

Familyhood

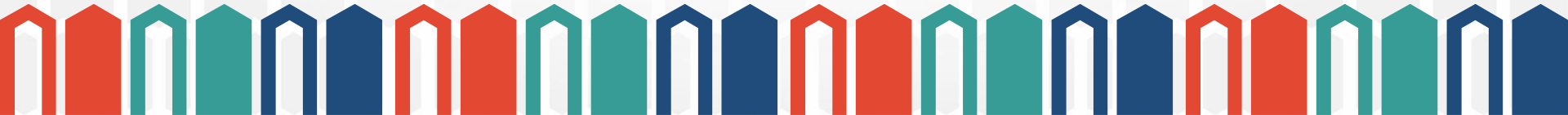
Statewide Training

The Transformative Power of Co-Regulation

How YOU Matter

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Nick Gunzelman, MEd



Acknowledgements

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Self-Regulation Training Approaches and Resources to Improve Staff Capacity for Implementing Healthy Relationship Education Programs for Youth (SARHM) project funded by the Office of Family Assistance (OFA) and overseen by Office of Planning Research and Evaluation (OPRE). Contract was awarded to Public Strategies with Mathematica as a subcontractor, led by Aly Frei, Scott Baumgartner, Mindy Herman-Stahl, and Diane Paulsell.

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Co-Regulation Is About...

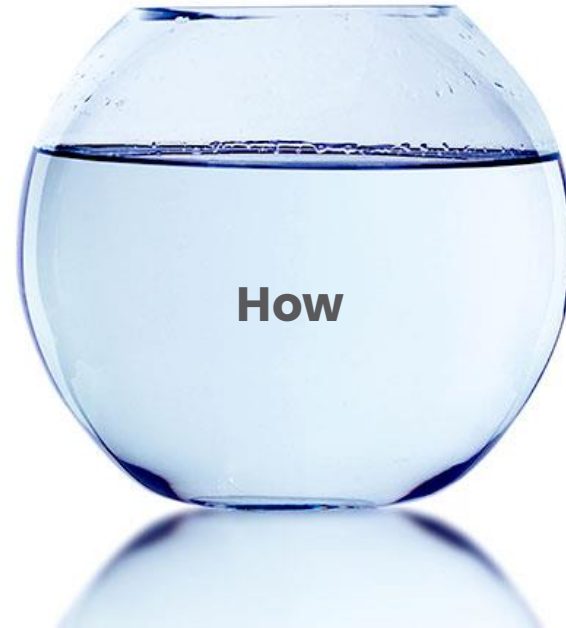


Table Talk: Think About a Time When You...

- Connected with someone to help them feel heard, safe, accepted, or empowered.
- Helped someone understand and accept their feelings, think before acting, persist when stressed, or identify their hopes and dreams.
- Supported someone in connecting to families, communities, or resources that honor who they are.

Co-Regulation

Relationships

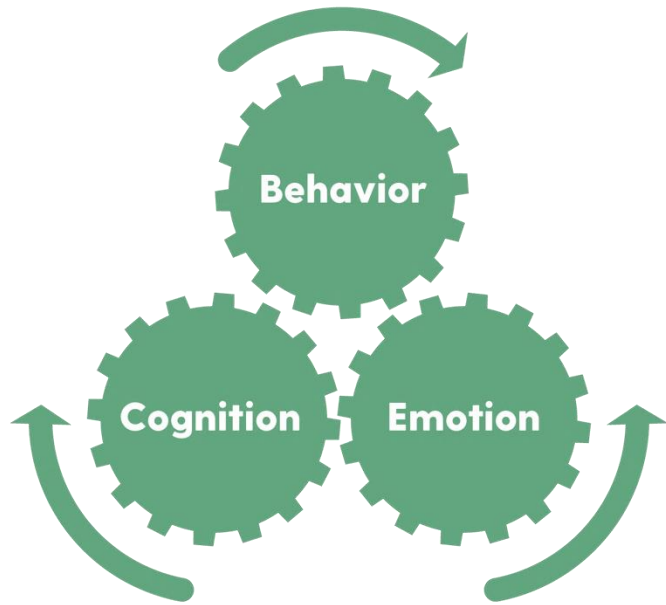
Environments

Skills-
Coaching

Three kinds of support at the same time:

