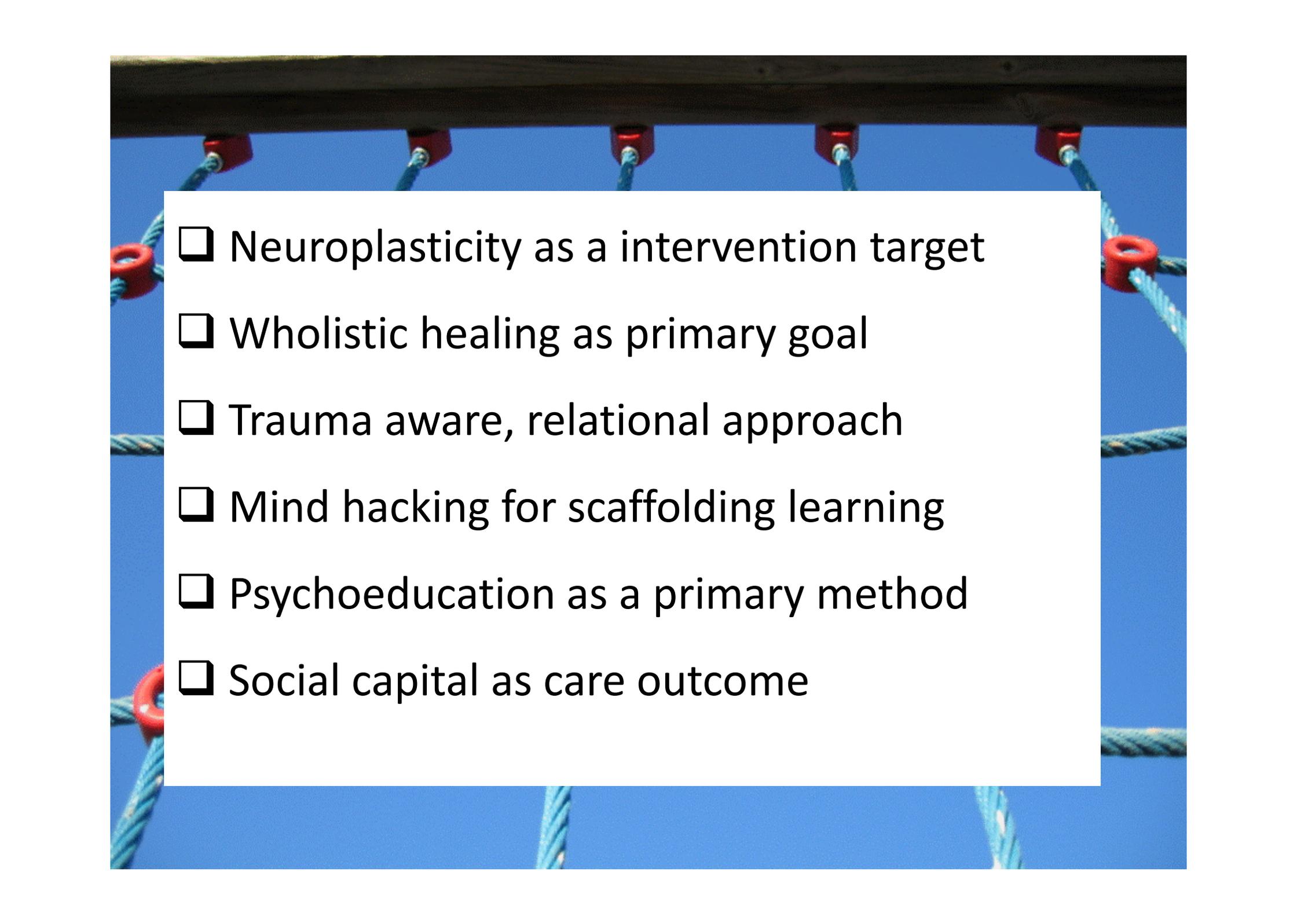
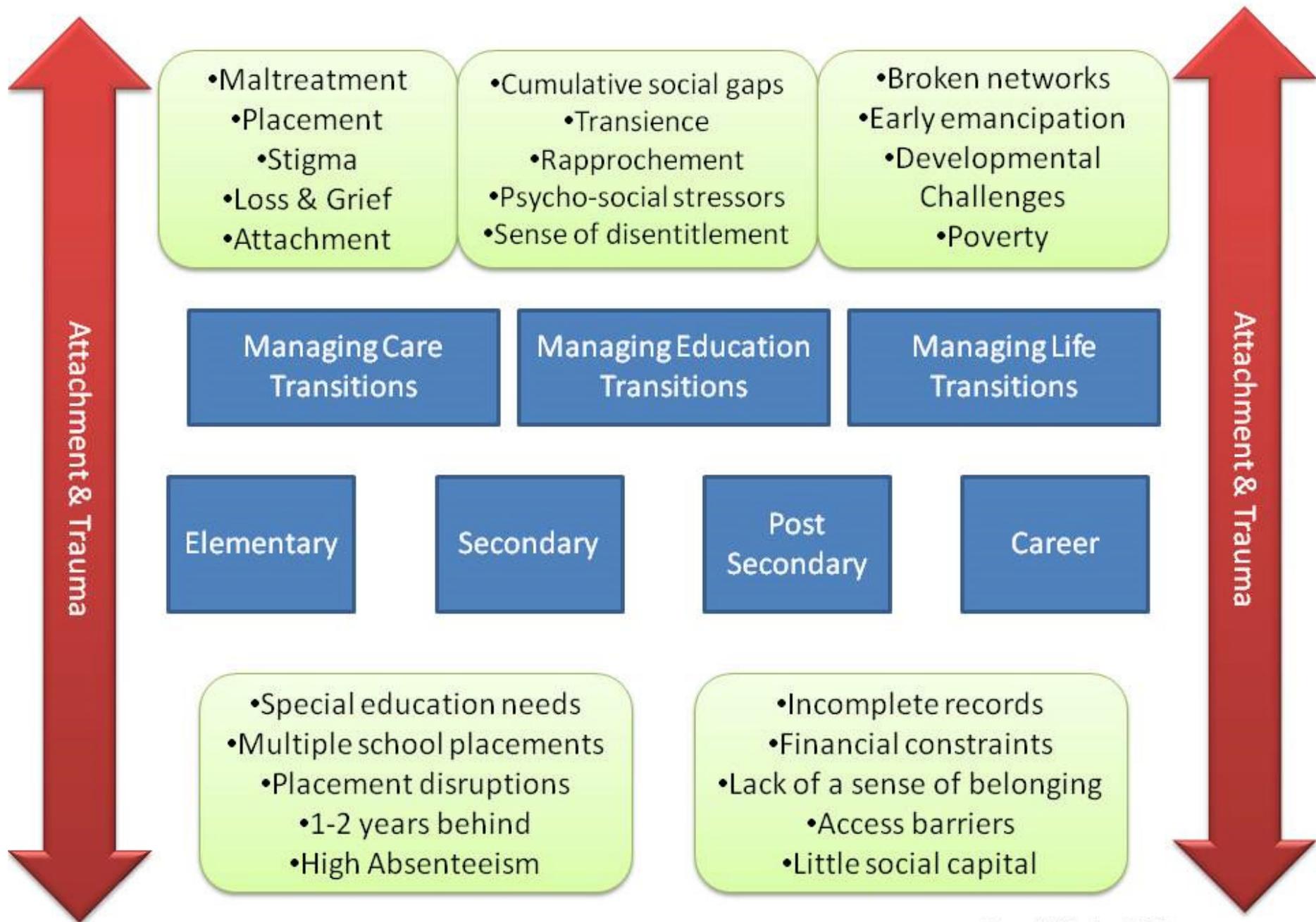
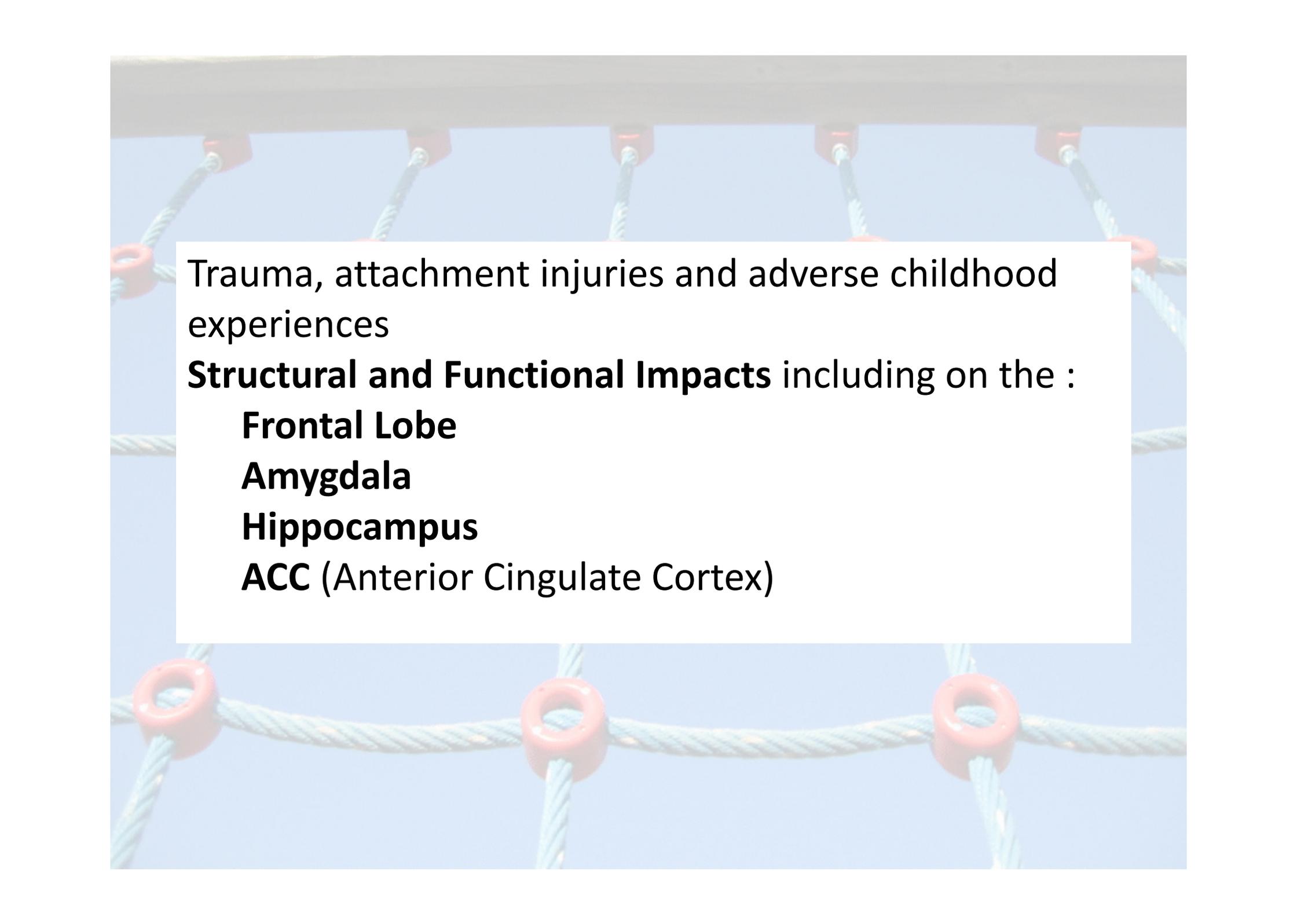


