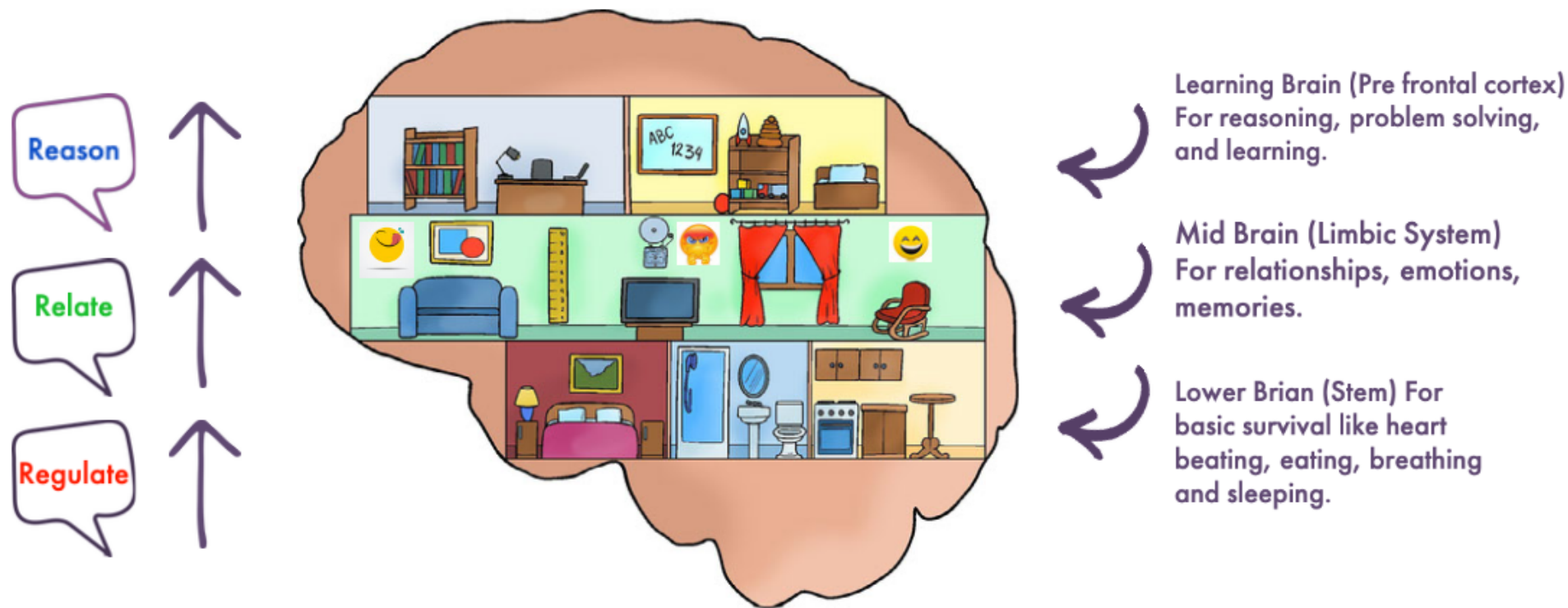




Below is a picture the 3 main parts of the brain (lower, mid and higher) with some of the functions associated with these parts.



Adopting the Bruce Perry 3 R's model, it helps to remember to work from a bottom-up sequential approach, thus Regulate, Relate and Reason when engaging with a distressed child or adult on order to reach their learning brain.

When we are able to remain grounded and repeatedly respond using the 3 R's approach, we can help children and adults co-regulate, and through time slowly build new neural pathways that help improve safety and trust through relational connection and think more about solving problems and future plans.