



The Mandt System®

Utilizing a **research** - based
continuous **learning** and
development approach



Since 1975 we have partnered with organizations worldwide to create healthy relationships

Neurology, Behavior, Stimulus, Trauma, and Other Scary Words!!

14th Annual International Fragile X Conference

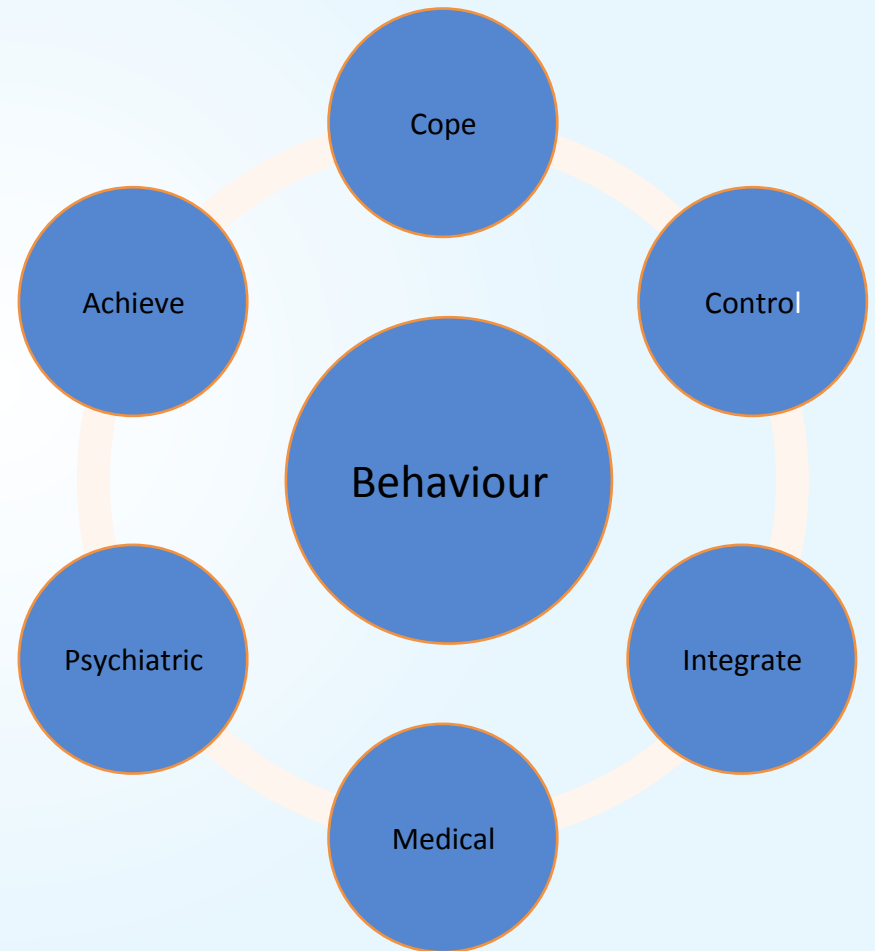
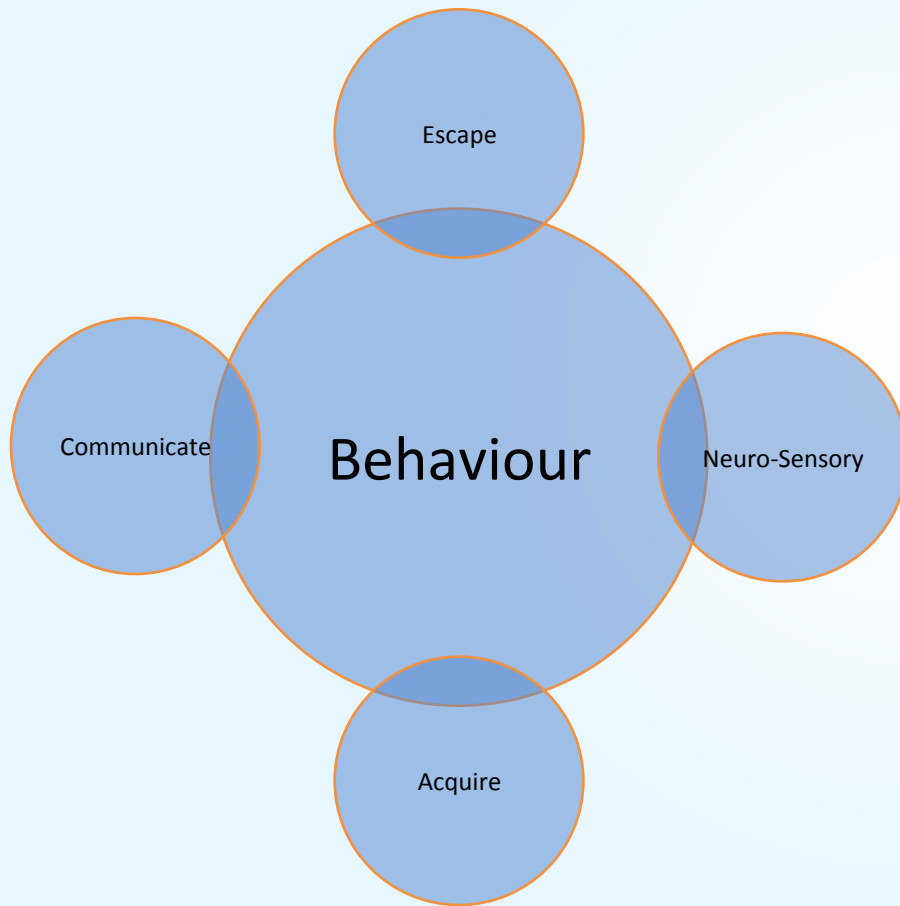
Tim Geels, MA