Education as Social Capital: What Works and How Learning Leads to Thriving

**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)

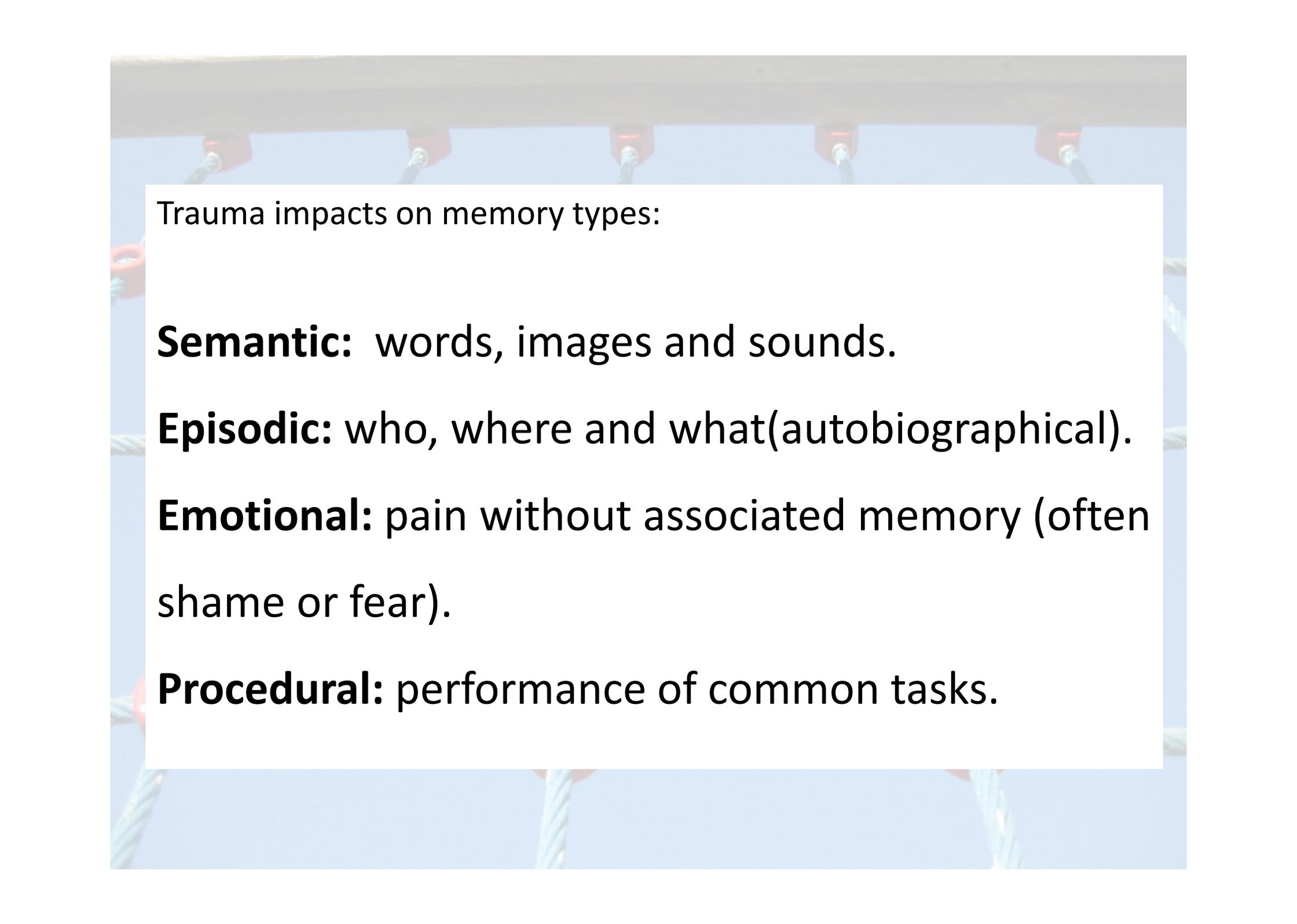
Executive Functioning (Frontal Lobe)

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.**

The background of the slide is a photograph of a stage. At the top, a dark horizontal bar is visible. Below it, several red stage spotlights are mounted on a metal truss. Cables hang from the spotlights. The background is a light blue color.

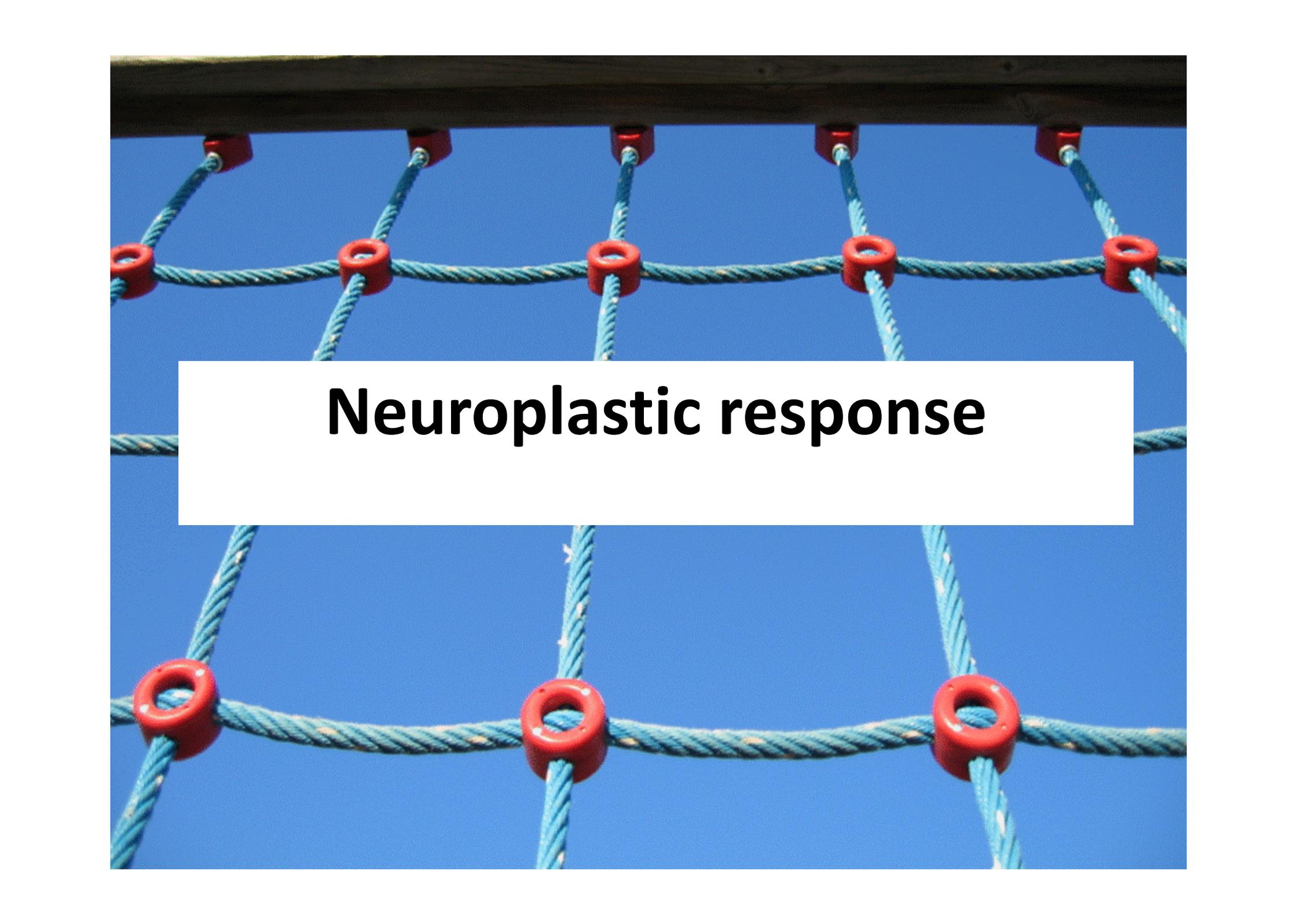
Trauma impacts on memory types:

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. A white rectangular box is overlaid in the center of the image, containing the text "Neuroplastic response".

