



Tune in to Children

Welcome to Tune in to Children

Cycles and Emotions

Alé Duarte

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Learning Outcome

- The concept the stress and trauma in relation to the biological perspective
- Identify the sequence of behavior that leads to self-regulation
- Importance of the cyclical dynamics when observing children

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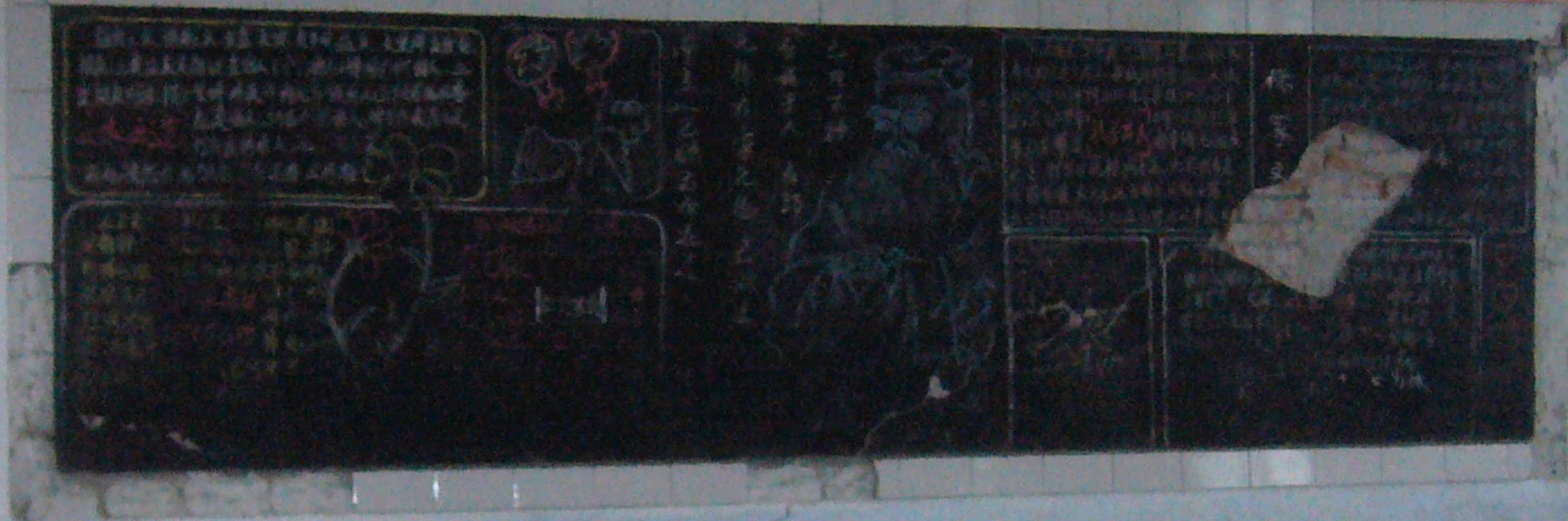
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Tune in to Children















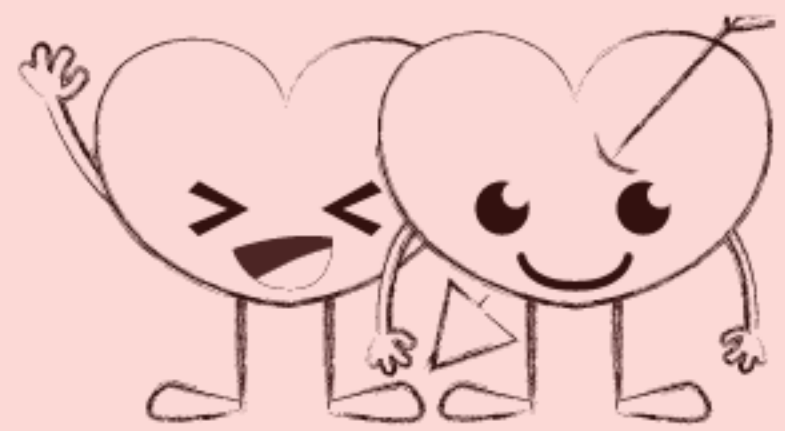
Context of Self-Regulation



Narratives



Acting



Feeling



Narratives



Acting



Feeling

Story



Story &
Context

The Trauma is not in the Story but in the Nervous System.



