



# Brain to Brain - The Neuroscience of Calm, Connection and Co/Self- Regulation.

How to collect ourselves and others to bring calm, safety and connection.

*A presentation by Karen Young*

For anyone who works with children or adolescents, the profound truth is that the brain state and emotional temperature of adults will directly impact the brain state and emotional temperature of the young people in their presence, for better or worse. Ultimately, this will potentially influence a young person's behaviour, capacity to learn, relationships, and brain architecture. As important as self-regulation is, it can be difficult to achieve at times. We are beautifully human, and along with our great strength and power to heal, calm, and connect, we also have our limits. We can't help but be impacted by everyday stressors from our own lives, as well as the demands of co-regulating the young people in our care, supporting them through their own pain-based responses, establishing boundaries and responding to challenging behaviour. In this workshop, we will discuss the neuroscience of self-regulation as it relates to ourselves and others in our care. We will also discuss practical, science backed ways to gently collect ourselves to a greater place of calm in challenging, stressful times. We will discuss:

- the neuroscience of self-regulation and co-regulation;
- how our brain state influences the brain states of the young people in our care (and each other);
- how self-regulation is the circuit breaker for challenging behaviour and emotions;
- how to reframe challenging behaviour to make way for us to provide a more regulated response;
- a way to conceptualise the interaction of our nervous systems and how to use this to bring calm to ourselves and those in our care;
- the role of the vagus nerve in self-regulation and how to activate its powerful calming properties;
- strategies for self-regulation, including how to activate the soothing system and the role and release of oxytocin;
- the role of self-compassion and compassion and how to activate its healing properties.



## **About Karen Young**

In her work as a psychologist, Karen has worked extensively with children and teens. She is the founder of 'Hey Sigmund', an online resource that provides contemporary, research-driven information on anxiety and child development. The website attracts millions of visitors each year. She is the author of the bestselling 'Hey Warrior' and 'Hey Awesome, which creatively empower children to understand and manage anxiety. Both books have been translated into a number of languages. She is a sought-after speaker and consultant, both at home in Australia and overseas.