

Self-Regulation and Internalizing/Externalizing Problems

Dr Stuart Shanker



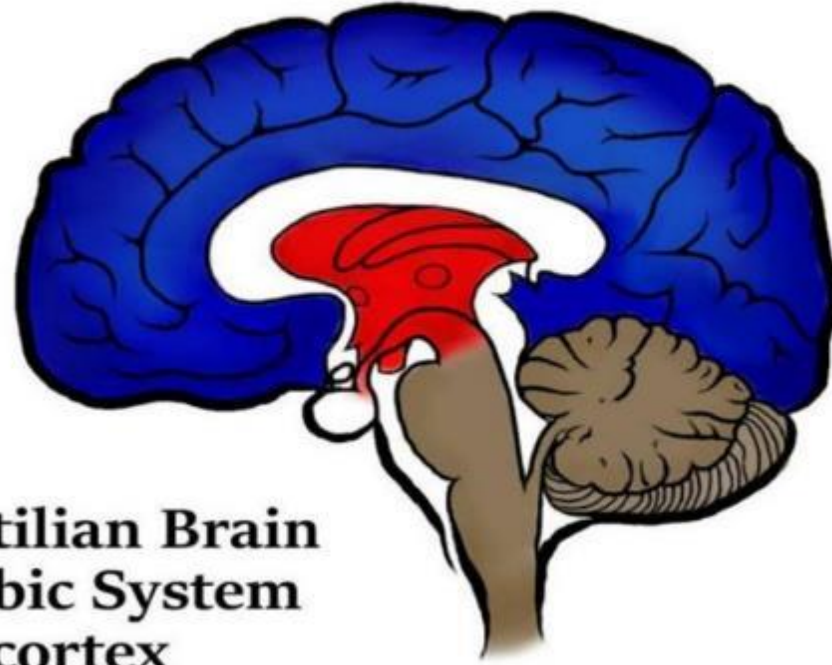
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The Evolution-Designed Brain



- Reptilian Brain
- Limbic System
- Neocortex



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Turning off the alarm

[https://www.youtube.com/
watch?v=duTwUXB_1i4](https://www.youtube.com/watch?v=duTwUXB_1i4)



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Stress and Arousal

- Heightened stress leads to arousal in four domains:

Physiological

Neural

Psychological

Emotional

Arousal leads to kindled threat-detection

Kindled threat-detection exacerbates arousal

Shift from Blue Brain to Red Brain dominance

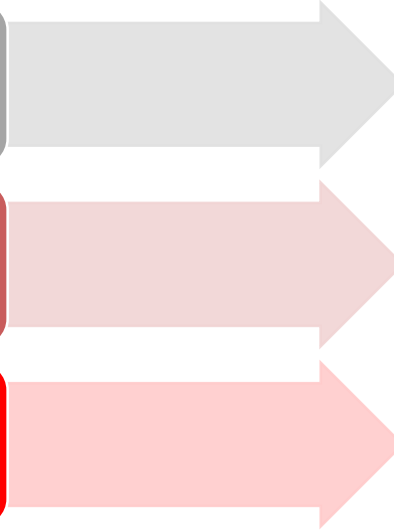


Neuroception

Limbic system scans environment for signs of safety or threat

Threat-detection (Amygdala) is non-conscious

Triggers behavioural, physiological, and neural response (arousal)



Hypervigilance

Poor discrimination of threat vs. safety

Negative bias

Kindled Fight, flight, freeze

Neuroceptive Overdrive:



Self-Reg ECE

Helping a child in “neuroceptive overdrive”