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Groups*

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Story & Context



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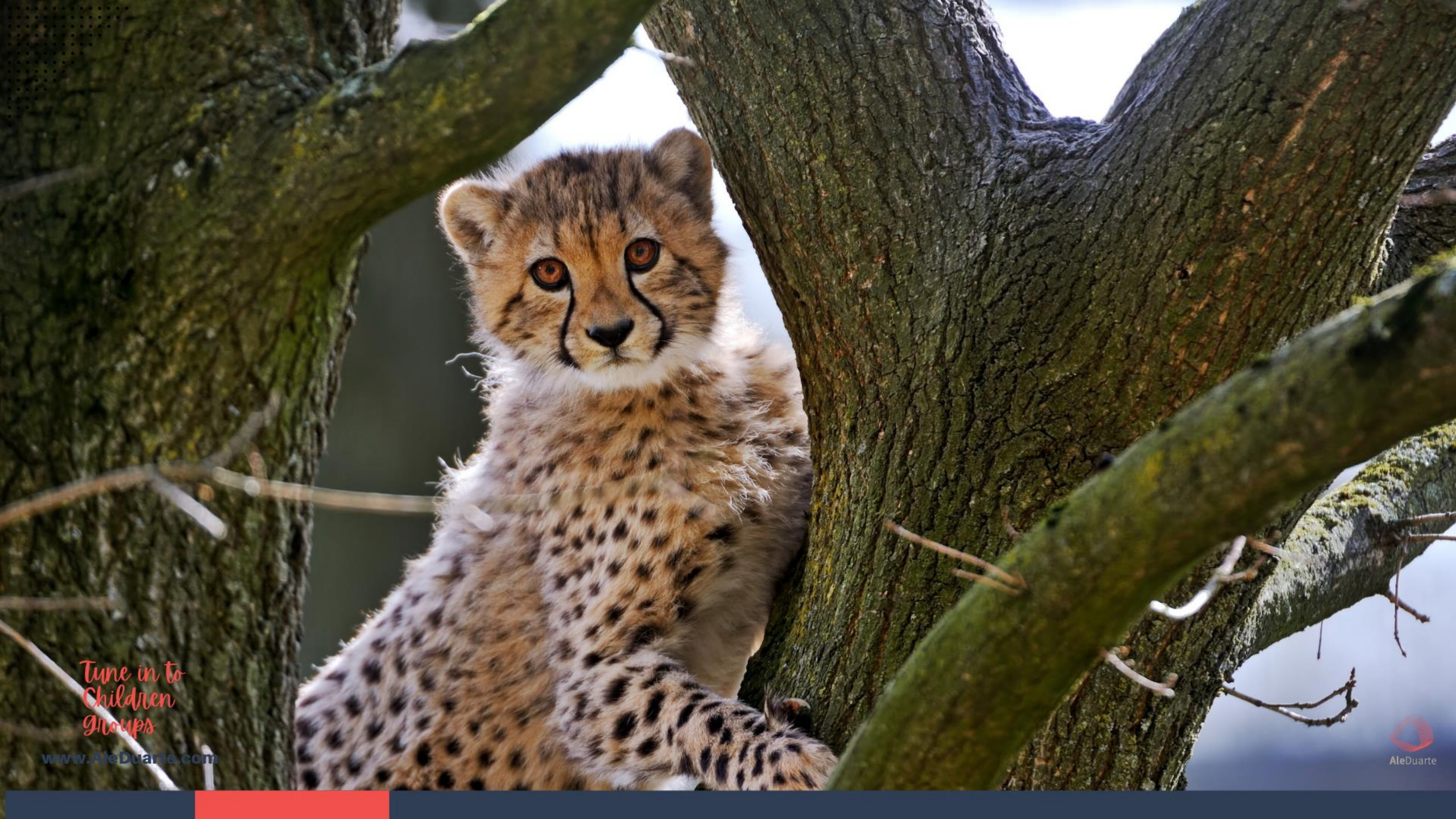


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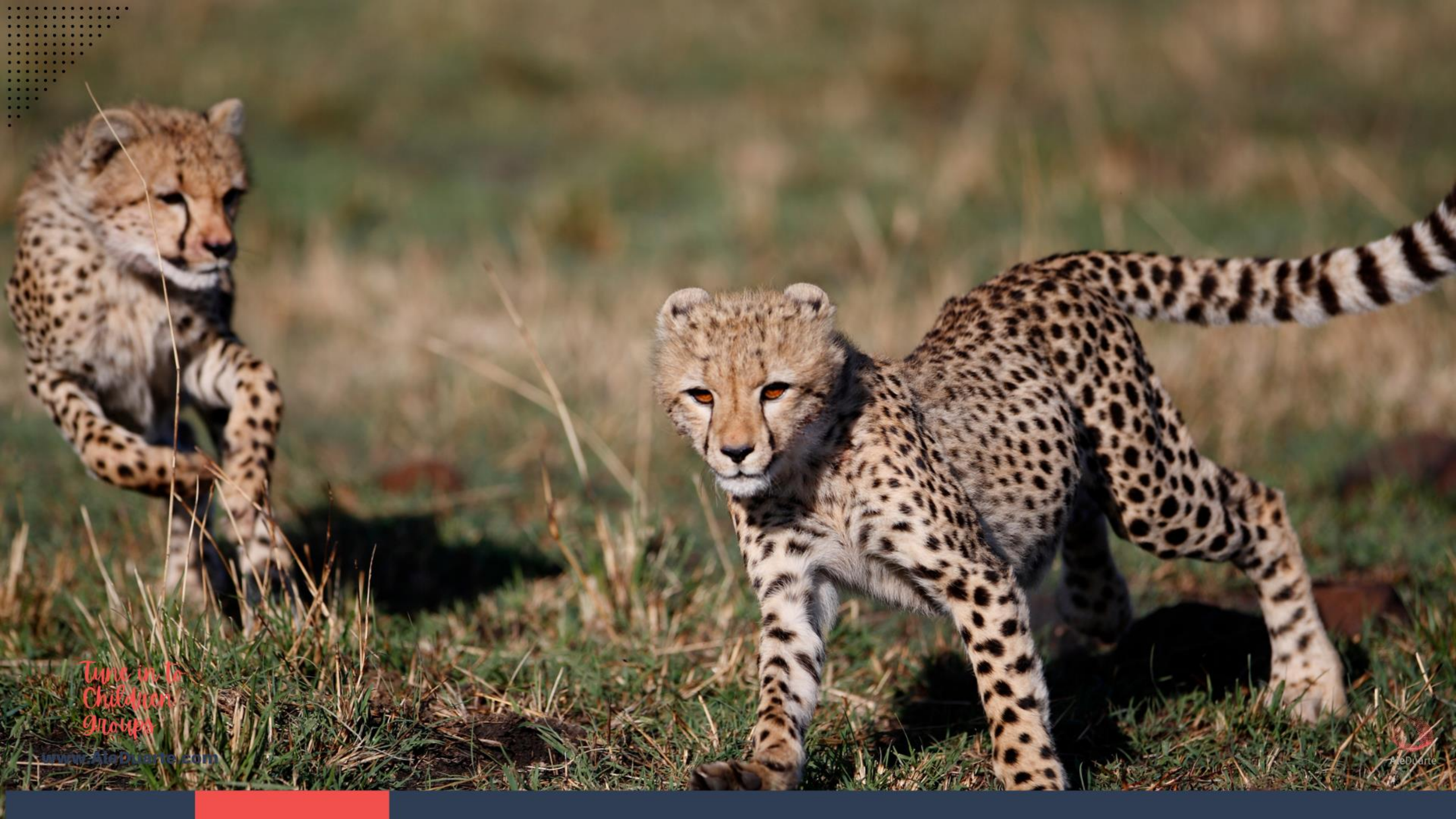
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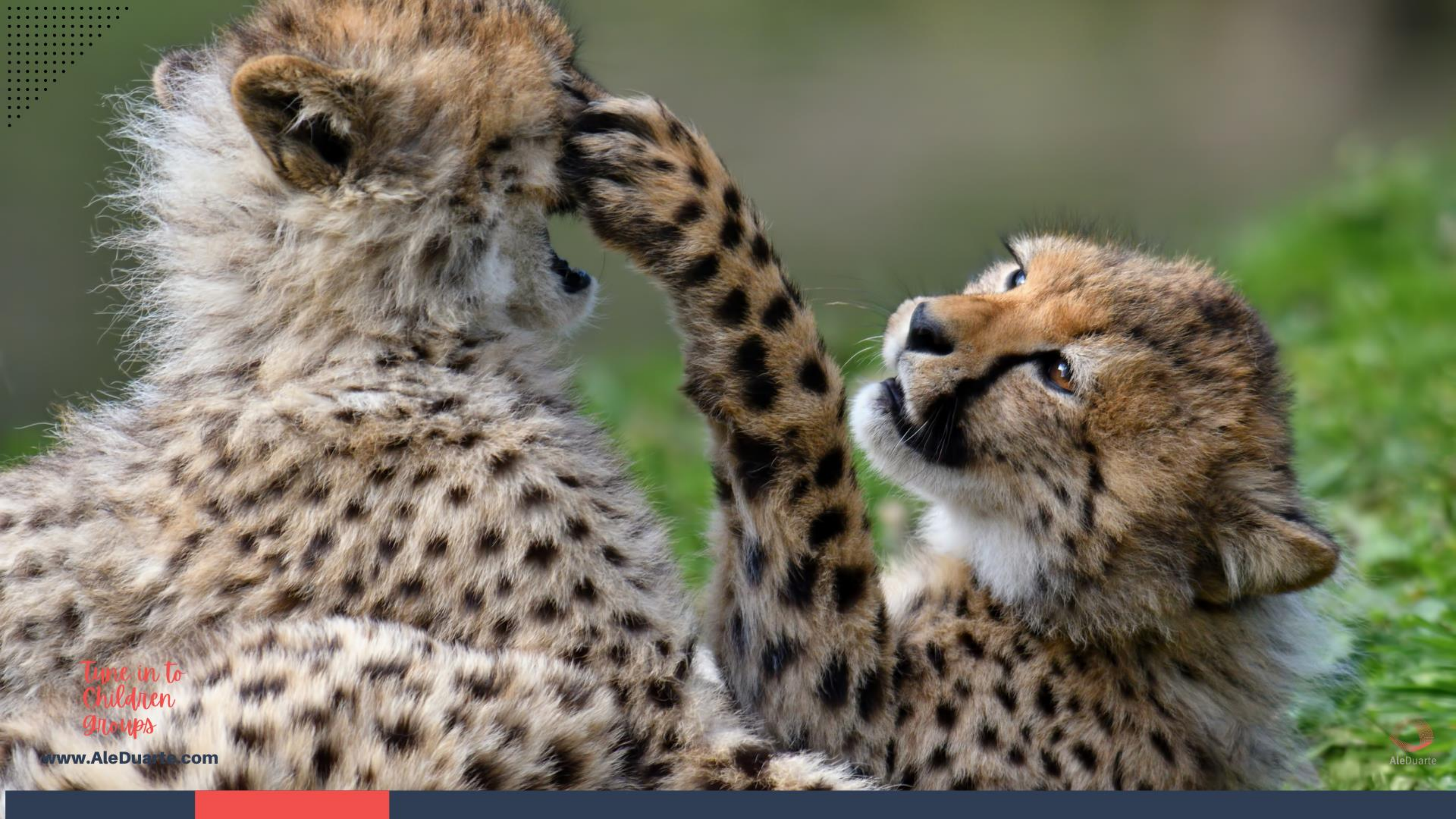