July 18, 2014

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Defining Behavior





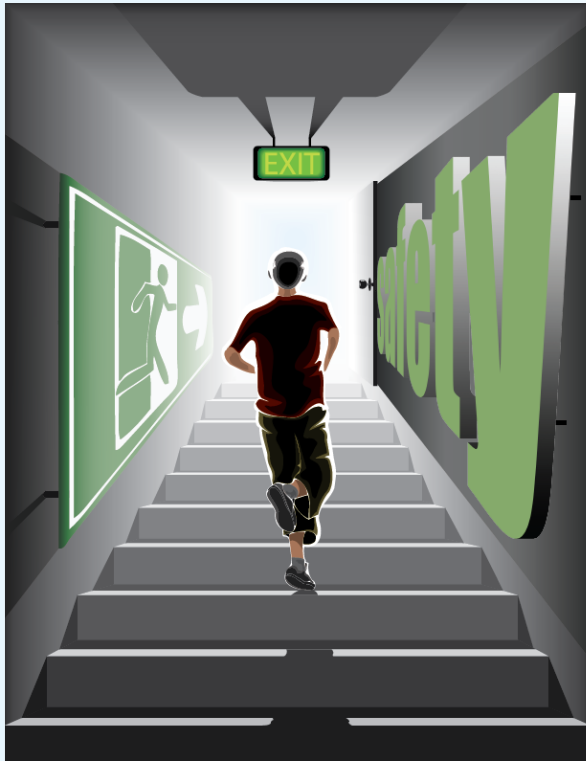
Escaping to Safety


- “When startled and caused to flee, animals **escape to safety**, they do not merely escape from danger.
- The fleeing animal is not stressed by the fear evoking stimulus but becomes distressed only if its ability to detect the threat is obstructed (predictability)
- or its **escape to safety** is impeded or blocked (controllability). (Lindsay, 2008) 



