

TOPICAL TRAINING

SEXUAL RISK AVOIDANCE EDUCATION



FYSB Family & Youth
Services Bureau

Adolescent Pregnancy
Prevention Program



Promoting the Avoidance of Risky Behaviors Using Trauma-Informed, Self-Regulation Strategies

November 15–16, 2022

Hannah Snyder, Ph.D., M.A.
Scott Patterson, LPCC, LADAC

Live Virtual Training Logistics

- Please remain **muted** when not talking
- Check your computer **audio volume & enable speaker** (if trouble hearing)
- If comfortable, **share video**
- Training **recording** and materials will be available



Engagement:



Chat box

Learning Community Agreements:

- Participate fully
- Delay distractions
- Honor different experiences
- Be brave and explore
- Intent ≠ Impact
- Others? (Type in chat)





Practice Self-Regulation™

A Trauma-Informed Approach for Health and Well Being

Scott J Patterson, MA, LPCC, LADAC

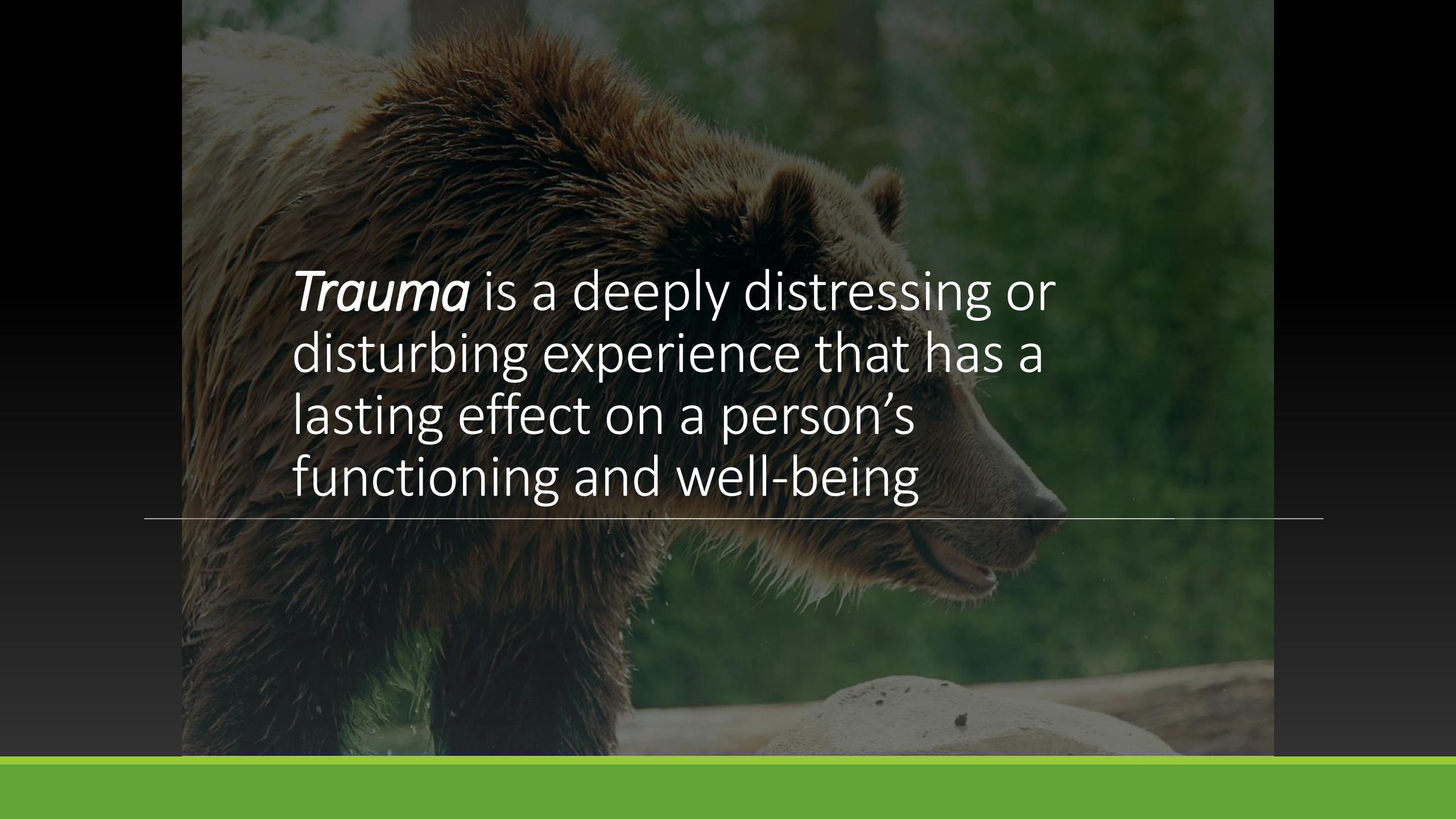
DEVELOPER: JOANN SCHLADALE, MS, LMFT

PRACTICESELFREGULATION.COM

Objectives

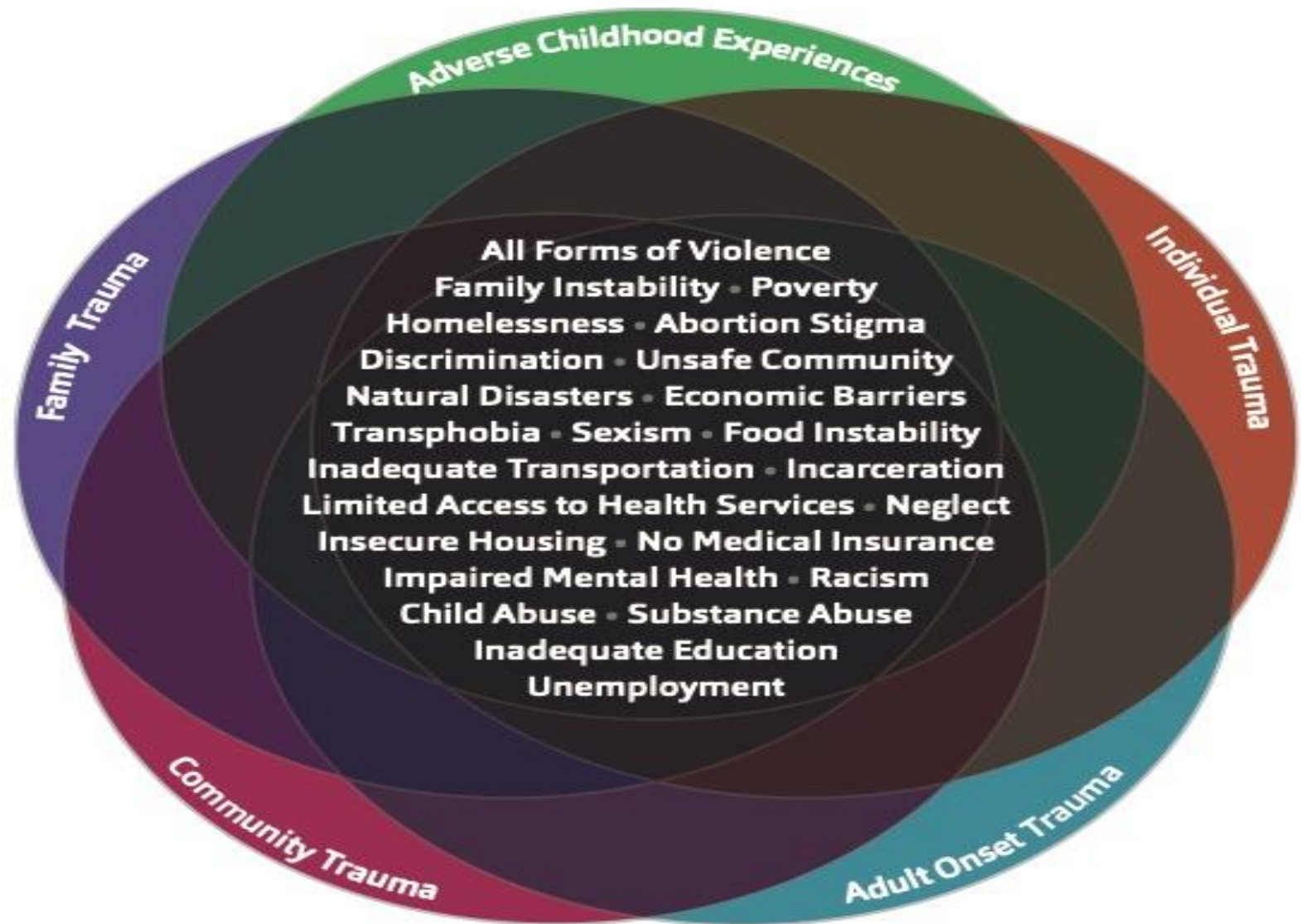
By the end of this training participants will be able to:

