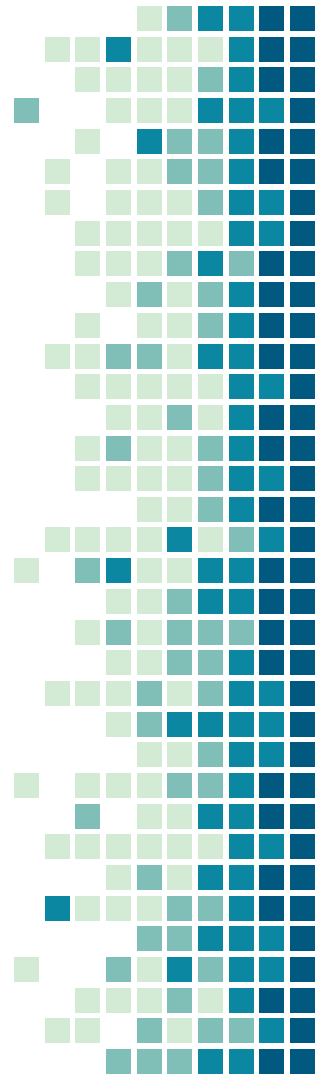
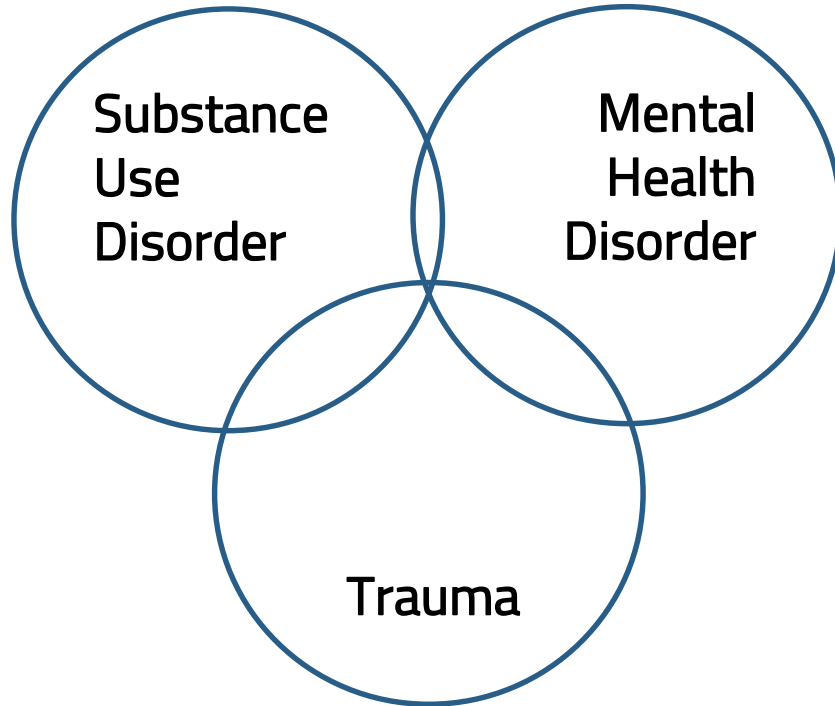


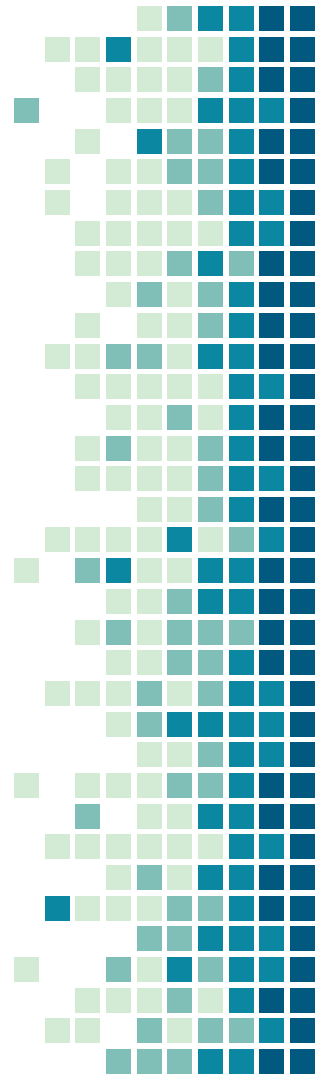
# Neuroscience and Collaborative Court Case Management