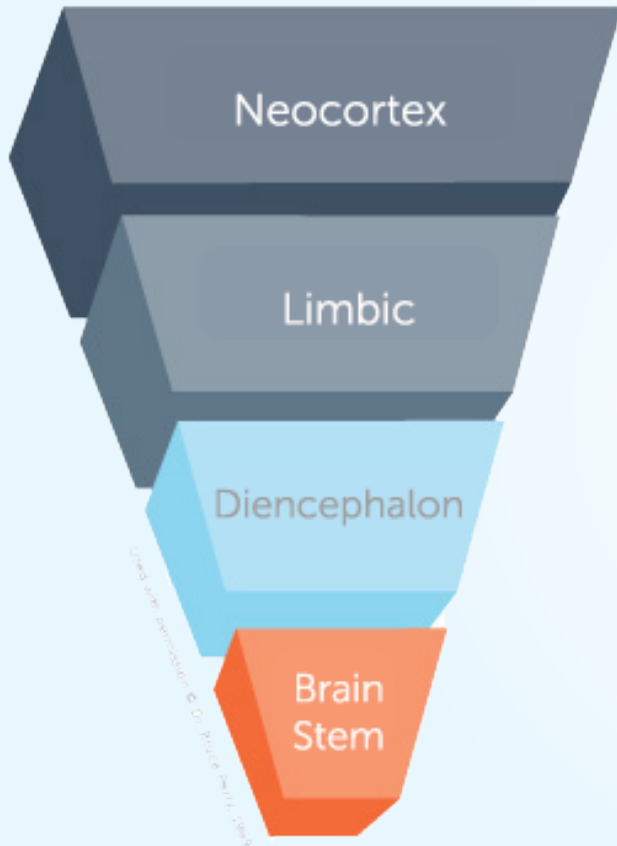


Escaping to Safety

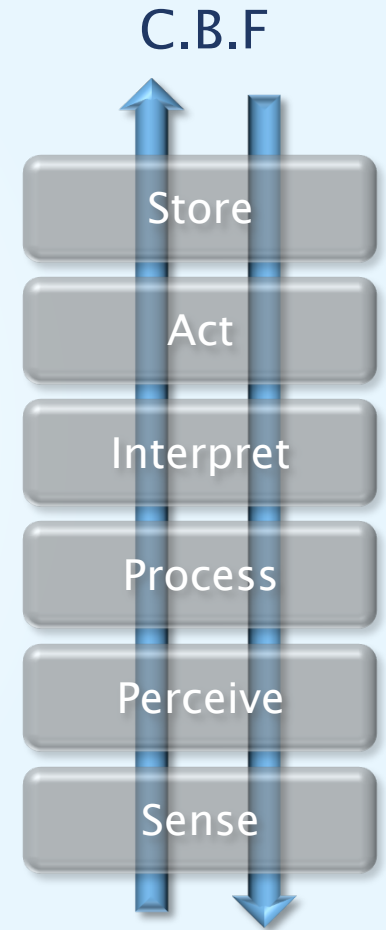


- When we respond to behavioral challenges
- We usually block escape attempts
- We need to help people **escape to safety**
- And then teach them how to respond to danger in the future 

Psychology Follows Neurology



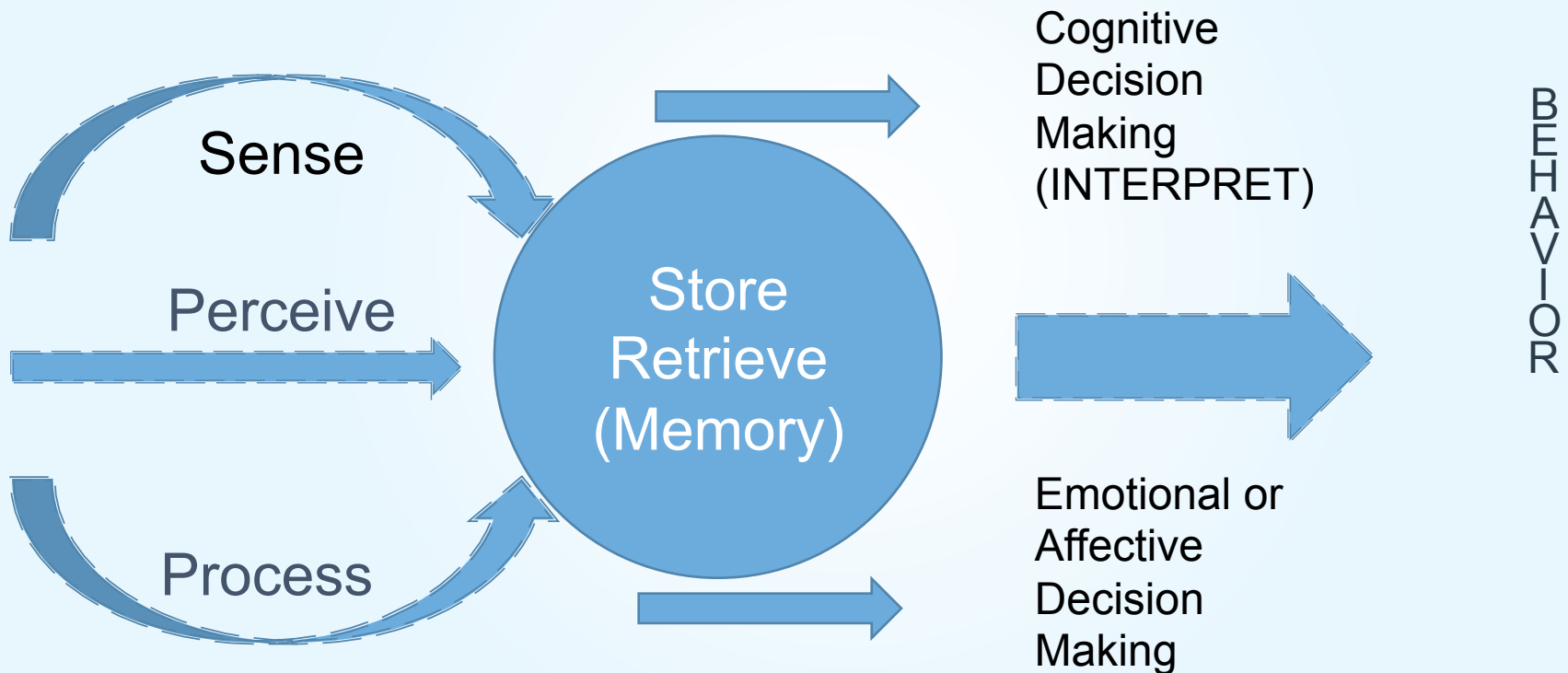
Abstract Thought	Ages 12 - 18
Concrete Thought	Ages 8 - 12
Affiliation	Ages 4 - 8
“Attachment”	Ages 1 - 4
Sexual Behaviour	First Year
Emotional Reactivity	3rd Trimester
Motor Regulation	2nd Trimester
“Arousal”	
Appetite/Safety	
Sleep	
Blood Pressure	
Heart Rate	
Body Temperature	



