



SYNERGETIC EDUCATION INSTITUTE™

Evolution of a Synergetic Educator

Growing Windows of Tolerance and Shifting Perceptions Class Workbook

Reflection: How are you doing and how do you know?

WINDOWS OF TOLERANCE:

Why does regulation matter?

When you couldn't do anything about it what happened?

- When I don't regulate things intensify and my WOT gets smaller.
- Increases the likelihood of an explosion or collapse.
- We want to support tiny doses of regulation all day long.

*"Regulation before expectation. A dysregulated child will have difficulty following directions. It's not a behavior problem, ("they won't listen") it's a regulation issue, (they can't process what you're saying). Want to avoid a power struggle? Make sure the child is regulated and able to meet the expectations first."
-Greg Santucci, Occupational Therapist*

Link to Interoception:

- The energy inside our bodies moved to a part of our body, showing up as a physical sensation, prompting us to do something.
- Interoception underlies our urge to act.
- Actively seeking this relief is called self-regulation and it's completely dependent on our interoceptive awareness.
- It's the skill that gives us information to figure out what kind of regulation we need.

Tying these pieces together



Energy in our bodies creates sensations that prompt us to act. Self-regulation seeks relief from this urge, and interoceptive awareness helps us identify the type of regulation that could work to address it.

Behaviors make sense AND behaviors are an attempt at regulation.

But what if they don't work in the classroom?

- When we simply stop behaviors, we are disconnecting students from their bodies.

Working With Activation

Asking the question, "what do I do with this energy?"

Our goal is to support becoming aware of the activation and learn ways to work with and through it.

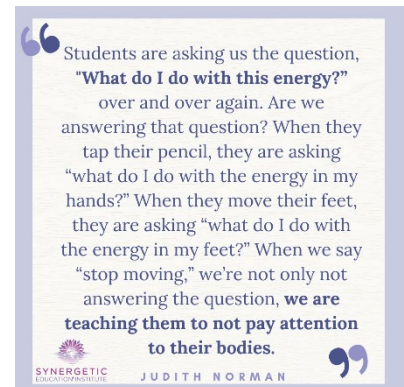
We have to offer alternative behaviors that address where the energy is showing up.

Students need the ability to notice their bodies to use the skills we're teaching.

Our bodies are drawn to try to address the discomfort and physical sensations that arise.

I have to know what is going on for me, to become aware that I need to regulate and to pick an effective regulatory strategy.

Coming back to ourselves, this is emotional intelligence and resiliency.



Scaffolding and Noticing Energy Video:

Practicing one foot in and one foot out supports us in the classroom.

- They became aware of their experience, a moment of connecting to themselves.
- They started to explore alternatives.
- Teaching about becoming aware of where the energy goes in their bodies.

Growing or Shrinking Windows of Tolerance

Zone of proximal development – What we can do now, our comfort zone, this is our window of tolerance. This is not where learning happens. Learning happens in our learning zone. This is at the edge of our window of tolerance.

Powering through shrinks our windows of tolerance.

To keep our WOT from shrinking, we want to support providing doses of regulation all day long.

Working in comfortably uncomfortable grows our windows of tolerance.

One foot in and one foot out-

- We're teaching a way through it.
- We're growing windows of tolerance.

As we grow windows of tolerance, we're shifting perception which leads to spending less time stuck in dysregulated states.

REGULATION AND DYSREGULATION:

What is regulation?

Regulation doesn't mean calm. Regulation is a moment of mindfulness awareness of our internal state. There are times when feeling calm doesn't make sense, and it puts too much pressure on us to think we should stay calm.

Our focus is moments of regulation amidst the dysregulation.

Regulation isn't better than dysregulation.

WE NEED dysregulation to grow! We need challenges to learn from. Both are needed!

Our goal is to support becoming aware of the activation and learn ways to work with and through it. Shift from seeing it as in the way to On the way.

Mirror Neurons and Neural Templates

Neural templates link together thoughts, feelings, and sensations with behavior.

The downside to mirror neurons is that we feel others' dysregulation in our own systems.

The upside is that understanding how mirror neurons are involved in creating templates allows us to use this process to create new templates.

Creating templates

Through the act of observing us, their mirror neuron system tracks our template and pattern which changes their neural firing and their inner wiring.

When we really "get it" their mirror neurons system says, "yes that's me," and then we can show them a new way through it.

Key Points:

- Mirror neurons mean you are going to feel it whether you want to or not.
- They set us up to feel it so they can watch us work it and learn what to do with it.
- Ed Tronic says attunement occurs 30% of the time from an attuned caregiver. Secure attachment is built upon ruptures and repair of ruptures.
- **When we "get" their experience, using the mirror neuron system as a tool, we can offer new templates.**

Match or Mismatch:

- Is the behavior that is showing up a match for the situation?
- My goal was to help them start to become aware of the activation and energy in their own bodies and teach options.

TYING IT TOGETHER:

External Regulation: What do we mean by Being an External Regulator?

Rocking a Baby

Offering my regulatory capacity to borrow. They can feel something steady in me to grab onto.

The question isn't what I should do TO that person in the moment, the question is how do I keep myself tied in so I can guide them back. That's what I can do.

Key Points:

- ❖ Regulation and dysregulation are both needed for growth. Dysregulation provides opportunities for us to teach students how to work through stress and challenges.
- ❖ Believing we should be calm during moments of dysregulation can lead to shame and incongruence for us, and keep others focused on figuring us out.
- ❖ We can be regulated and dysregulated at the same time.
- ❖ Practicing one foot in and one foot means we can move towards dysregulation and not get lost in it. This supports students in staying in their learning zone, offers new templates and helps us from getting burned out.