

South Dakota Breakout Session

In these 90 minutes I would like to take a practical approach.
First, I would like by a show of hands to give you a test.

Q1. What are primary, secondary, and tertiary disabilities?

Q2. What is external brain?

Q3. Who drinks the most while pregnant?

Q4. What causes more social and financial damage....coke, crack, heroin, speed, cigarettes, marijuana...or alcohol?

Q5. Can you re-grow brain cells killed in the womb by alcohol?

The info will help me design the next 89 minutes. Now that the exam is over let us relax!

Let us start with 2 minutes of breathing. If you get nothing else from this presentation **get this!** This *breathing exercise* will do more than most of our court driven or social work fed interventions.

Close your eyes, open your mouth as if biting an apple and draw in a deep slow breath. Gently. Now release and inhale exhale as if a circle not stopping not in any hurry. Let us do this for 2 minutes starting now.

Breathe.

And breathe gently expand your chest cavity. Try not to raise your shoulders.

The reason I suggest we breathe is because oxygen in the brain is good. The effects of breath cannot be underestimated. Our people, our clients can learn to do this breathing exercise. The pause, the stopping of the amygdala hijack can only be good....for all of us.

A calm brain is more flexible and sees more options. And the real reason is to this breathing practice is to practise being with people in ways that connect rather disconnect.

Feel good? Most excellent.

I propose to cover the following topics:

1. external brain
2. Primary secondary and tertiary disabilities
3. How to create positive interventions?
4. Suggest a hypothetical client and design a program using the neuro behavioural model of Diane Malbin.
5. Give you a reading list
6. Mention the 6 R's
7. Talk about assumptions, "Yeah but" s, and the suggested paradigm shift
8. Answer questions
9. tell you about : ALARM
10. THE TEN QUESTIONS

We may not get all this done in 90 minutes, so I have put this on the web, allowing us to go at a rapid clip.

The six R's are: relational, relevant, repetitive, rewarding, rhythmic, and respectful. These are set out in our article: TRYING DIFFERENTLY: A RELATIONSHIP APPROACH TO REPRESENTING CLIENTS WITH COGNITIVE CHALLENGES. It is on my website see: part 1.3.1

The reading list:

I put this one first because the title may put you off reading it.

A General Theory of Love.

by Lewis, Amini, and Lannon. Three psychiatrists give a good description of brain science and then use it to explain the limbic (emotional) system of the brain. An excellent survey of humanistic ways to be with people backed by science.

Police for the Future

by Professor David H. Bayley, published by Oxford University Press. He is the world's foremost authority on police and will challenge your assumptions about the police and the assumptions and cherished beliefs held by police with facts, and statistics. Every police officer and every thinking person must read this the book. Professor Bayley was the subject of a CBC radio documentary on the IDEAS show which means you can buy the audio version.

Peoplemaking

by Virginia Satir. This book is on the shelf of every social worker, probation office, and child advocate for a reason. If you have not read the book, you are missing the basics of How to Be with People!

Punished by Rewards

by Alfie Kohn....this will change how you see schools, jails, and most work places.

What is Mental Retardation? Ideas for an Evolving Disability in the 21st century.
by Switzky and Greenspan. Mostly a reference book. These men have edited this comprehensive tome. While very academic, dipping in here and there will pay off big especially the last chapters where they set out their social models. Compatible with fetal alcohol research.

Making Contact

by V. Satir..... The basic book on how to make contact and has a theory grounded in her years as a therapist to support the practice she describes. She is more important than Sigmund Freud. Read it and you will agree!

Spark. The revolutionary new science of exercise and brain science

by John Ratey and Eric Hagerman. Good suggestions and excellent science and reads like a whodunnit thriller

Myths that cause crime

by H. Pepinsky and P. Jesilow. 186 pages of profound myth busting. Brilliant academics who managed to write in ordinary English. More relevant today than when published in 1986.