Neuroplastic response

THE ADOLESCENT BRAIN

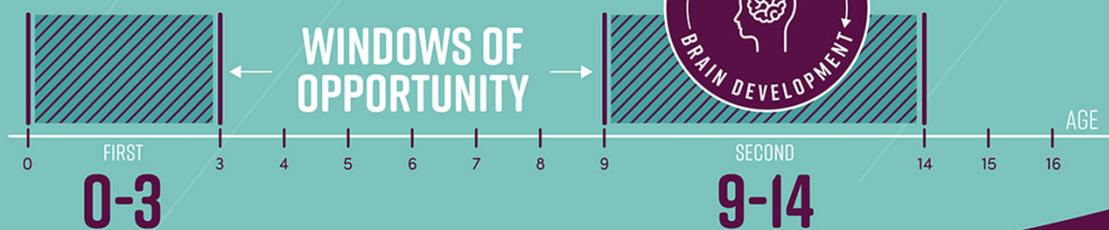
A SECOND WINDOW OF OPPORTUNITY

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**

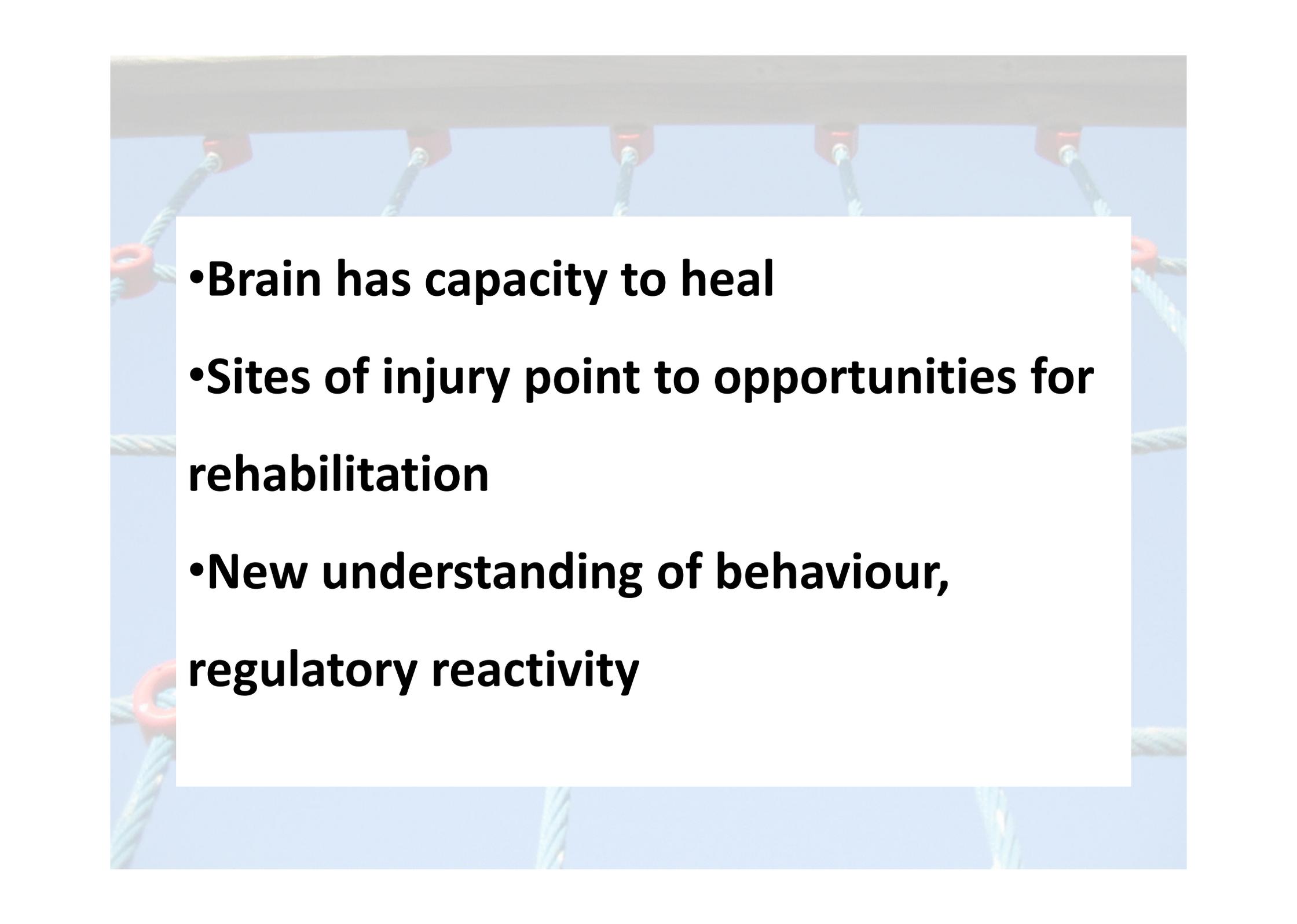
PUBERTY INITIATES INTENSE
LEARNING & BRAIN
DEVELOPMENT, WHICH LEAD TO
STRUCTURAL REMODELING AND
NEURAL RE-CONFIGURATION OF
KEY BRAIN SYSTEMS. IT'S A
CRUCIAL TIME TO INVEST IN
ADOLESCENTS.

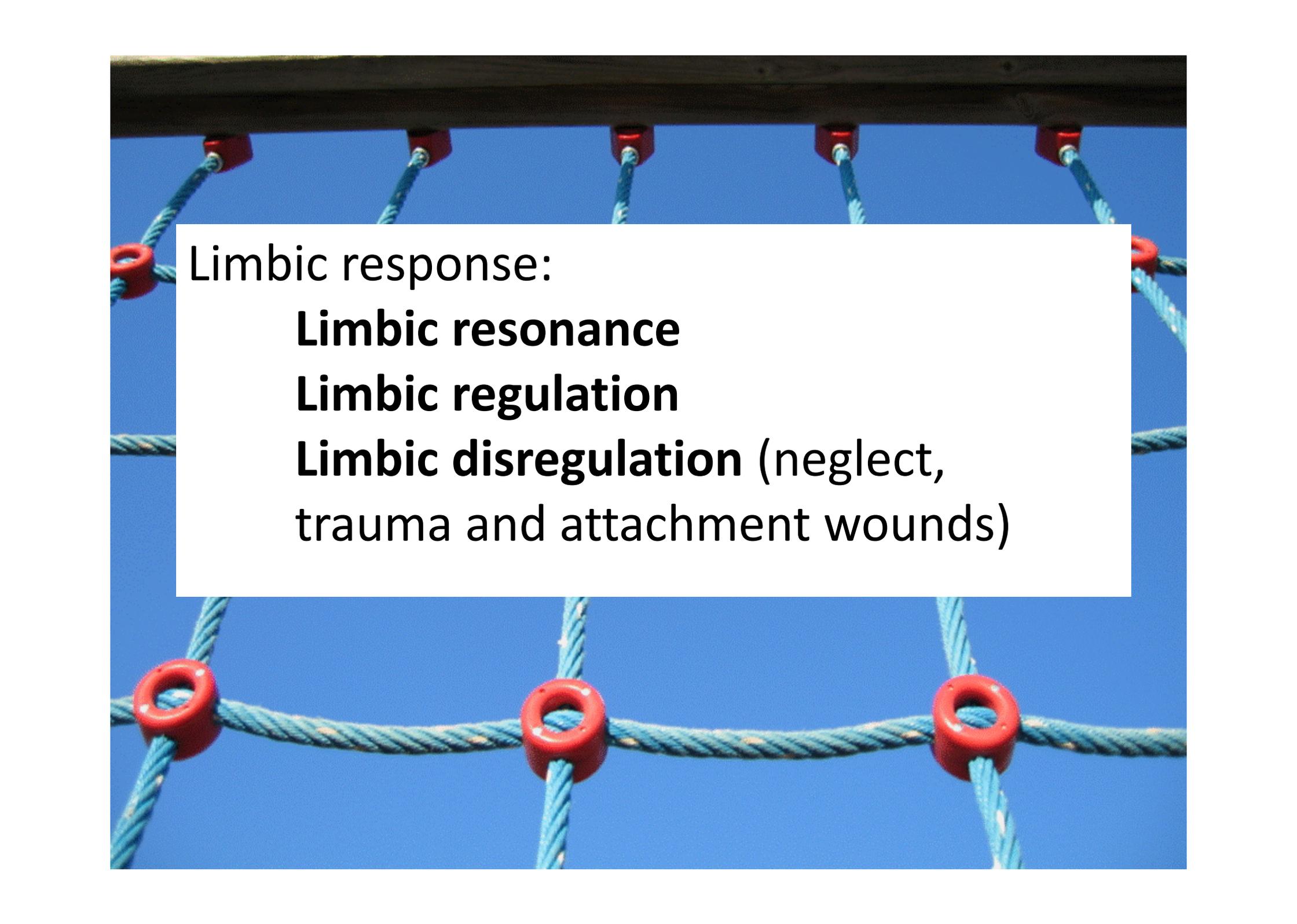


DOWNLOAD

"THE ADOLESCENT BRAIN:
A SECOND WINDOW OF OPPORTUNITY"

WWW.UNICEF-IRC.ORG/ADOLESCENT-BRAIN

- 
- The background of the slide features a climbing rope with several red carabiners attached to a horizontal grey bar. The rope is blue and white, and the carabiners are red. The background is a light blue color.
- **Brain has capacity to heal**
 - **Sites of injury point to opportunities for rehabilitation**
 - **New understanding of behaviour, regulatory reactivity**

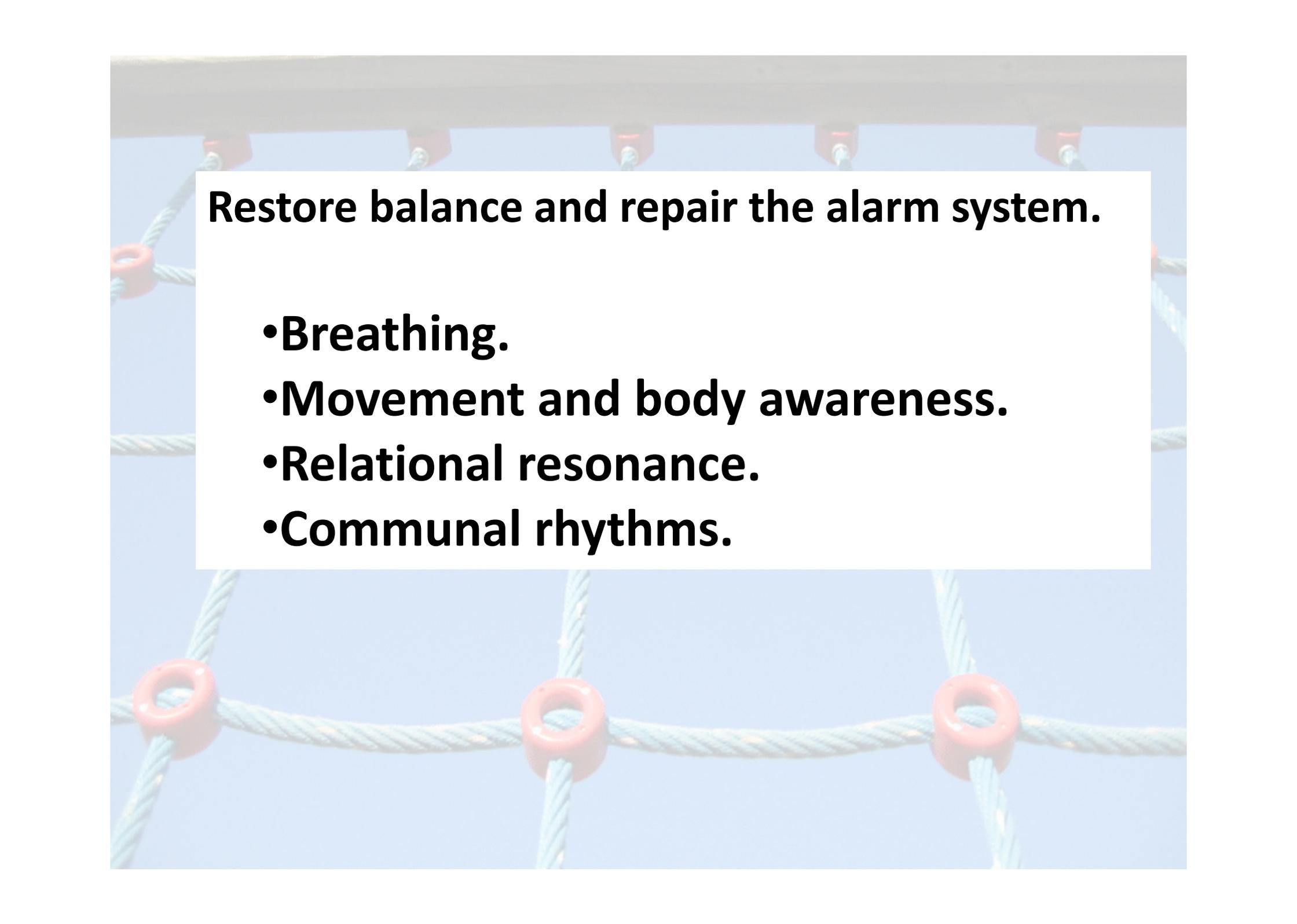


Limbic response:

Limbic resonance

Limbic regulation

Limbic disregulation (neglect,
trauma and attachment wounds)

