

Therapists Supporting Teachers

I'm a Synergetic Play Therapist™ When children are struggling...

I connect with the part of their brain that is in charge.

I view behavior as information about the state of the nervous system.

I am congruent and authentic with children.

I must self-regulate to stay with big emotions.

I use mindfulness and attunement as tools in the playroom.

I match highly dys-regulated states of arousal in the intensity that is needed in that moment.

I'm a Teacher When students are struggling...

I want to understand what part of their brain is in charge?

I want to understand what their behavior is communicating?

I want to experience less stress in the classroom?

I want to be able to self-regulate and use my own regulation as a tool in the classroom

I want to be able to use mindfulness throughout the day to support regulation

I want to work with highly dys-regulated students without further escalating them or impacting other students.



We have different roles.
We can support teachers by helping them experience less stress and more regulation in the classroom.