

# ENcompassing the Diversity of Cognitive Difference

*Sue Haldane Mind over Manner*

*and*

*Sandy Hall M.Ed.*

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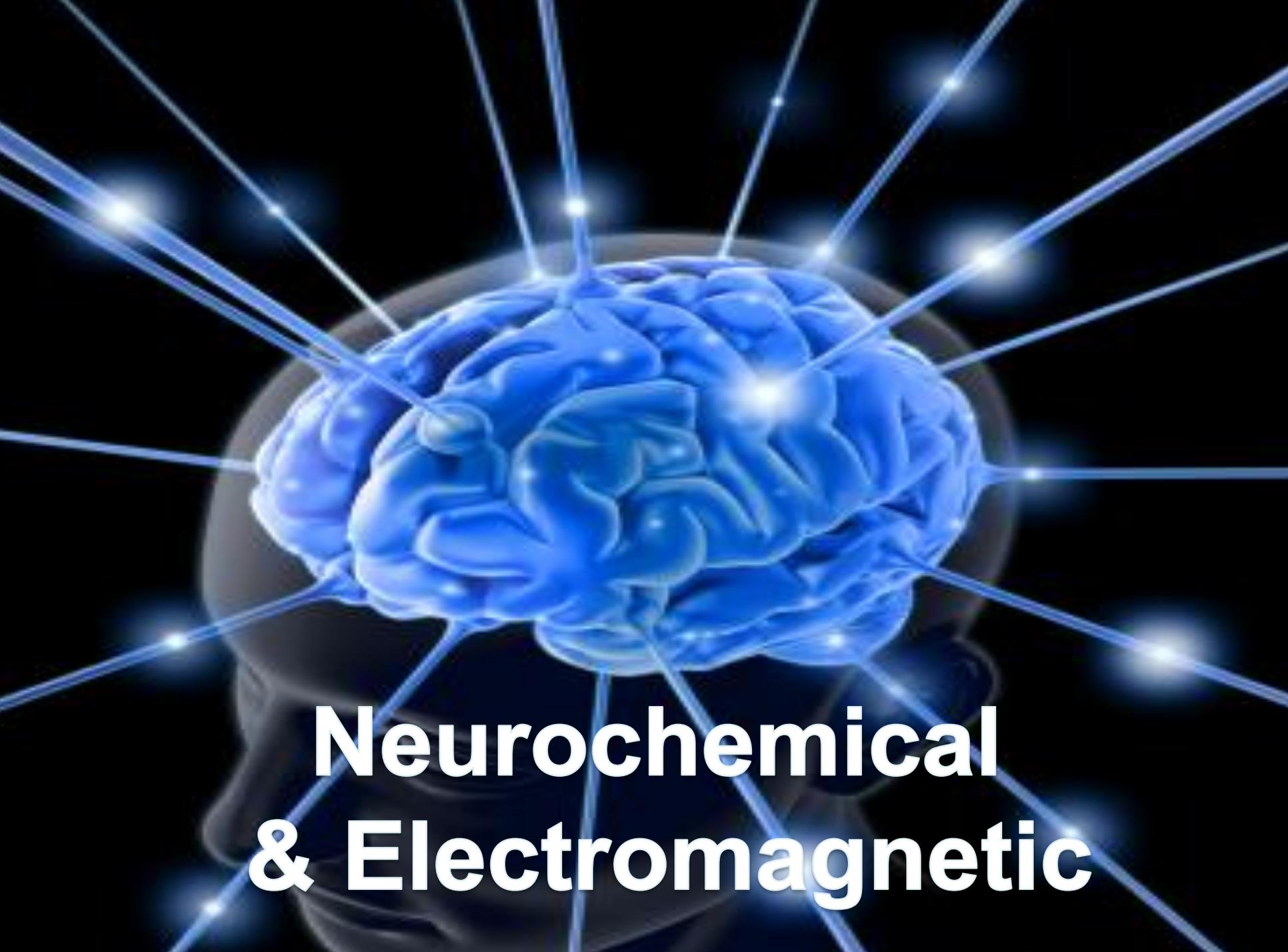
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# Mind over Manner

