ENcompassing the Diversity of Cognitive Difference

*Sue Haldane Mind over Manner*

and

*Sandy Hall M.Ed.*
ENcompassing the Diversity of Cognitive Difference

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HUMAN BRAIN WAVES

**GAMMA**
- 31 - 100 Hz
- Insight
- Peak focus
- Expanded consciousness

**BETA**
- 16 - 30 Hz
- Alertness
- Concentration
- Cognition

**ALPHA**
- 8 - 15 Hz
- Relaxation
- Visualization
- Creativity

**THETA**
- 4 - 7 Hz
- Meditation
- Intuition
- Memory

**DELTA**
- 0.1 - 3 Hz
- Detached awareness
- Healing
- Sleep

(Seconds)
A DOSE OF EACH EVERY DAY

Dopamine

Oxytocin

Serotonin

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