

ENGAGE
MORE CONTROL | LESS IMPULSE


Adolescent Development

Online
17th August 2022

PRESENTED BY:
Kathryn Berkett
MEdPsych
Neurosequential Model of Therapeutics Practitioner



1



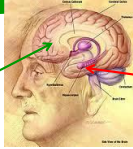
When you were 8-12yrs old, how many hours did you spend out and about, with friends and siblings, with NO adult in close proximity?

2

INTRODUCING THE BRAIN

UPPER/GREEN BRAIN

- Over-ride Impulses
- Plan
- Sequence
- Time Management
- Abstract
- Empathy



LOWER/RED BRAIN

- Survival Tasks
- Impulsive
- Irrational
- 'Two years old'
- Selfish

ENGAGE

3

ACTIVATING THE STRESS RESPONSE

Neuroception

"AM I SAFE?"



4

ACTIVATING THE STRESS RESPONSE

INCREASED CHANCE GOING TO **DIE**


↑

STRESSOR

ENGAGE

5

DEFENCE RESPONSE (Fight/Flight)



- Dry Mouth
- Breathing Changes
- Stomach purges
- Bowel/Bladder may empty
- Sight and Hearing Sharpen
- Heart Beats Faster
- Temperature Change
- Pores Constrict
- Blood increase in large muscles of arms & legs

ENGAGE

6

HOW TO KEEP THE SURVIVAL BRAIN CALM

Some **S**ee me....

Boys Show me I **B**elong...

Have Tell me what is **H**appening


Mullets Empower my **M**ana

7

When it starts & why....




8




Dopamine Sensitivity

9

Some Potential Glitches...

- Facial Recognition
- Perspective Taking

NB: Upgrades create glitches, but upgrades require data input
(ie. we need to stay involved with our youth – even when it feels difficult...)



10

Another Challenge...

Separation from Parent



11

Social Grouping Influence

- Status Increase
- Creating 'cliques'




12

The collage features three main elements: a podcast cover for 'I've Got Questions' with hosts Pui Tzeo and Kathryn Berkech; a TEDx talk video thumbnail titled 'Watch "Neuroscience of Device Zombies" - Kathryn's TEDx talk'; and a blue sidebar containing contact information: 'For More Information check out engagetraining.co.nz', 'www.facebook.com/EngageKB', and the 'ENGAGE' logo with the tagline 'MORE CONTROL | LESS IMPULSE'.

13