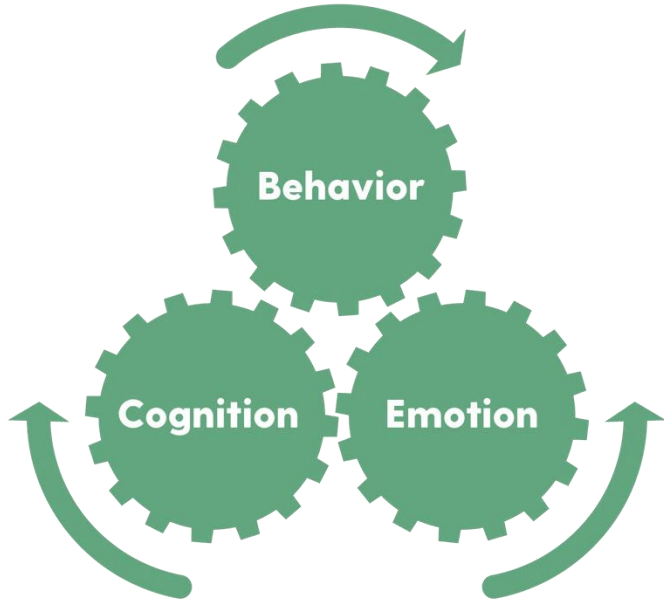
- Build a warm, responsive **relationship**
- Create supportive **environments**
- Coach **self-regulation skills**

What is self-regulation?



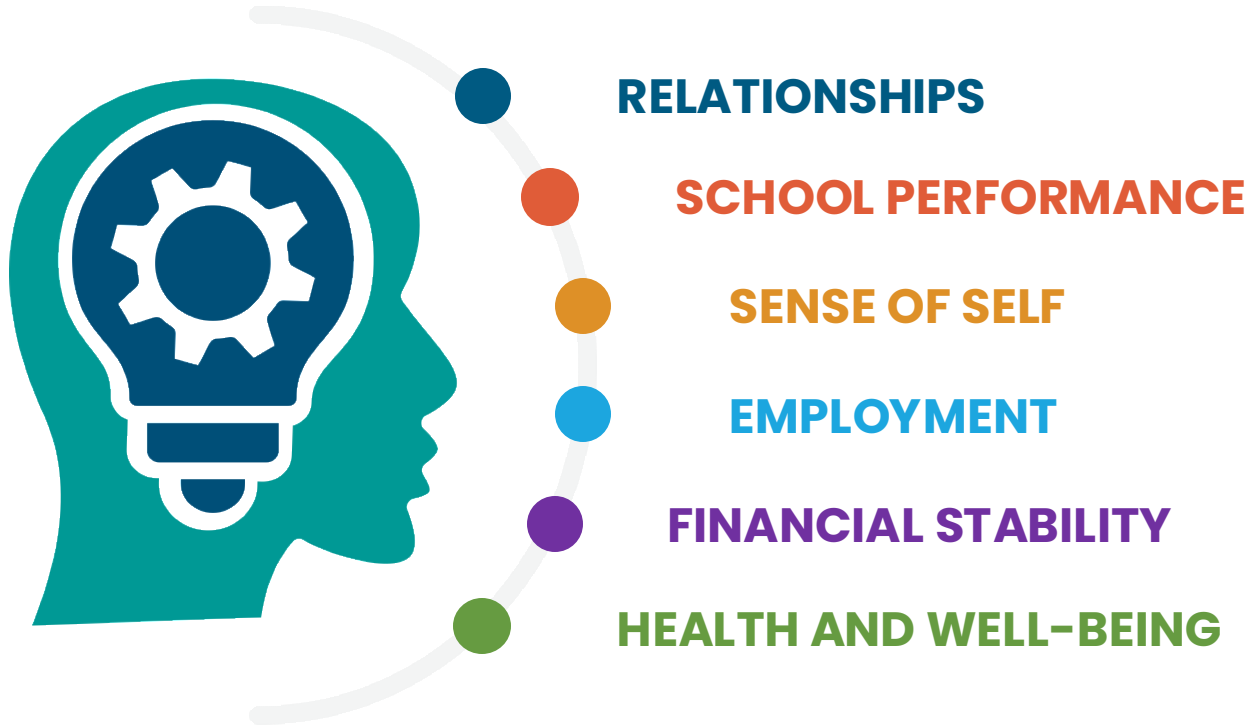
...the *act* of managing our **thoughts** and **feelings** so we **behave** in ways that help us reach our goals.