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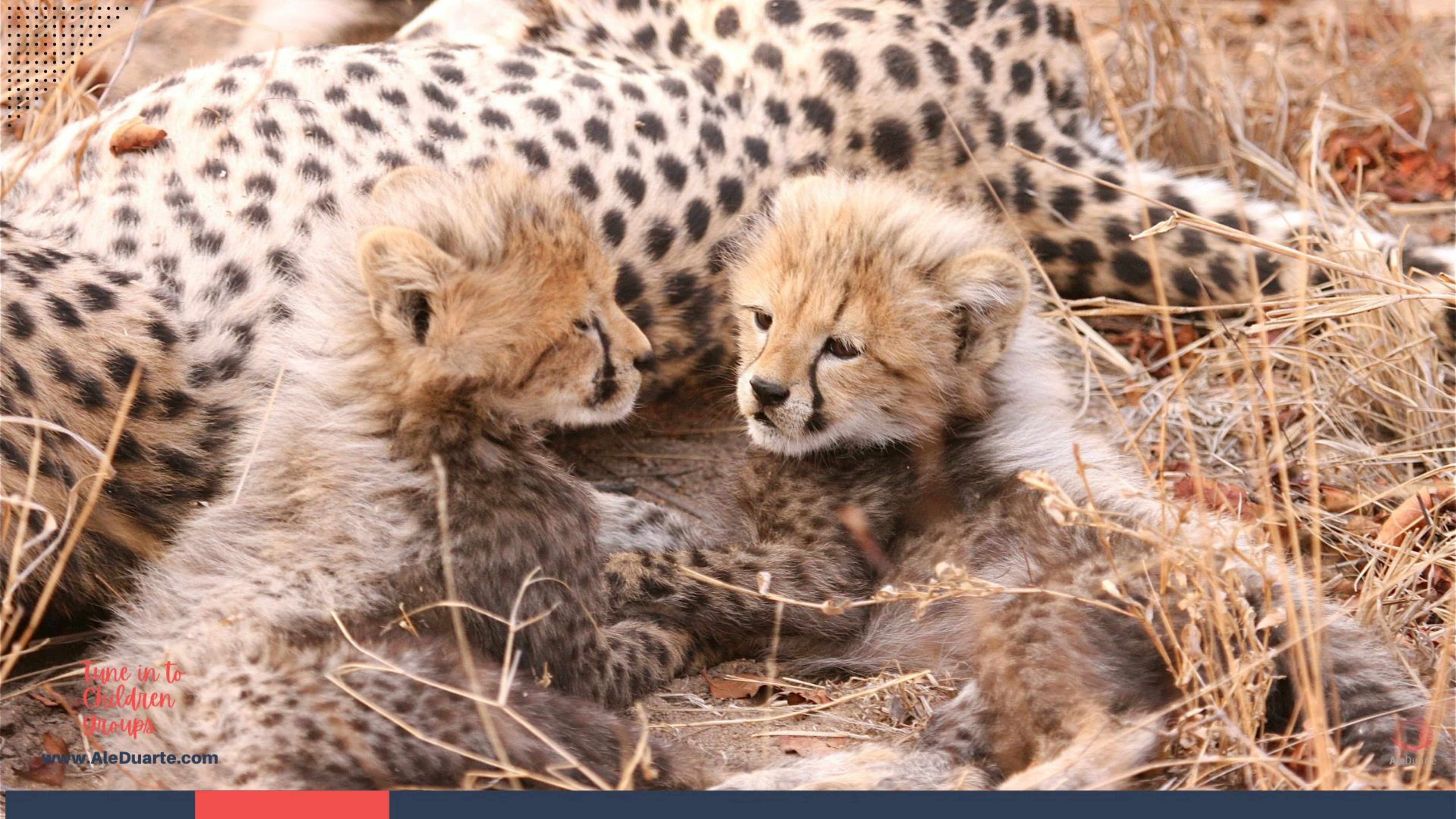