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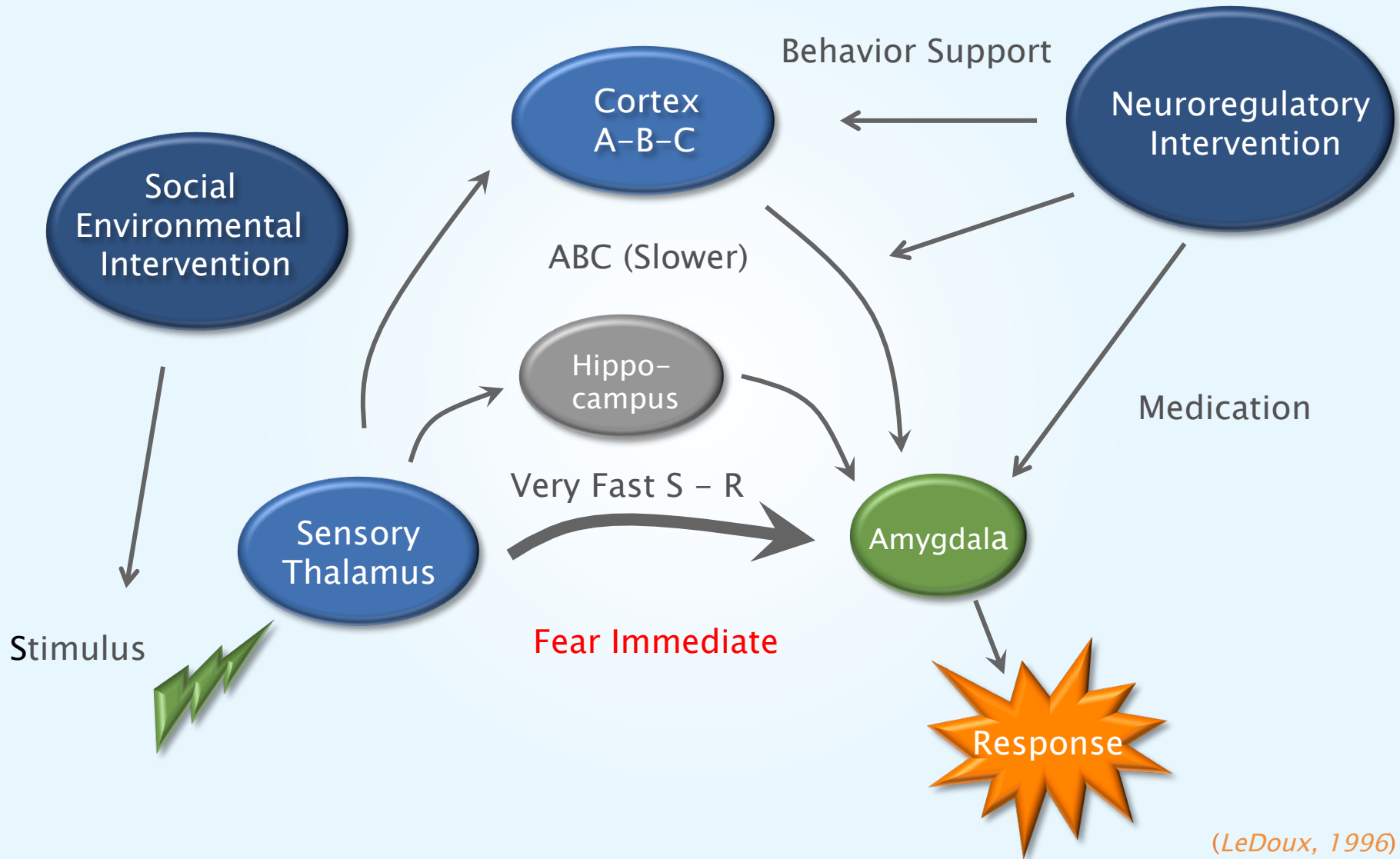
Input-Output Loop

