



NAVIGATE
EDUCATION



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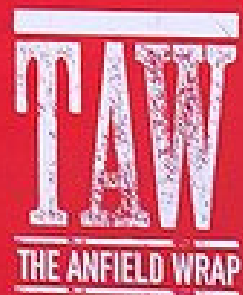


Where are we?



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**JÜRGEN REMINDED US OF
WHO WE'VE ALWAYS BEEN.**



Where are you?



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The Biology of Behaviour



DOPAMINE

Motivation



SEROTONIN

Mood & Energy



OXYTOCIN

Connection



ENDORPHINS

De-Stress



ADRENALINE

Emergency



CORTISOL

Stress



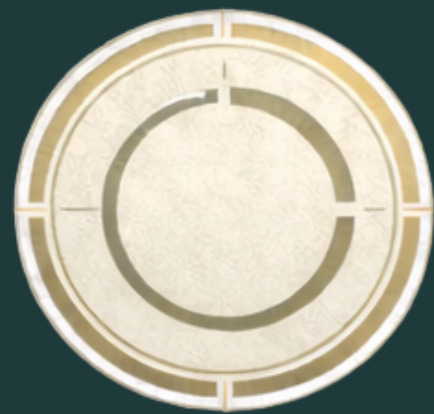
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The Priority in Response



EMOTIONAL SAFETY

De-Stress



OPPORTUNITY

Connection



SAFE SPACES

Regulation



SELF-BELIEF

Motivation



HOPE

Mood & Energy



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The Shape of Progress



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EMOTIONAL
SAFETY



SELF
BELIEF



SAFE
SPACES



OPPORTUNITY



HOPE

Understanding Need

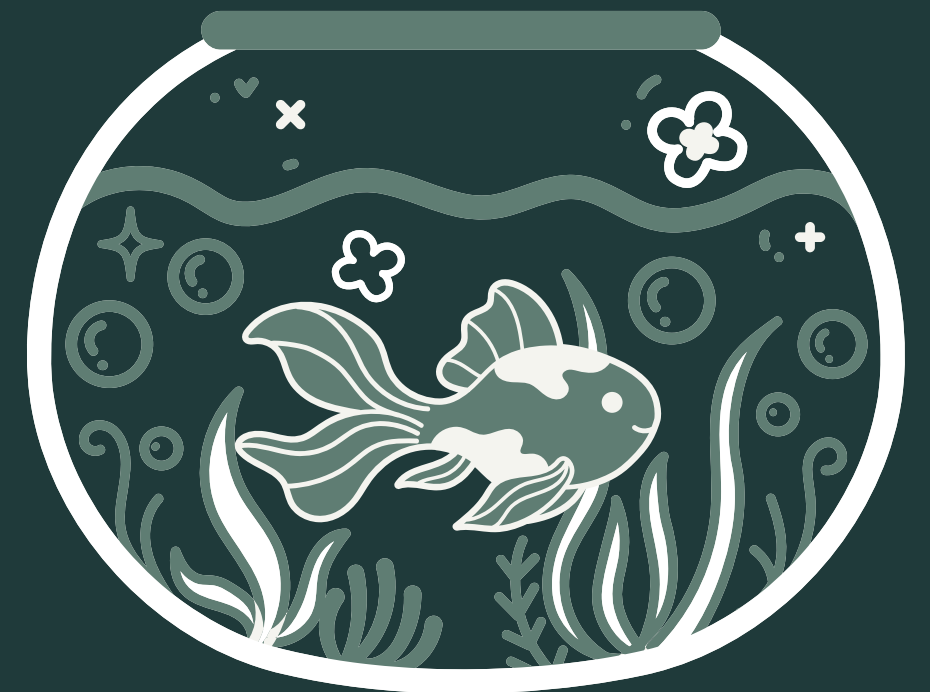
Control
Escape
Narrative
Hope



What trauma can feel like

BIG, SMALL, IN PLAIN SIGHT & FAST FORWARD

- Connected Isolation
- Enforced Vulnerability
- Controlled Narrative



What trauma can feel like

- Maladaptive Thinking
- Intrusive Thoughts
- Escaping Reality



What trauma can look like

- Lying
- Fighting
- Manipulating – staff and others
- Running
- Substance Abuse
- Self harm
- Disconnection/refusal
- Destruction
- Obsession



Speaking their language



- I am really sorry you are finding things hard
- I don't have any answers but wish I did
- It's really unfair you are carrying this
- You can communicate with me in anyway that feels easy
- You really matter to me
- There is no right or wrong way of doing this