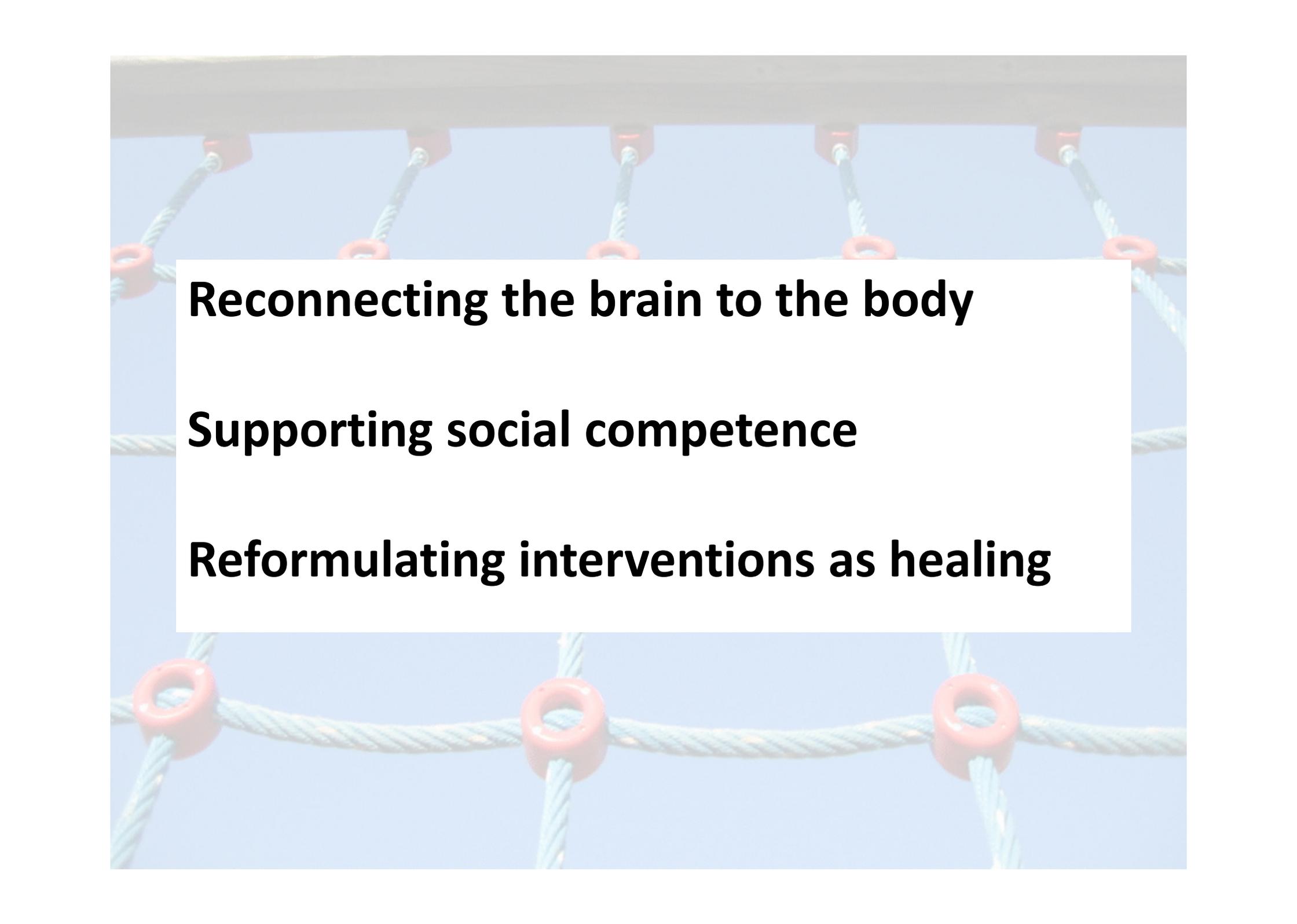


Restore balance and repair the alarm system.

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

A climbing rope net is shown against a clear blue sky. The net consists of 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, clear blue sky.

Wholistic care

The background of the slide is a photograph of a climbing rope. The rope is light blue and has several red carabiners attached to it. The rope is strung across a horizontal metal bar at the top of the frame. The background is a clear blue sky.