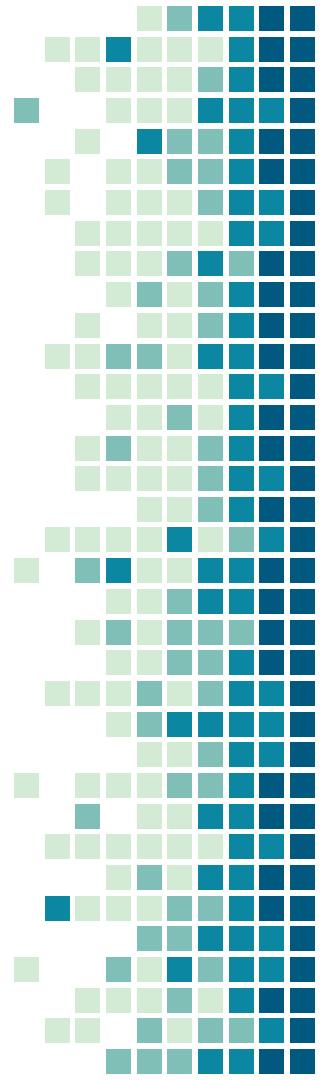
# Collaborative Court Participants

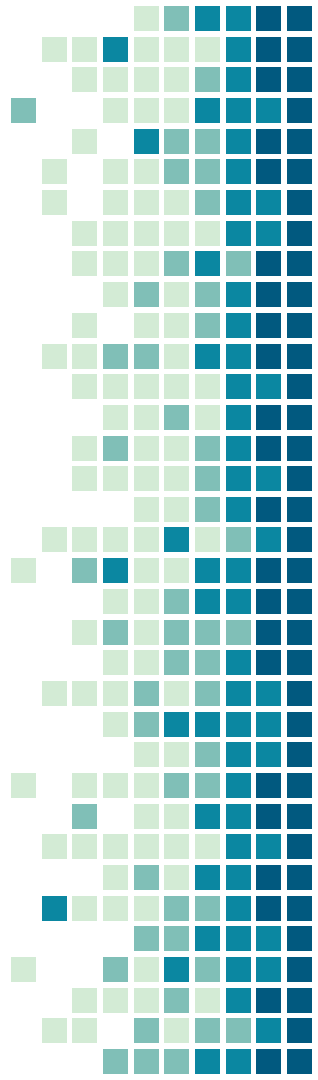


**Are my actions  
and approach  
in case  
management  
all that  
important?**

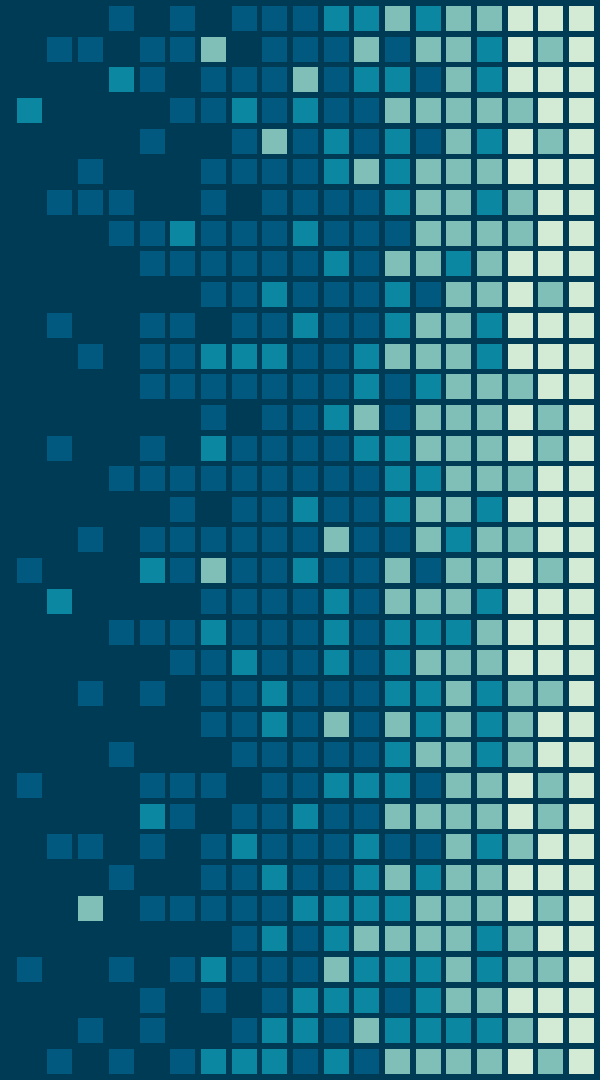


**If you could begin to improve engagement with one action, what do you think it would be?**





# Early Life Adversity



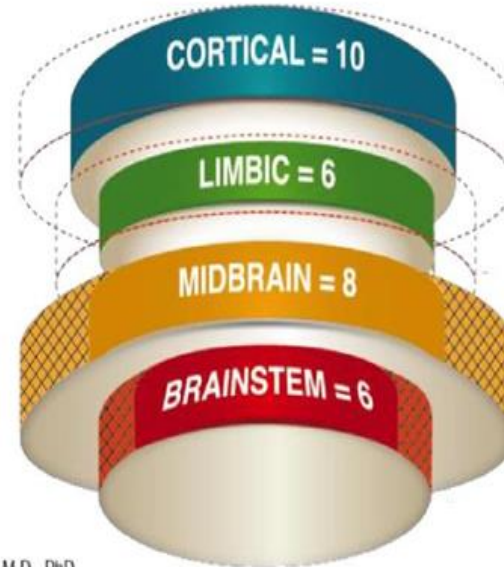
# Impact of Adverse Stress on Brain Development

Optimal Developmental Experience

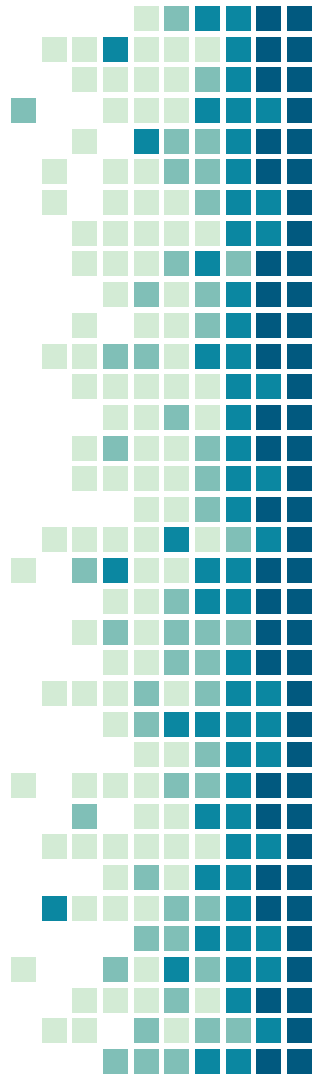


Bruce D. Perry, M.D., PhD.  
[www.childTrauma.org](http://www.childTrauma.org)

