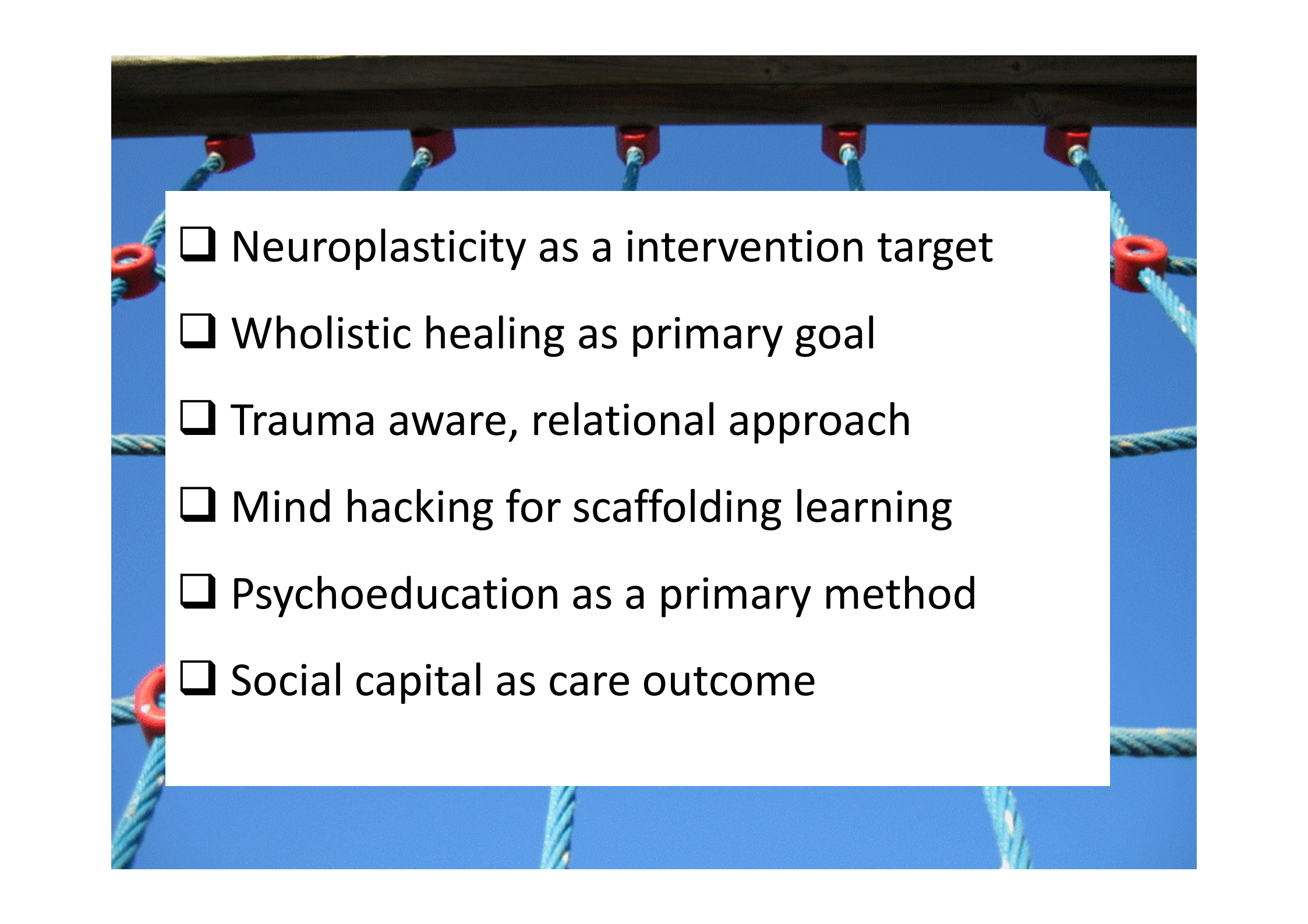
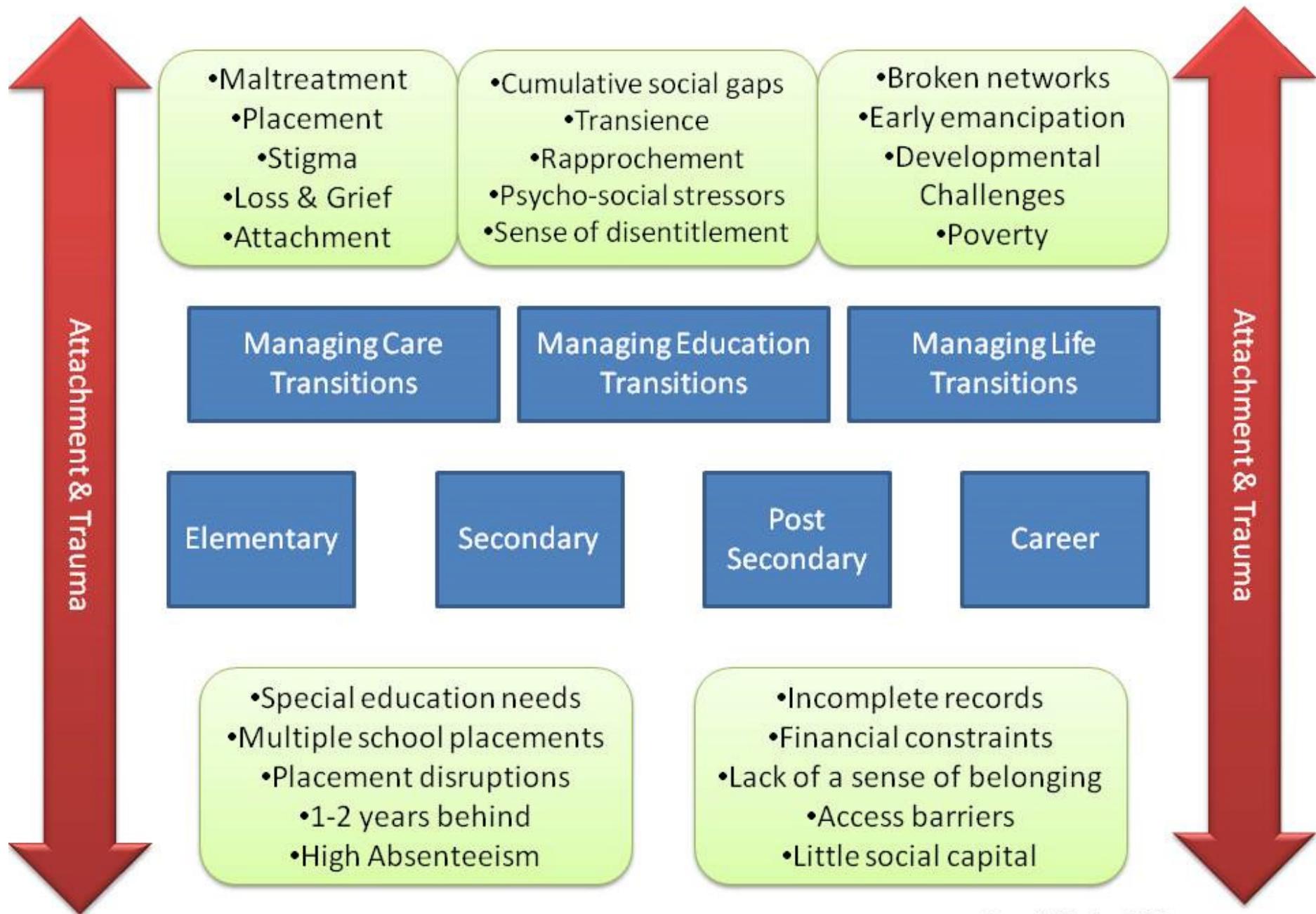