What is self-regulation?



- Handle stress in our jobs and relationships
- Resist immediate gratification (phone!)
- Avoid quick decisions we later regret
- Make short- and long-term plans
- Solve problems
- Be more effective partners, parents, and practitioners

Why does self-regulation matter?



Self-Regulation: Umbrella Term



Self-Regulation: Umbrella Term



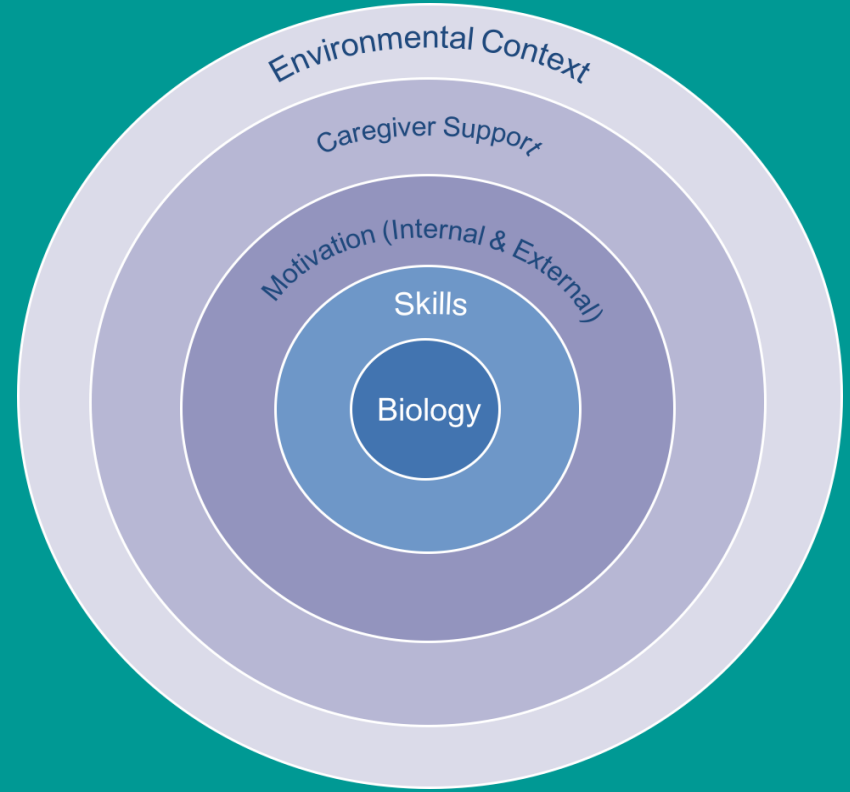


**Self-regulation
develops over time.**

Self-Regulation As We Age...