The Inverted U-Curve



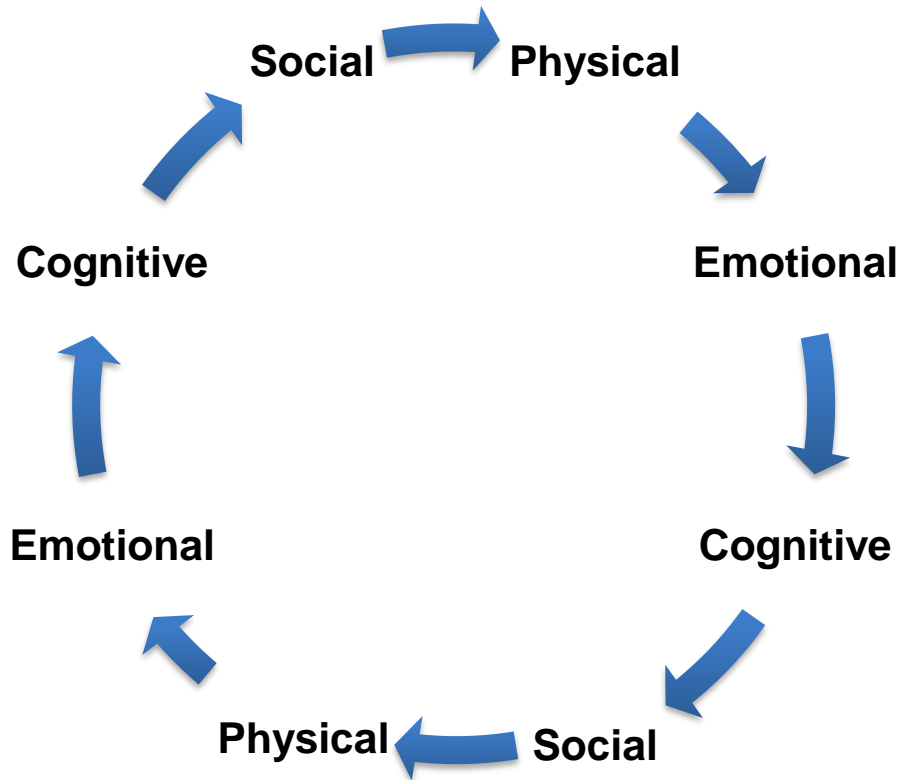
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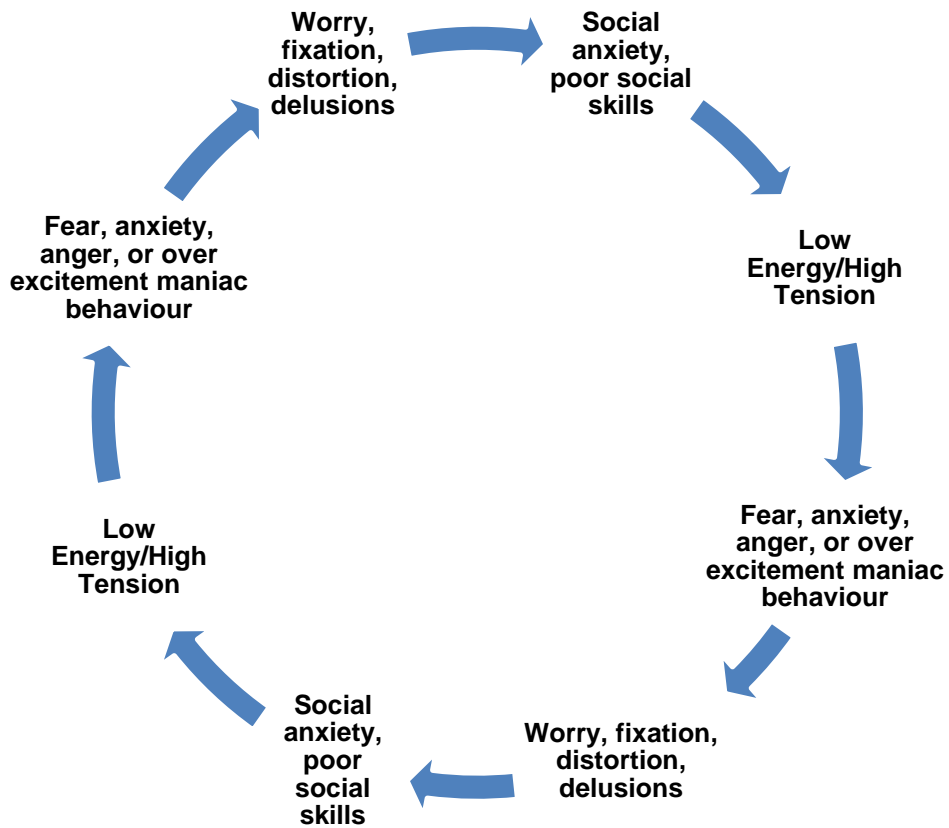


