

PulseCheck Z Card:

Your Key to Hands-On Trauma-Informed Care and Self-Regulation



Introducing the PulseCheck Z Card: Developed by Dr. Deeta Kimber, a Child & Adolescent Psychiatrist working in the field of trauma-informed care, the PulseCheck Z Card is a tool designed to demystify stress responses and promote emotional regulation. Born out of extensive research and practical insights, the Z Card bridges the gap between scientific theory and everyday practice, making Polyvagal Theory accessible and actionable.

Discover more about its development on Dr. Kimber's website.

Designed for Professionals on the Go:

Whether you're a pediatrician seeking to explain emotional regulation to parents, a teacher managing a classroom of diverse needs, or a nurse providing patient care under stress, the PulseCheck Z Card is tailored for you. Its practical design and ease of use make it an invaluable companion for on-the-spot guidance and long-term educational strategies.

Use Cases Across Professions:

- Pediatricians can use the Z Card as a conversation starter with parents, helping them understand and respond effectively to their children's emotional states.
- Teachers find it essential for managing classroom dynamics and teaching students self-regulation techniques.
- Nurses benefit from its quick-reference capabilities, offering support in personal stress management and patient interaction.

Accessible and Affordable:

- Single Z Card: \$10
- Pack of 5: \$25
- Pack of 10: \$50
- Pack of 20: \$100
- Pack of 50: \$200
- Pack of 100: \$400

Beyond the Card - Educational Resources:

Each Z Card features a QR code linking to an extensive education page. This portal provides detailed training on Polyvagal Theory, practical applications for clinicians and teachers, and with resources tailored to the needs of those working with traumatised individuals.

In-Depth Training and In-House Teaching: Embrace our Train the Trainer program, designed for organisations aiming to cultivate in-depth knowledge and practical application of trauma-informed care within their teams. This initiative supports the creation of a sustainable, informed culture around emotional regulation and care.

The Foundation of Trauma-Informed Practices:

At the heart of the PulseCheck Z Card and our educational programs is the understanding that effective trauma-informed care and self-care begin with regulation. Polyvagal Theory illuminates the pathways through which we can achieve this state of balance.

To navigate healthcare and education's unpredictable and challenging landscapes, professionals must first regulate themselves. This principle is crucial for doctors, nurses, and teachers alike, providing a foundation for supporting traumatised clients and students with empathy and effectiveness.

The PulseCheck Z Card Difference:

By integrating the principles of Polyvagal Theory into daily practice, the PulseCheck Z Card offers a tangible way to understand and apply trauma-informed care and self-regulation strategies. It's not just about managing stress; it's about transforming our work environments, making them more conducive to healing, learning, and growth. Equip yourself and your team with the tools to navigate stress and trauma with confidence, compassion, and competence.

Empower Your Practice with PulseCheck:

Whether you want to enhance your professional toolkit or implement a comprehensive training program in your organisation, the PulseCheck Z Card is your gateway to a deeper understanding and practical application of trauma-informed care. Visit Dr. Kimber's Website to embark on this transformative journey.