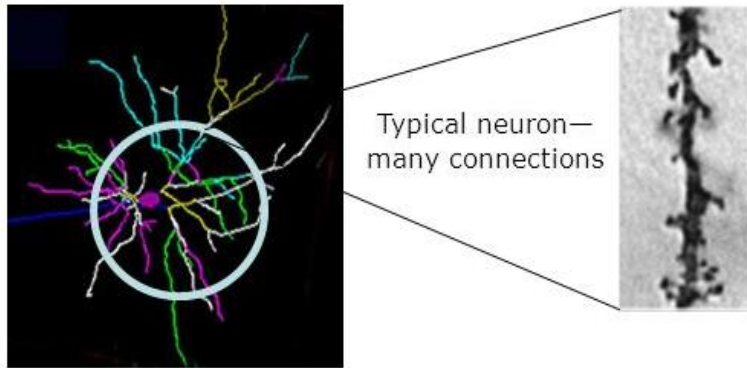


Self-regulation
has very little to
do with self.

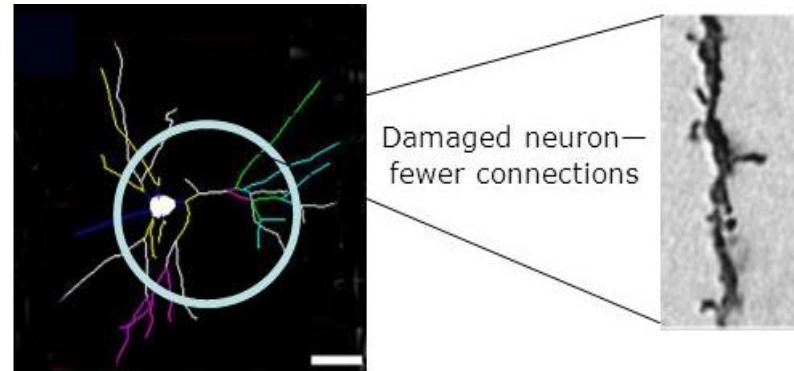


How Experiences Shape Our Self-Regulation Skills and Abilities

Healthy Nerve Cell



Affected Nerve Cell



Source: Radley et al (2004); Bock et al (2005)



TURN and TALK

- How do you see self-regulation affect your clients' day-to-day lives?
- How does it affect your work?

What is co-regulation

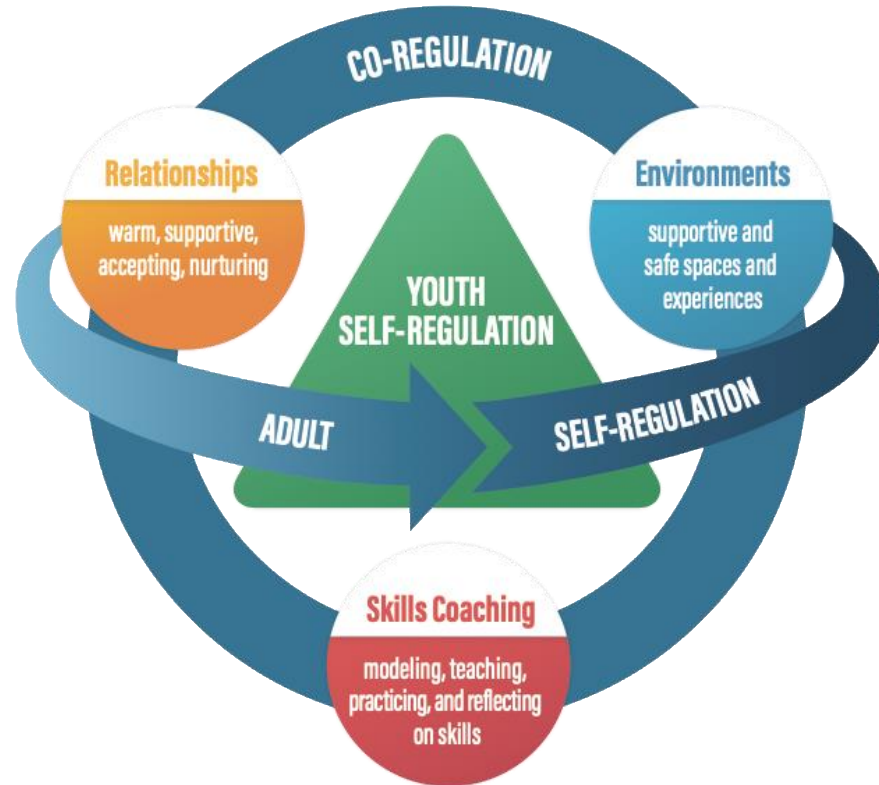
and why does it matter?