# **Education as Social Capital: What Works and How Learning Leads to Thriving**

**OARTY Conference  
June 7, 2018  
Dr. Kim Snow**

- 
- Neuroplasticity as a intervention target
  - Wholistic healing as primary goal
  - Trauma aware, relational approach
  - Mind hacking for scaffolding learning
  - Psychoeducation as a primary method
  - Social capital as care outcome





Trauma, attachment injuries and adverse childhood experiences

**Structural and Functional Impacts** including on the :

**Frontal Lobe**

**Amygdala**

**Hippocampus**

**ACC (Anterior Cingulate Cortex)**

## Executive Functioning (Frontal Lobe)

Responsible for: **Decision making, problem solving, reasoning, organizing and planning.**

Impacts on: **Attention and concentration, personality, social interpretation, thinking speed, emotion and impulse control.**

Key frontal lobe mechanisms:

- 1) Primary motor cortex – **coordination & movement.**
- 2) Broca's area- **speaking with meaning.**



Trauma impacts on memory types:

**Semantic:** words, images and sounds.

**Episodic:** who, where and what (autobiographical).

**Emotional:** pain without associated memory (often shame or fear).

**Procedural:** performance of common tasks.

A photograph of a climbing net. The net is made of blue ropes connected by red plastic rings. The net is suspended from a dark horizontal bar at the top. The background is a clear blue sky. The text "Neuroplastic response" is overlaid in a white box in the center of the image.

