modulate one's emotional reactions or states in order to be more effective at coping and engaging in with the environment

Self-regulation is necessary for accessing executive cognitive function

Intention for growth and behavior change require cognitive capacity

Starting point for intervention  
*(except in cases of immediate treat of harm)*



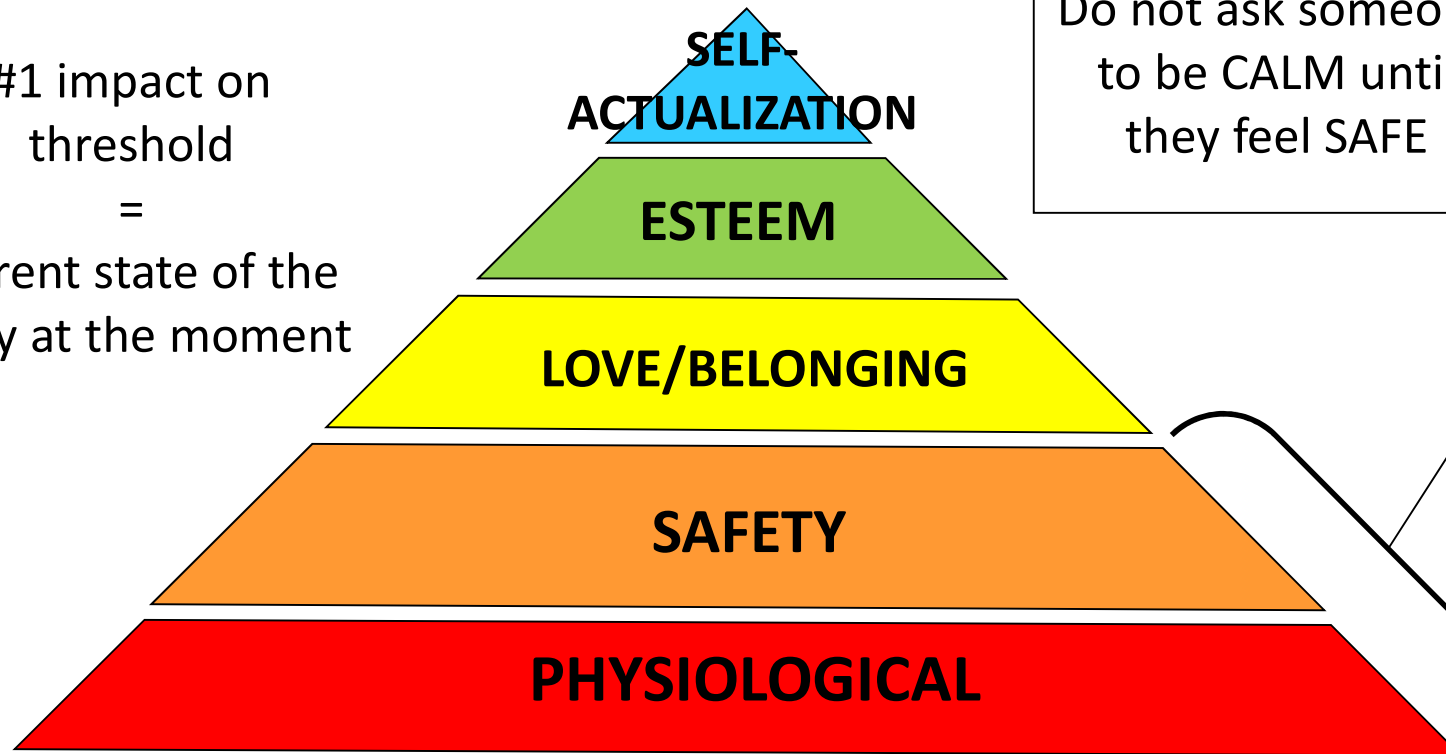






# BASIC NEEDS

#1 impact on  
threshold  
=  
current state of the  
body at the moment



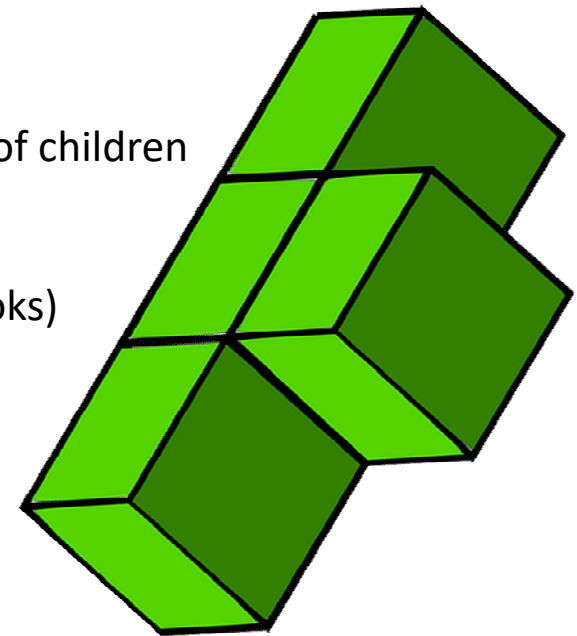
Do not ask someone  
to be CALM until  
they feel SAFE

