

Dysregulation in individuals with IDD: Working Towards Better Supports



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Early work In Autism

- ❖ 25 years direct care, case mgmt., therapist
- ❖ Recognizing behaviors and what they communicate
- ❖ Service Coordination
- ❖ Therapy and book

Brain Development



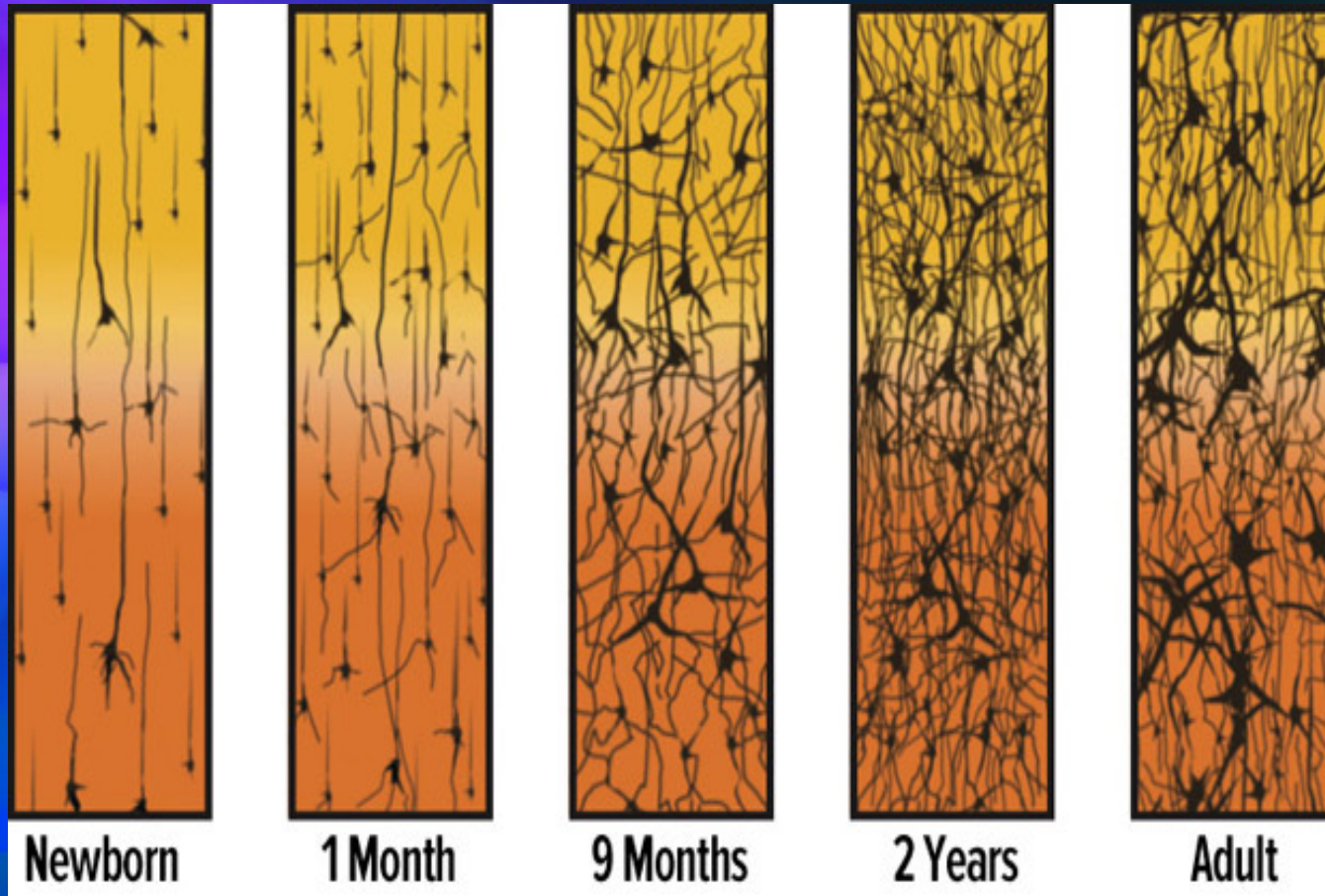
- ❖ Right Hemisphere Only for first 2 years
- ❖ Underdevelopment in specific regions of the RH (anterior cingulate)
- ❖ Development of the Diencephalon, Midbrain and connection to the body
- ❖ At 2 years Left Hemisphere Development begins as evidenced by complex language development
- ❖ Left Hemisphere is responsible for logic, reasoning and language expression in that realm
- ❖ Right hemisphere dominates when language becomes emotional, bonding is occurring, or conversation is less predictive.

Sensory and Emotional Cue Integration



- ❖ Damage to the white matter and executive functioning
- ❖ Executive functioning and decision making
- ❖ Both sensory input and emotion have energies in the body that we must interpret
- ❖ Interpretation speed is compromised
- ❖ Delay in decision = unsafe in the limbic system
- ❖ Escalation begins

Pruning & Brain Development



Neural Pruning

- ❖ 100 Billion neurons
- ❖ Trillions of connections by age 2
- ❖ Pruning continues through adulthood
- ❖ Pruning is inefficient in individuals with autism and early trauma

Questions?



Sensory Needs and Diets

- Identifying sensory needs
- Proprioception and trauma
- Creating a sensory diet for stressful days.
- Physical disability can leave the brain in an escalated state and this becomes even more important.
- Individuals with intellectual delay may not process as quickly but, within certain limits, they do process and progress. Learning is slowed, but not truncated.
- Physical disability is not necessarily commensurate with intellectual disability.

