

Step # 3

Four Brain Systems: Current Capacities

Instructions

1. Place a \surd mark in each box that applies to the parents (P1 and P2) and the child (C) for both categories: triggers and concerns and preferences and strengths.
2. Place a N/A in capacities that do not apply to the child for developmental reasons
3. The three highlighted items are the most salient intervention goals.

Name: _____

Date: _____

TRIGGERS & CONCERNS

PREFERENCES & STRENGTHS

Four Load Conditions

1. Too frequent stress responses to real or perceived stressors
2. Inability to adjust (habituate) to initial challenges that, over time, should no longer be stressful
3. Prolonged stress response after the stressor is removed
4. Inadequate stress recovery back to baseline

P1 C P2

Regulation

- Deep sleep cycling
- Stable and expanding alert processing state
- Expression of all three stress responses
- Distinct states w/ smooth transitions
- Connection to visceral cues
- Efficient stress recovery

P1 C P2

P1 C P2

Sensory

- Internal (body)
 - Pain (visceral, hunger, pain, pressure)
 - Balance/vestibular/movement
 - Proprioception (use of joint, muscles)

P1 C P2

P1 C P2

- External (world)
 - Tactile (light and deep touch)
 - Taste
 - Smell
 - Auditory
 - Vision

- Processing
- Modulation

Relevance

- Full range of emotions (positive and negative)
- Appropriate access to full range of memories
- Accurate meanings of self and others

P1 C P2

P1 C P2

Executive

- Purposeful adaptive behavior
 - Spontaneous format
 - Automatic format
 - Conscious control format
- Integrating thoughts and emotions
- Shifting between self and other/context

P1 C P2

P1 C P2