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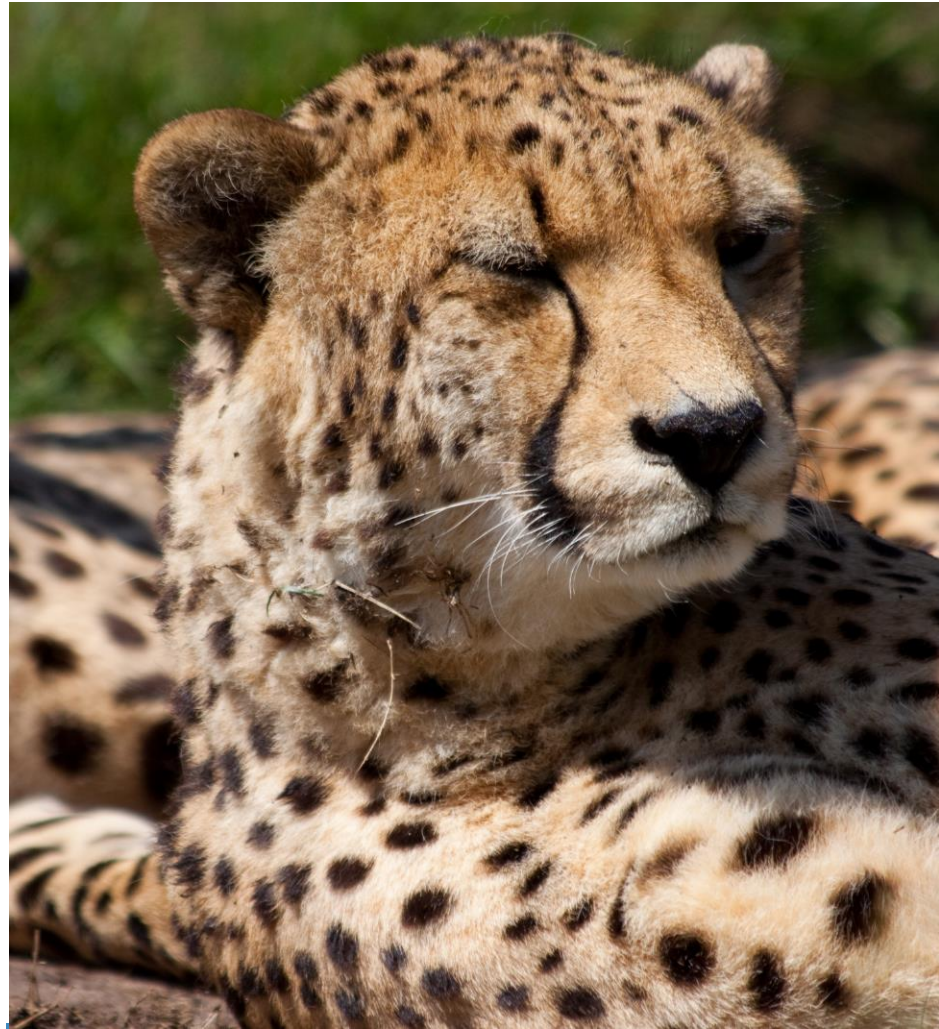
The Self-regulation Cycle