Neglect and Trauma



Bruce D. Perry, M.D., PhD.  
[www.childTrauma.org](http://www.childTrauma.org)



# Biology of Stress

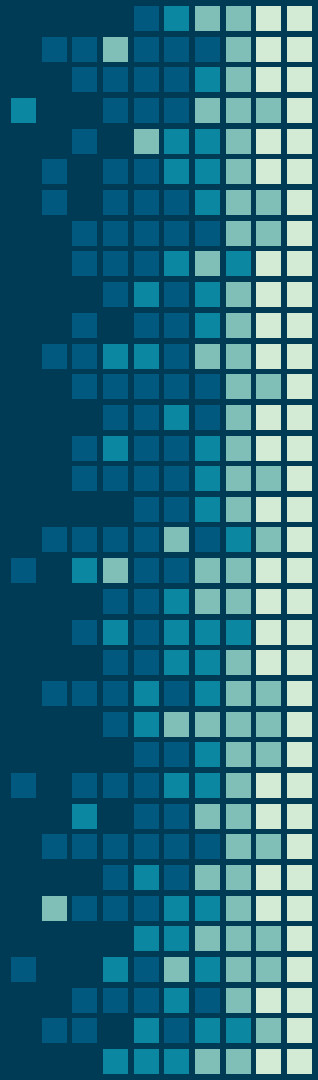


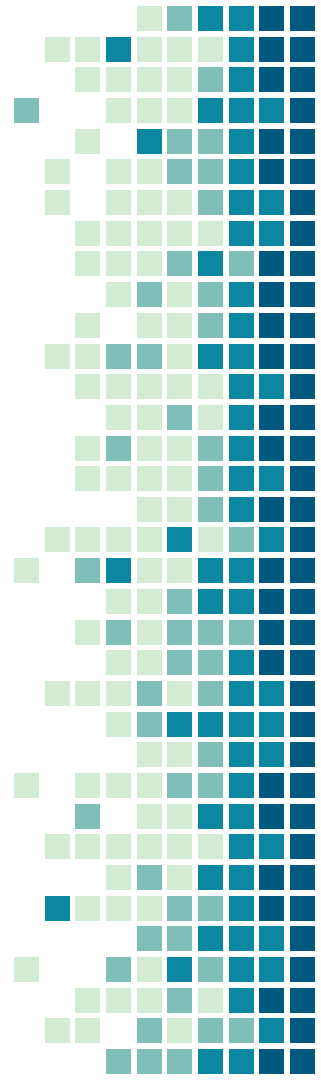
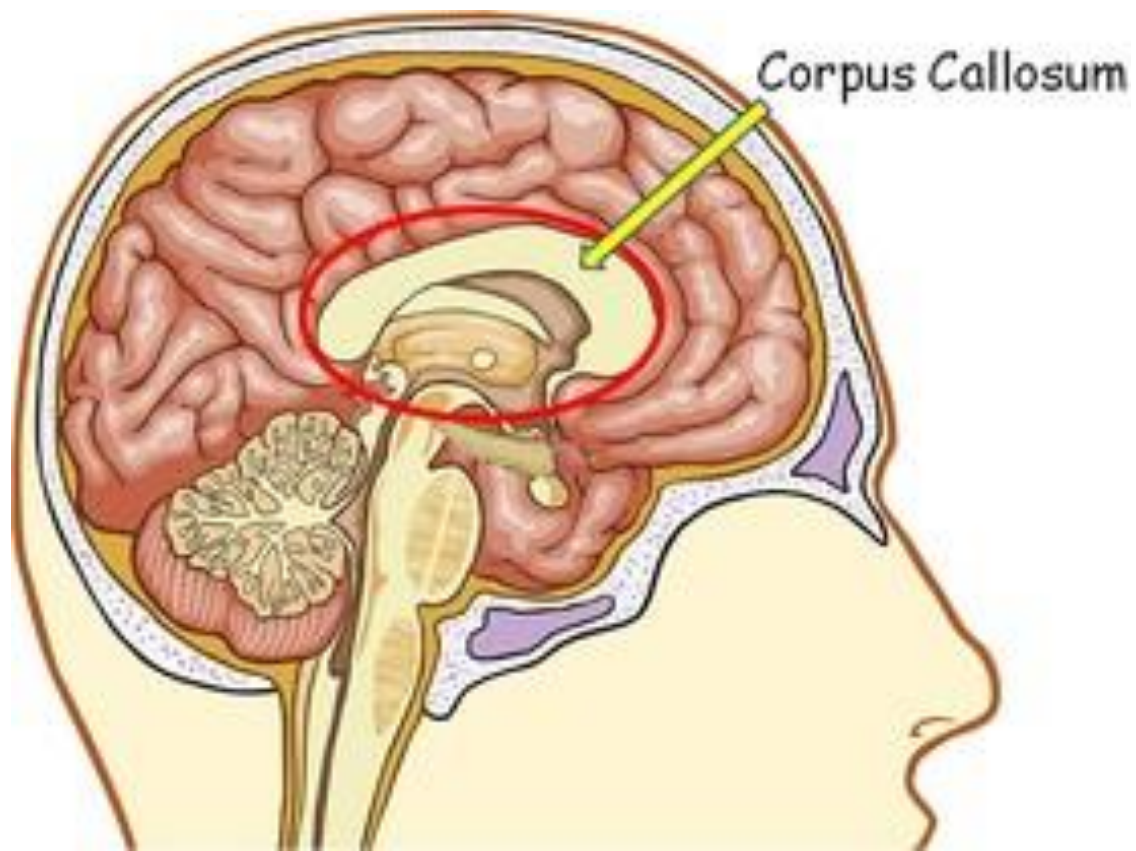
- The right amount of stress helps us to meet our goals and do good work. Too much stress can produce damage.
- Stressing about stress increases risk of premature death



