



INDIAN + COUNTRY

ECHO

LEADING THE WAY ➡➡➡

*Growing the Ability to Deliver Quality Healthcare to
American Indian and Alaska Native People.*

Interdependence: The Relationship between Nervous System and Spirit System

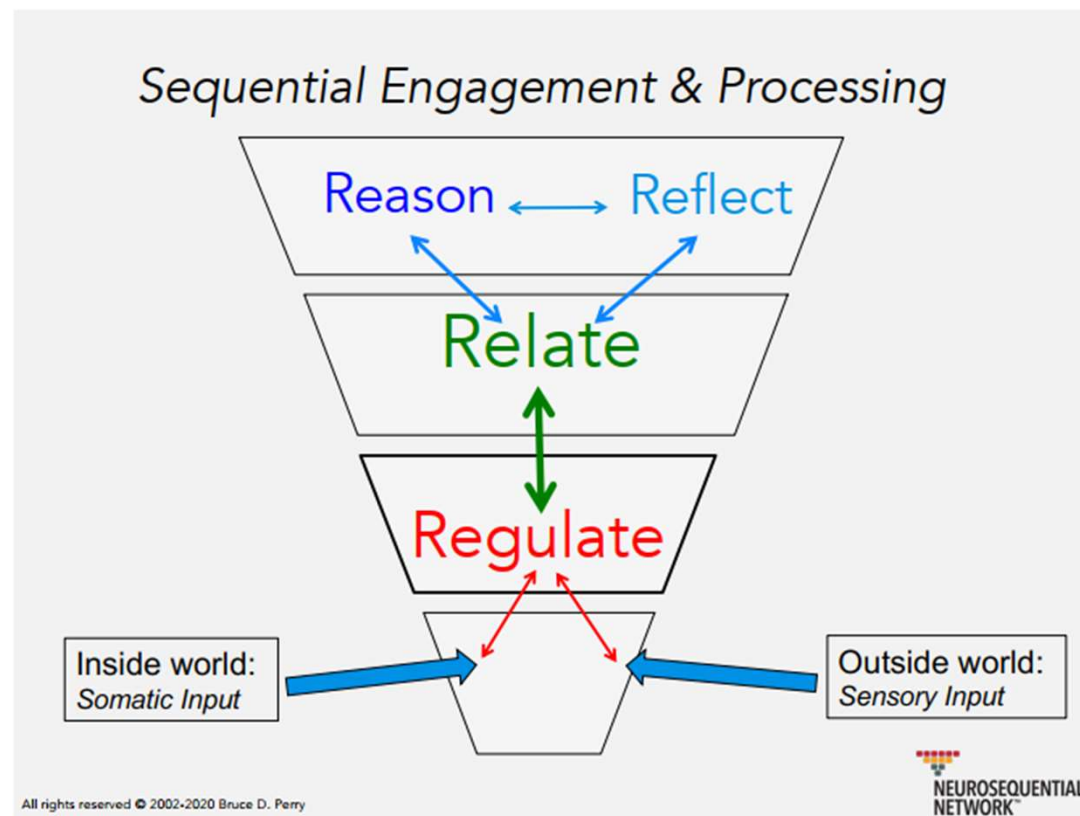
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STRESS RESPONSE CONTINUUM & FUNCTIONAL CHANGES

IN REFLECTIVE SUPERVISION, CONSULTATION & FACILITATION (RSCF)

	STRESS LEVEL →				MASSIVE STRESS RESPONSE
	BASELINE	▶▶	▶▶▶	▶▶▶▶	
ADAPTIVE RESPONSE	Rest	Flock	Freeze	Flight	Fight
AROUSAL	Baseline/Rest	Vigilance	Resistance	Defiance	Aggression
SENSE OF TIME	Extended Future	Days Hours	Hours Minutes	Minutes Seconds	Loss of Sense of Time
MENTAL STATE	Calm	Alert	Alarm	Fear	Terror
BRAIN AREAS	Prefrontal Ctx Neocortex	Cortex <i>Limbic</i>	Limbic <i>Diencephalon</i>	Diencephalon <i>Brainstem</i>	Brainstem <i>Autonomic</i>
COGNITION	Abstract	Concrete	Emotional	Reactive	Reflexive
FUNCTIONAL AGE	>15 YEARS	8-15 YEARS	3-8 YEARS	1-3 YEARS	0-1 YEAR
HEART RATE	70-90	90-100	101-110	111-135	136-160

Sequential Engagement



Support State Regulation

Stress Response Continuum – the fuel for calm/chaos -

- State Dependent Functioning
- Our nervous system reacts and makes meaning

Reflection-

- How do we notice relative's triggers/activation and then first regulate ourselves when we are working with relatives?
- What tools do we use to support co-regulation and regulation with our relatives?
- But first, what daily practice do we utilize to support our own stress response long term so that we can be of service?

Support for Relational and Cultural Co-regulation

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- Care for our own dysregulation
 - Support the search for safety, security and safety toward sacred connectedness
 - Co/self-regulate to Calm/Alert states
 - Neurocept when the state is changing- our own and others
 - Support the reach for cultural activities and tribal relations – *Relational, Relevant, Repetitive, Rewarding, Rhythmic, Respectful*



Hmmmmmmmm....
Humming for Regulation

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