Two Power Perspective

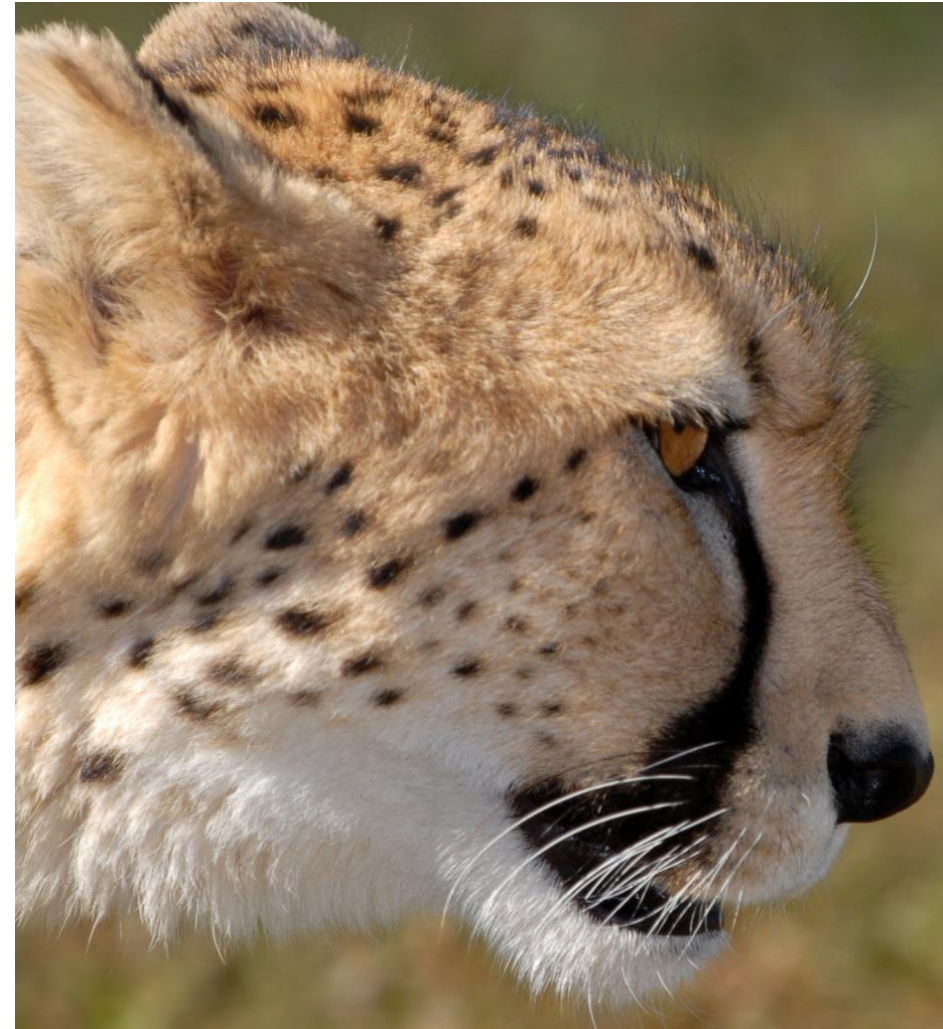


From the Cheetah's Perspective - in position of Power



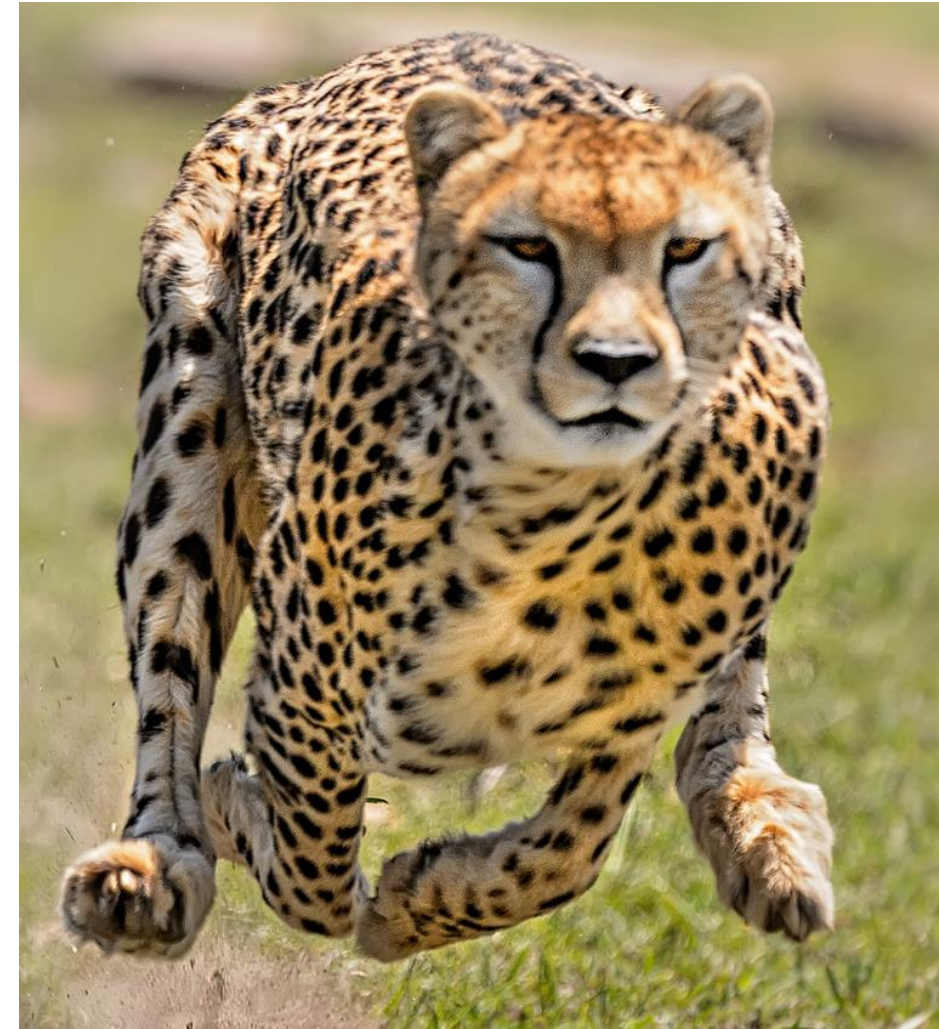
1

**Ruhe
Rest**



2

**Readiness
Bereitschaft**



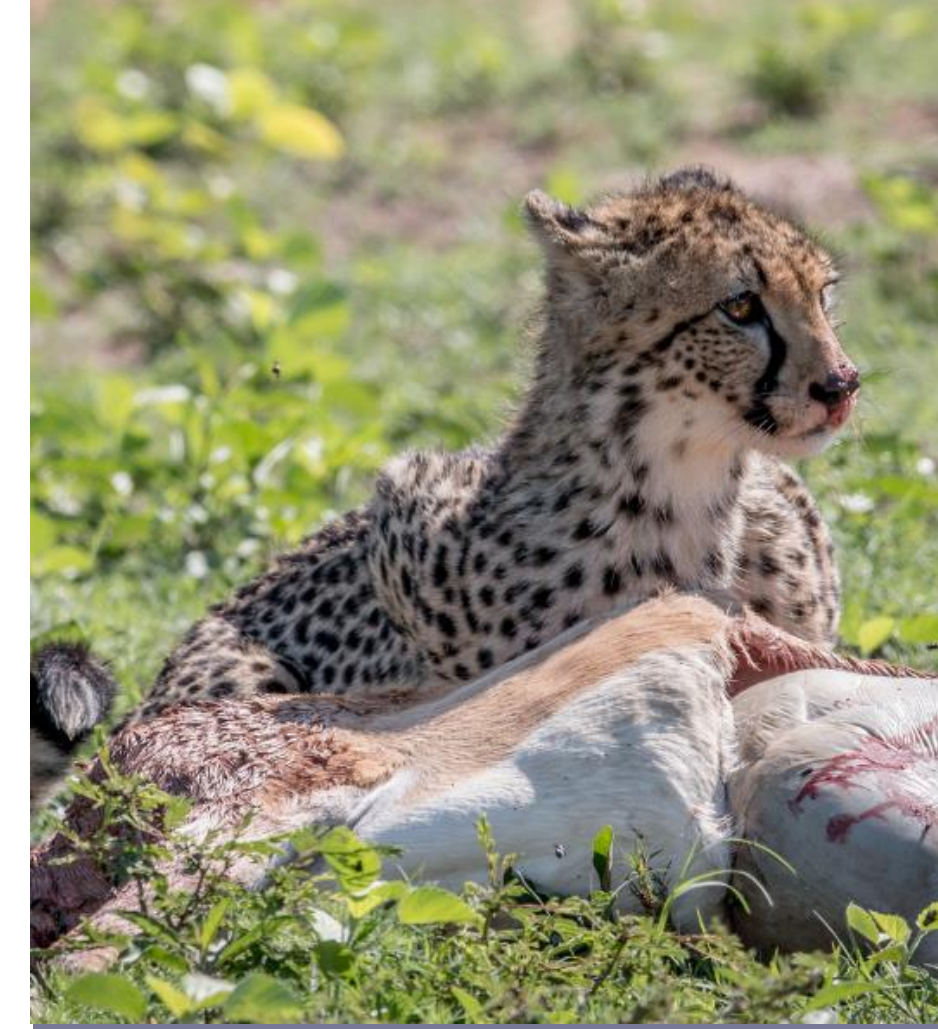
3

Action



4

Interaction



5

Integration