Maslow's Heirarchy of Needs

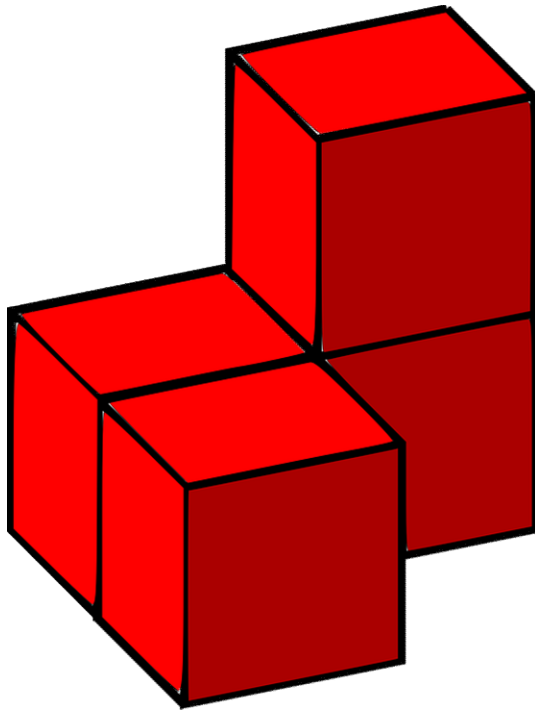


# Physical Environment

- Layout of major spaces (court security; courtroom; meeting rooms)
  - Avoid florescent lighting (consider light-blocking screens)
  - Limit unnecessarily sensory stimuli (scents, sounds)
- Fidgets and sensory items for adults
- Safe spaces for parents (moms and dads) to attend to needs of children
  - Diaper changing stations; breastfeeding areas
- Developmentally appropriate activities for children (toys, books)
  - Consider capacity to keep orderly, clean
- Provide information on community resources and services
  - Consider language and accessibility issues



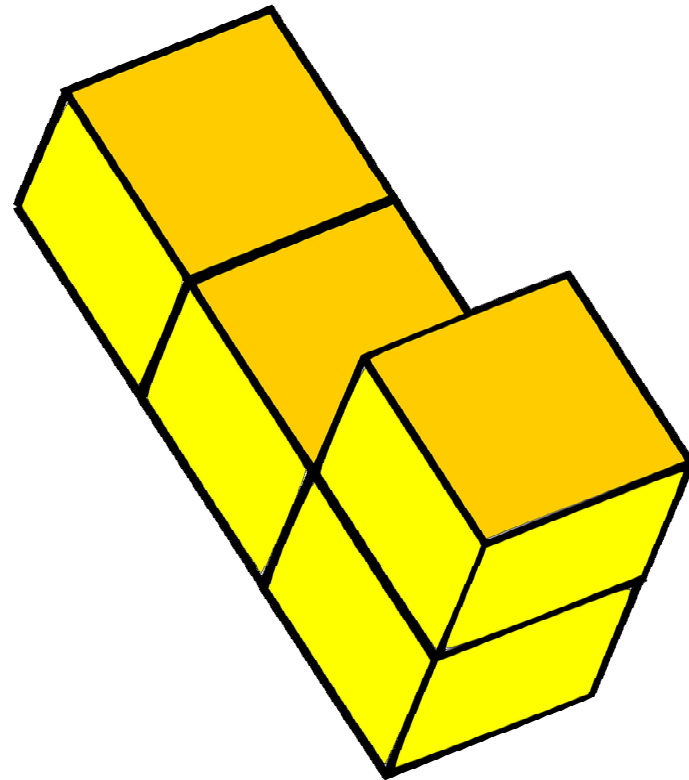
# Parent Engagement



- Trauma-informed policies and procedures
- Predictability and consistency with flexibility
- Offer choices when appropriate
- Avoid to-do lists
  - Consider creating “walk-away orders”
- Body-based breaks
  - e.g., grounding activities
- Have high-protein snack foods available
- Coping Skills Toolbox