Realising the Potential of Differently Wired Minds

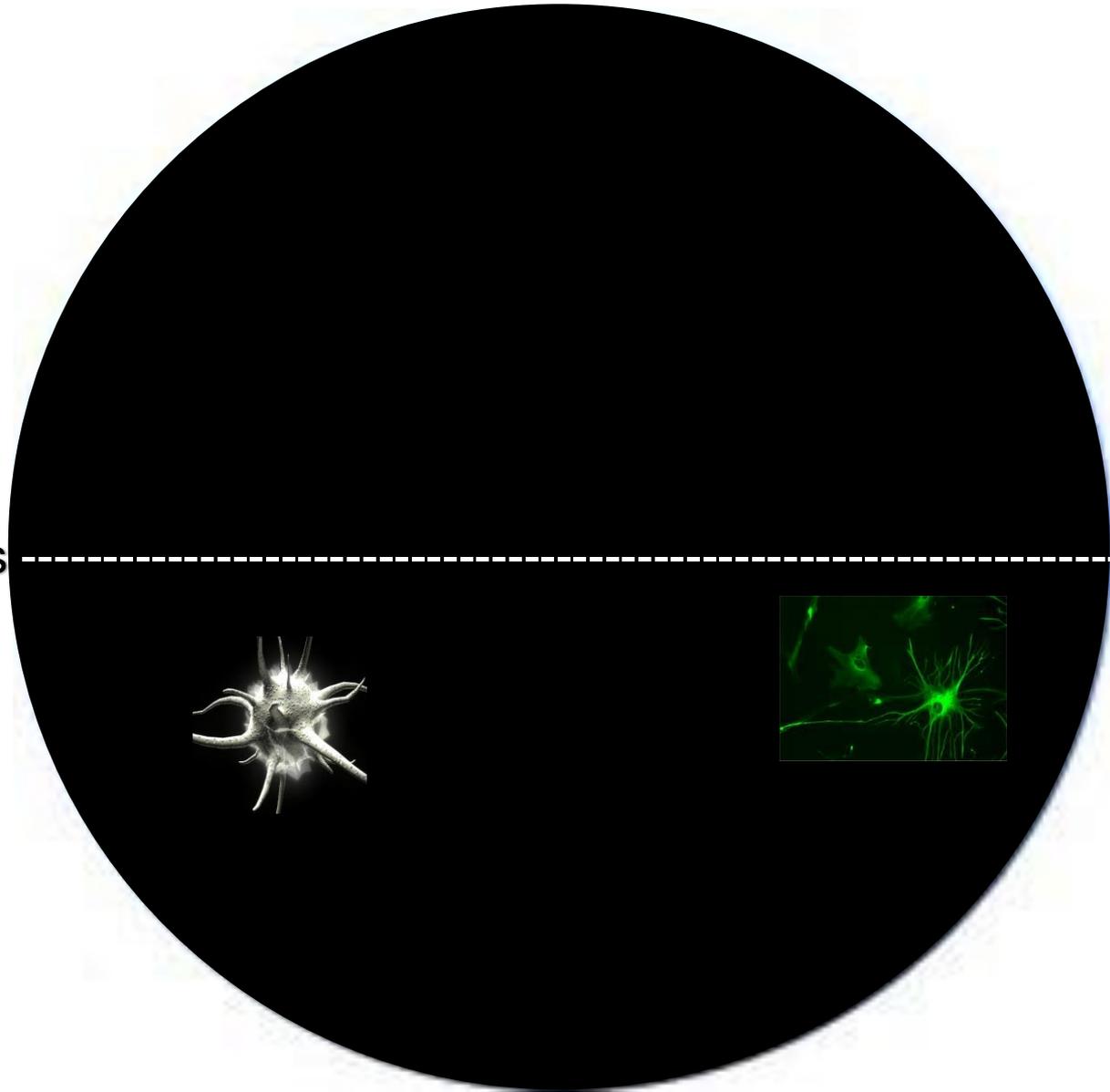




A glowing blue brain is the central focus, surrounded by a network of blue lines and bright blue dots, suggesting neural activity or data flow. The background features a faint silhouette of a human head. The overall aesthetic is futuristic and scientific.

