

House Model

Bruce Perry's House Model is an elegant way of considering how we can work with the effects of trauma sequentially to overcome symptoms of distress. Each level is completed before moving up the flight of stairs to the next level. It helps break down the management of trauma responses.

Restore

Now in a place to think about restoration and repairs. This is about nurturing and connection.

Reason

Executive function is back online. Concentration and emotional decision-making are improved

Relate

A secure foundation from where we can read others and respond thoughtfully rather than reflexively.

Regulate

The survival system is calmed down, with fight, flight, freeze or appease de-escalated by rest and digest. Symptoms of stress are managed.