From the Gazelle's Perspective - passive to the power



1

**Ruhe
Rest**



2

**Readiness
Bereitschaft**



3

Action



4

Interaction



5

Integration

Completed Cycle



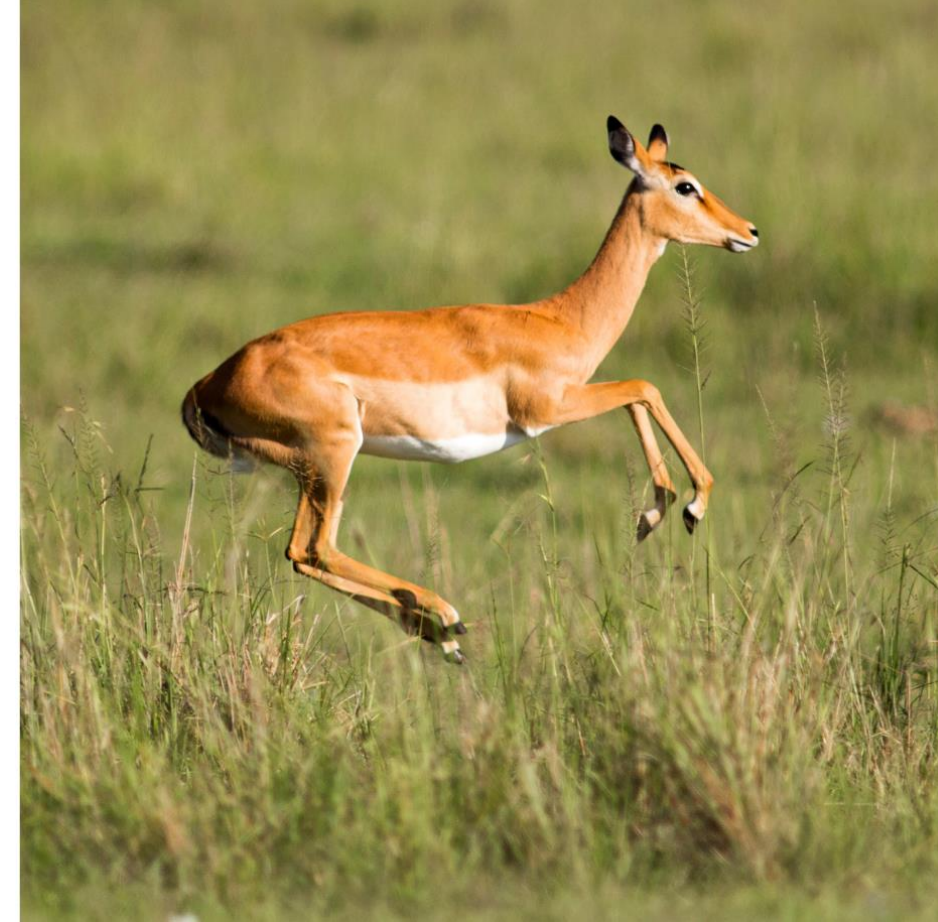
1

**Ruhe
Rest**



2

**Readiness
Bereitschaft**



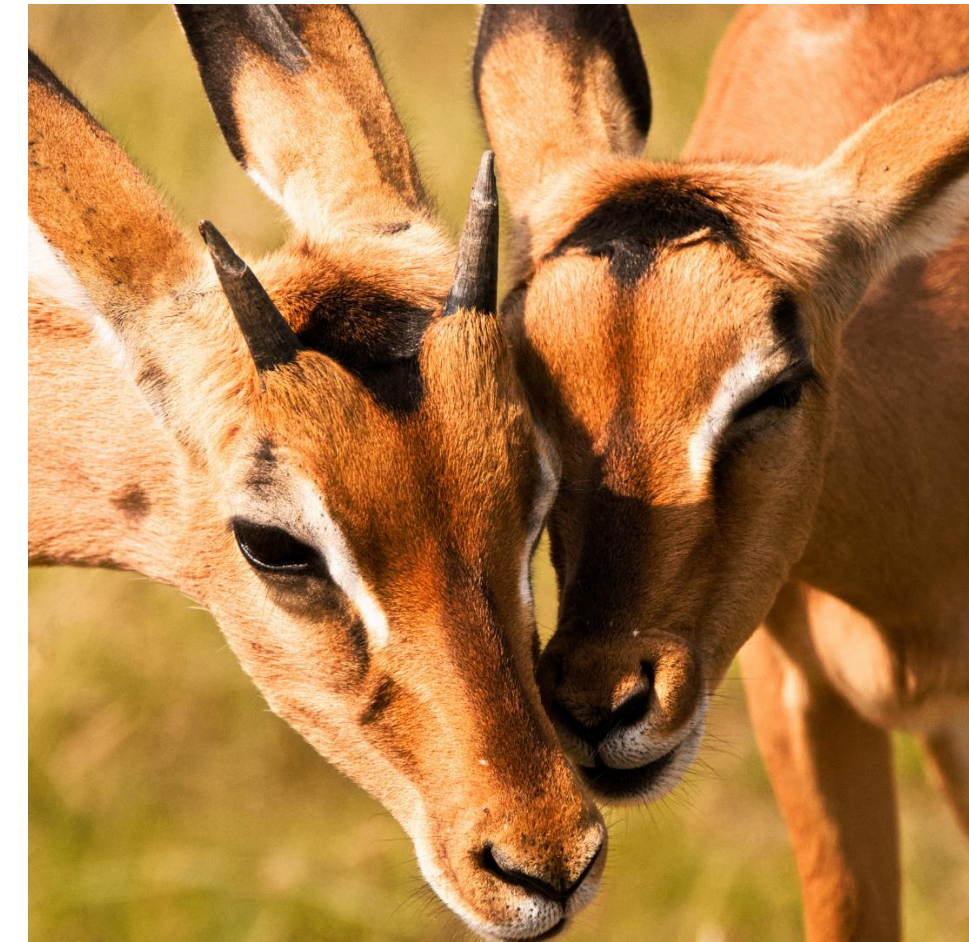
3

Action



4

Interaction