# **Neurochemical & Electromagnetic**

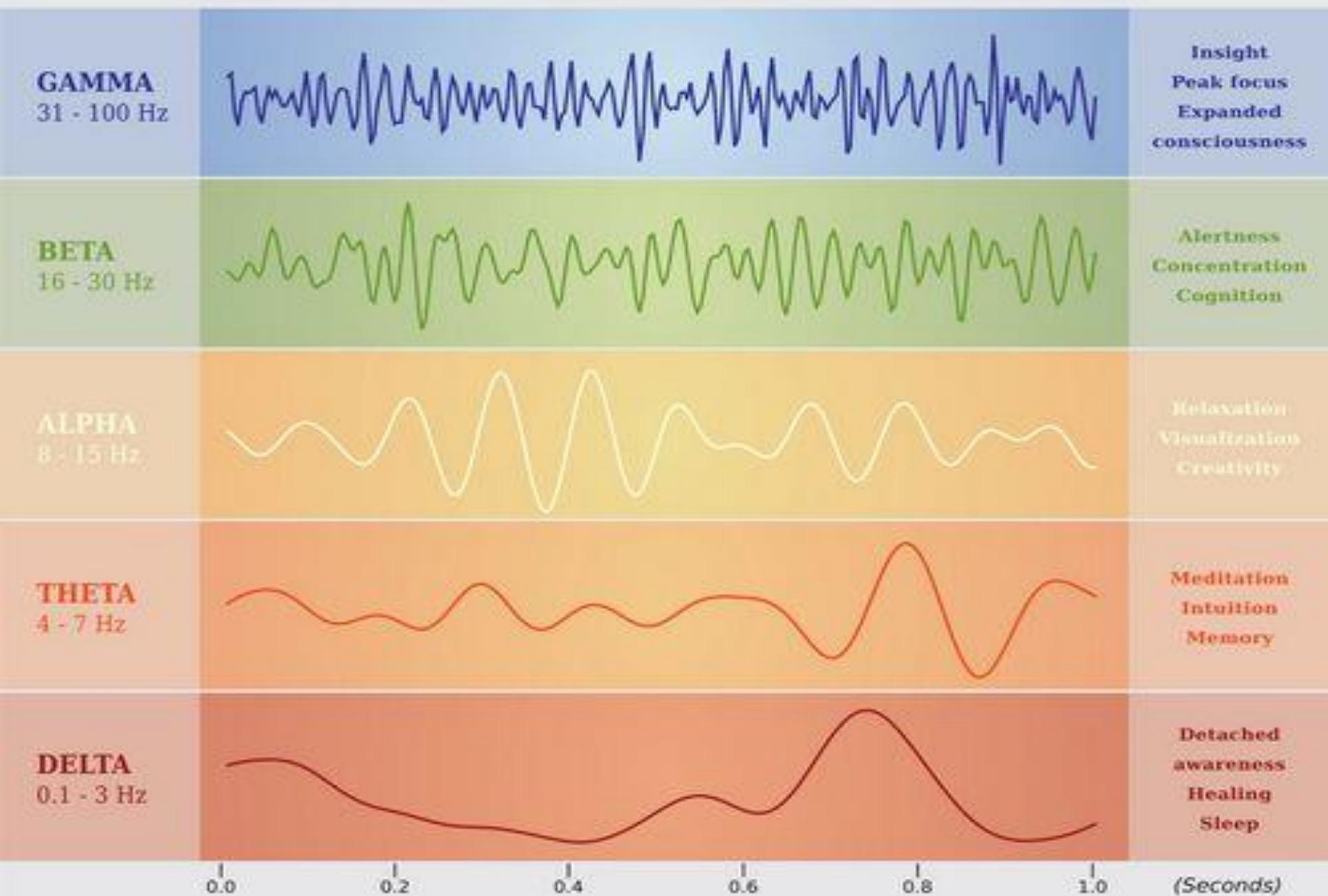
conscious

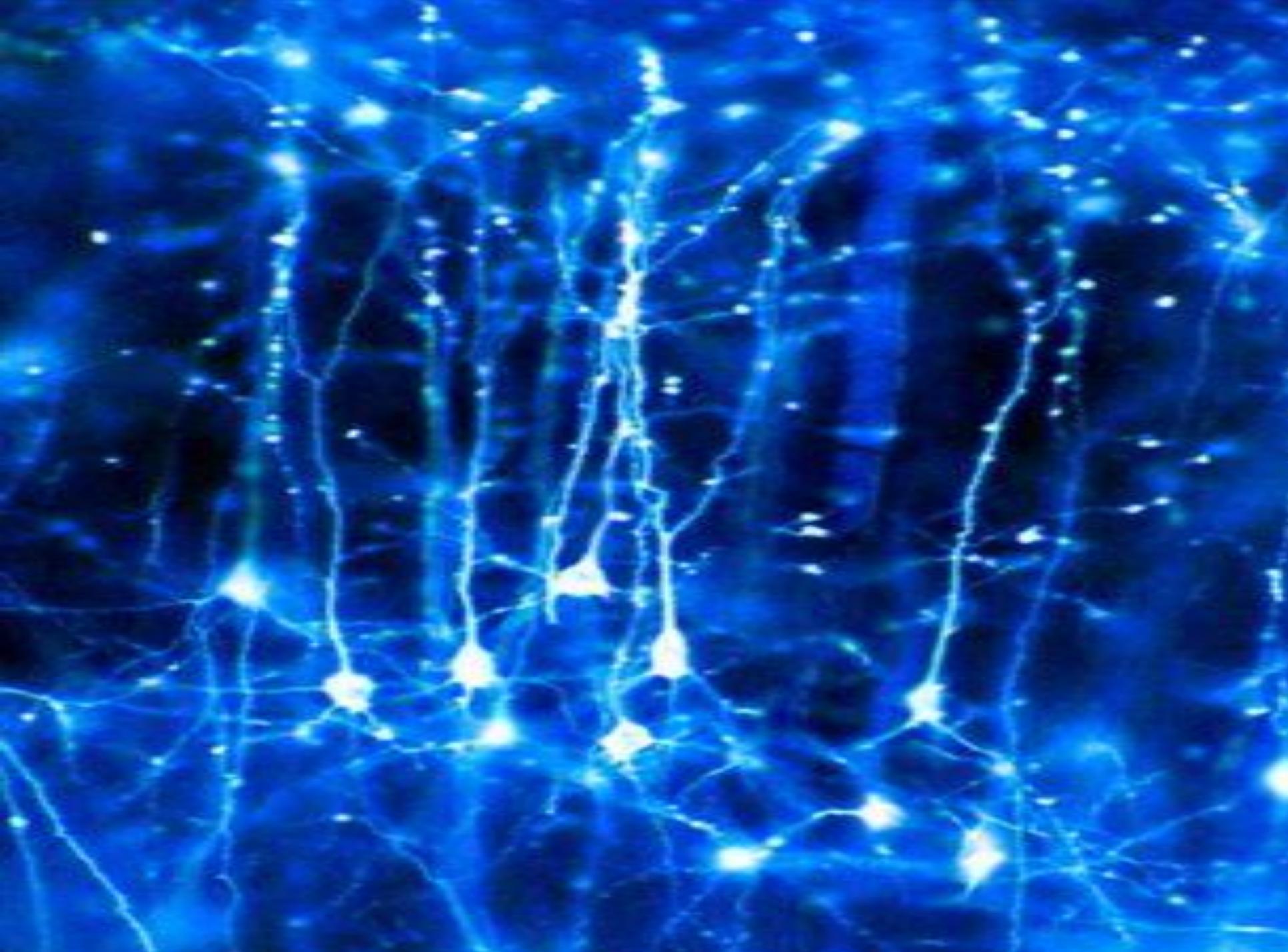


subconscious

unconscious

# HUMAN BRAIN WAVES









**Dopamine**



**Oxytocin**



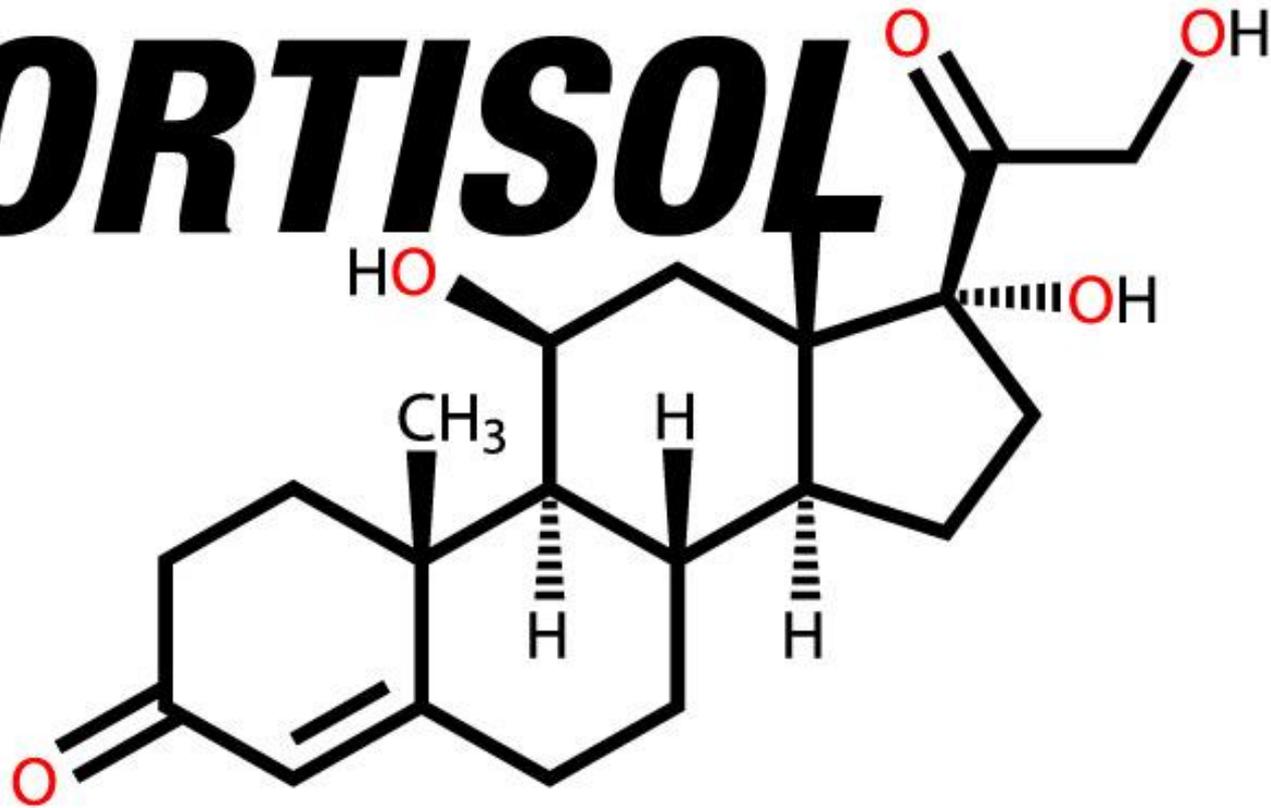
**Serotonin**



**Endorphins**

**A DOSE OF EACH EVERY DAY**

# ***CORTISOL***



# Sensory Processing Differences

- Over responder
- Under responder
- Sensory discrimination
- Vestibular sense
- Sensory seeker

# Literal Interpretation of the English Language

- Thinking in pictures
- Understanding is visual

# Survival Behaviour

- Flight
- Fight
- Freeze
- Fool
- Fake

# Sympathetic and Parasympathetic

- Over responder – parasympathetic is not effective
- Under responder – sympathetic not effective

# Difficulty with authority, transitions and the concept of time

- Give them control
- Use declarative vs imperative language
- Allow time for transitions
- Walk them through
- Stay calm and don't rush them
- Pre talk them through changes

# De escalation techniques

- Allow them to soothe their anxiety;
  - Rocking
  - Spiralling
  - Flapping
  - Gripping
- Ensure escape route
- Deep squeeze
- Flash card
- Give physical space and quiet

# Meltdown

- Meltdown is not a tantrum
- Respond don't react
- Give physical space
- Stay present
- Mirror calm energy
- Take out words – flash card
- Provide water to drink in a safe cup

# Recovery

- Keep connection
- Respond don't react to any negative bids
- Deep squeeze
- Shame vs accountability
- No blame
- Clean up together
- Opportunity for connection
- Generosity and belonging

# Your Recovery

- Transfer of meltdown
- Still no words
- Self care



We cannot safely assume that other people's minds work on the same principles as our own. All too often, others with whom we come in contact do not reason as we reason, or do not value the things we value, or are not interested in what interests us.

— *Isabel Briggs Myers* —

AZ QUOTES

*The work you do provides  
a vital care for these  
people, a safe place, you  
help them belong.*