# AMBIVALENT?

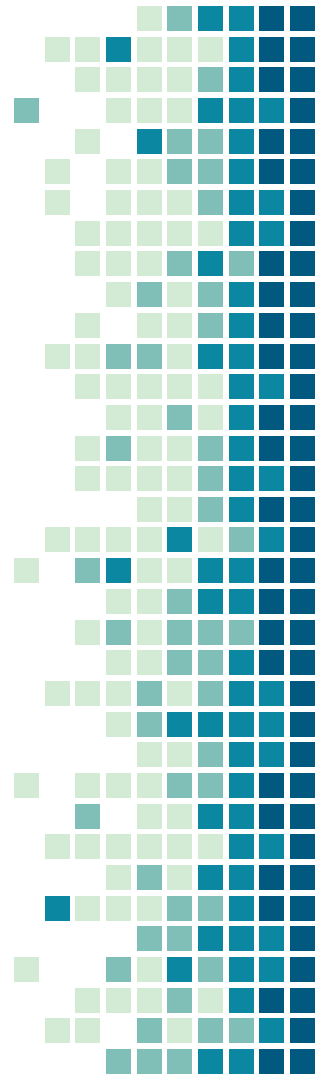
Well, yes and no.



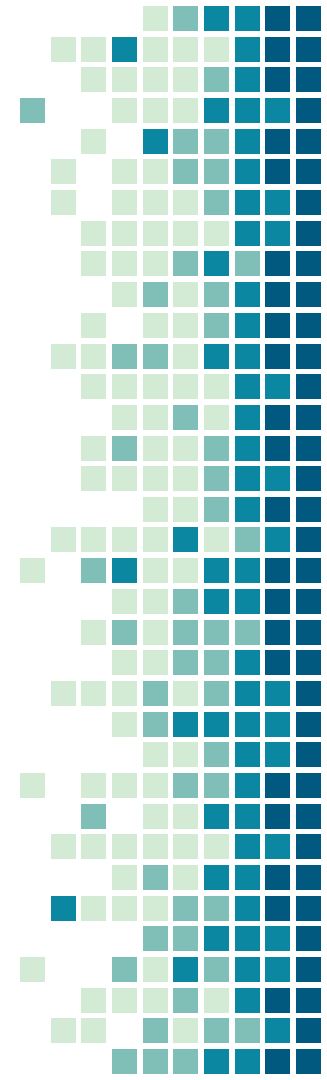


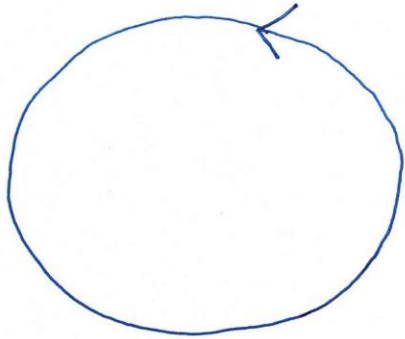


So why do we  
struggle so  
much with  
change?