What is co-regulation and why does it matter?

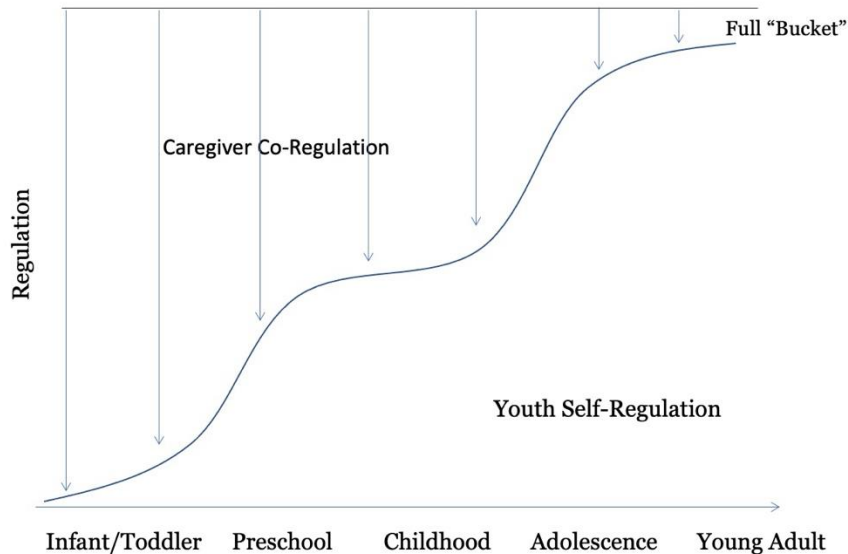
- A supportive approach implemented by adults to prioritize firm relationships and nurturing environments while providing and modeling self-regulation skills