# Team Collaboration

- Three-tier governance system
- Humble leadership
- Important role of FTC Coordinator
  - Leading from the middle
- Team dynamics
  - Common goal, united voice
- Modeling civility in adversity
  - Fight hard, not dirty





# Psychoeducation

 Mind-Body Connection

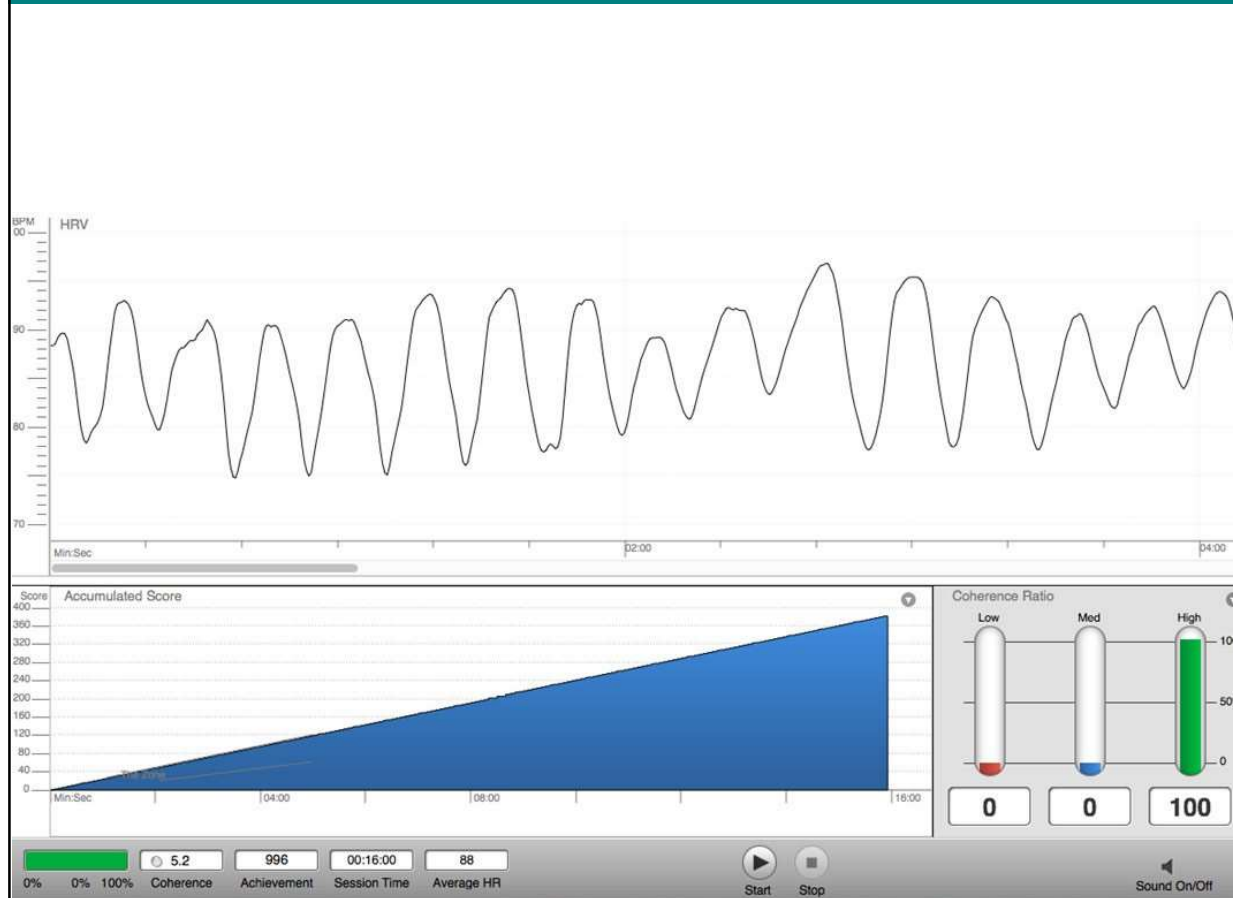
 Stress Response

 Mindfulness

 Co-regulation



# Mind-Body Connection



LIVE DEMO

A stylized game controller interface featuring a black directional pad, two red buttons, and a speaker icon.