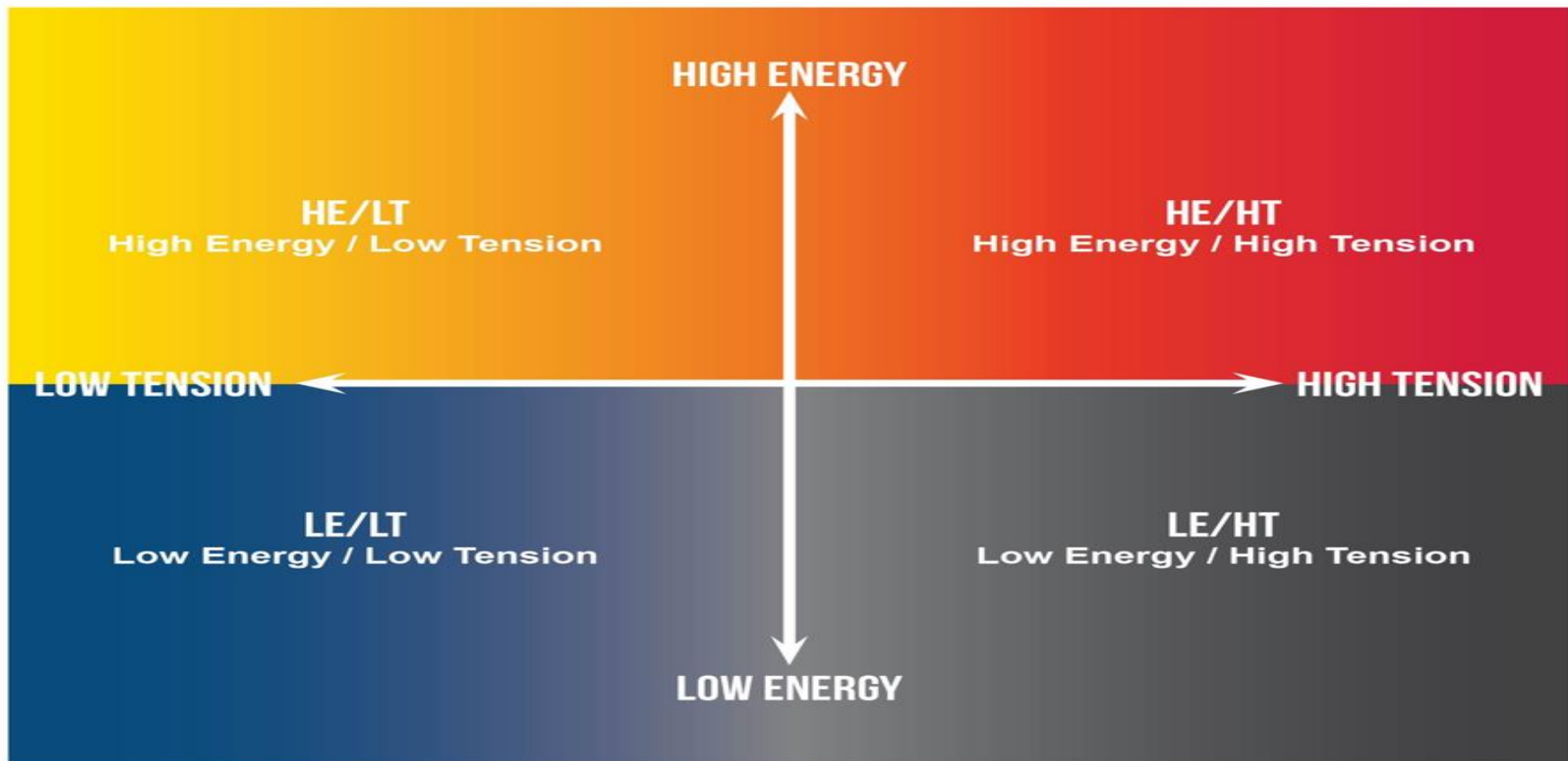
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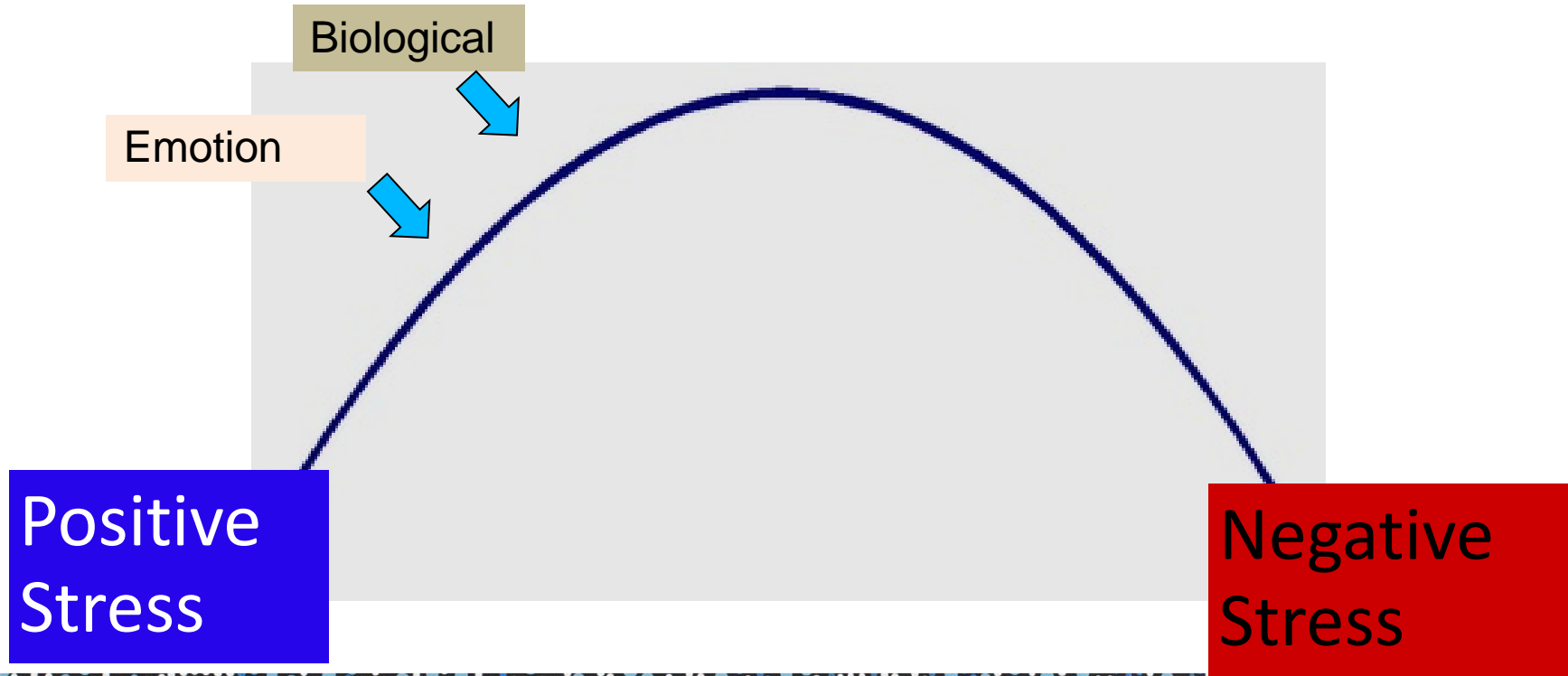
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Adapted from: Robert E. Thayer (1996),
The Origin of Everyday Moods:
Managing Energy, Tension, and Stress