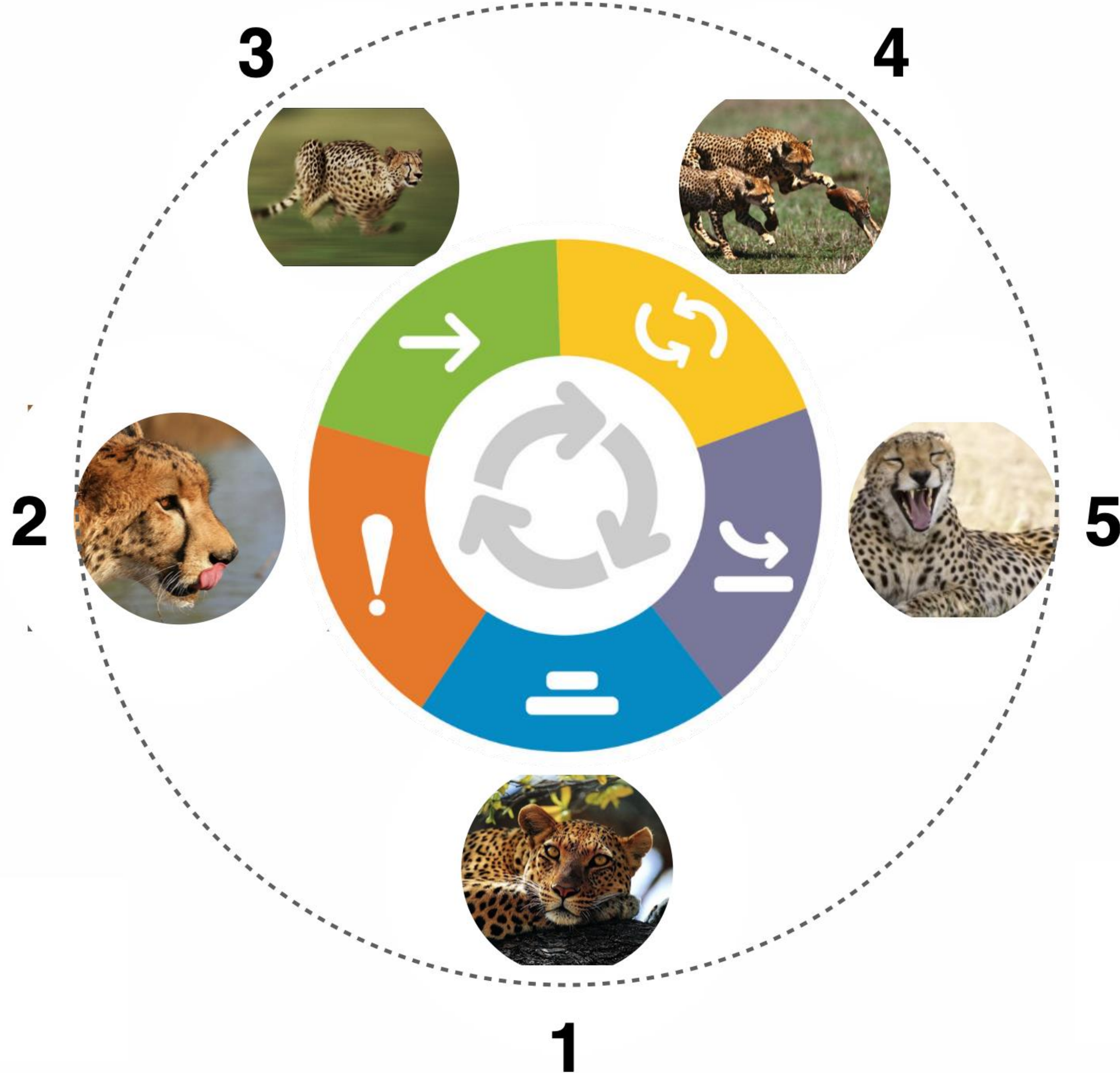
5

Integration



Tune in to Children

5 Phases Characteristics



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Manifestation of an idea,
Decision Making

Action Aktion

Expectations
Preparation
Planning
Assessment

Readiness/ Bereitschaft

Connections
Interactions with people,
Things, oneself, etc.

