

ROADMAP FOR MODULE ONE



Identifying the Freeze Response

List four clues your patient may be entering freeze:

1. _____
2. _____
3. _____
4. _____



Working with Freeze at the Level of the Nervous System

What might be contraindicated when your patient's fear arousal goes too high?

What is right brain communication and what does it accomplish?

How will you convey safety to your patient's nervous system?



Have you noticed any of these signs in your clients? Add them to your "My Patients" list.

My Patients:



Ogden, Steele and Brand Gave 5 Micro-Interventions to Begin Work with Freeze

Which one(s) will you use with your clients?

Have you updated your patient list with interventions you'll try using?





Helping Your Patient Identify What Triggers Their Freeze Response

List Dr. Ogden's four-step process for regulating the freeze response:

1. _____
2. _____
3. _____
4. _____



What objects in your office could patients use as grounding tools?

I understand the benefits of using a pulse oximeter.



Deb Dana described a chart you can make with your clients to “pre-plan” your reactions to freeze. You can use the chart below:

Yes, Let's Try That :

I'm Not Sure :

No, Don't Try This :

Make sure to update this chart with real observations as you work through the “Yes” and “Not Sure” columns.