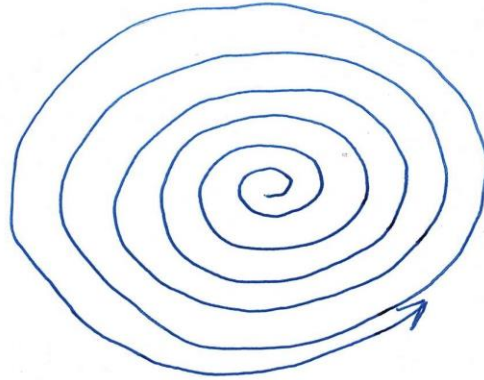


**CHANGE = DISCOMFORT**





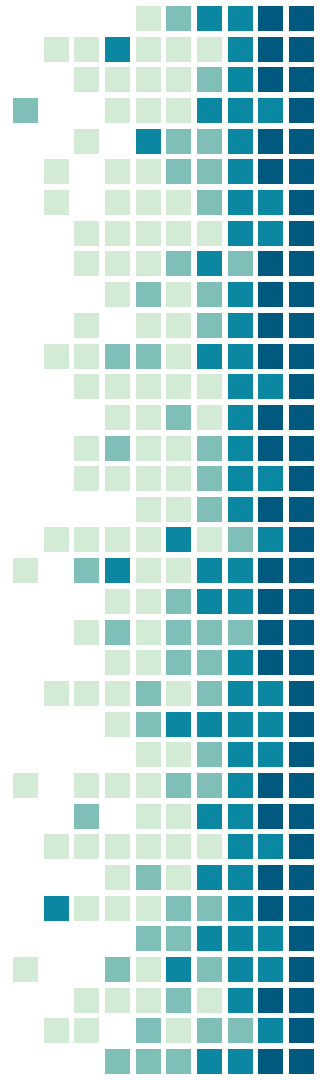
ROUTINE  
STUFF



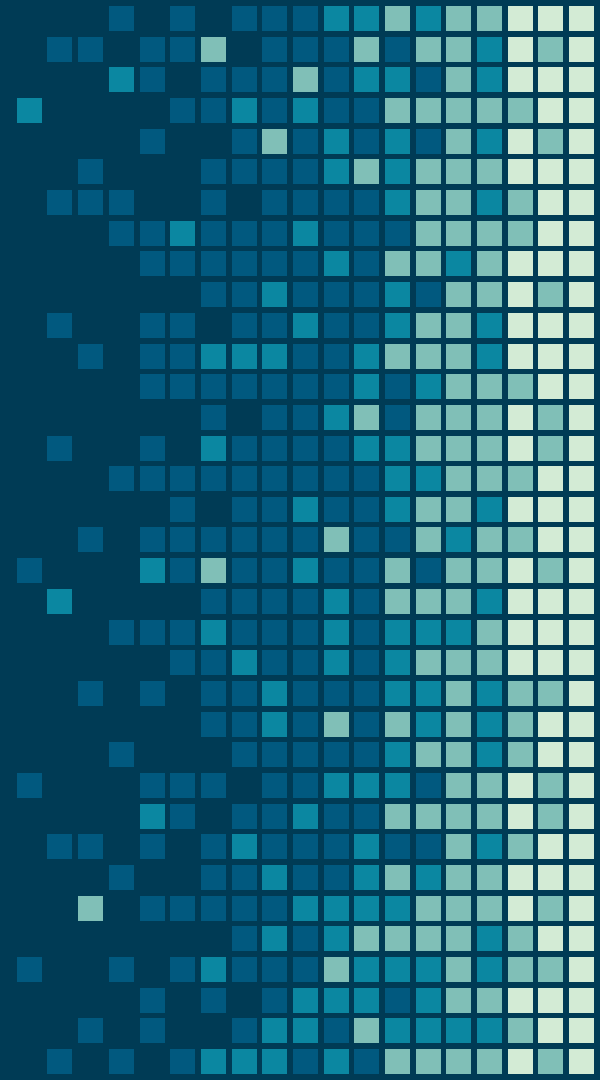
NEW  
STUFF

# Working vs. Long-Term Memory

1 4 5 8 9



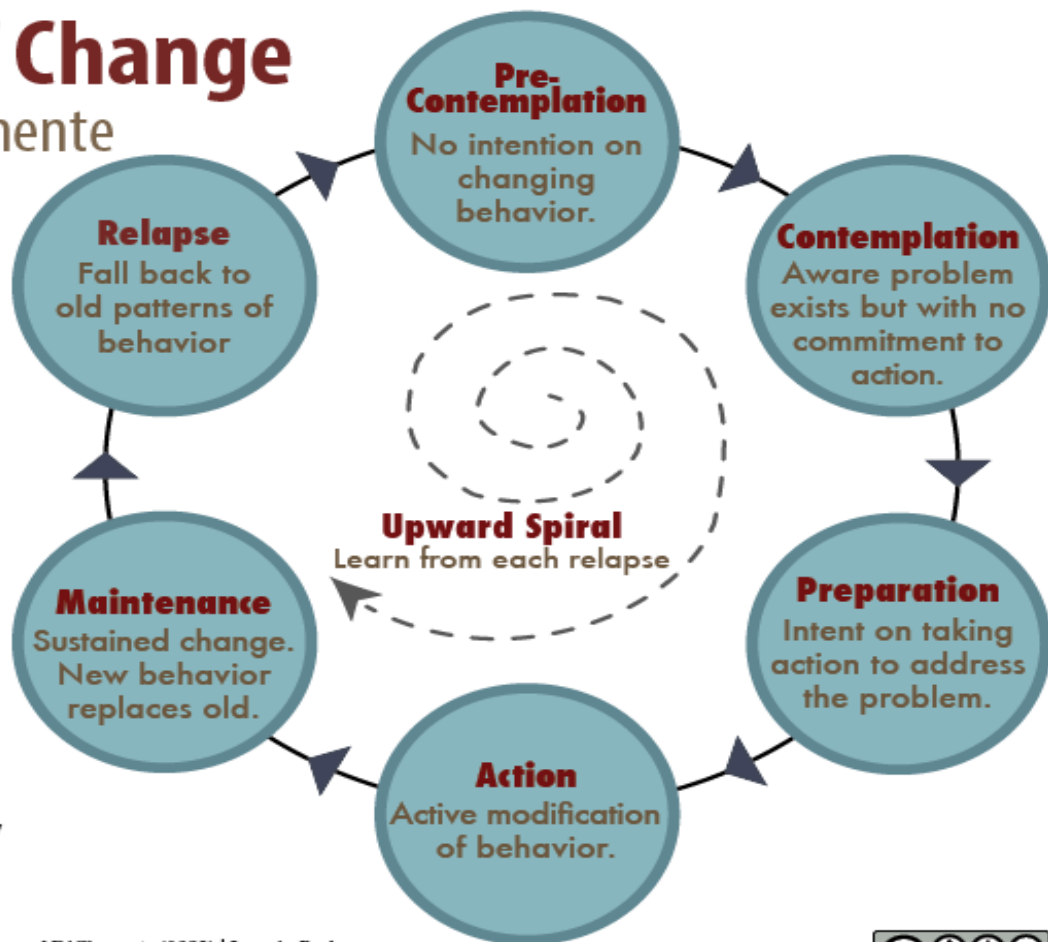
# Building New Pathways to Support Change



# The Cycle of Change

## Prochaska & DiClemente

- **Precontemplation:** A logical starting point for the model, where there is no intention of changing behavior; the person may be unaware that a problem exists
- **Contemplation:** The person becomes aware that there is a problem, but has made no commitment to change
- **Preparation:** The person is intent on taking action to correct the problem; usually requires buy-in from the client (i.e. the client is convinced that the change is good) and increased self-efficacy (i.e. the client believes s/he can make change)
- **Action:** The person is in active modification of behavior
- **Maintenance:** Sustained change occurs and new behavior(s) replaces old ones. Per this model, this stage is also transitional
- **Relapse:** The person falls back into old patterns of behavior
- **Upward Spiral:** Each time a person goes through the cycle, they learn from each relapse and (hopefully) grow stronger so that relapse is shorter or less devastating.