# Neuroplastic response



# THE ADOLESCENT BRAIN

## A SECOND WINDOW OF OPPORTUNITY

EARLY ADOLESCENCE IS  
**A TIME OF RAPID  
LEARNING AND  
BRAIN DEVELOPMENT**

THESE INCLUDE  
INCREASES IN  
SENSATION-SEEKING,  
MOTIVATION FOR SOCIAL  
RELATIONS AND SENSITIVITY TO  
SOCIAL EVALUATION.

A PERIOD OF  
**VULNERABILITY  
AND OPPORTUNITY**

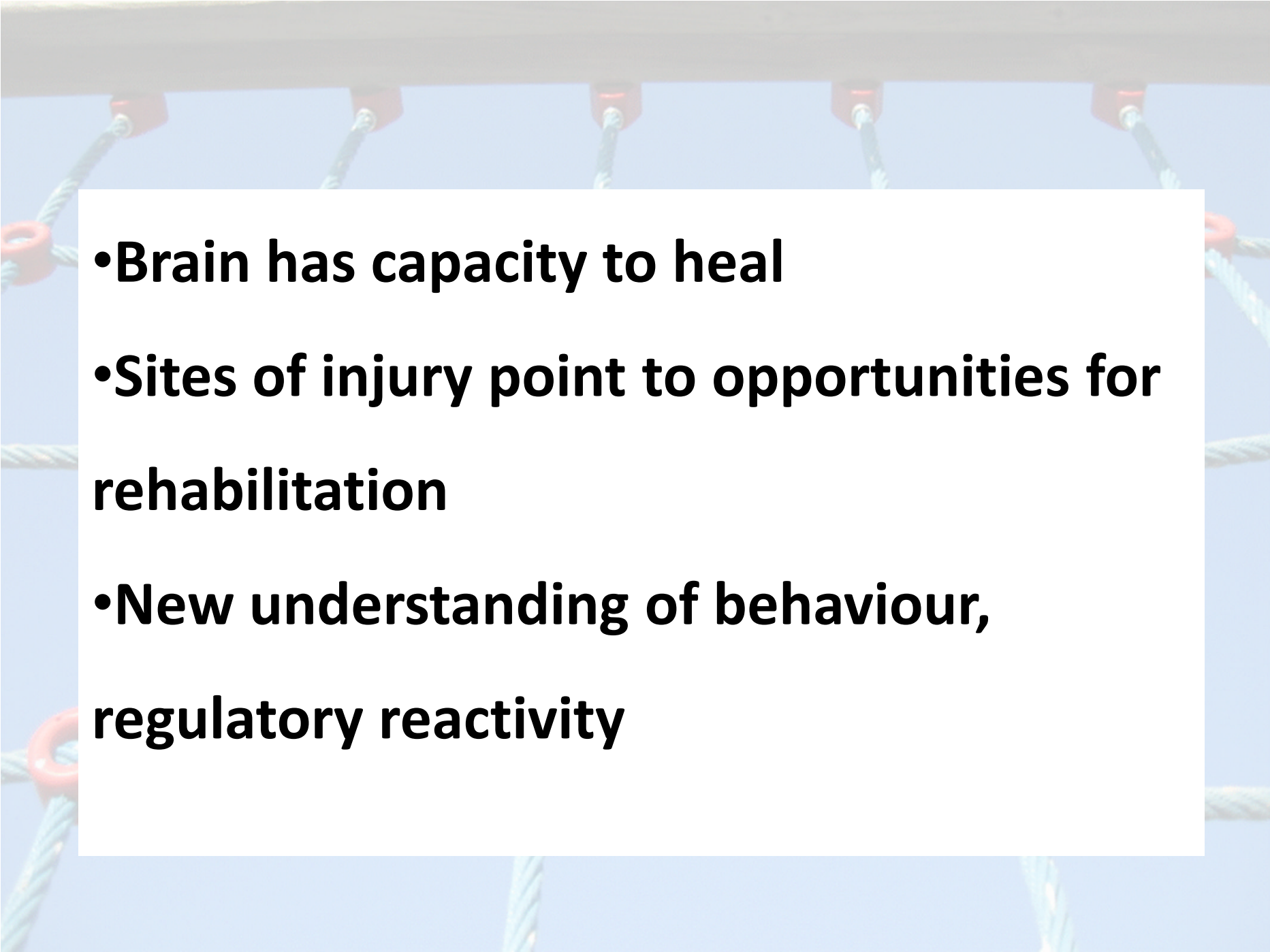
PUBERTY INITIATES INTENSE  
LEARNING & BRAIN  
DEVELOPMENT, WHICH LEAD TO  
STRUCTURAL REMODELING AND  
NEURAL RE-CONFIGURATION OF  
KEY BRAIN SYSTEMS. IT'S A  
CRUCIAL TIME TO INVEST IN  
ADOLESCENTS.