# Skill Building

- Breathing
- Grounding
- Awareness
- Visualization
- Movement
- Creative Exercise

## Considerations

Evidence-Based; Mindfulness Based Stress Reduction (MBSR)

Incorporate into existing practices/structures

Supplements ordered services

Applications in Parenting

Providing Feedback

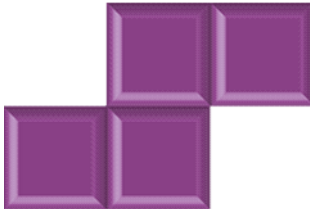
# Breathing

- Key to gaining control over the mind-body connection
- Give us the ability to consciously control the automatic response of the nervous system to a perceived threat
- Belly Breathing
- Paced Breathing (Tactile Breathing)



# Grounding

Effective



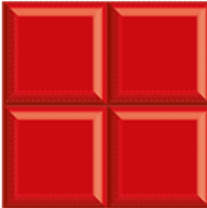
Present Moment



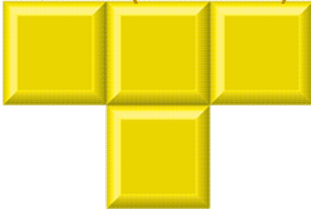
Easy



Sensory



Quick (<20 sec)



Body-Based



# Awareness

- Interoception:  
*sense of the internal state of the body*
- “Outside Observer”
- Pain vs. Suffering



# Visualization

- Requires focused awareness
- “Mental Rehearsal”
- Programs brain to more readily perceive and recognize pathways to achieve goals
- Strengthens creative thinking



# Movement

- Primary purpose is to notice the sensations of the body in motion
  - Exercise is secondary
- Active form of mindfulness
  - Specially beneficial for those who struggle with attention
- Adaptable for those with disabilities, chronic pain, or other physical limitations
- Applications in Parenting



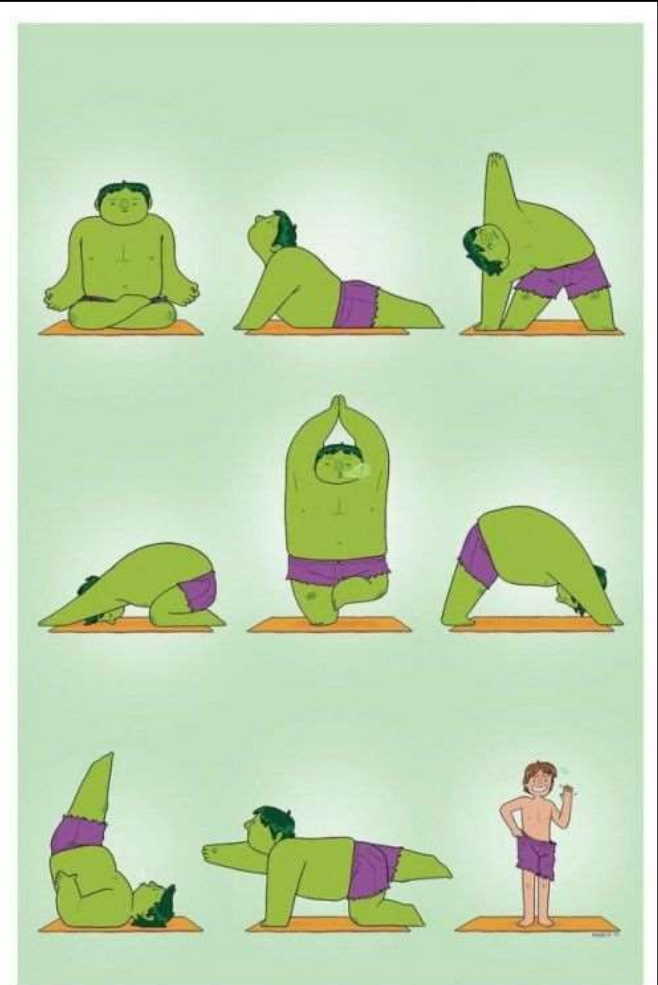
# Creative Exercise

- “Flow”
- Satisfaction of creation
- Strengthens cognitive ability for problem-solving



# More Activities

- Breathing
  - [Alternate Nostril Breathing](#)
  - [Shape Tracing](#)
- Grounding
  - [Tree Exercise](#)
  - [5-4-3-2-1](#)
- Awareness
  - [Progressive Muscle Relaxation](#)
  - Mantra
  - [Mindful Eating](#) (with chocolate!)
- Visualization
  - [Safe Place](#)
  - Affirmations
- Movement
  - Yoga
  - [Qi Gong](#)
  - [Walking](#)
- Creative Exercise
  - Poetry; [Haiku](#)
  - Photography
  - Storytelling
  - Cooking
  - [Mala Beads](#)





# 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™
- Purrble™
- Omi the Elephant™

## Online Learning/Certifications

- [www.heartmath.com](http://www.heartmath.com)
- [www.traumainstituteinternational.com](http://www.traumainstituteinternational.com)
- [www.dysautonomiainternational.org](http://www.dysautonomiainternational.org)



# The Cost of Kindness



Thank  
You!



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