The Cycle of Change

Adapted from a work by Prochaska and DiClemente (1983) | Ignacio Pacheco

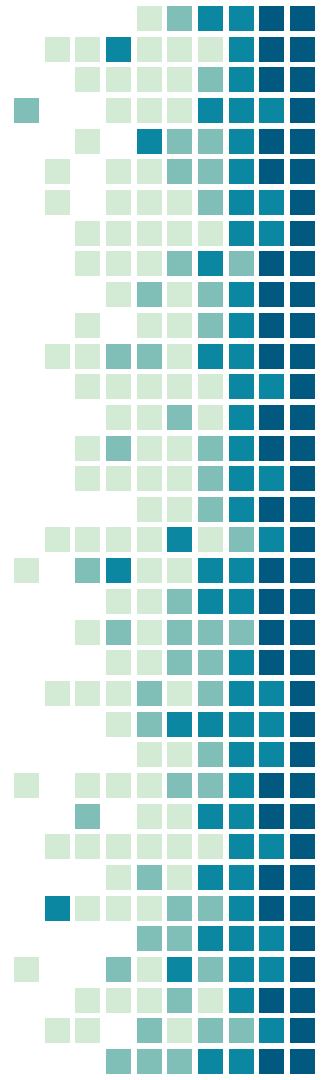
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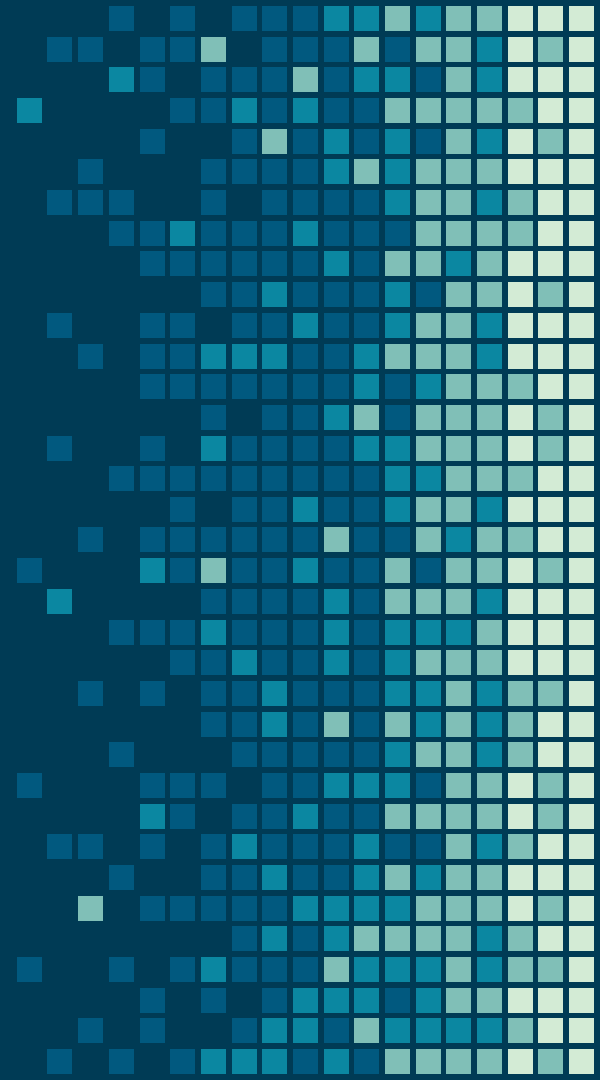




So what can we do to help participants weigh decisions or change?



