

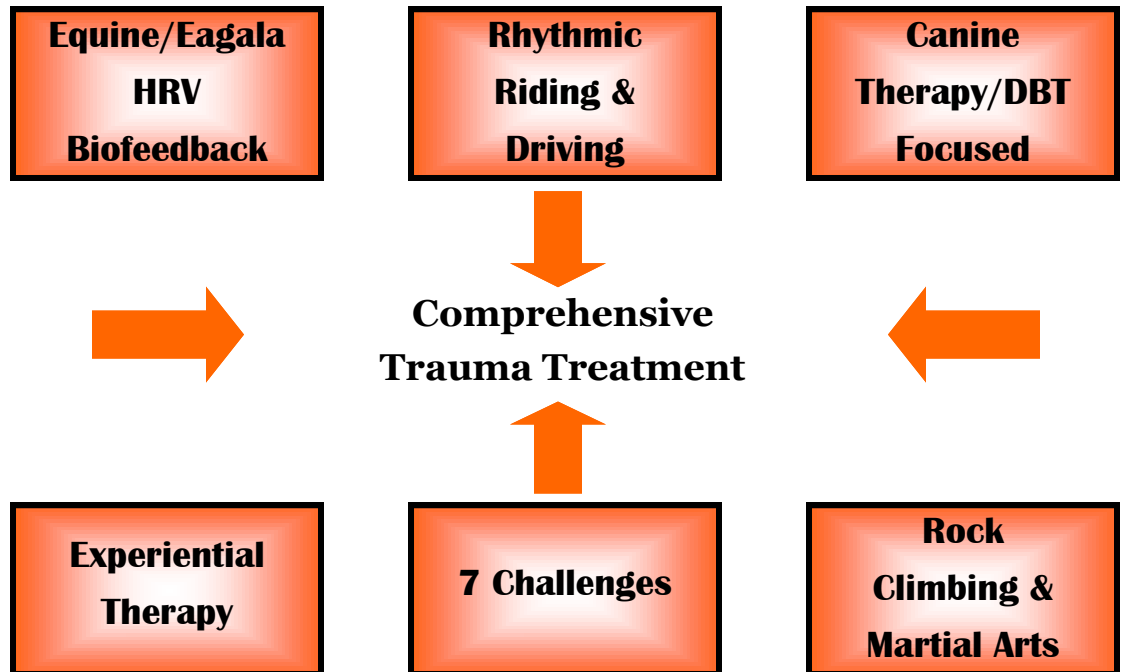


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TIC NEWS



It takes a Treatment Community to address the needs of traumatized children: Top Down & Bottom Up Intervention Building Blocks



Sensory Motor Arousal Regulation Treatment (SMART)

Tools that help in developing patterns of attunement based in movement, rhythm, and the kinds of play afforded in a variety of experiential activities.

Treatment is organized to allow interventions and new experiences at the somatosensory level, the neurobiological foundation of regulation.

SMART is designed to treat the problems of regulation common to children and adolescents through an active therapy in a room which allows for movement and play. The tools of regulation and clinical skills that support the treatment model are spelled out, as well as the model of regulation and trauma processing that occurs naturally and leads to healing for child and family.



Top Down & Bottom Up

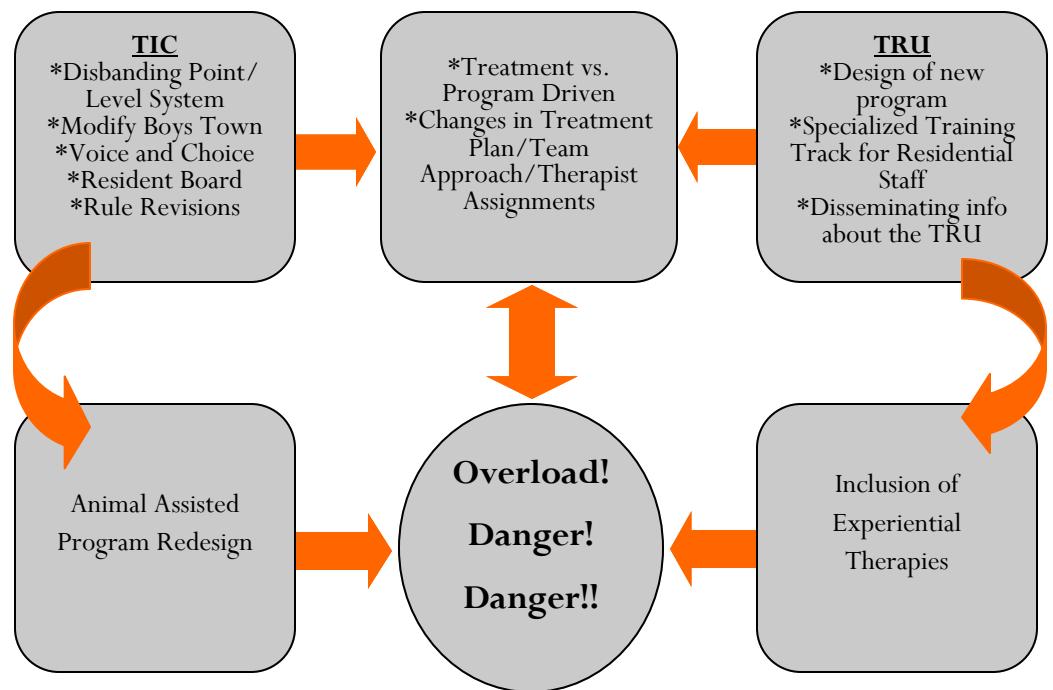
- ◆ This approach listens to the child’s “story of trauma and attachment” as it’s told non-verbally, paying particular attention to patterns of response, reflecting procedurally learned habits of adaptation.
- ◆ If you want to manage your emotions better, your brain gives you two options: from the top down or from the bottom up.
- ◆ Top down regulations involves strengthening the capacity of the “watchtower” to monitor your body’s sensations. Mindfulness meditation and yoga can help with this.
- ◆ Bottom up regulation involves calming the physical tensions in the body and recalibrating the autonomic nervous system. Breathing exercises, chanting, martial arts, drumming, group singing and dancing all rely on interpersonal rhythm and vocal and facial communications, which help shift people out of the fight/flight state.
- ◆ This model identifies 3 primary zones of arousal or “states”
 - ⇒ Hyperarousal - Excessively busy, unable to relax, excessive agitation or irritability
 - ⇒ Hypoarousal - Disengages or dissociates under stress
 - ⇒ Optimal Arousal - maintains comfortable level of arousal (not too high/not too low)



A Picture is Worth a Thousand Words

A System in Motion:

How do you get your footing on the deck of a rolling ship



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