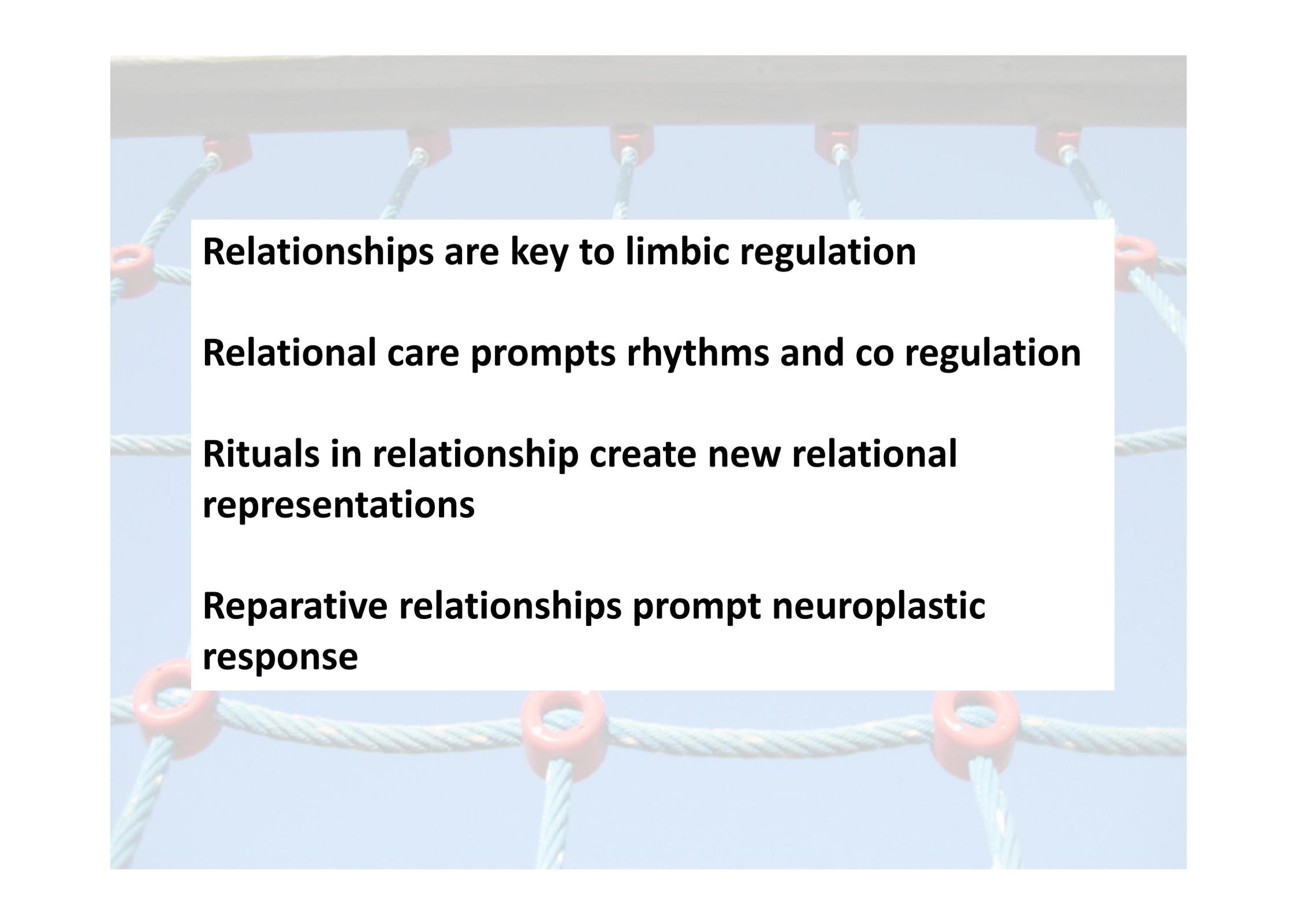
Reconnecting the brain to the body

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

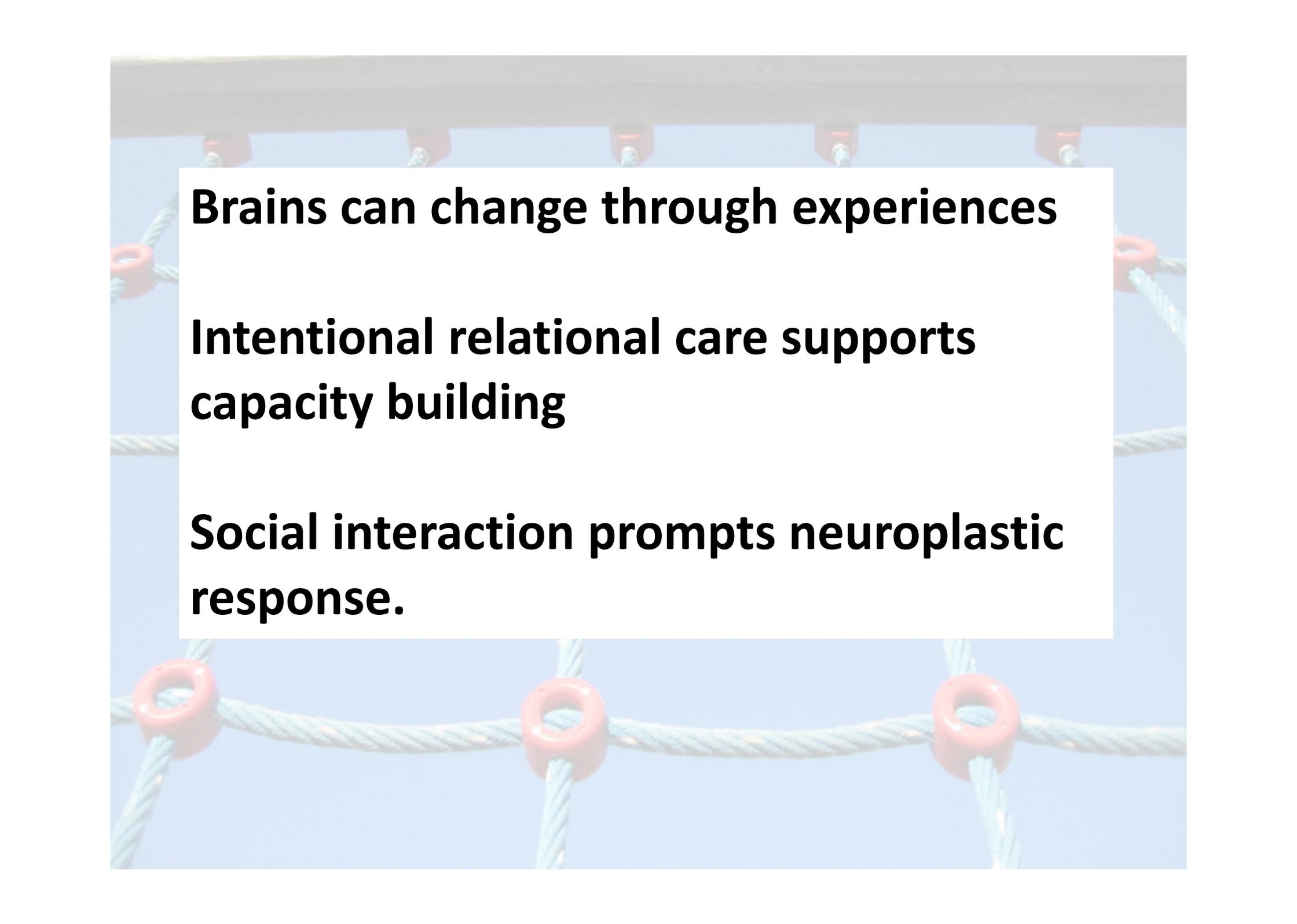


Relationships are key to limbic regulation

Relational care prompts rhythms and co regulation

Rituals in relationship create new relational representations

Reparative relationships prompt neuroplastic response



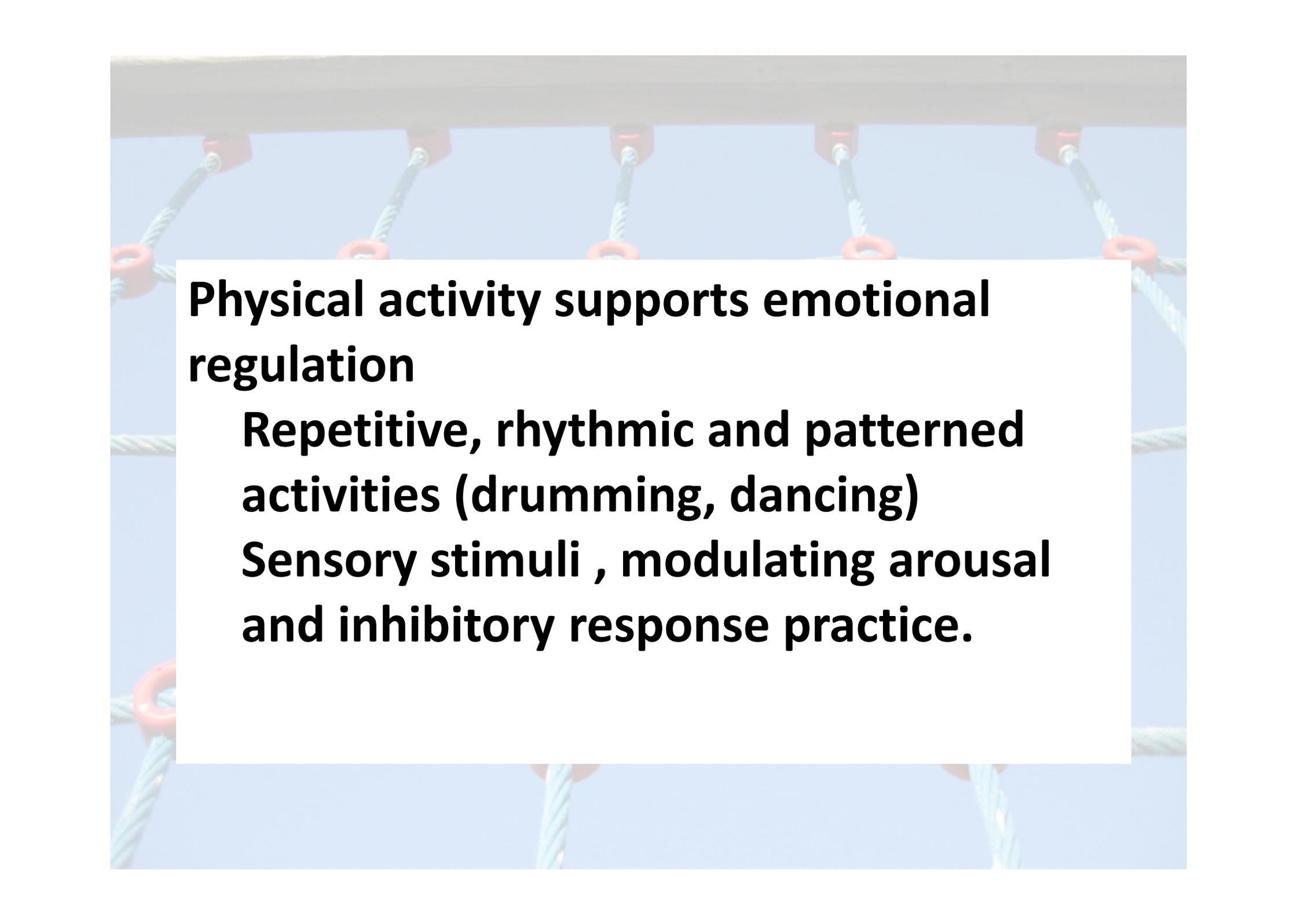
Brains can change through experiences

**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. A white rectangular box is overlaid on the center of the image, containing the text "Mind Hacking".

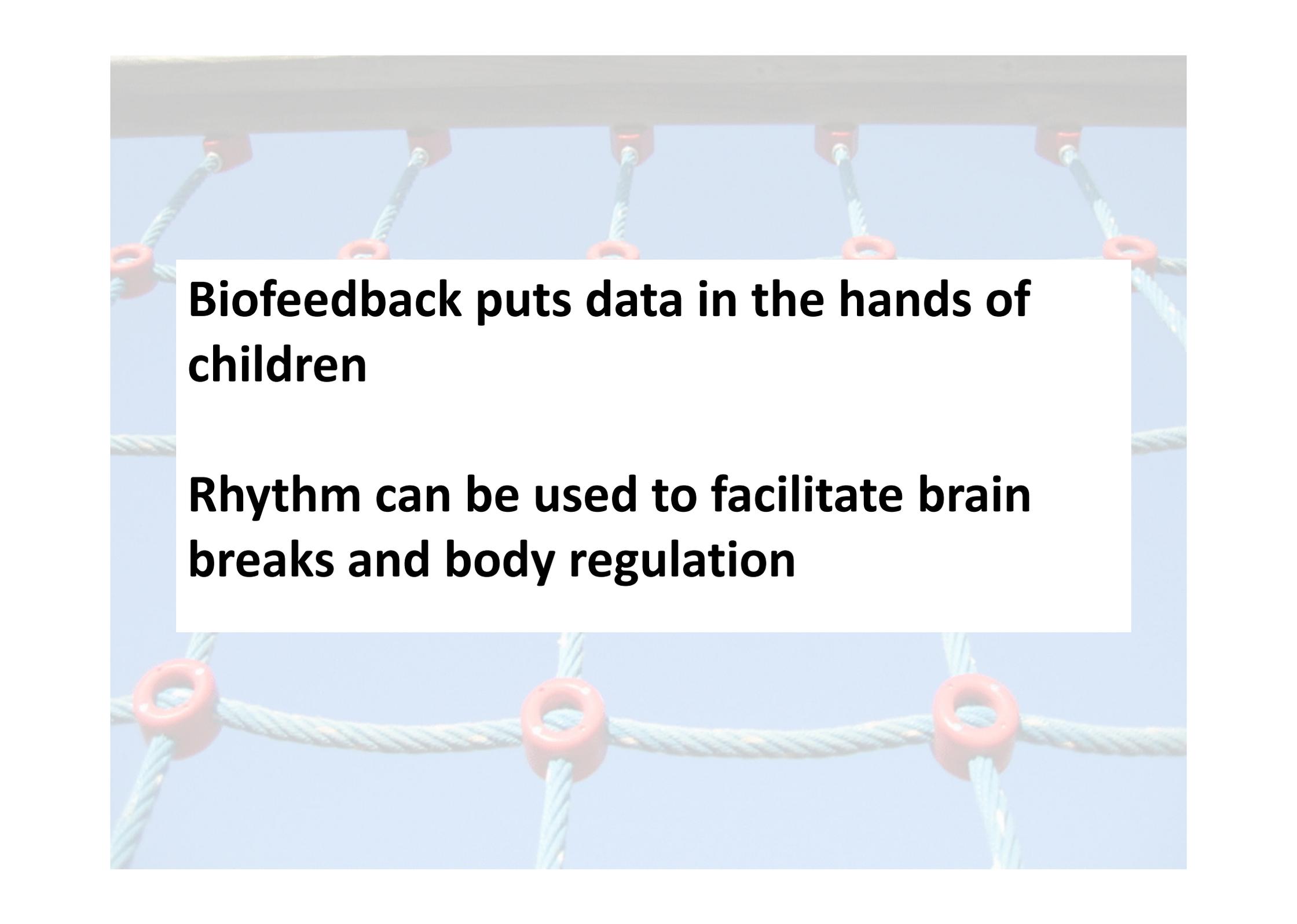
Mind Hacking



Physical activity supports emotional regulation

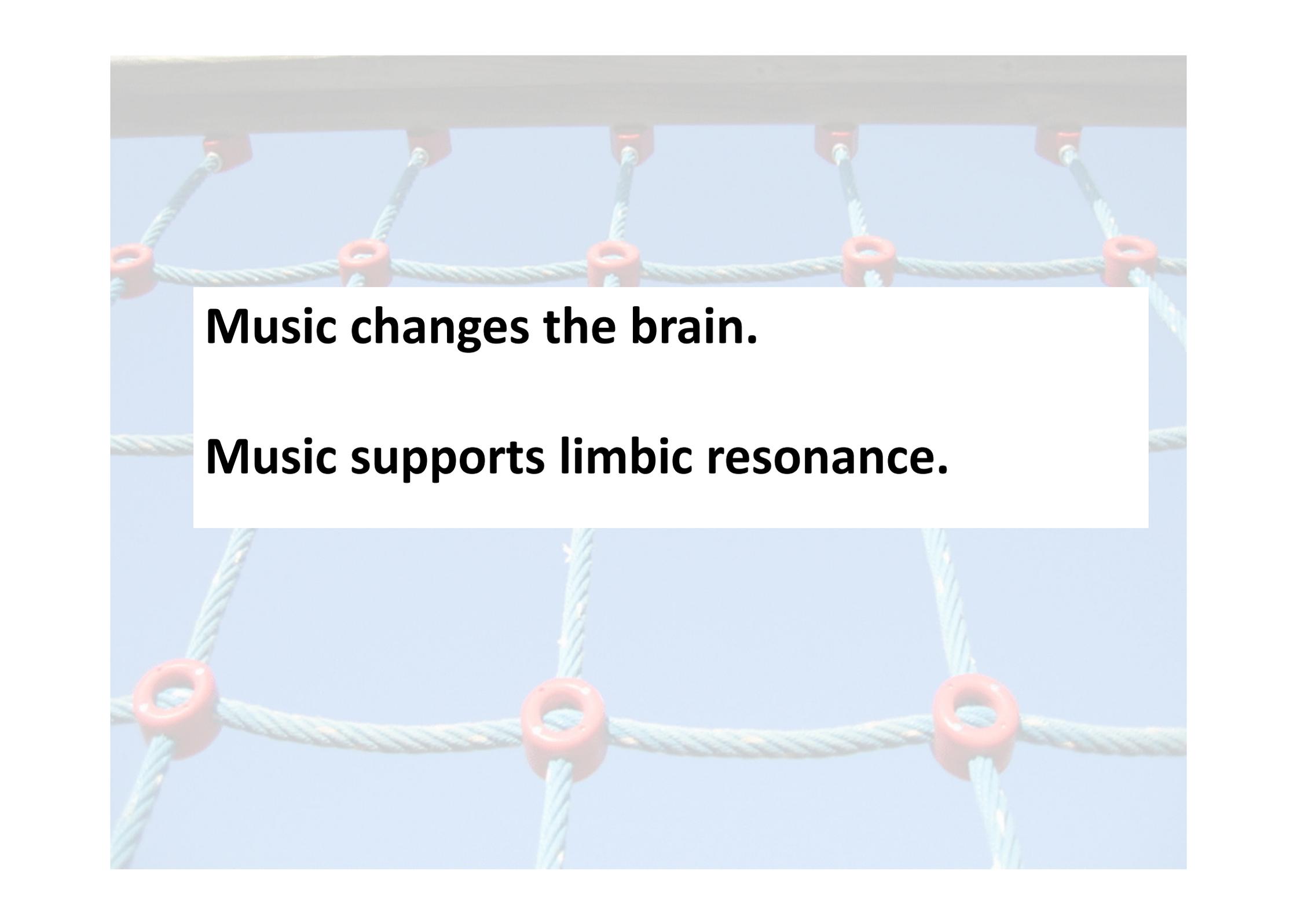
Repetitive, rhythmic and patterned activities (drumming, dancing)

Sensory stimuli , modulating arousal and inhibitory response practice.