Core Brain Processes





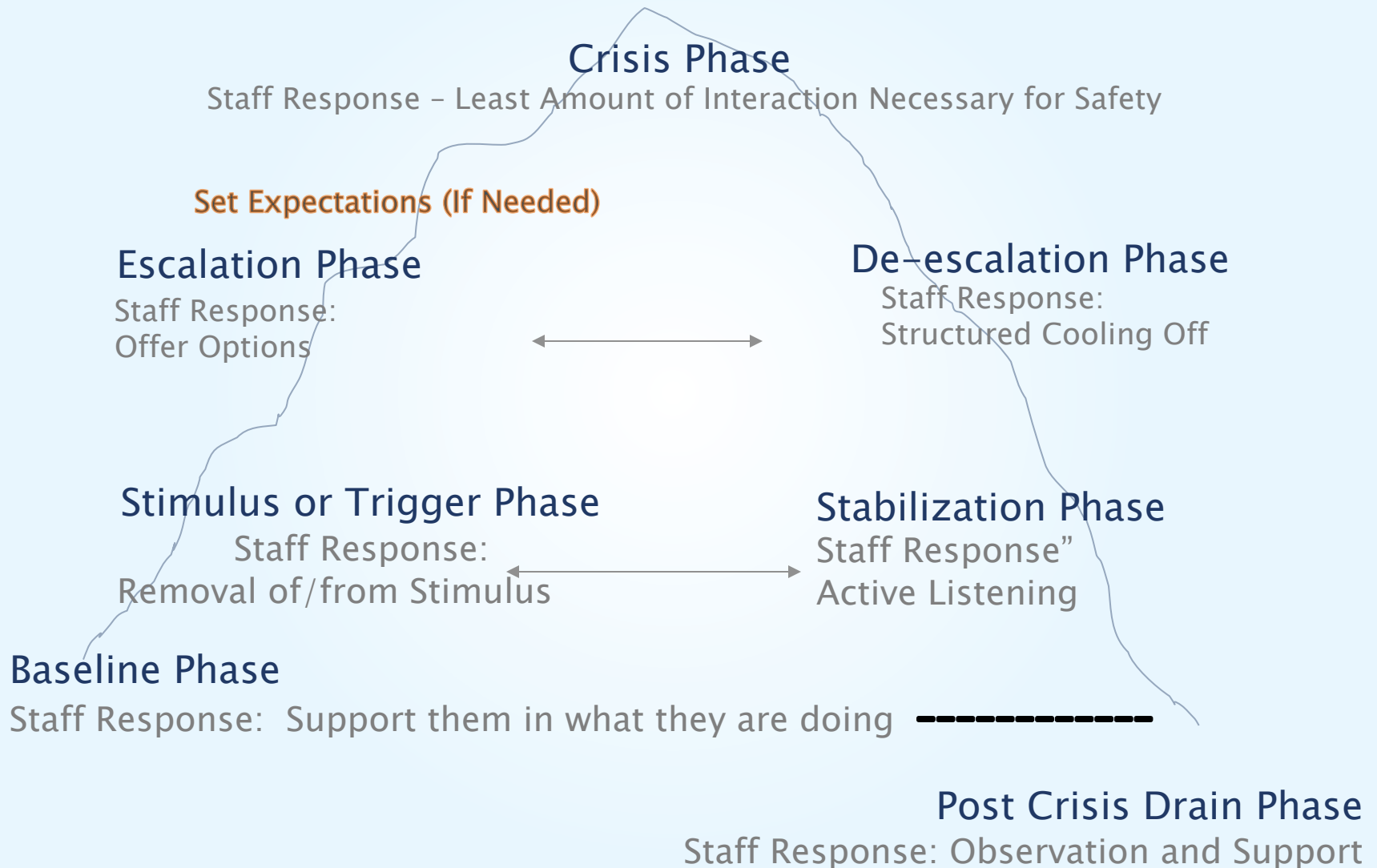
Between Stimulus and Response



(LeDoux, 1996)



The Crisis Cycle



Trauma and The Crisis Cycle

Dr. Bruce Perry and The Mandt System, Inc.