Co-Regulation: A Model

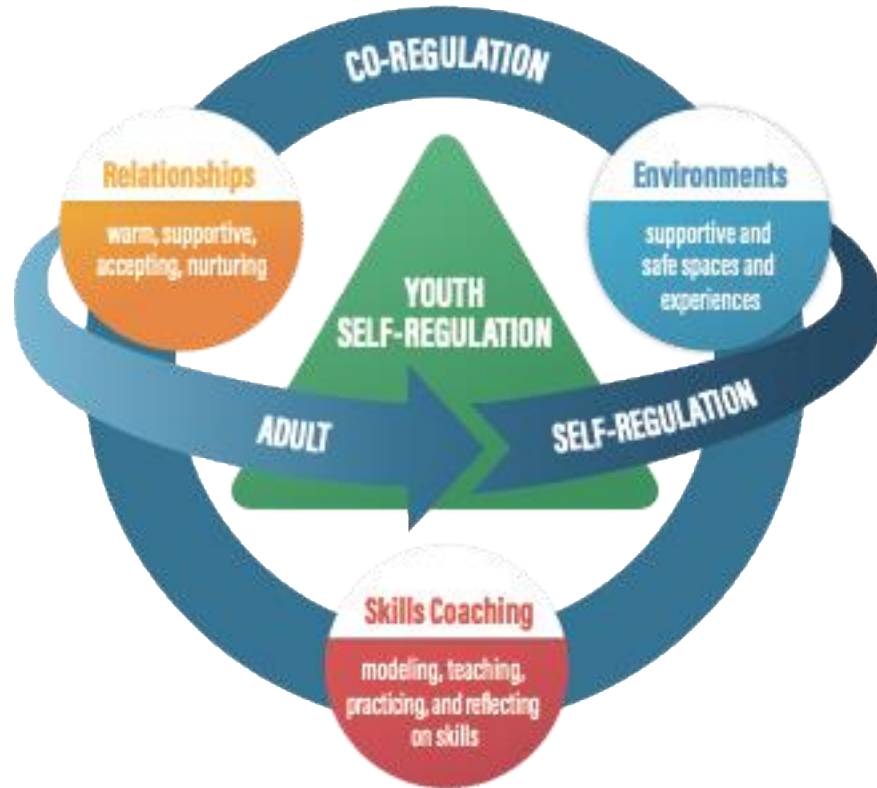






**Co-regulation
is for all of us.**

Co-Regulation: Applying the Model



Warm, Responsive Relationships



Relationships

- Respond with warmth and affection; avoid harsh, judgmental, or shaming remarks
- Validate; offer support during intense emotion
- Share perspective; allow them to make decisions and experience natural consequences
- Show and encourage compassion for self and others

Warm, Responsive Relationships



Relationships

Think about a time when you really felt cared for, like you belonged—a time when you were welcome as part of a group or community.

The people you were with were kind and warm, and you knew they were there for you if you needed them.

Warm, Responsive Relationships



Relationships

What specific things did they say or do, and how did they behave so that you knew that they cared about you and had your back?

(Things someone could see or hear if they were watching.)

Warm, Responsive Relationships



Relationships

Now, think of someone you know who has not been in the environment or relationships they needed to develop self-regulation skills.

It could be a client, child, co-worker, or partner.

What could you say or do that would communicate to that person that they are known, are cared for, and belong?

Warm, Responsive Relationships

Relationships

POSITIVE PRAISE

The Strategy:

This written praise strategy involves four parts.

Try to give every participant a praise note or text during the first half of your program. Praise your co-workers, too!



1 Make it personal.



2 Make it specific.

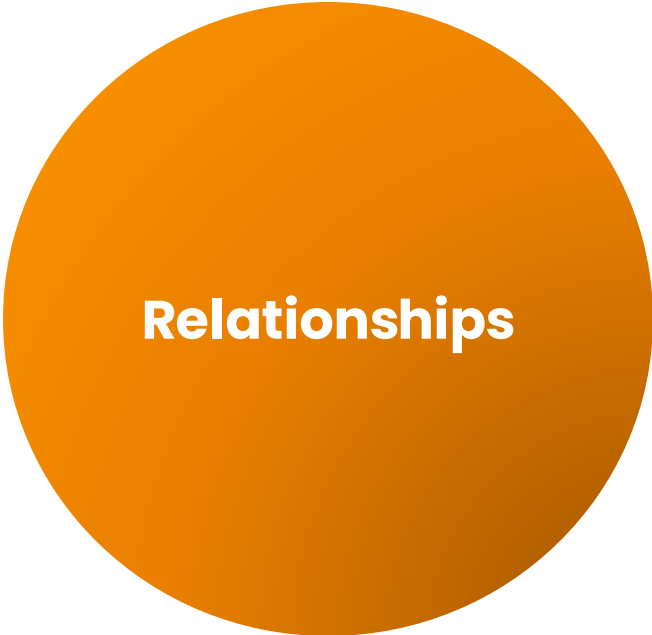


3 Praise effort and accomplishment, not natural ability.



4 Tie the praise to a bigger purpose.

Warm, Responsive Relationships



Explore, Plan, ACT



Safe, Supportive Environments



Environments

- Co-create values that promote safety and positive contexts and environments (e.g., group agreement)
- Incentivize good choices (e.g., those who enact skills receive a reward)
- Offer anticipatory guidance as youth navigate different environments
- Offer space and time to calm down in times of arousal, conflict, or stress (e.g., create a refuel zone)
- Provide prompts for skill use (e.g., posters, notes)

Rest and Return



Environments

In the Classroom



1

EXPLAIN IT



2

SUPPORT IT

Sometimes we need permission to tend to our feelings.

