



**A5 Creating a Relational Foundation that
Supports the Application of Best Practices:
What's Neuroscience, Reflection and
Engagement Got To Do With It?, Part 1**

Wednesday, June 13, 2018 10:30 a.m. - 12:00 p.m.

**B5 Creating a Relational Foundation that
Supports the Application of Best Practices:
What's Neuroscience, Reflection and
Engagement Got To Do With It?, Part 2**

Wednesday, June 13, 2018 1:30 - 3:00 p.m.

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Creating a Relational Foundation that Supports the Application of Best Practices: What's Neuroscience, Reflection and Engagement Got To Do With It?



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Agenda

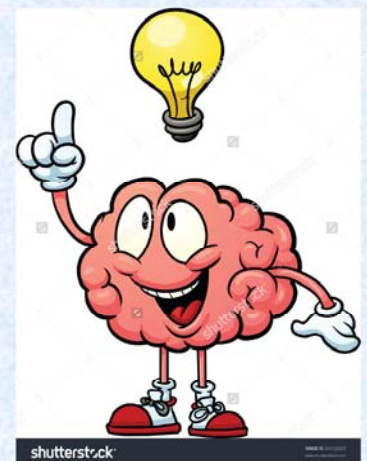
- Welcome
- The Brain 101
- Social Threats
- Essential Elements of Engagement
 - Listening and Powerful Questions
- Perception
- Regulating Emotions

A Little Bit About the Brain

- The brain's fundamental purpose is to keep you alive
- Every moment the brain decided if the world was dangerous or helpful
- Sensing danger/threat or reward, even in subtle levels, has a dramatic impact on how and what you think
- Limitation of working memory - We can only hold so much information in our minds at one time so when we get too much detail about a topic we literally can't hold another point of view

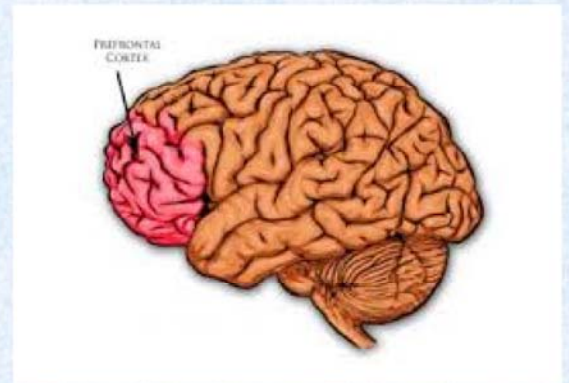
Six Insights About the Brain

- Up close no two brains are alike
- The brain creates millions of new connections each second
- The brain hardwires everything it can
- Hardwiring drives perception
- It's practically impossible to deconstruct our wiring
- It's easy to create new wiring



Prefrontal Cortex (PFC)

- Only 4-5% of the volume of the rest of the brain
- Not completely developed until 23-25
- Responsible for high level thinking processes
 - Understand – Decide – Recall – Memorize – Inhibit
- Controls working memory (how we hold information in our mind in short term and then process it)
- Decision making/Problem Solving - rely heavily on it
- If consciously thinking = Using it



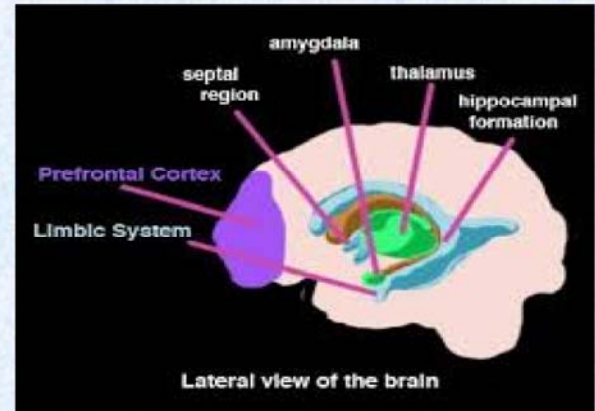
PFC Limitations

- Call it “Goldilocks”
- Can hold generally only about 4 pieces of information at any one time
- Uses a lot of the brains glucose and oxygen resources when active
- Easily distracted – constantly bombarded with distractions (internal and external) and takes glucose and energy every time to manage distractions leaving fewer resources for important functions



Limbic System

Emotional experience connected to Limbic System



When overly aroused (real or perceived danger) – Alertness heightened – flight or fight kicks in – executive functions shut down – ability to perform habitual behaviors enhanced

Limbic responses reduce resources available to PFC - less glucose and oxygen available

Looks out for potential threats making decisions every moment about everything we interact with in the world

Limbic System and PFC

- Limbic system is regulated by PFC
- If Limbic system is not adequately communicating with PFC
 - Difficulty getting motivated
 - Hard time regulating emotions
 - Response to stress dysregulated
 - Poor self regulation
- Threat response decreases perception – cognition – creativity – collaboration
- Reduced ability to clearly see issues, solve problems, work with others – tend to get tunnel vision focusing on problems and detail, generalize, memory literally distorted in the moment, insight limited