# S.M.A.R.T. Goals vs. S.A.F.E Goals



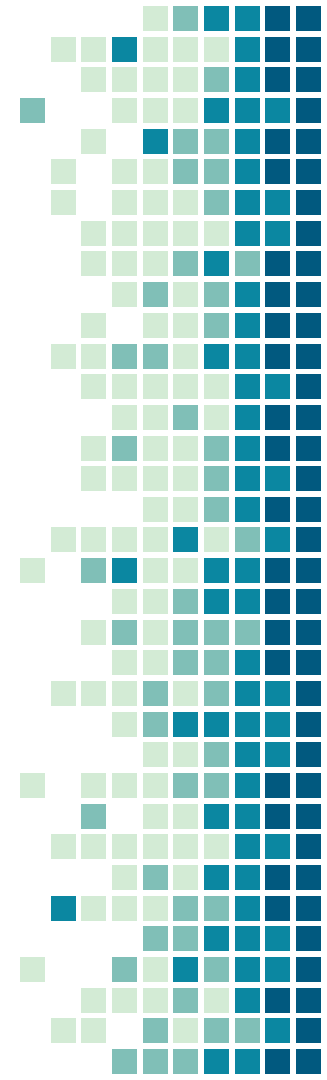
# GOALS

**S – See it**

**A – Accept it**

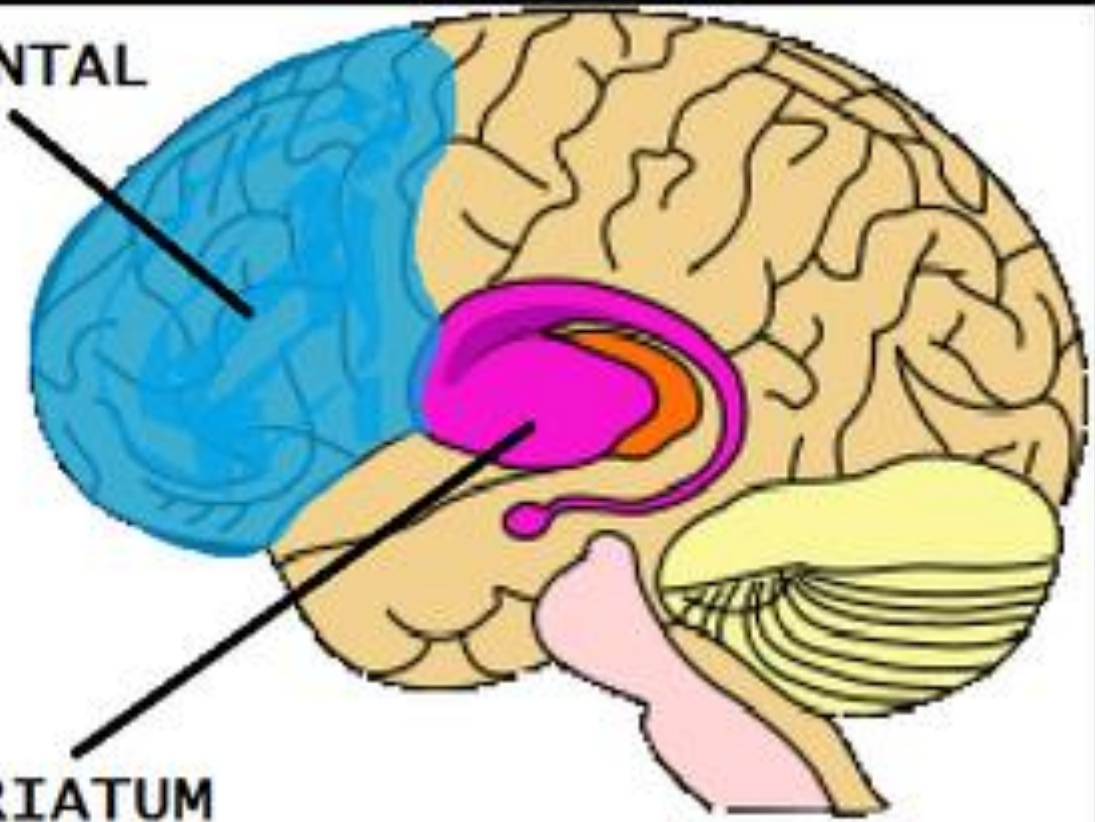
**F – Feel it**

**E – Express it**

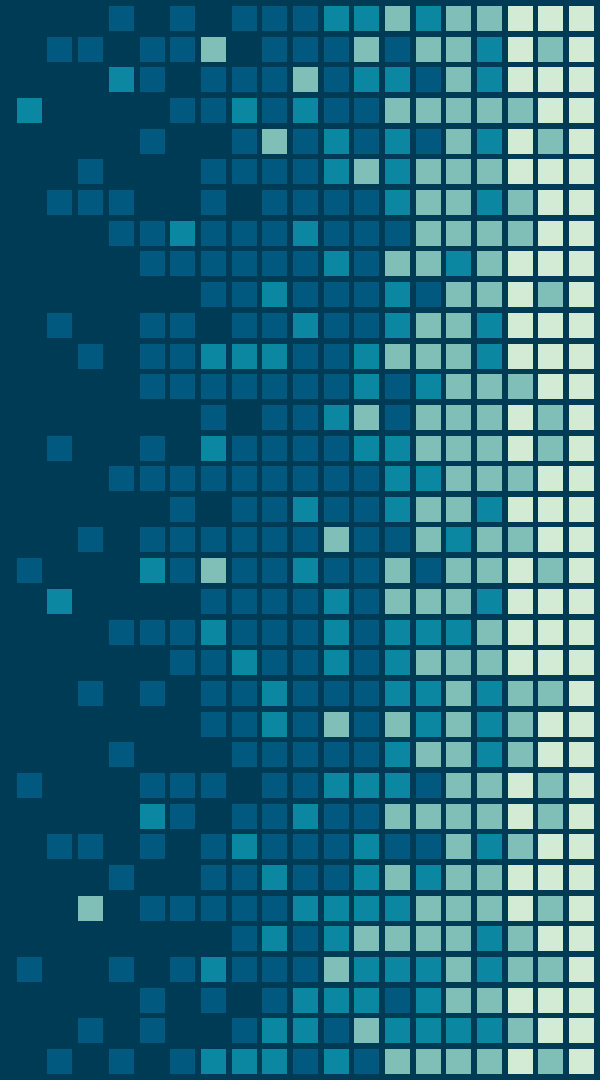


PREFRONTAL  
CORTEX

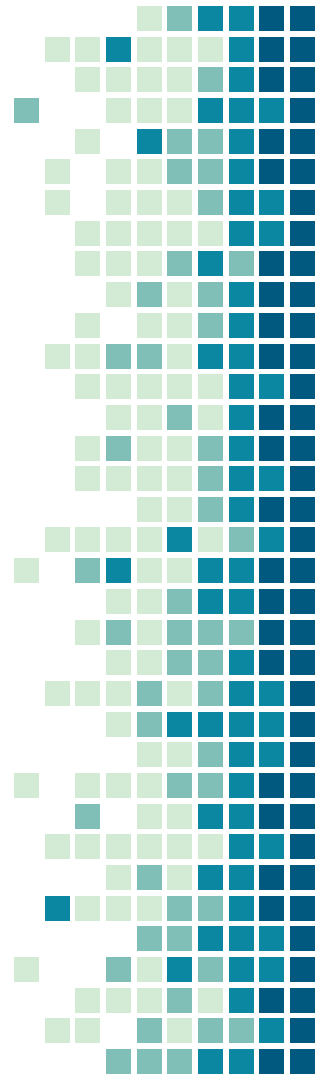
STRIATUM



# Cognitive Ease and Case Management

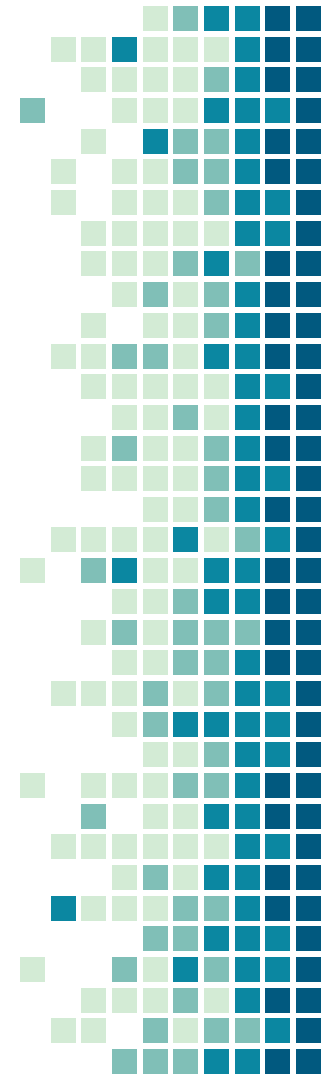


# Can there be too many choices?

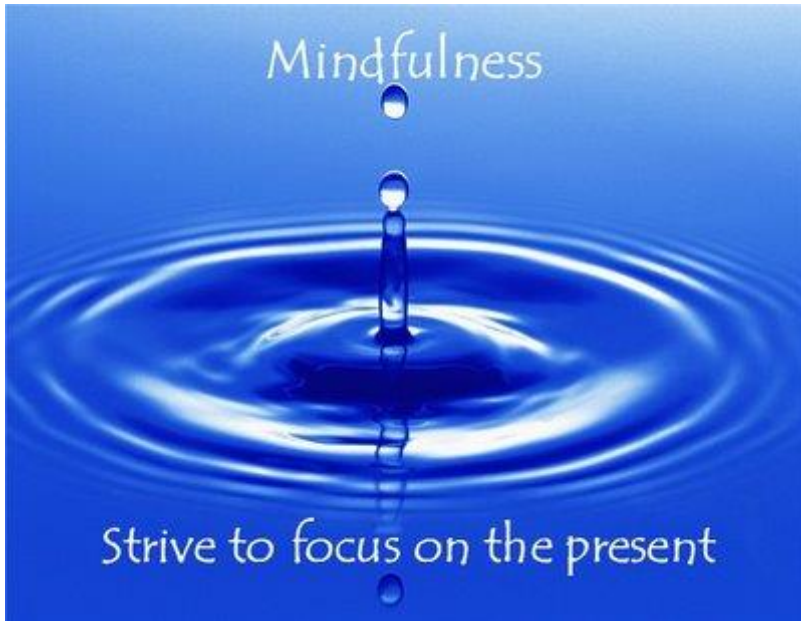


# Are we happier when we have more choices?

- More choices can lead to less satisfaction--two choices gives us a 50% chance of satisfaction.
