

The Three R's: Reaching The Learning Brain

Dr Bruce Perry, a pioneering neuroscientist in the field of trauma, has shown us that to help a person who has experienced trauma to learn, think and reflect, we need to support them in a sequence which prioritises regulation first so that the brainstem can be calmed.

This sequence is not linear, you may need to travel back and forth between the different R's multiple times in one interaction.

Reason:

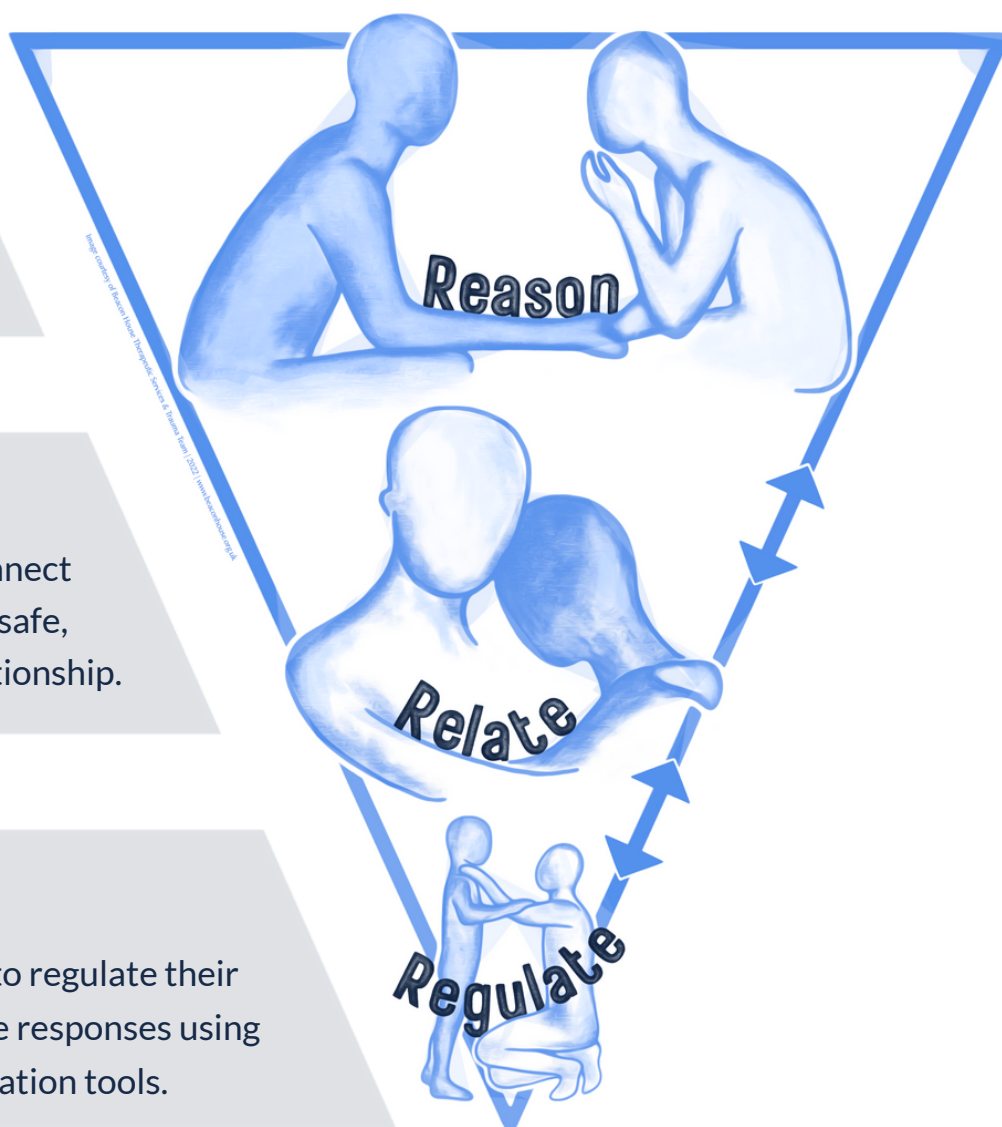
Third: We support the person to reflect, learn, remember, articulate and become self-assured.

Relate:

Second: We relate and connect with the person through a safe, attuned and sensitive relationship.

Regulate:

First: We help the person to regulate their fight/flight/freeze/collapse responses using safe and appropriate regulation tools.



Talking directly to the reasoning part of the brain without attending to the person's dysregulation will mean that their potential for learning and reflection is reduced or even blocked.