Brain-based Change
SCVRJP Volunteer In-Service
May 9, 2012

Resources & Reference list provided

Slides 16, 18, 19, 20:
NASW ppt, The Neuroscience of Better Negotiations: An Introduction, Jonathan Jordan, ACSW, LCSW member of the Society for Neuroscience
SCVRJP In-Service

- Promote skills of volunteers
- Increase effectiveness of services
- Provide context for session structures
- Discuss and connect as a team
- Answer questions, gather without serving
Why brain-based change

- Fast growing field
- Cognitive restructuring an approved and EBP.
- *Change* at SCVRJP increases public safety, reduces recidivism
- Change, changes people
Brains weigh 3.3 lbs, this much on the average 180 lb person

Brains use 20% of our blood & breath for functioning
**Left brain**

I am the left brain.

**Right brain**

I am the right brain.
### Our Brain

<table>
<thead>
<tr>
<th>LEFT BRAIN FUNCTIONS</th>
<th>RIGHT BRAIN FUNCTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>uses logic</td>
<td>uses feeling</td>
</tr>
<tr>
<td>detail oriented</td>
<td>big picture oriented</td>
</tr>
<tr>
<td>facts rule</td>
<td>imagination rules</td>
</tr>
<tr>
<td>words and language</td>
<td>symbols and images</td>
</tr>
<tr>
<td>present and past</td>
<td>present and future</td>
</tr>
<tr>
<td>math and science</td>
<td>philosophy &amp; religion</td>
</tr>
<tr>
<td>can comprehend</td>
<td>can &quot;get it&quot; (i.e. meaning)</td>
</tr>
<tr>
<td>knowing</td>
<td>believes</td>
</tr>
<tr>
<td>acknowledges</td>
<td>appreciates</td>
</tr>
<tr>
<td>order/pattern perception</td>
<td>spatial perception</td>
</tr>
<tr>
<td>knows object name</td>
<td>knows object function</td>
</tr>
<tr>
<td>reality based</td>
<td>fantasy based</td>
</tr>
<tr>
<td>forms strategies</td>
<td>presents possibilities</td>
</tr>
<tr>
<td>practical</td>
<td>impetuous</td>
</tr>
<tr>
<td>safe</td>
<td>risk taking</td>
</tr>
</tbody>
</table>
Brain Systems

Physical
Chemical
Electrical
Child

- Live in Moment
- Poor Judgment
- No Self-Starting
- No Delaying Gratification
- No Concept of Time
- Inattention
- Disinhibition

Adult

- Goal-Setting
- Ability to Judge
- Initiation
- Self-Regulation
- Time Perception
- Attention
- Inhibition
My butt hurts!

What?
Neuroplasticity is the changing of neurons, via thinking, learning and activities (accidental or intentional).

Neuroplasticity occurs in the brain:

- At the beginning of life: when the immature brain organizes itself.
- In case of brain injury: to compensate for lost functions or maximize remaining functions.
- Through adulthood: whenever something new is learned and memorized.
Mirror Neuron

Actions
Emotions
Mindset
Two Major Circuits

Focus: To Survive
Flight-or-Fight
Stress
Cortisol – “the stress hormone”
Sympathetic

Focus: To Thrive
Relaxation Response
Trust
Oxytocin – “the trust hormone”
Parasympathetic
Impact on Mental Clarity

Difficulties accessing long-term memory

Ability to remember decreases, impacting learning

Pessimism and perceived threats/insults increase

Limbic system aroused

Executive functions: Logic decreases, irrationality increases

Judgment diminishes, aggression (and physical energy) may increase

Problem-solving abilities reduced

Message receptors shut down, terminates meaningful rapport

Ability to remember decreases, impacting learning

Difficulties accessing long-term memory

Pessimism and perceived threats/insults increase
Practice your own neuroplacisity

A, B, C . . .

. . . D, E, F, G
Avoid triggering the threat circuit.

Promote activating the reward circuit.
What do you find trustworthy in others?
Building Trust & Connection

- Proactive Mirroring
- Smiling
- Greeting, Handshake
- Present, w/genuine care & concern
- Be mindful of non-verbal
We respond to the *perception* of…

**Status** – how we compare to others, competition, avoidance of being “wrong” or responsibility for being at fault

**Certainty** – clarity, opposite of confusion, risk free

**Autonomy** – ability to make decisions, sense of control

**Relatedness** – fitting in safely, belonging to a group

**Fairness** – how we are treated compared to others
Maslow’s Hierarchy of Needs
(original five-stage model)

Self-actualisation
personal growth and fulfilment

Esteem needs
achievement, status, responsibility, reputation

Belongingness and Love needs
family, affection, relationships, work group, etc

Safety needs
protection, security, order, law, limits, stability, etc

Biological and Physiological needs
basic life needs - air, food, drink, shelter, warmth, sex, sleep, etc.
Restorative Work

A *culture of peace & belonging.*

Cultures have beliefs, values, life style & a strong sense of identity.

RJ – beliefs, relationship values {respect}, healthy lifestyle, create identity
Incarcerated Americans
1920-2006

Sources:
Justice Policy Institute Report: The Punishing Decade,
& U.S. Bureau of Justice Statistics Bulletin
NCJ 219416 - Prisoners in 2006
Influencing Brain Change

- You are a mirror
- You promote the circuit
- Healing experiences –
  - When we have belief in change
  - The nature of the rlx (fix, help, serve)
  - When we are connected to our values
  - When we are congruent
At sessions

• Arrive at 5:30
  ◦ Assignments stations
  ◦ Greet participants
  ◦ “Thank You”
  ◦ Slower movements
  ◦ Model introspection
  ◦ Stories of Hope and Courage
  ◦ Send off participants
  ◦ Reflect & debrief after class
Promote Change . . .

A, B, C

Awareness

Behavior Changes

Conditions Change
Restorative Practices

- Few: Rebuild – Tier III
- Some: Repair – Tier II
- All: Re-affirm – Tier I
# Sessions/Counter-measures

<table>
<thead>
<tr>
<th>VIP</th>
<th>Alternate driver</th>
</tr>
</thead>
<tbody>
<tr>
<td>UCP</td>
<td>Not driving impaired</td>
</tr>
<tr>
<td>CSI</td>
<td>Reduce risk, situation, setting, style</td>
</tr>
<tr>
<td>VES</td>
<td>Reduce use, understand impact</td>
</tr>
<tr>
<td>VOC</td>
<td>Same circumstances, what choice</td>
</tr>
<tr>
<td></td>
<td>VES- new pre-session interview</td>
</tr>
</tbody>
</table>
“There is far more evidence on RJ, with more positive results, than there has been for most innovations in criminal justice.”

—From “Restorative Justice: The Evidence”
Axial magnetic resonance images from a healthy 57-year-old man (left) and a 57-year-old man with a history of alcoholism (right). D. Pfefferbaum
Something new to me:

Something I will do differently:

How this will impact SCVRJP:
Something new to me:
(awareness)

Something I will do differently:
(behavior)

How this will impact SCVRJP:
(condition)