ADHD and FASD

Edited by K.D. O'Malley published by Nova Science. Required reading if you want to know that Most ADHD folks are really FASD.

Fetal Alcohol Syndrome

by Anne Streissguth. The basic first read text. Sets out the research and will give you FASD 101 in a pleasant rewarding read.

The Challenge of Fetal Alcohol Syndrome

by Anne Streissguth and J Kanter. Overcoming secondary disabilities. Again a must read for all.

Fetal Alcohol Spectrum Disorder: Management and Policy Perspectives of FASD
by Ed Riley, S Clarren J Weinberg and E Jonnsson. The spelling mistake is on the cover, published in 2011. The latest science on FASD.

Trying Differently Rather Than Harder

by Diane Malbin the one book you must own, available from FASCETS.ORG

FASD: A collection of information for parents and professionals, 2nd edition

by Diane Malbin. The second book you MUST buy. Also from FASCETS.ORG

FETAL ALCOHOL AND THE CRIMINAL JUSTICE SYSTEM

a Video by the Asante Centre, starring Dr. Juli Conry and Victor Williams. Simply the best teaching video on FASD Available from: www.asantecentre.org

And I have left the best for last. In April of 2011, the Asante Centre, Canada's leading centre for fetal alcohol, will be publishing Kristal Bodaly's 900 page plus tome, available free on the internet, called: *FASD and the Communication disability; strategies for youth in the legal system*. A curriculum for training professionals and caregivers. I wrote the introduction because this book does it all and all of you will want to download and use it. This is a common sense book by a brilliant speech and language pathologist. Language is the prime problem when fetal alcohol meets the law. Kristal has something to say that will help you and me be with kids with fetal alcohol in positive ways. The book has heart and much learning!

ALARM is a way to remember:

Attention

Learning

Adaptive behaviours

Reasoning

Memory

This simple and effective tool was developed by Dr. Juli Conry, a now retired professor of educational neuro-psychology from University of BC (Vancouver), now frequently hanging out at the Asante Centre in down town Maple Ridge.

This mnemonic tool is used by the RCMP and published in the only training manual in the world specifically for police about FASD.

A quick look at the brain of a person. Gives the police and any interested person a sense that they may be a brain problem with a person before you. Teachers take notes!

The external brain is a committee of good hearted people who will stand in for the missing brain cells. Developed by Dr. Sterling Clarren. Explained on the website: www.davidboulding.com

Primary, secondary, and Tertiary Disabilities

Primary disabilities are those caused by the missing brain cells and causes problems in the following:

- Impulsivity
- Suggestibility
- Memory
- Difficulty abstracting, generalizing, predicting
- May be rigid literal concrete learners
- Speech and language struggles
- Easily tired
- Sensory issues
- Development Dysmaturity....mentally younger for their age

And

Secondary Disabilities are a result of a poor fit in society. These defensive behaviours develop over time and are normal attempts to protect from pain, shame and embarrassment.

- Fatigue
- Anxiety
- Frustration
- Tantrums
- Resistant
- Irritable, touchy resentful, and fearful
- Low self esteem
- Isolated, few friends
- Argumentative
- Depression
- Suicide

For more info, see Anne Streissguth and Diane Malbin's books.

Tertiary Disabilities or behaviours include crime, trouble at home discipline issues, addictions, and severe mental health problems.

The point here is that you design and implement interventions at the secondary disabilities, **NOT THE PRIMARY** because the secondary problems are socially

constructed and can be ameliorated by social actions. The inlet is the limbic system, through relationship, not through intellectual processes the person may not have.

The Ten Questions you might ask can be found in the article:

WHAT LEGAL PROFESSIONALS NEED TO KNOW ABOUT FASD AND THE LAW.....found on my website. And first developed for South Dakota in 2005.

These notes are for the Chiesman Conference in Rapid City South Dakota, 24 January 2011 by David Boulding see: www.davidboulding.com

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