The background of the slide features a climbing rope with several red carabiners attached to it. The rope is light blue and the carabiners are bright red. At the top of the image, there is a horizontal grey bar. The overall scene is set against a light blue background.

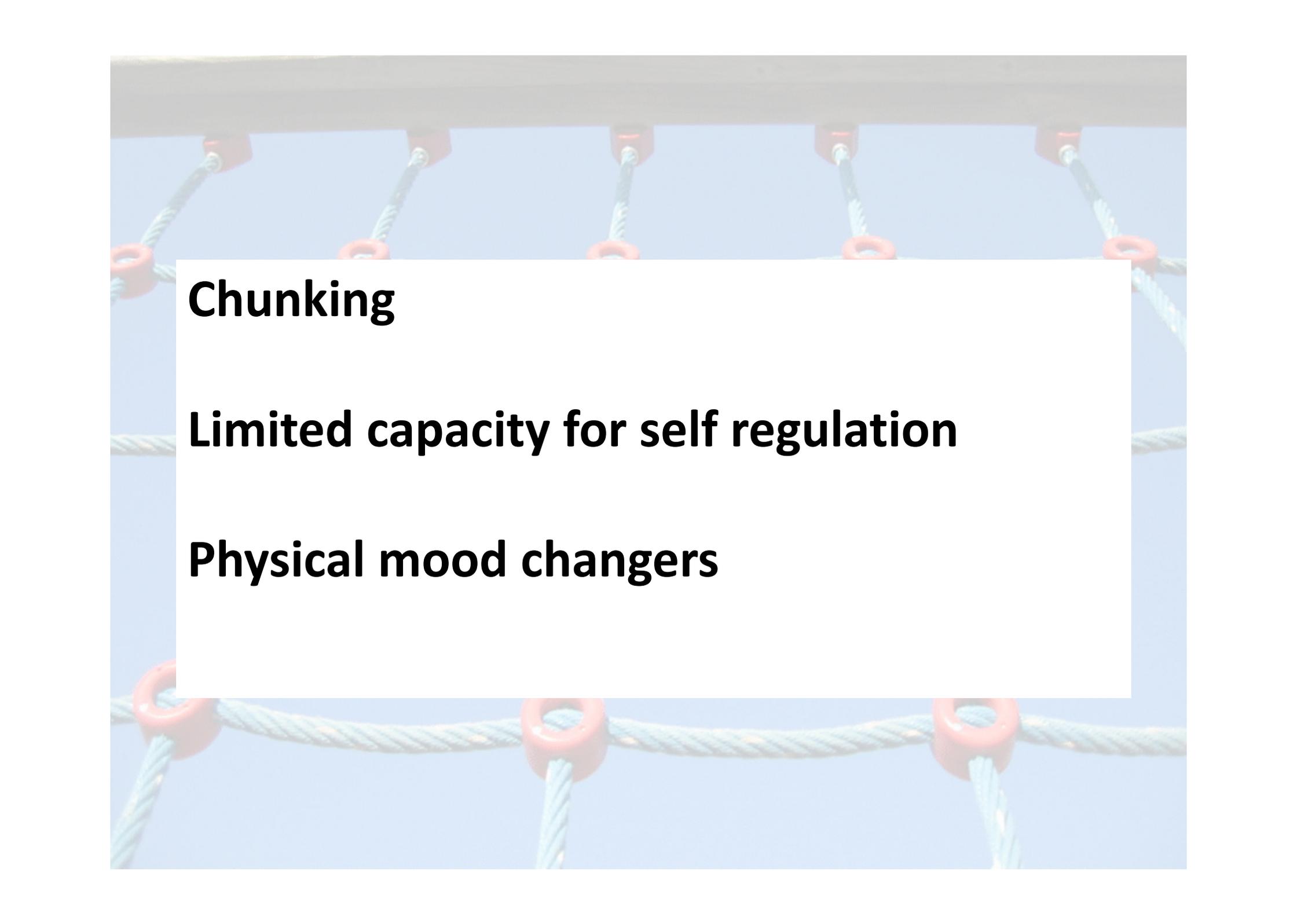
Biofeedback puts data in the hands of children

Rhythm can be used to facilitate brain breaks and body regulation



Music changes the brain.

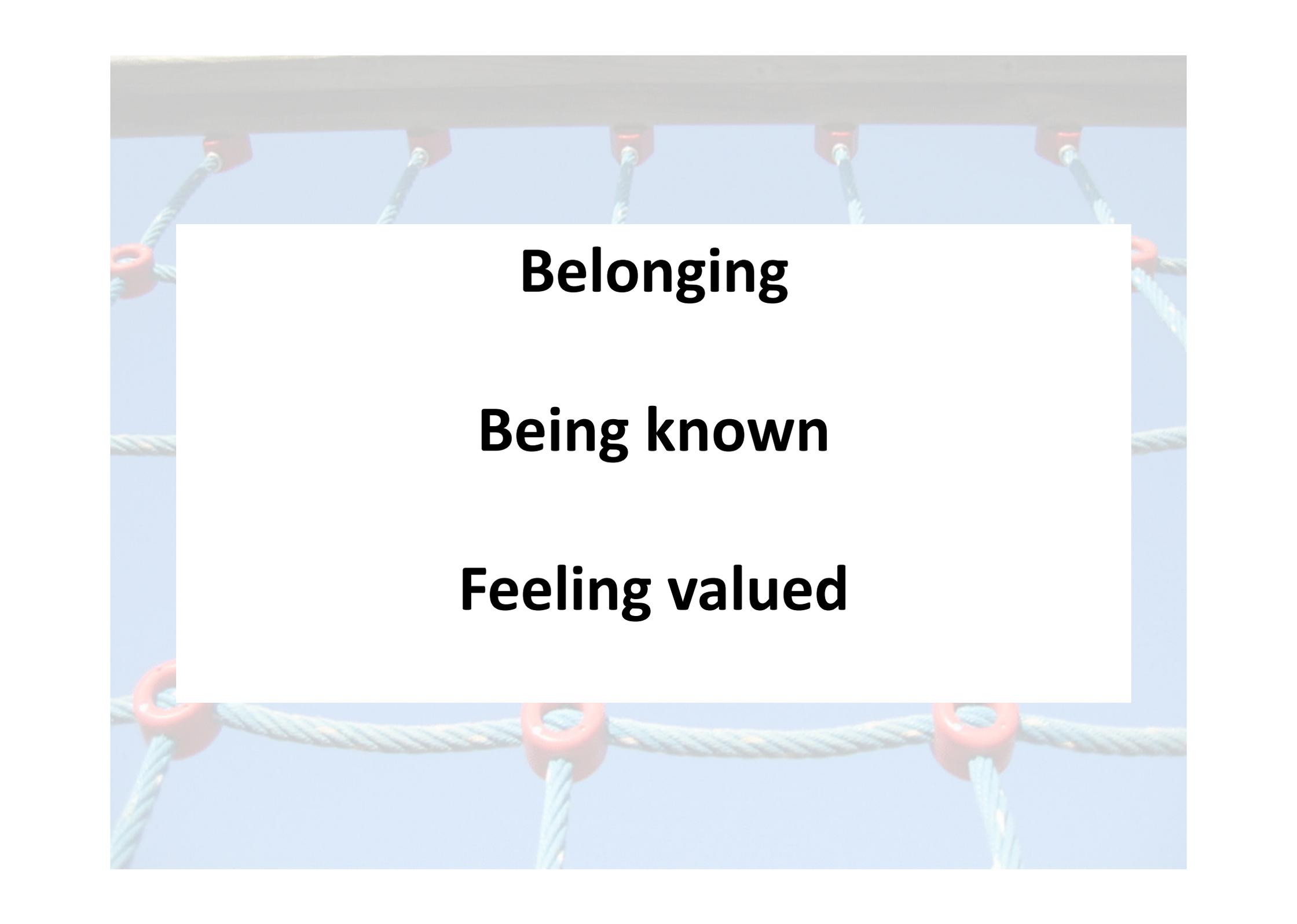
Music supports limbic resonance.

The background of the slide is a photograph of a climbing rope. The rope is light blue with a braided texture. It is held in place by several red plastic carabiners. At the top, a grey metal bar is visible, with the rope passing through it. The overall scene is set against a light blue background.