Emotional Regulation

- ❖ Creating space for response determination
- ❖ Becoming the observer of my thoughts and emotions
- ❖ Moving away from attachment and into attunement.
- ❖ The energy of emotion – building space
- ❖ Recognize, Reflect, Normalize



Where After Regulation?



- ❖ Training & rewiring the brain
- ❖ Grounding exercise simplified
- ❖ Body Scans and Mindfulness
- ❖ The importance of reconnecting the brain and body.

Hemispheric Work



- ❖ Bilateral Stimulation
- ❖ Sensory enrichment
- ❖ Brain thickening in Corpus
- ❖ Increase in executive functioning
- ❖ Slowing things down-Building the space
- ❖ I believe this is extremely important!

<https://pixels.com/featured/brain-hemisphere-left-and-right-brain-side-artist-licensed-art.html?product=canvas-print>

Questions?

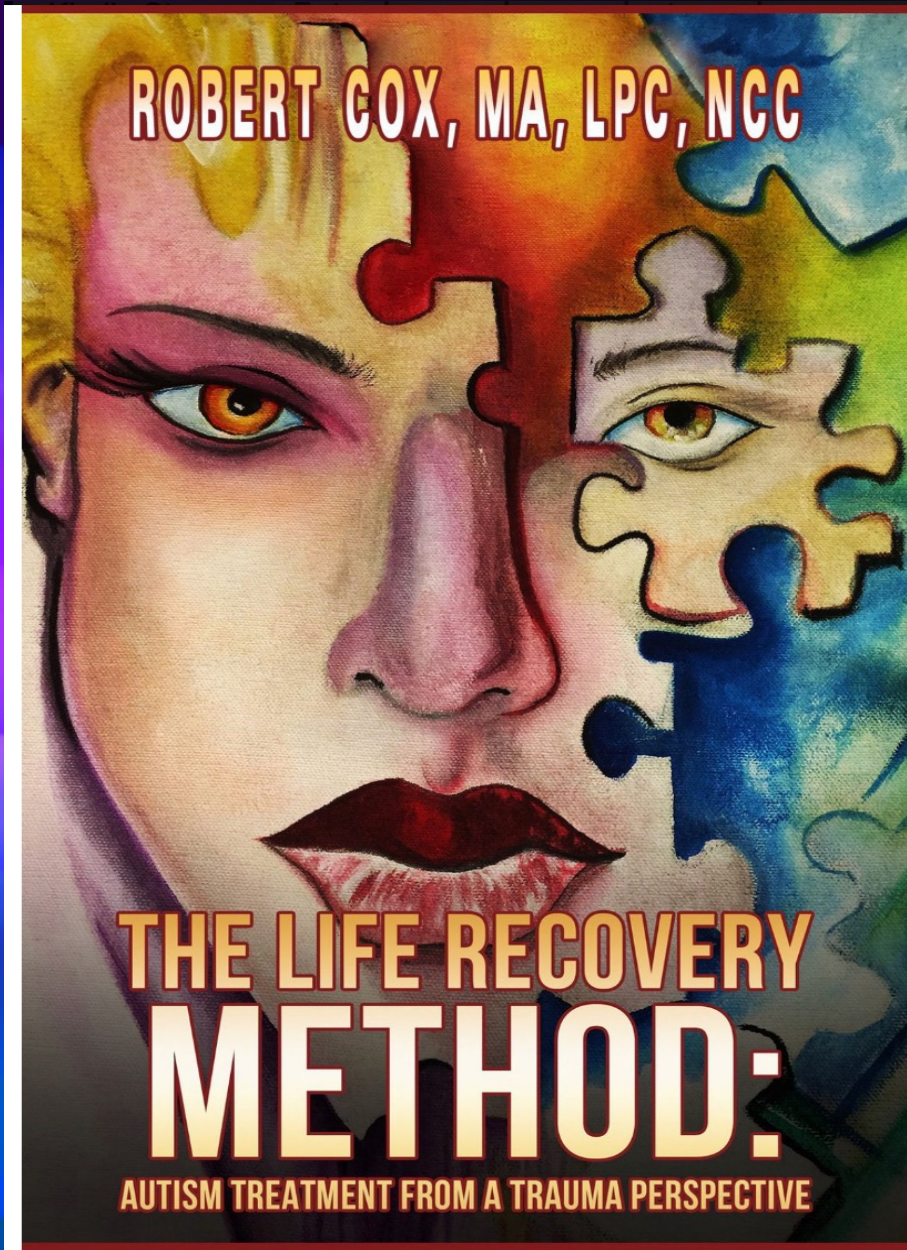


The Case of Gary

- ❖ MID 50's TBI at birth. No history of aggression
- ❖ Starts Experiencing aggression at workshop
- ❖ Becomes increasingly aggressive at home
- ❖ Initial thoughts?
- ❖ Bilateral and mindfulness work
- ❖ 6 weeks

The Case of Jane

- ❖ DX of ID and Autism
- ❖ Cutting over emotional dysregulation
- ❖ Bad decisions with people and money generally forced
- ❖ History of extreme trauma
- ❖ Addiction issues
- ❖ Started by regulating brain, adapted basic exercises for increasing self esteem and self efficacy.
- ❖ Cutting, suicidal behavior, decrease to zero as boundary setting gets better.



For a Fuller View

Available on Amazon

Or contact me at

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To set up more intensive training.

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