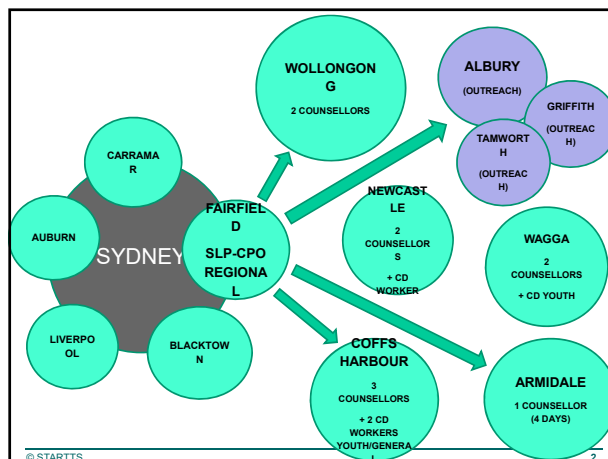


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## Untangling Nervous Systems: In the body

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## Group Intervention Model

- Out of school in a therapeutic setting:
- 3 hours each week (12-3pm)
- 15 Weeks
- 8 participants

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## Assessment

- **Assessment strategy**
  - Ecological assessment
  - WHO 5:
- **Assessment themes**
  - Interpersonal conflict at school (with friends, at home with siblings, with family) resulting in a sense of being overwhelmed
  - Casual racism
  - Anxiety
  - Re:traumatisation

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## Assessment Strategy

- **Assessment strategy**
  - Ecological assessment
  - WHO 5:
  - Attachment figures interview
- **Assessment themes**
  - Interpersonal conflict at school with friends, vicariously, teachers
  - at home with siblings, with family
  - Casual racism
  - Anxiety
  - Re:traumatisation

Ecological Assessment: My Three worlds

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## Ster (Fighting Was Me)

- <https://youtu.be/CnGs1du5o0A> Fighting Was Me
- [https://youtu.be/QCRydv7\\_9o](https://youtu.be/QCRydv7_9o) Breathing exercise was a gift
- <https://youtu.be/lf6yFLNqOz> Practising breathing during racial stress
- [https://youtu.be/R1oNVLqAE\\_w](https://youtu.be/R1oNVLqAE_w) Kerrie: Trust, Listening, strengths, individuals



## program

- **Program Activities**
  - Safety : week 1
  - Default structure each week :
    - Circle time (evolved into sharing time)
    - Breathing
    - Schedule
    - Dunk The Phone
    - Psych Ed
    - Lunch
    - Self Directed Time
    - Circle
    - Breathing
  - Transferring leadership / Teaching Group skills / Facilitation / Decision Making / Hosting / Listening

## Outputs

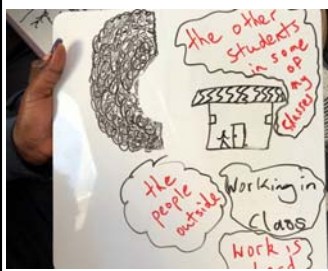
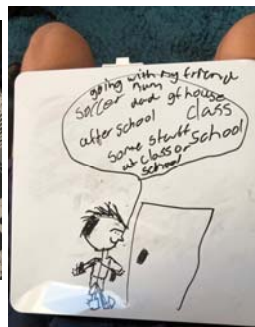
- The nervous system
- Triune Brain
- What makes me anxious
- Threat in the body
- Coping Strategies
- Case studies
  - Anxiety
  - Perception
  - Peer Conflict
  - Adult conflict (at school)
  - Feelings / Mood
- Attendance

### Untangling Nervous Systems: Making Nervous Systems

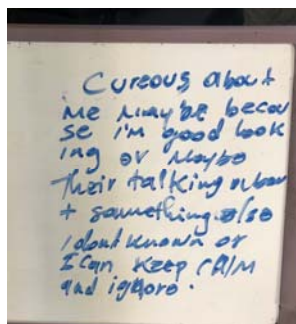
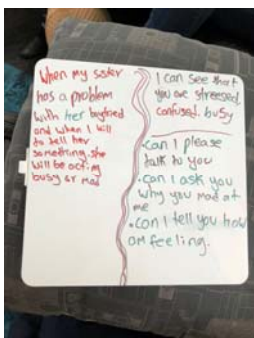
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### Untangling Nervous Systems: Stressors

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## Untangling Nervous Systems: Skills



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## Ster (Breathing)

- <https://youtu.be/CnGs1du5o0A>
- [https://youtu.be/QCRydc7\\_9o](https://youtu.be/QCRydc7_9o)
- <https://youtu.be/ff6yFLNqOzs>
- [https://youtu.be/R1oNVLqAE\\_w](https://youtu.be/R1oNVLqAE_w)

Fighting Was Me  
Breathing exercise was a gift  
Practising breathing during racial stress

• [https://youtu.be/R1oNVLqAE\\_w](https://youtu.be/R1oNVLqAE_w) strengths, individuals

• Kerrie: Trust, Listening,

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