Chunking

Limited capacity for self regulation

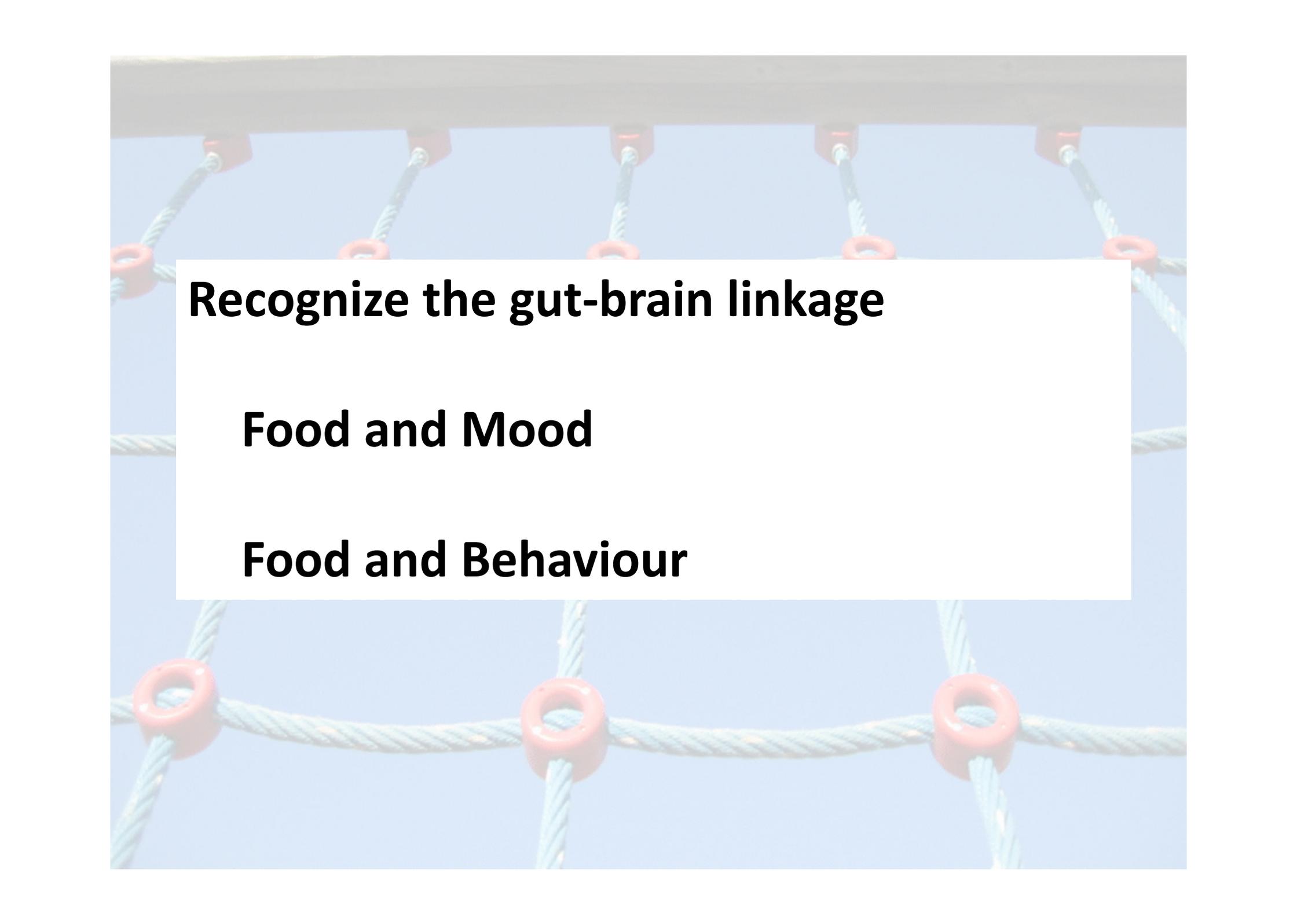
Physical mood changers

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. At the top, a horizontal metal bar is visible, with the rope passing through it. The overall scene is set against a clear blue sky.

