

Nature vs. Nurture: Training Your Brain How to Respond to Conflict

The Conflict Path:

- **Entrance**
- **Escalation**
- **Exit**

Three Levels of Responses up the Conflict Path

1. Recognize: Physiological, primary responses, instinctual
2. React: Physical responses: Fight, Flight, or Freeze, instinct and learned behaviors
3. Role: Savior, Princess, and Dragon. Mental responses. Learned behavior

Difficulty of moving from role to interests:

Contrary to self-preservation instincts.

Steps to move from role to interests:

- Neuroplasticity
- Window of Tolerance
- Pleasure over Anger

Practical steps to minimize conflict:

- Collaboration
- Power Balance
- Joint Agenda/Agreement Creation
- Address and Normalize Tension
- Plan Your Escape

Objectives and Drawbacks to IEP Meetings

Stress and Triggers that Affect Your Brain

What Can be Changed?

- Knowledge
- Awareness
- Emotional Tools
- Activation

Talking Turkey: How can parents and professionals move from a combative to a collaborative approach to problem solving?

Practical Tips from Shared Experiences

(References: Ken Cloke, Sarah Peyton, and Stephanie West Allen. © Fowler Mediation)