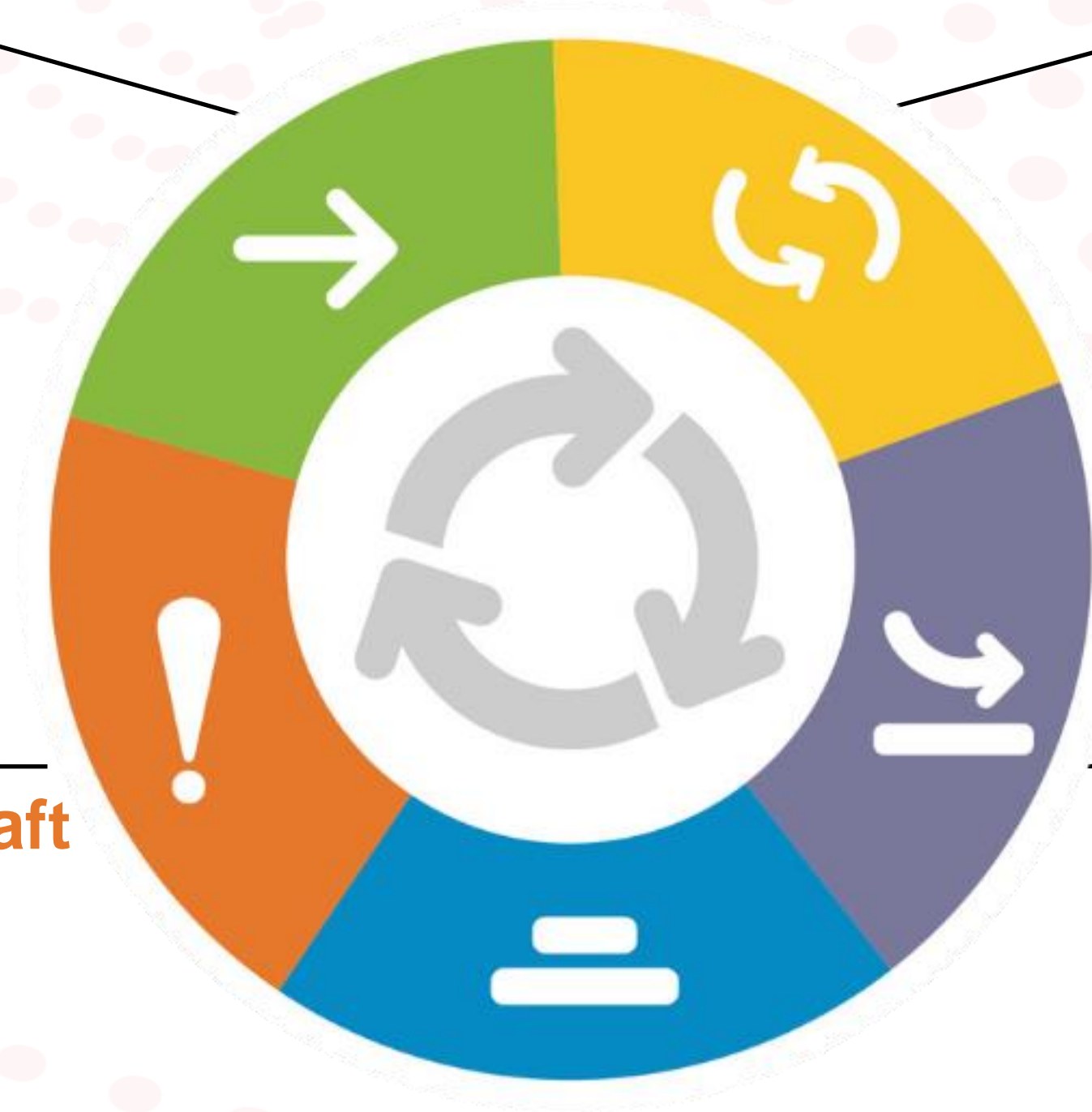
Interaction

Slowing down
Refueling
“digesting”.

Integration

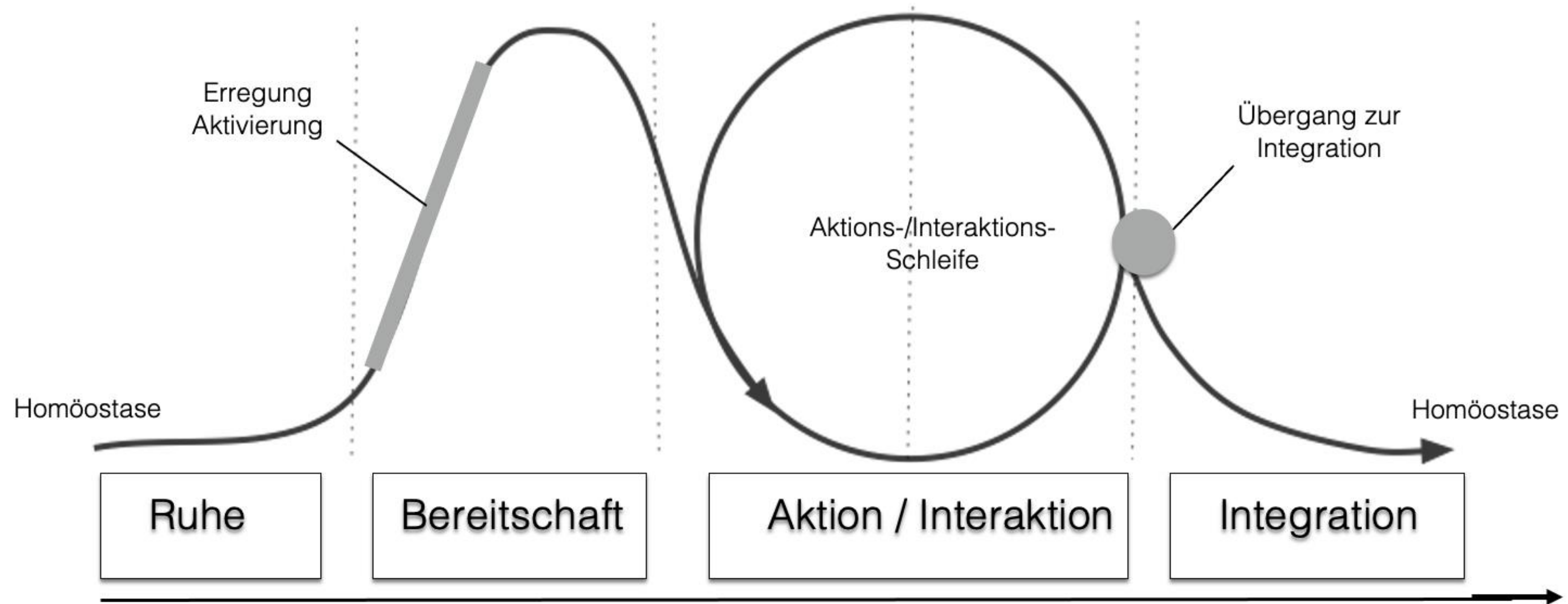
Renewing
Resting
Return to the base
Starting Point

Ruhe



Key Phases

Fünf Phasen des ANS - Selbstregulationsprozesses



Kampf-oder-Flucht-Reaktion — Vollständiger Zyklus

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