Safe, Supportive Environments



Explore, Plan, ACT



Self-Regulation Skills-Coaching



**Skills-
Coaching**

**How is teaching
different from
coaching?**

Self-Regulation Skills-Coaching



Skills- Coaching

- Coach awareness of emotions and their value
- Coach stress management and distress tolerance; self-calming
- Encourage help-seeking
- Support goal-setting and monitor progress; support persistence
- Coach problem-solving
- Coach decision-making that aligns with values

Self-Regulation Skills-Coaching

**Skills-
Coaching**

Explore, Plan, ACT

The worksheet is titled "Explore, Plan, Take ACTION!" and features a central diagram of a recycling symbol with a person inside. Below the title, there is a paragraph of text: "Imagine what a possible if we all what a self-regulation mindset in sports, partners, parents, and peers!". The worksheet is divided into four sections, each with a colored circle and the word "ACTION:" followed by horizontal lines for writing. The colors are orange, blue, red, and purple. At the bottom, there is a small logo and a note: "© 2015 The Regents of the University of California. All rights reserved."

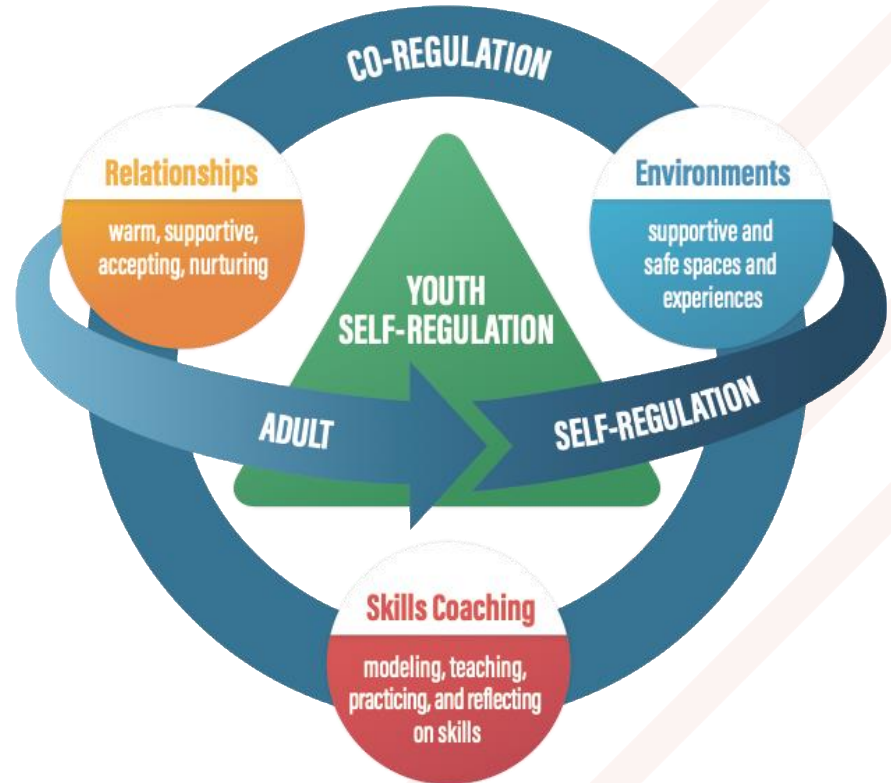


Co-Regulation

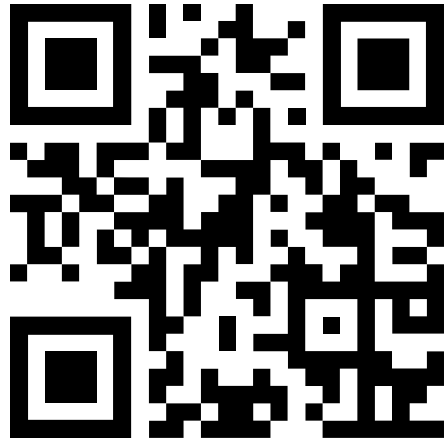
We explored:

- **Relationships**
- **Environments**
- **Skills-Coaching**

WHAT ELSE do we NEED?