	NeoCortex Calm	SubCortex Arousal	Limbic Alarm	Midbrain Fear	Brainstem Terror
Mental State	Baseline	Stimulus	Escalation	Afraid	Terrified
Sense of Time	Extended Future	Days Hours	Hours Minutes	Minutes Seconds	Loss of Sense of Time
Cognition	Abstract	Concrete	“Emotional”	Reactive	Reflexive
Behaviour	“Normal”	Vigilance Avoidance	Resistance Compliance	Defiance Disassociation	Aggression Fainting
Prevention Strategies	Maslow’s Hierarchy of Needs	R.A.D.A.R.	R.A.D.A.R.	R.A.D.A.R.	R.A.D.A.R.
De-escalation Intervention Strategies	Support the person	Remove Stimulus	Offer Options	Set Expectations	Least Amt Interaction

The Crisis Cycle



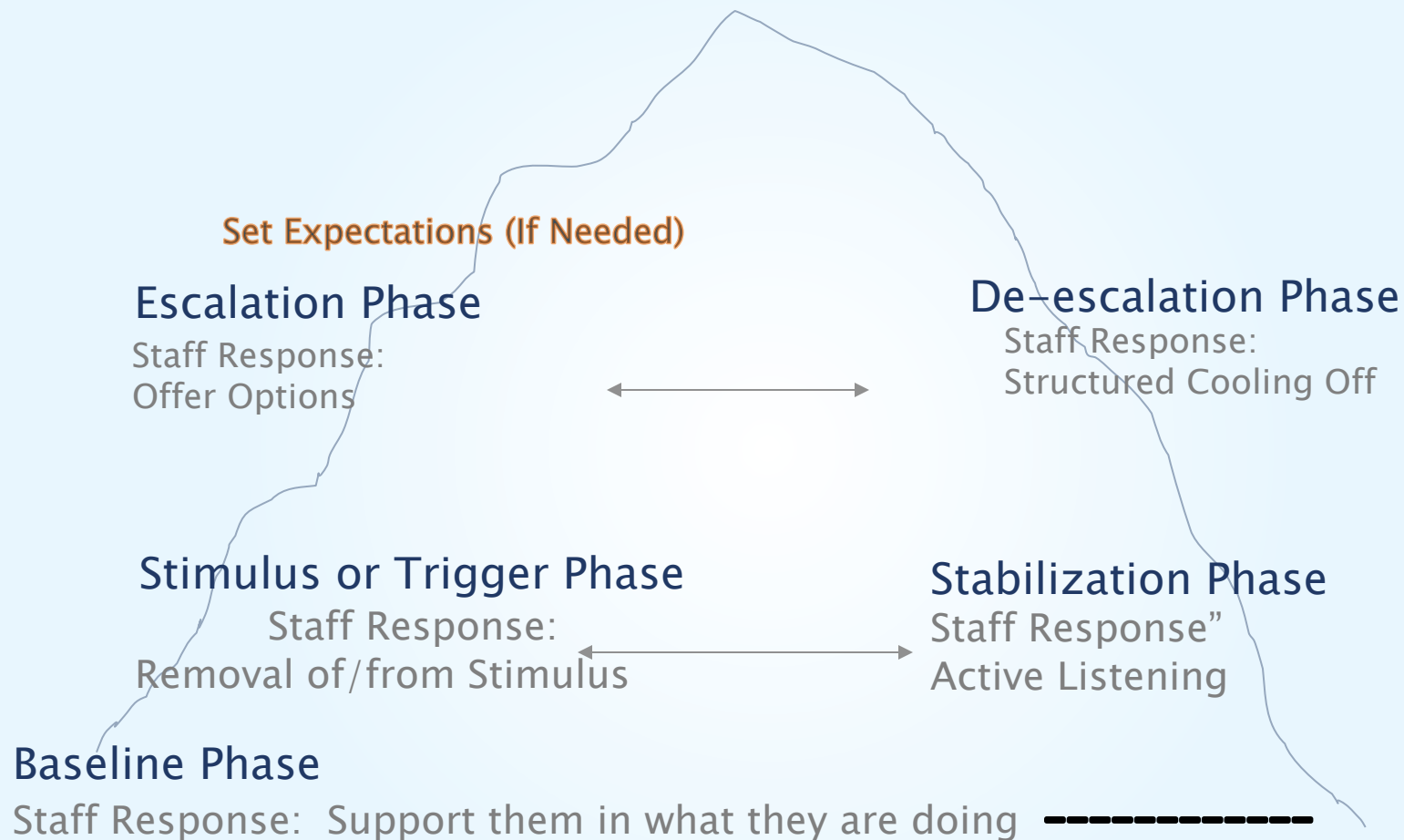
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The Crisis Cycle



