

All Behaviour is Communication

Module 2 Summary

Understanding Distressed Behaviour

All distressed behaviour meets a need - for the individual it is a solution, not a problem!

Why do children become distressed?



ASN	Developmental Stage	Trauma
Societal Expectations	Relationships, bullying, social media	Fight or Flight Response

Internal Working Models of Relationships

I am: Good, Deserving, Capable
 Others are: Understanding, Responsive, Accessible
 The world is: **Safe**

Positive Attachment Representations

Regulate - Relate - Reason - Repair

Reframing Our Thinking

Aggressive	➡➡➡	Frightened
Not engaging		Doesn't feel safe
Rude		Self-protective
Withdrawn		Cautious
Attention seeking		Attachment seeking

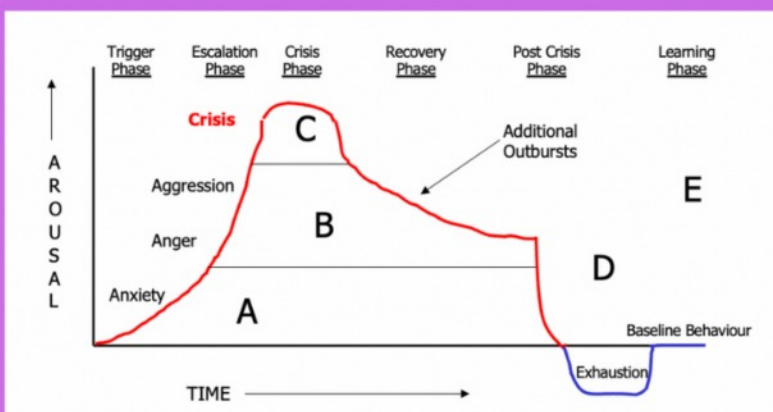


UNDERSTANDING

Impact of Confrontation

For the Adult	Shared Emotions	For the Pupil
My authority has been challenged	Anger	Undermining my-self worth
Who loses is weak, perceived by the audience	Fear	Who loses is weak, perceived by the audience
Loss of rapport with pupil	Anxiety	Loss of rapport with teacher
Having to seek help is an admission of failure	Embarrassment	In front of peer group
Something must be wrong with the pupil	Blame	The teacher is nuts, has it in for me

The Arousal Cycle



Adult Response in Each Zone

Zone A	Active listening - problem solve Practical help - explore feelings
Zone B	Set limits, divert focus, re-assure
Zone C	Self Protection
Zone D	Support and monitor
Zone E	Post Incident Review

Learning Together - Working Together - Succeeding Together