Co-Regulation Training



Demonstrates how integrating co-regulation into your practice can enhance outcomes. Participants will learn actionable skills for various situations and populations.

Supporting Personal Self-Regulation

Aware

- of your feelings and responses in stressful situations

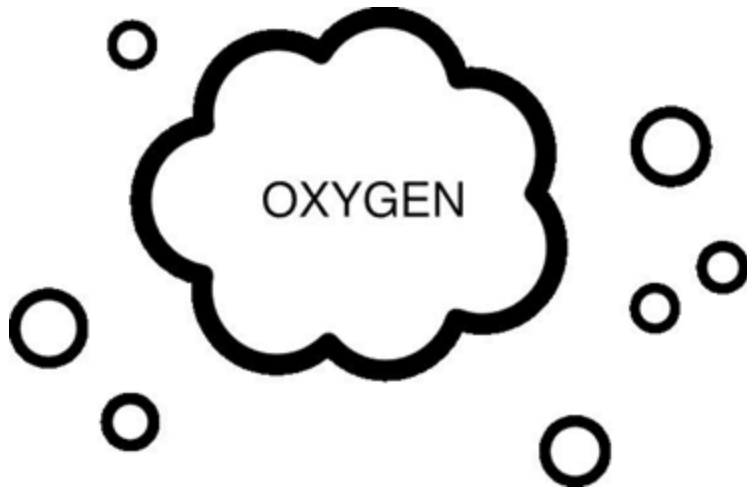
Notice

- your assumptions, thoughts, and beliefs about the behavior of youth and their implications

Use

- strategies to remain calm and respond with compassion, even when stressed, angry, or upset

Successful co-regulation begins with our own self-regulation.



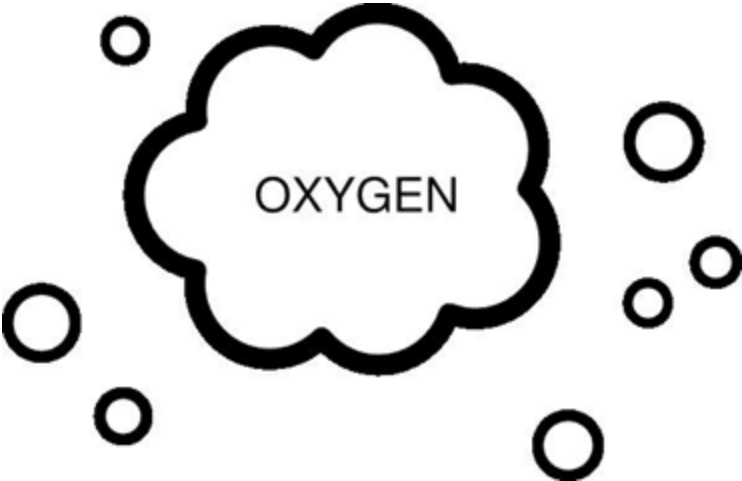
- How do I fill my own tank?
- How can I ensure I come to work with a “full” tank?
- What will help me model self-regulation in front of others even if I’m under stress?

Strategies for Self-Regulation

- Practice mindfulness (consider an app)
- Maintain healthy personal habits: sleep, exercise, and eating
- Check your narratives (the stories in your head about the other person or people you serve)
- Set SMART goals related to your own self-regulation
- Structure your work environment for focus, efficiency, and a sense of calm
- Support one another as a team with positive feedback
- Practice self-compassion and a growth mindset

Personal Self-Regulation

Explore, Plan, ACT





TURN and TALK

- Share one action you plan to take as a parent, partner, professional, or peer with someone near you.

User-Friendly Resources



Co-Regulation in Human Services





Familyhood

Statewide Training

STAY INFORMED AND SIGN UP

Trainings are scheduled throughout the year. To stay updated on session details as they become available, scan the QR code to register. Once registered, we'll keep you informed and ensure you're connected to participate in future training sessions.

