

Building Resilience in Our Children

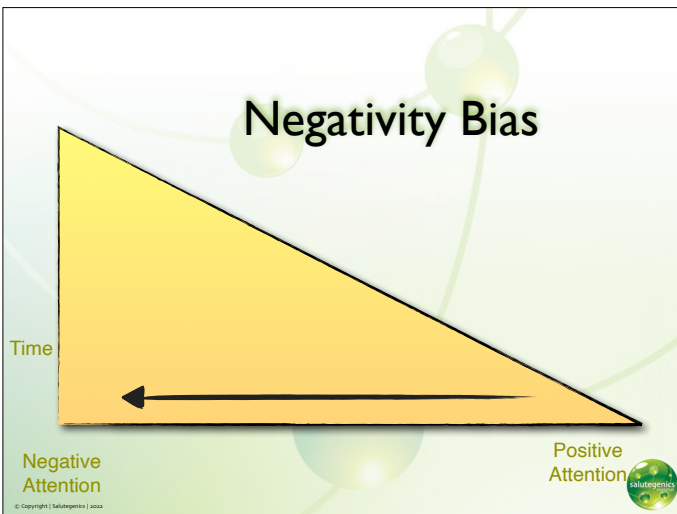
Parent Evening

St. Columba's College
Wednesday 31st May 2023

Ms Maria Ruberto MAAN, MAAP
Consultant Psychologist | Neuropsychotherapist
www.salutegenics.com.au

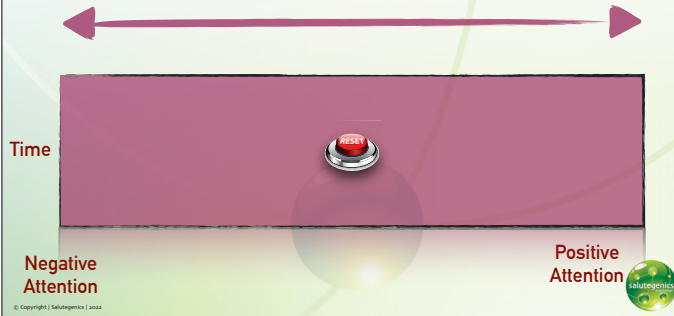




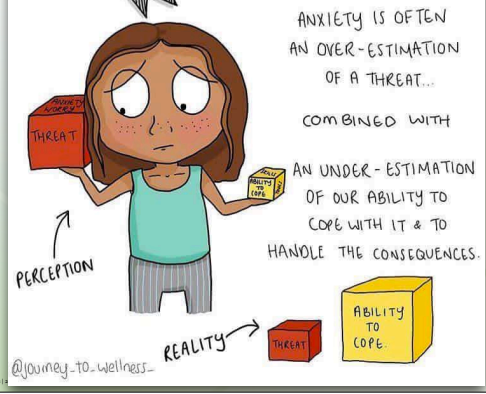


Positivity Offset

Opportunity for Wellbeing

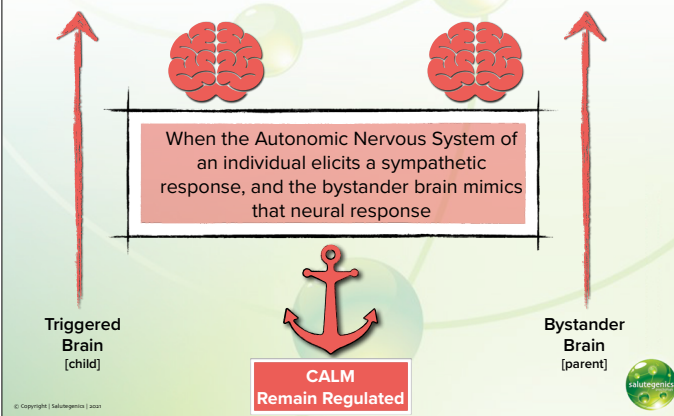


ANXIETY + PANIC



Parallel Processing

When the Autonomic Nervous System of an individual elicits a sympathetic response, and the bystander brain mimics that neural response



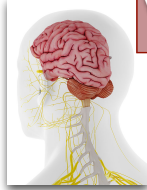
Connection Leads Co-Regulation

LISTEN
3 minutes



Neurological state of one brain impacts the other

ASK 5
Who/What/
Where/When/
How



Social assistance required to regulate one another

3.5 Ratio Rule for Co-Regulation

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EXIT TICKET



**RESILIENCE
FIRST AID**



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