

Hand Model of the Brain

Acorn Parenting Module 1

*Combining Dan Siegel's Hand Model of the Brain with Child Parent
Relationship Training

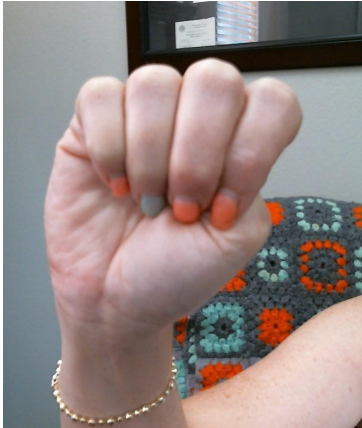


Introduction to the Hand Model of the Brain



- PreFrontal Cortex
- Limbic System
- Base Brain

Calm Brain



- Information moves up and down easily
 - Blood and oxygen moves to all parts of the brain
 - Learning coping skills while calm creates a connection between calming and distress
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Stressed Brain

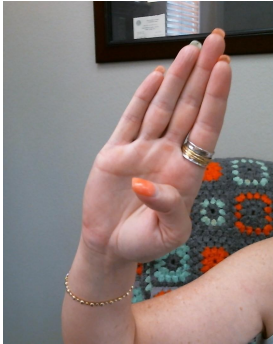
Stressors tax the resources of the brain



- If you are Hungry, Angry, Lonely or Tired [HALT], your brain becomes stressed.
 - Oxygen and blood still go to most parts, but processes take more time, are less effective.
 - Interventions:
 - ACT:
 - Acknowledge the feeling
 - Communicate Limits
 - Target acceptable alternatives

*adapted from Child Parent Relationship Training
 - Provide space to process internally or out loud.
 - Limit input-remove noise, smells, sense of urgency
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Flipped Brain



- At a certain level of intensity, the blood and oxygen stop flowing to the prefrontal cortex. If this happens a lot, the brain may lose mass and changes to the size of the PFC may occur.
 - Interventions:
 - Begin with Stressed Brain interventions
 - Breathe with the person or for the person.
 - Take time out-choose a place to calm.
 - Think about a peaceful place/time.
 - Distract yourself
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Panicked Brain



- Responses are instinctual, not chosen.
 - Responses may be
 - runaway, fight, hide, freeze and fawn [do whatever the most powerful person in the room tells you to do]
 - Interventions:
 - Breathing for the person may assist them in calming.
 - Change their temperature-give them ice water to drink, ice pack to hold, wash face with cold water.
 - Tell them they are safe verbally and with physical surroundings.
 - Give them a strong flavor to eat or a strong smell to smell.
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