- Identify the core skills of self-regulation and co-regulation
- Describe three strategies to ensure that SRAE programming is delivered from a trauma informed perspective
- Develop a plan to integrate self-regulation skills building into existing strategies
- Practice providing trauma informed engagement strategies and education on the avoidance of risky behaviors using multi-sensory activities

A close-up profile of a brown bear's head, looking downwards. The bear's fur is thick and brown. The background is a blurred green field. A dark green semi-transparent overlay covers the entire image. A white horizontal line is positioned below the text.

Trauma is a deeply distressing or disturbing experience that has a lasting effect on a person's functioning and well-being

Intersectional Experiences of Trauma



Trauma can influence

Deficits in executive functioning
(working memory, analysis and synthesis, organizational skills, internal speech, emotional and behavioral regulation)

Dysregulated arousal

Maladaptive procedural learning

Impaired sensory processing

Impulsivity

Harm to self and/or others

Risk taking behavior

Multiple Domains of Impairment

3 or more ACE's

Neuro-Processing: cognition, attachment, anxiety, self-regulation, self-concept, social helplessness, aggression

Physiological: cardiovascular, metabolic, and immunological disorders; addiction, eating disorders, and sexual disorders



Inhaling a deep breath activates the sympathetic nervous system (*accelerator*) which speeds up the heart and results in a burst of adrenaline

EXHALING ACTIVATES THE PARASYMPATHETIC NERVOUS SYSTEM (*BRAKES*) AND SLOWS DOWN THE HEART AND HELPS PEOPLE TO CALM DOWN

Identifying a calm and soothing place



Building Resiliency



The capacity for self-regulation is probably the single most important contributor to achievement, mental health, and social success

LAWRENCE STEINBERG



**Engagement
occurs when
participants
collaborate to
stop harm, heal
pain, and
promote health
and well-being
for all individuals**



Intersectional Experiences of Health and Well-being



Portrait of
the Person I
Want To Be





**Education
DOES NOT
equal change.
Practice does**

**OUR BRAIN MUST
ENGAGE, ORGANIZE,
AND INTEGRATE
INFORMATION IN
ORDER TO SHIFT WHAT
WE LEARN FROM
WORKING TO LONG-
TERM MEMORY**

DEBRA CHRISTOPHER

To change the brain,
we must interrupt
and inhibit rigid
patterns...



...and experiment with new amounts
and kinds of sensory stimulation

Ogden, Goldstein & Fisher, 2013



Key Factors for Affect Regulation

Stien & Kendall, 2004



Safety and stabilization



Multi-sensory activities to reduce dysregulation: exercise and body movement, healing touch, expression through art, drama, dance and music



Developmental skill building (competency development)



Self-control
requires us to be
*calm, competent,
and confident*

Developing self-control involves 3 factors



Enough emotional security to move from external control to self-management
[calm]



Enough behavior skill to know how to act when they are on their own
[competent]



Enough self-assurance to take responsibility for their own behavior
[confident]



What's the best thing that might happen if you decide to take good care of yourself and maintain healthy relationships?

WHAT'S THE WORST THING THAT MIGHT HAPPEN IF YOU COMMIT TO MAINTAINING HEALTHY RELATIONSHIPS?

World Health Organization Definition of Sexual Health


Sexual health is a state of physical, emotional, mental, and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction, or infirmity

Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.

For sexual health to be attained and maintained, the sexual rights of all persons must be respected, protected, and fulfilled.



**HOW HAS OUR TIME TOGETHER TODAY BEEN HELPFUL?
WHAT KEY POINTS MIGHT YOU WANT TO REMEMBER?**



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[HTTPS://PRACTICESELFREGULATION.COM](https://practiceselfregulation.com)

Q&A



Day 2 Evaluation

Please take a few moments to complete a short 8 question survey to give us your feedback on today's training.

To complete the evaluation, scan the QR code or visit <https://t.ly/A1ob>.



We look forward to seeing you for
session 2 tomorrow!