The Hi-jacked Brain and it’s Impact

Thinking Brain

Emotional Brain

Survival Brain
Emotions and Thinking
Growing the Brain

- Stimulus
- Response

The Dibble Institute
Relationship Skills for Teens and Young Adults
Trauma and toxic stress impact youth for a life-time.
“Between stimulus and response there is a space. In that space is our power to choose our response. In our response lies our growth and our freedom.”

Viktor Frankl
Social and Emotional Regulation
Self-Soothing Practices

- Focused Breathing
- 54321
- Coloring
- Rhythm/Activity
Focused Breathing
Be open to every day wonders.

Use 5-4-3-2-1 as a mindfulness skill.
Coloring
Rhythm and Activity
Mindful Learning
Engaging Online Learning
Scan - QR Code for On-line Toolkit
Is there any research about how this is working?

Preliminary analysis shows statistically significant improvement in knowledge and skills from pre- to post – intervention.

Participants developed better knowledge and skills for coping with trauma and adversity.

Partners report youth using the skills in daily life in residential treatment.
Using Mindfulness Skills to Reduce Risk Factors in Sexual Health