**SERVE**

**Bonnie L. Martin, LPC**

**SHARE** that the victim’s behavior is *normal* for cases of abnormal stress

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**EDUCATE**  about stress in the body and brain(amygdala, cortex, fight/flight, dissociation)

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**REGULATE** the body and mind (CBT, ACT, Grounding, Mindfulness)

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**VALIDATE** anger and grief (TF-CBT, ACT)

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**EMPOWER** the person (strengths focused/promote resiliency)

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**BASE**

**Adapted from Brain Based Therapy (Arden and Linford)**

**B=** Brain (symptoms/presentation of stress –Fight/Flight, Freeze, memory, time, black and white thinking, concentration, emotional regulation, poor impulse control)

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**A**= Alliance (trust, boundaries, mirroring)

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**S**= Systems (school, family, work, health, legal)

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**E**= Evidence-based (Interventions and referrals: i.e., mental health tx, substance abuse tx, trauma tx)

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**SEEDS**

**Dr. John Arden**

**S**= Social interaction (insecure attachment, complicated attachment, isolation)

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**E**= Education (What are they learning that is new/what are the obstacles?)

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**E**= Exercise (30-50 minutes cardio 3-5x weekly; yoga/martial arts; adventure)

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**D**= Diet (Complex carbs, protein, healthy fats, increase water intake)

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**S**= Sleep (7-8 hours; assess falling asleep; racing/intrusive thoughts; waking in the night; nightmares)

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**ACTIVITIES**

For regulating stress

* Progressive Muscle Relaxation (Incredible Hulk)
* Alt Bilateral stimulation
* silly putty
* tapping/“Theratapper”
* Orientating Response
	+ lemon, sweets, hot candy, ice
	+ cold shower
* Diaphragm breathing
	+ sips of water
	+ stomach like a balloon
	+ sing while lying down
	+ Dr Weil 4-7-8 breathing (video)
	+ Mercola: An Important Breathing Exercise (video)
* Distraction
	+ talk about themes unrelated to what is causing the stress
	+ five senses (5,4,3,2,1)
	+ list things of a certain color or shape
* Calming/Oxytocin
	+ suck on chocolate, massage, drink hot tea, take a hot shower
	+ hand on back
	+ hand on heart

Others: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_