**DOWNLOAD**

**"THE ADOLESCENT BRAIN:  
A SECOND WINDOW OF OPPORTUNITY"**

[WWW.UNICEF-IRC.ORG/ADOLESCENT-BRAIN](http://WWW.UNICEF-IRC.ORG/ADOLESCENT-BRAIN)

- 
- **Brain has capacity to heal**
  - **Sites of injury point to opportunities for rehabilitation**
  - **New understanding of behaviour, regulatory reactivity**



Limbic response:

**Limbic resonance**

**Limbic regulation**

**Limbic dysregulation** (neglect,  
trauma and attachment wounds)



**Restore balance and repair the alarm system.**

- **Breathing.**
- **Movement and body awareness.**
- **Relational resonance.**
- **Communal rhythms.**

A photograph of a climbing rope net. The net is made of blue ropes connected by red plastic rings. The ropes are arranged in a grid pattern. The background is a clear blue sky. A white rectangular box is overlaid on the center of the image, containing the text "Wholistic care".

**Wholistic care**



**Reconnecting the brain to the body**

**Supporting social competence**

**Reformulating interventions as healing**

A close-up photograph of a blue rope net. The net is composed of thick, braided blue ropes that are interconnected by red plastic rings. The ropes are arranged in a grid-like pattern, with some ropes running horizontally and others vertically. The background is a clear, bright blue sky. The net is suspended from a dark horizontal bar at the top of the frame.

**Trauma aware, relational approach**



**Relationships are key to limbic regulation**

**Relational care prompts rhythms and co regulation**

**Rituals in relationship create new relational representations**

**Reparative relationships prompt neuroplastic response**





**Brains can change through experiences**

**Intentional relational care supports  
capacity building**

**Social interaction prompts neuroplastic  
response.**

A climbing rope net is shown against a clear blue sky. The net consists of several horizontal and vertical blue ropes. Red plastic rings are used to connect the ropes at various points, creating a grid-like structure. The ropes are thick and appear to be made of a durable material. The background is a solid, bright blue sky.

# Mind Hacking



**Physical activity supports emotional regulation**

**Repetitive, rhythmic and patterned activities (drumming, dancing)**

**Sensory stimuli , modulating arousal and inhibitory response practice.**

The background of the slide features a climbing rope with several red carabiners. A grey horizontal bar is positioned at the top. The rope is light blue and the carabiners are red. The text is overlaid on a white rectangular area in the center.

**Biofeedback puts data in the hands of children**

**Rhythm can be used to facilitate brain breaks and body regulation**



**Music changes the brain.**

**Music supports limbic resonance.**

The background of the slide features a climbing rope with several red carabiners attached to it. The rope is light blue and has a textured, braided appearance. The carabiners are arranged in a grid-like pattern, with some attached to a horizontal metal bar at the top of the frame. The overall scene is set against a light blue background.

**Chunking**

**Limited capacity for self regulation**

**Physical mood changers**

The background of the slide features a climbing rope with several red carabiners attached to it. The rope is light blue and is strung across the frame. Above the rope, a horizontal metal bar is visible. The overall scene is set against a clear blue sky.

**Belonging**

**Being known**

**Feeling valued**



**Recognize the gut-brain linkage**

**Food and Mood**

**Food and Behaviour**



A climbing net with blue ropes and red rings against a blue sky. The net is made of thick blue ropes connected by red plastic rings. The background is a clear blue sky. A white rectangular box is overlaid on the center of the image, containing the text "Psychoeducation".

# Psychoeducation



**Explain the brain impacts of trauma**

**Teach about the plasticity of the brain**

**Show the power of brain hacking**

**Equip with knowledge about the mind-  
body connection**

A climbing net is shown against a clear blue sky. The net consists of thick blue ropes connected by red plastic rings. The ropes are arranged in a grid pattern, with some ropes running horizontally and others vertically. The red rings are placed at the intersections of the ropes. The background is a solid, bright blue sky. A white rectangular box is overlaid on the center of the image, containing the text "Social Capital".

# Social Capital

The background of the slide features a climbing rope with several red carabiners attached to it. The rope is light blue and has a textured, braided appearance. The carabiners are arranged in a horizontal line across the middle of the image. Above the rope, there is a dark grey metal bar. The overall background is a light blue gradient.

**What healing has occurred in care?**

**What skills have been acquired in care?**

**What assets have been gained from care?**



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