

Family Communication

10/09/13

Presenters:
Dan Fox, LPC
Jenny Key, LCSW

I. Introductions and Check In

Audience shares what they would like to learn about family communication along with common communication patterns in their households

II. Developmental stages and communication needs of elementary aged children

Jenny will provide education and tips about common communication needs and issues in with families with children ages of 5-11 (handout will be provided at presentation)

III. Communication dissected: Brain Based Parenting

Dan will explain family communication patterns from the perspective of what happens in the brain; he will also provide tools to navigate communication snags and family conflict (see attached handout)

IV. Question and answer

Both presenters will dive deeper into specific questions audience members have regarding presentation topics or areas of interest that were not covered

V. Brainstorming for lunchtime series

Based upon audience members' feedback and family needs, will we determine the areas presentation topics for our lunchtime workshops

Brain Based Parenting Dan Fox, LPC

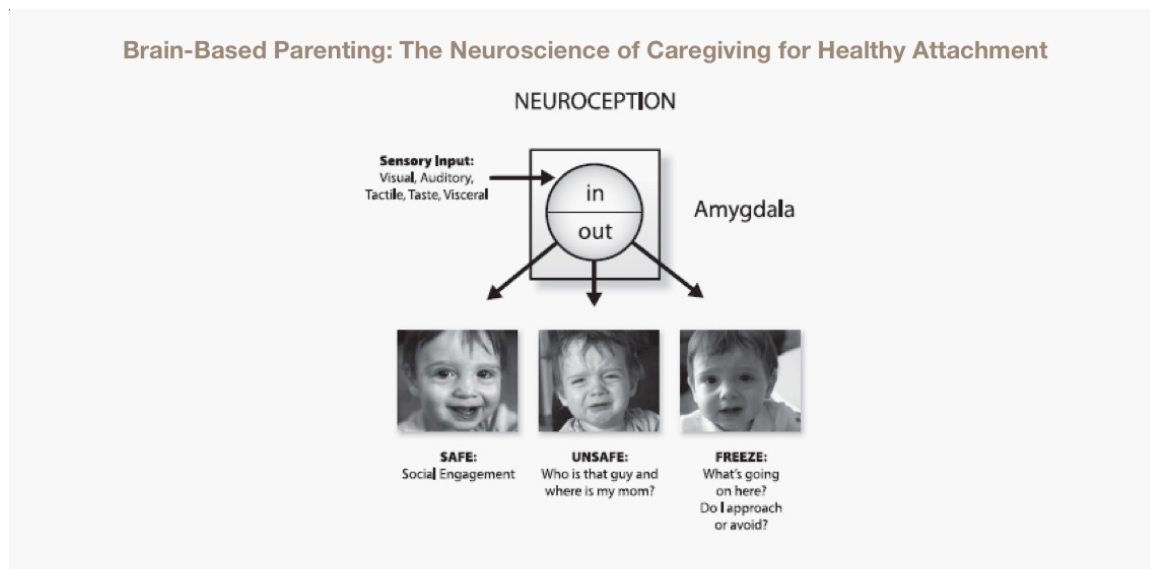
Fight or Flight Response:

Step 1: increased muscle tension, increased breath and heart rate, increased frequency of brain waves, blood pressure rises, adrenal glands activate, basic body functions are inhibited (i.e. digestion, tissue repair, immune system)

Step 2: Signal from thalamus finally reaches the frontal lobes. Frontal lobes agree with signal or decide to shut it down. Shut down (getting things back to normal) can take as long as three minutes, during which time...

Step 3: The energy created by the stress response is abruptly halted. The result can be a system shock. Emotions (fear and rage) can become so strong that dissociation from normal conscious awareness sets in, along with numbness. Pain may no longer be experienced as adrenaline and endorphins are flooding the system.

- Demos, J. Getting Started With Neurofeedback



Also from Brain Based Parenting (Hughes, D., Baylin, J.), below...

Parents, even those with blocked care, can improve their ability to stay parental, regulate their internal states, and promote intersubjectivity in their relationship with their children. How? Through PACE-ing (playfulness, acceptance, curiosity, empathy). All four of these core components can be linked to one or more brain-based caregiving systems. Through experience and practicing the process of PACE, you can, in turn, strengthen your parental brain power.