

A Little Help, Please

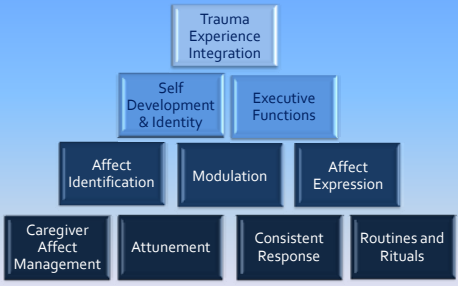
A Little Help, Please!
Attachment, Self-Regulation, and Competency (ARC)
And How to Make it Work for Us!



Presenter: Katie Jackson, LCPC



ARC Blocks




Trauma Experience Integration

Self Development & Identity Executive Functions


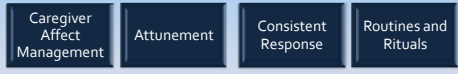
Affect Identification Modulation Affect Expression

Caregiver Affect Management Attunement Consistent Response Routines and Rituals



Attachment

- Provides model
- Training ground for affect management
- Provides safe environment
- Includes an entire caregiver system






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Caregiver Affect Management

- Self-monitoring skills
- Affect management skills
- Building supports and resources




Attunement

- Role of child vigilance
- Understanding triggers
- Understanding child's communication
- Reflective listening skills



Consistent Response

- Praise and Reinforcement
- Behavioral management
- Setting limits






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Routines and Rituals

- Purpose?
- Safety
- Honor previous traditions
- Create new traditions




Feelings Detective Activity



Self-Regulation

- Reflection
- Modeling
- Stimulation and soothing

Affect Identification	Modulation	Affect Expression
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Affect Identification



- Everyone has feelings
- Feelings come from somewhere
- Cues that tell us what we are feeling

 sad	 happy	 surprised	 scared	 sleepy	 angry
 shocked	 laughing	 in love	 sick	 hungry	 confused




Modulation

- Teach degrees of feelings
- Understanding comfort zone
- Distress tolerance
- Control over affect




Affect Expression

Safe and healthy verbal communication of feelings



Creative pursuits to express emotions and self





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Activity:
Identifying Feelings Art and Feelings
Toolbox



Competency

- Social skills
- Personal responsibility
- Community connections
- Independence





Executive
Functions

Self
Development
& Identity



Executive Functions

- Make decisions
- Problem solving skills
- Control and agency








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Self Development & Identity

- The unique self
- Self-esteem
- Coherent self




Activity:
Problem Solving Chart and Super Hero Self



Trauma Experience Integration

- Be prepared!
- Process specific traumatic events
- Differentiate past and present
- Opportunity to correct distortions





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