Belonging

Being known

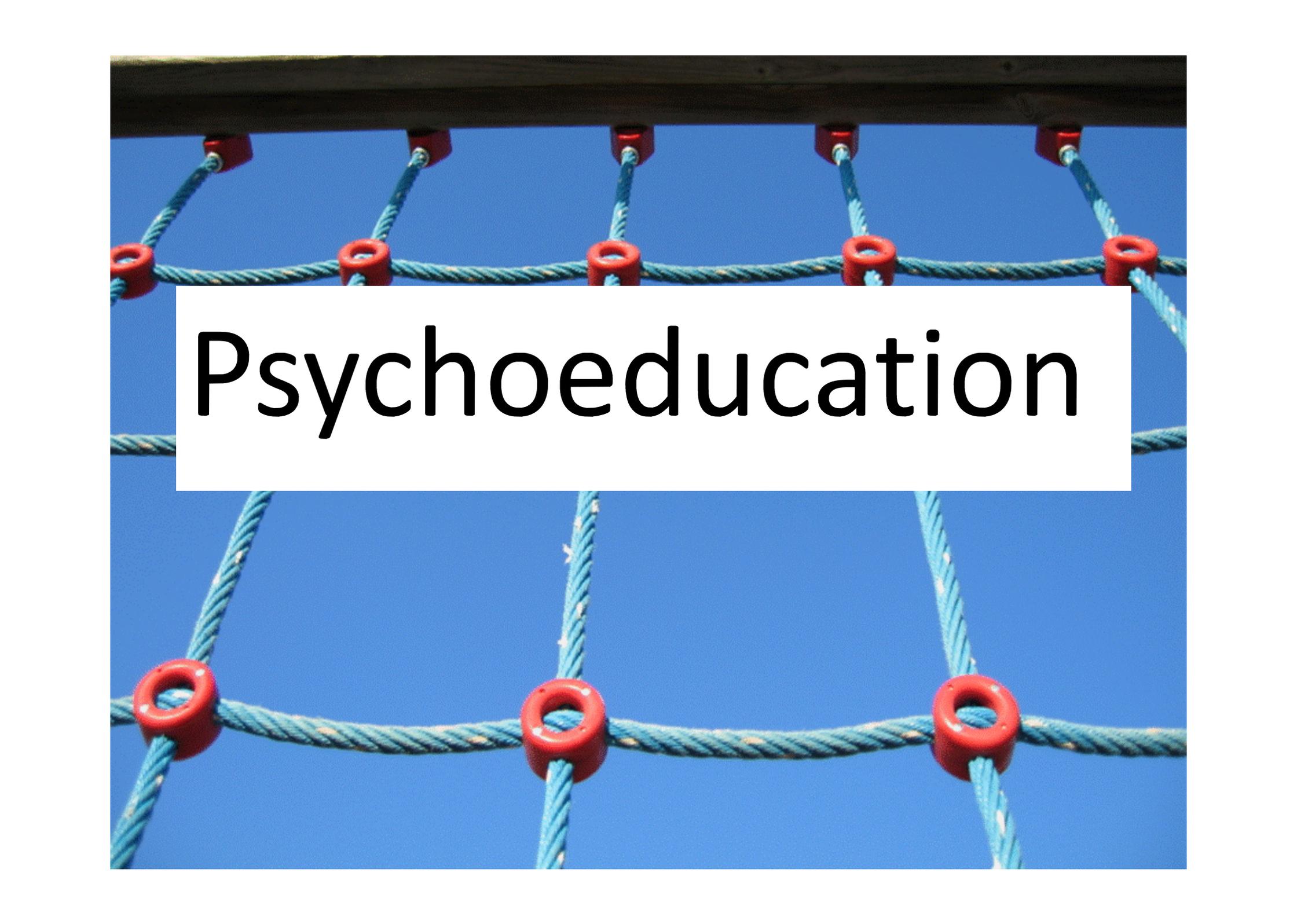
Feeling valued



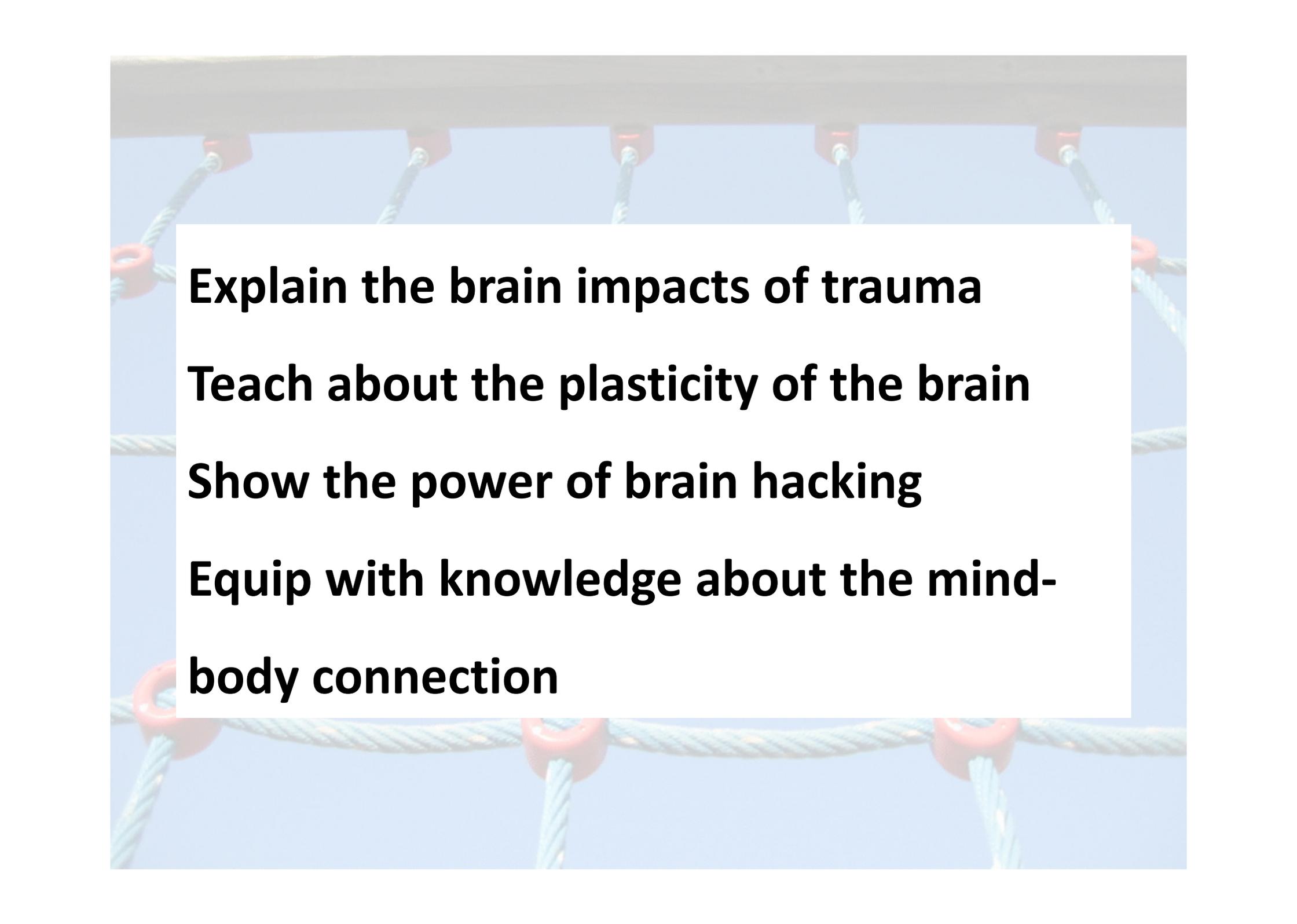
Recognize the gut-brain linkage

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

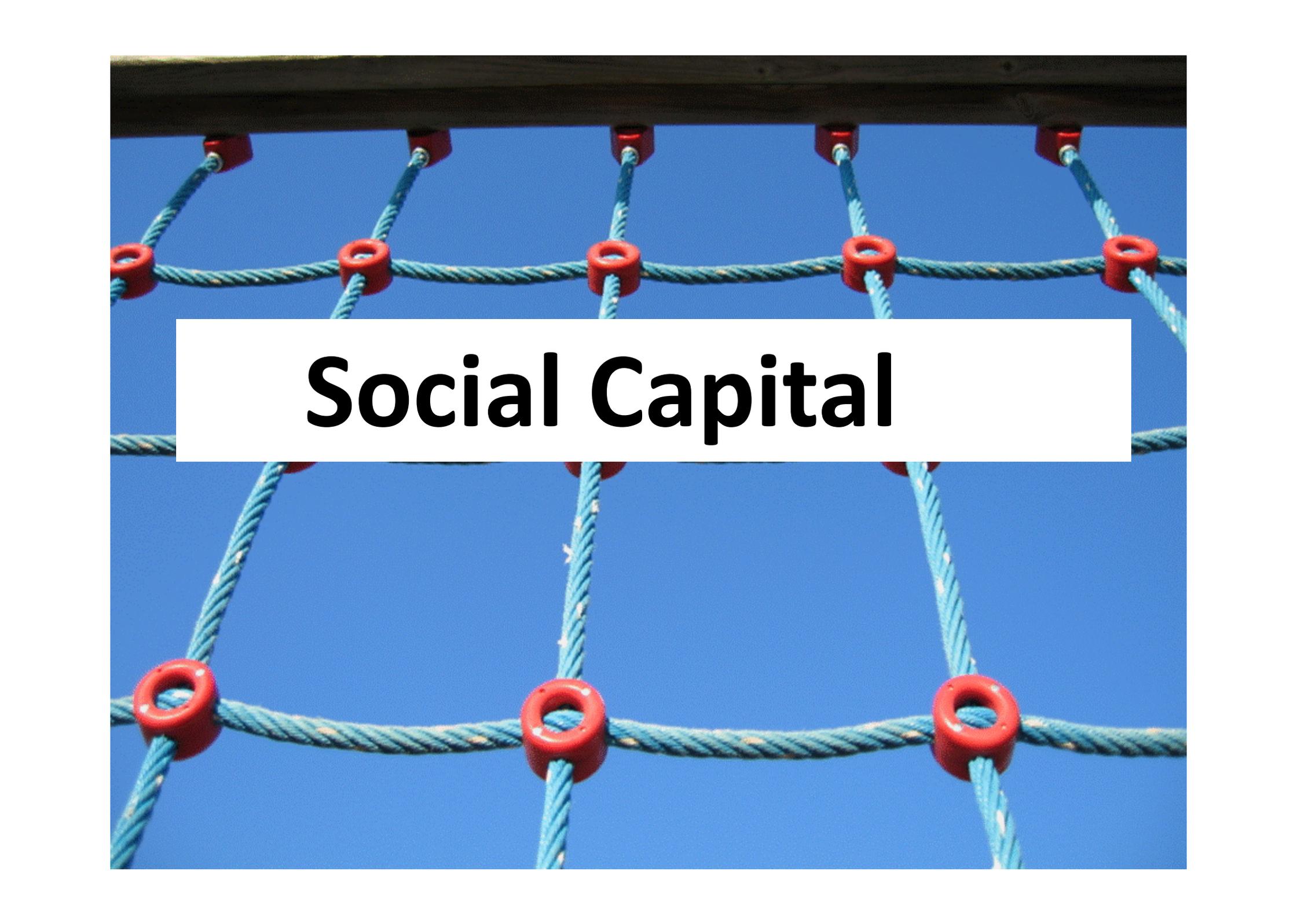


Explain the brain impacts of trauma

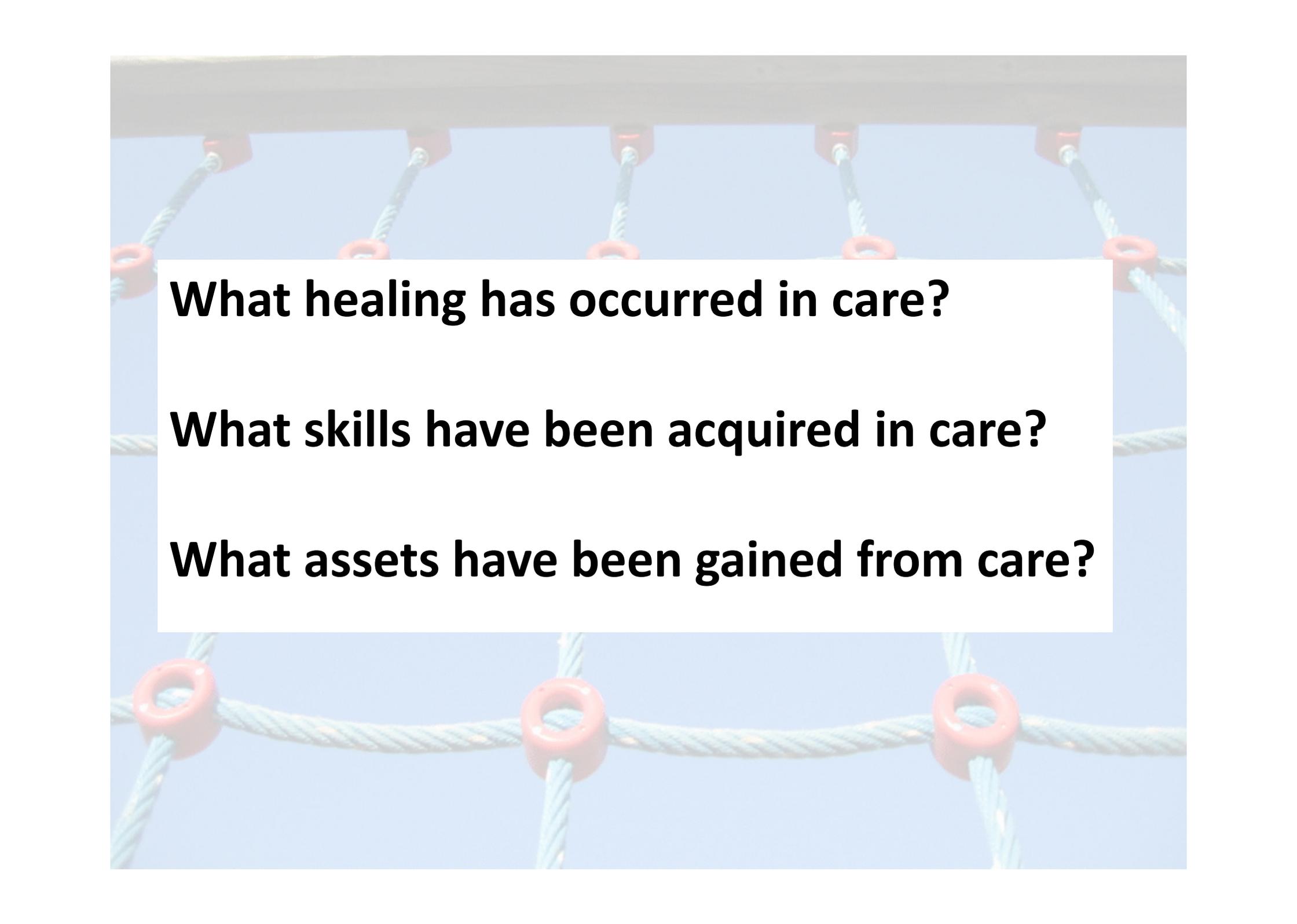
Teach about the plasticity of the brain

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 net is suspended from a dark horizontal bar at the top of the frame. The overall scene is bright and clear, suggesting an outdoor climbing area.

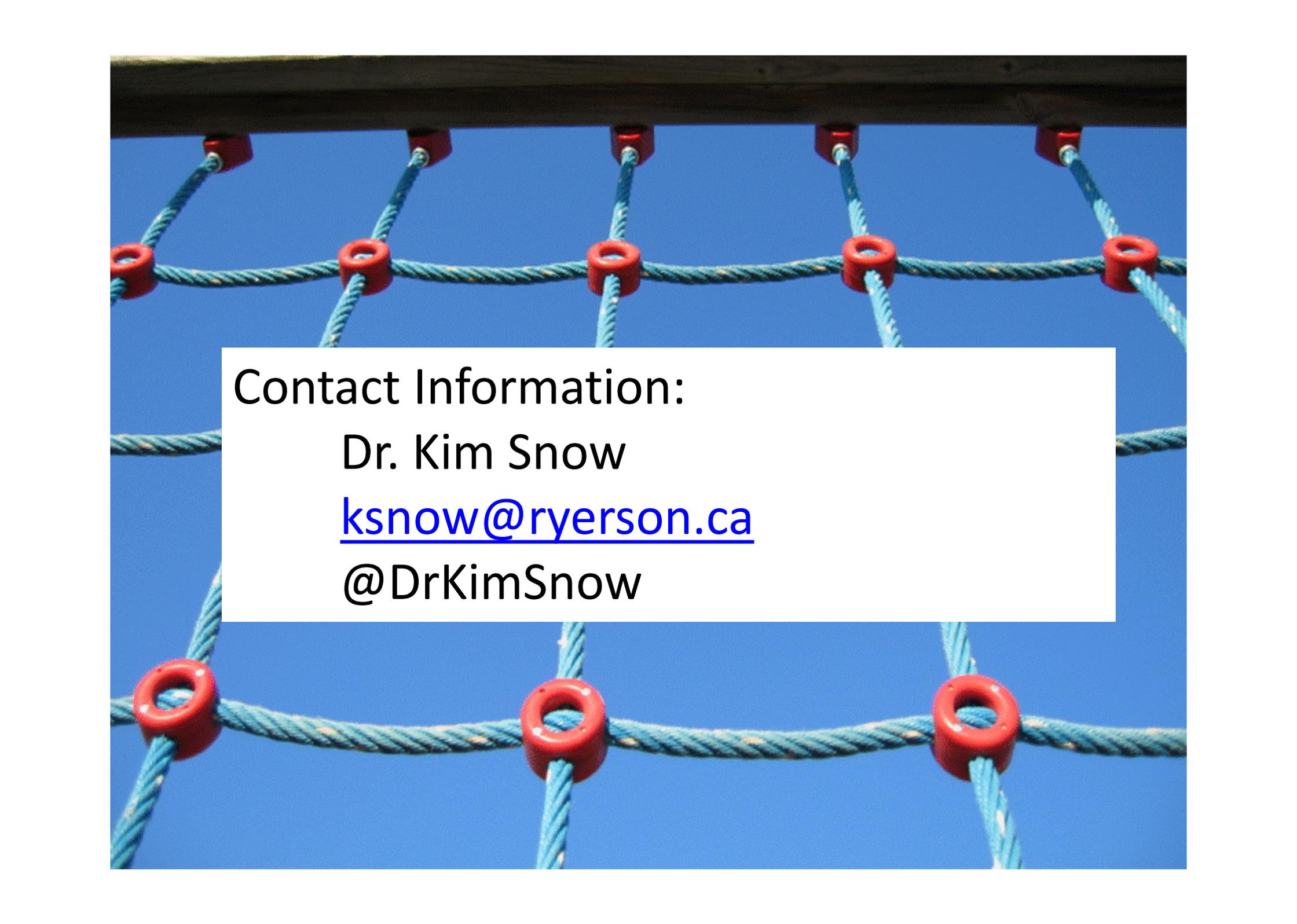
Social Capital



What healing has occurred in care?

What skills have been acquired in care?

What assets have been gained from care?



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