Establish Safety

BEHAVIOUR

AGREEMENT

RESPONSE

Reset



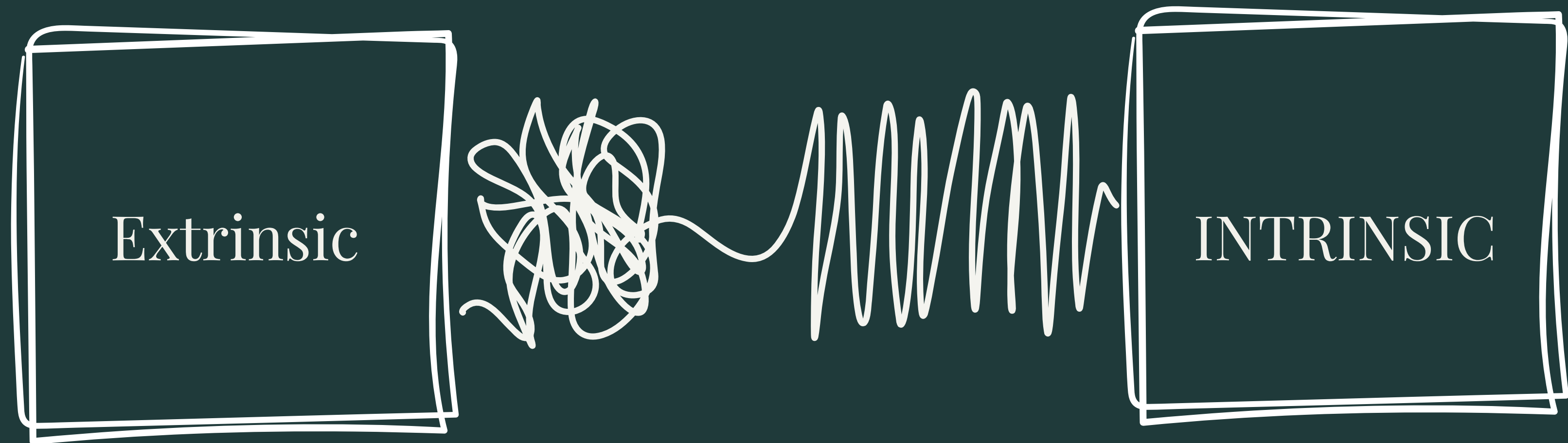
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Speaking their language



- My brain feels a bit itchy
- There is a traffic jam in my head
- I wish I could see the video your brain plays
- Your brain must be heavy, I'd love to carry it for a while
- If your thoughts made music, what would it sound like?

Self Belief



SAFE SPACES



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Hyper focused, Struggle to switch off, Lack of sleep,
Quiet



Find it hard to concentrate, Prefer being with Alice,
Short tempered



Balanced energy, Enjoy small things, Healthier
food, Like Tony

Meeting Need

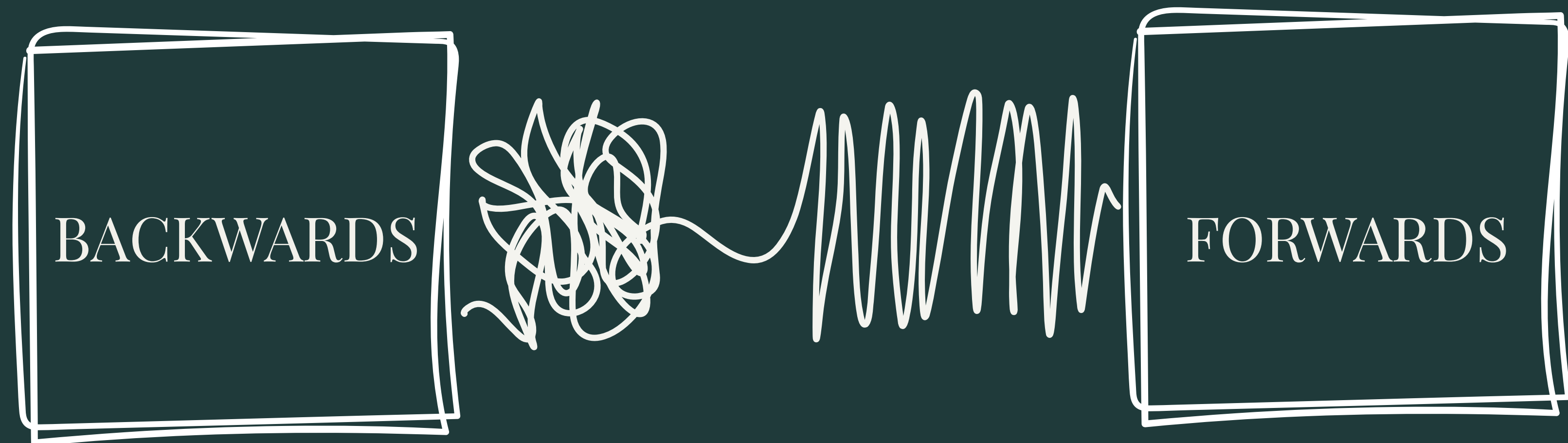
- Sensory flooding
- ‘feeling safe’
- Writing/arts
- Alternative narrative opportunity
- Role play 5 minutes at a time
- Language of choice
- Jobs/Roles/Responsibilities
- Mentor/Talent showcase
- Now/Next
- Flexible time tables
- Voice – be a detective
- Traffic lights, if X then y



OPPORTUNITY



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BUILDING REPLACEMENT SKILLS



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HOPE



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Things not to forget about us

- Total contradictions
- High functioning
- Incredibly reflective
- Expert survivors
- On a scale of time
- In 'recovery' and 'relapse'
- Low self esteem, high shame
- No stop signs
- Can be our own heroes



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