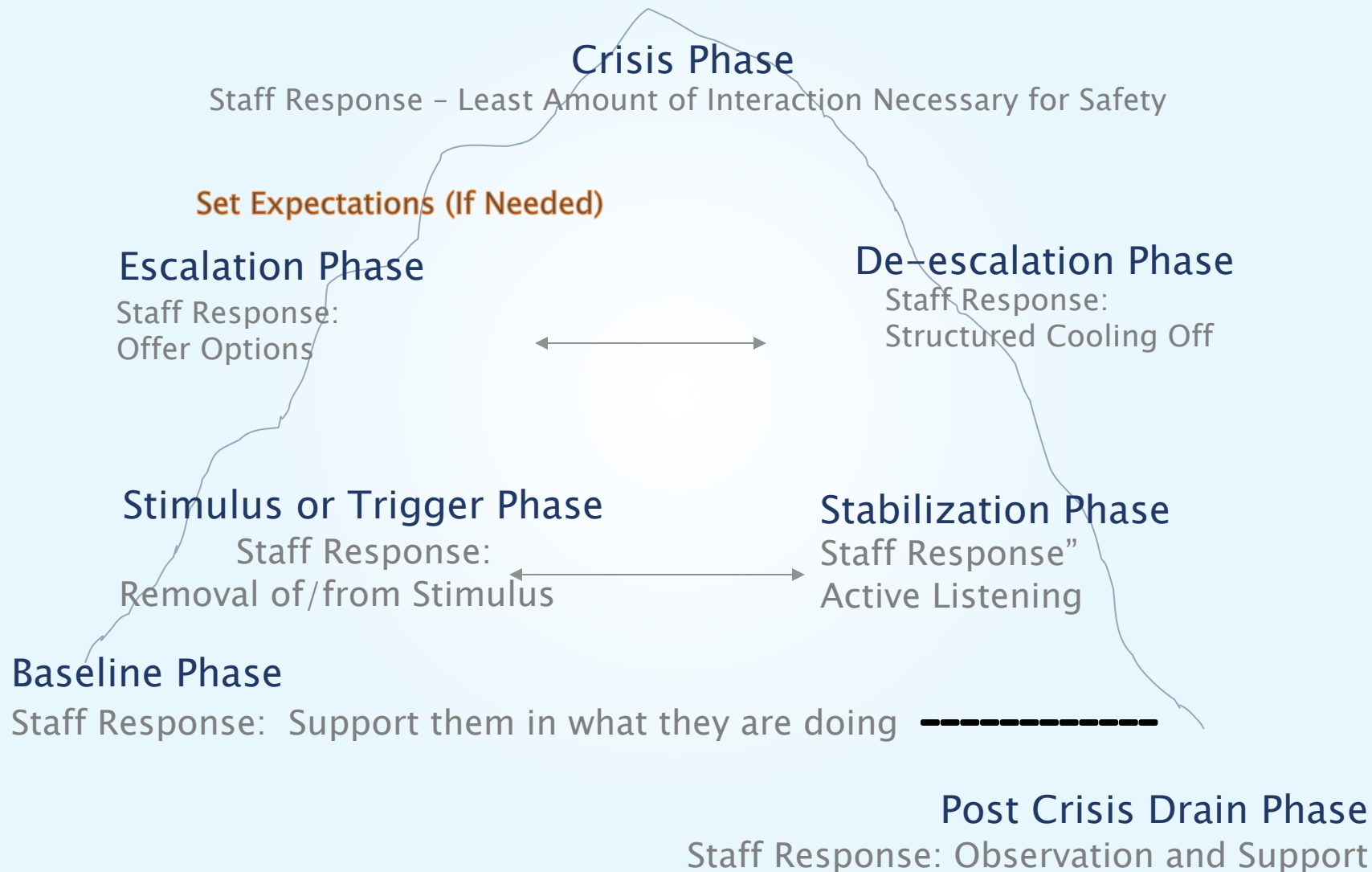
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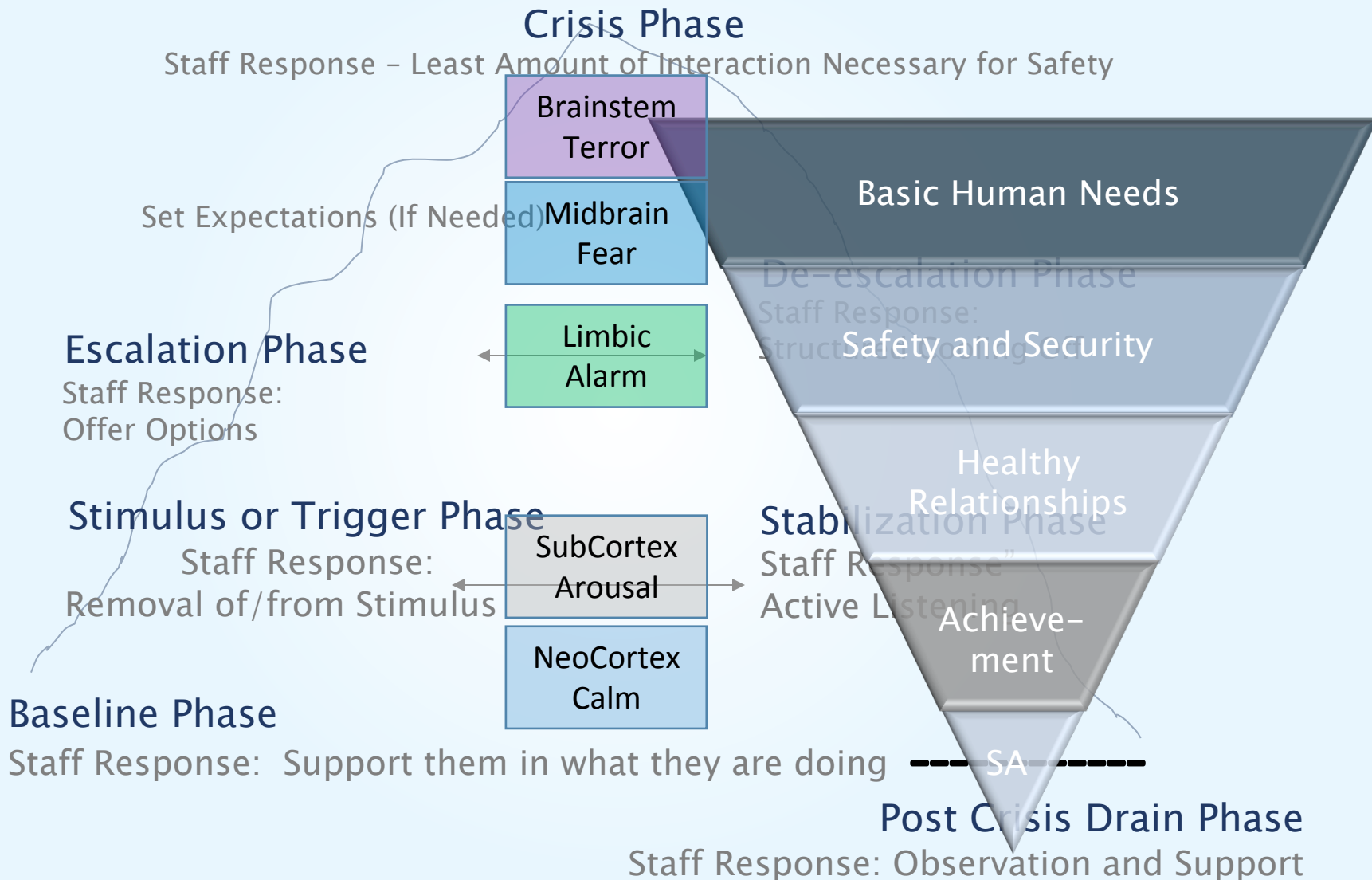
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The Crisis Cycle





More Information?

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