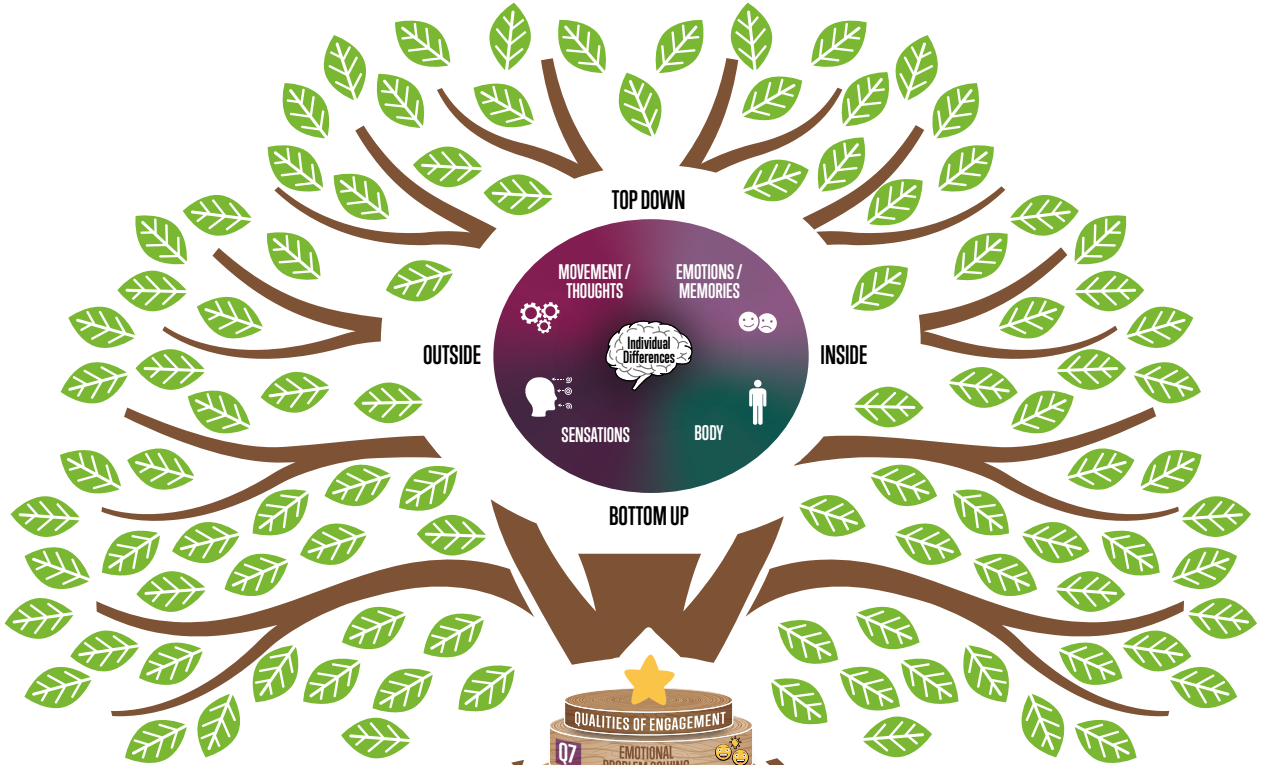


THE NEURORELATIONAL FRAMEWORK'S Three Steps to Resilience

STEP 3

INTEGRATED BRANCHES

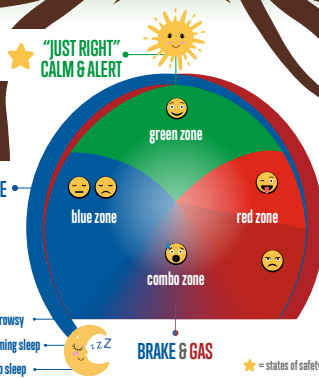


STEP 2
SUPPORTIVE
TRUNK



NRF  RRR
NEURORELATIONAL FRAMEWORK INSTITUTE
RESEARCH TO RESILIENCE

C. Lillas, author of NRF's Three Steps
J. Christensen, C.A. Hapchyn, C. Lillas, collaborative tree concept
Broken Arrow Solutions Inc., graphic design



STEP 1
GROUNDED ROOTS

THE NEURORELATIONAL FRAMEWORK'S Three Steps to Resilience

The NRF uses the metaphor of a tree to represent the function and development of the brain and the NRF's three clinical steps.

What is our definition of resilience?

Resilience is the capacity to adapt to stressors and recover while connecting with others and learning from challenging or adverse experiences over the lifespan.

STEP 1 THE GROUNDED ROOTS

Like the roots of a tree our nervous system needs to be 'grounded'. Roots that are deep and spread out provide stability to the tree and support flexible, healthy growth of the trunk and branches. Our nervous system needs to be stable and flexible like tree roots. Balance in our nervous system allows us to have a deep and restful sleep and maintain a calm alert state during the day. This promotes optimal development and brain and body function. A healthy nervous system allows us to have adaptive responses to stress, as well as to recover from stress. Step One in the diagram has a twenty-four-hour sleep-wake cycle arc. Step One assesses the type of stress, and whether one is in adaptive or toxic stress.

STEP 2 THE SUPPORTIVE TRUNK

As the trunk of the tree grows it develops rings and becomes thicker and sturdier to support the branches of the tree. It connects the roots to the branches. Interactions between children and adults with back and forth circles of communication, or 'serve and return' cycles, support the development of healthy relationships. The more children share joy with caregivers, the more the circles support the development of positive memories of connecting with others. Like the circular rings of a tree trunk that reflect healthy growth of a tree, frequent and joyful serve and return circles lead to healthy brain development. Step Two in the diagram has a pyramid-shape illustrating Qualities of Engagement between two people. Step Two assesses how any two people within the family system are maturing or functioning in their relational capacities.

STEP 3 THE INTEGRATED BRANCHES

A healthy tree has lush strong branches and every tree is unique in how the branches, twigs, stems, and leaves grow. Branches carry water to the leaves and the nutrients from the leaves to the rest of the tree. The branches of the tree represent four integrated brain networks, or systems, of the NRF. The four brain networks are Body, Sensations, Emotions/Memories, and Movement/Thoughts. These four brain networks are a way to understand each person's unique individual differences and brain function. The four brain networks organize how we interact with our inside world and the outside world. We are showing the four brain systems with an oval diagram. Step Three assesses individual differences through four stories, which collect a breadth and depth of information on these brain networks. Step Three provides a guide for each person's journey towards improving their stress patterns and the quality of their relationships.