Stress



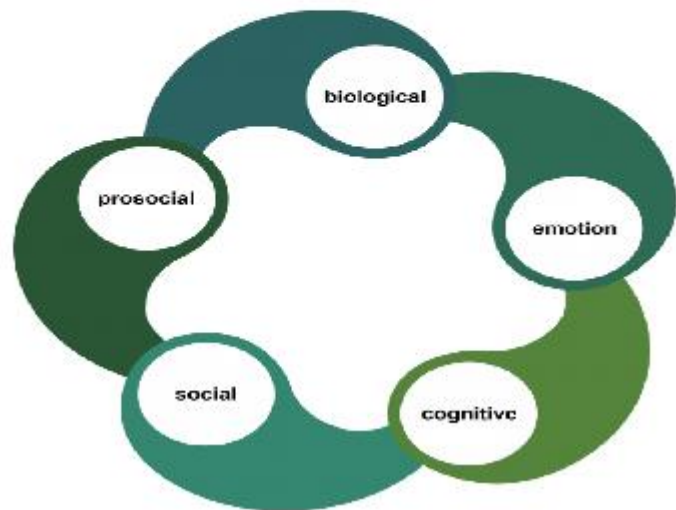
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SELF-REG FRAMEWORK



There are **5 Domains** in the Self-Reg Framework.

The Self-Reg framework is **not a program** – it is a **practical paradigm** through which parents and teachers can better understand a child or student and others.

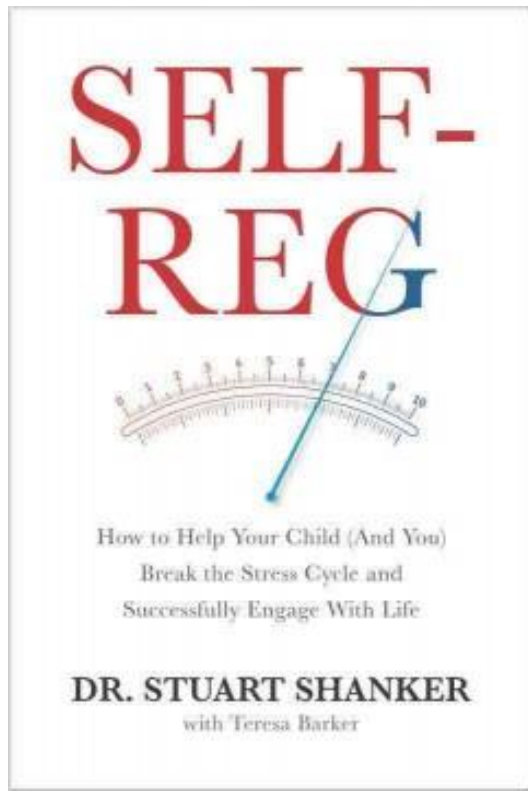


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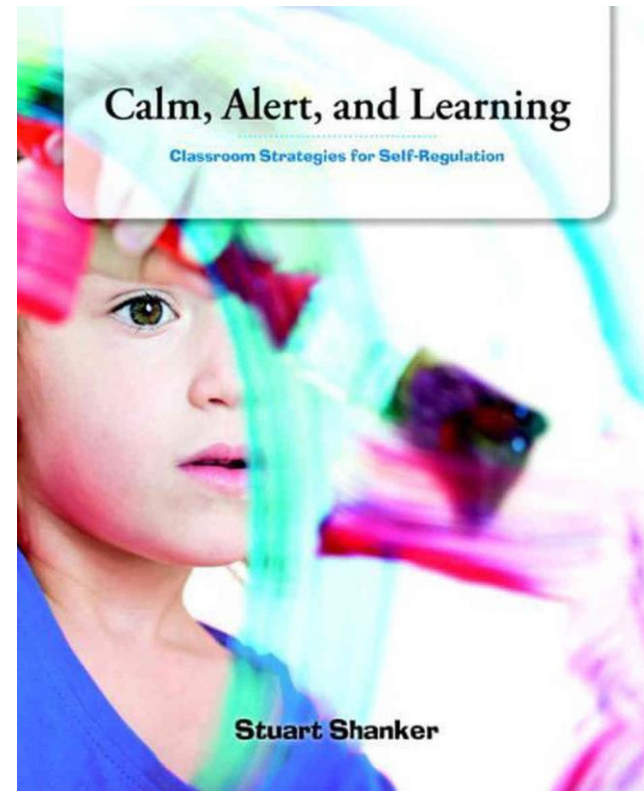
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Books by Dr. Stuart Shanker



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