- More choices increases the chance we will devalue the choice we made and feel dissatisfaction with our choice.
- Too many choices results in procrastination and paralysis.
- More choices only lead to more happiness up to a certain point.



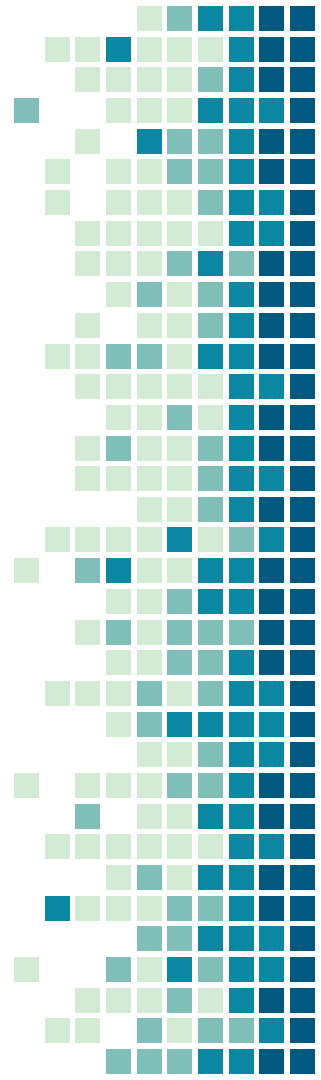
# Are there quick ways to improve decision making?



A brief period of mindfulness allowed people to make more rational decisions

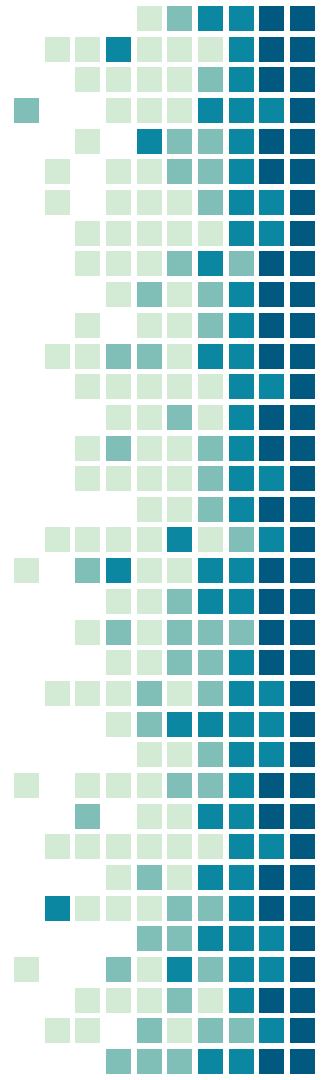
This brief calming moment led to more positive future outcomes

Calming the vagus nerve only takes a minute





# Why your work is so important!



# THANKS!

Any questions?

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