

**Children in Scotland Annual Conference
7th November 2018**

Hello and Welcome

**Duncan Gordon – SCCR Trainer
Andrew Boyd – Family Mediator**

@sccrcentre #CranialCocktail

We acknowledge the support of the Scottish Government
through a CYPFEIF and ALEC Fund Grant. Cyrenians is a Scottish
Charitable Incorporated Organisation (SCIO), registered charity SC011052.



Anxious & Afraid



Who we are...

The Cyrenians' Scottish Centre for Conflict Resolution (SCCR) supports best practice in mediation and offers a range of resources to better support young people, families and the people who work with them to deal with family conflict to improve relationships and improve lives.



@sccrcentre #CranialCocktail

Why we do what we do...

Every year in Scotland, nearly **4,500** young people aged **16 – 24** years old become homeless because the relationship with their family breaks down.



That's the equivalent to the pupil population in 5 high schools

"Arguments make me feel very isolated from the family and I feel suicidal at times, self-harming is frequent."

Young Person,

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Questions for today...

- Monkey brain or lizard brain?
- When do you flip your lid or keep the heid?
- Ever get the feeling your body has a mind of its own?
- And what is an emotional homunculus?

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GOOGLE:

SCCCR

Then click on Brainy Stuff

www.scottishconflictresolution.org.uk



SCCR Scottish Centre for Conflict Resolution

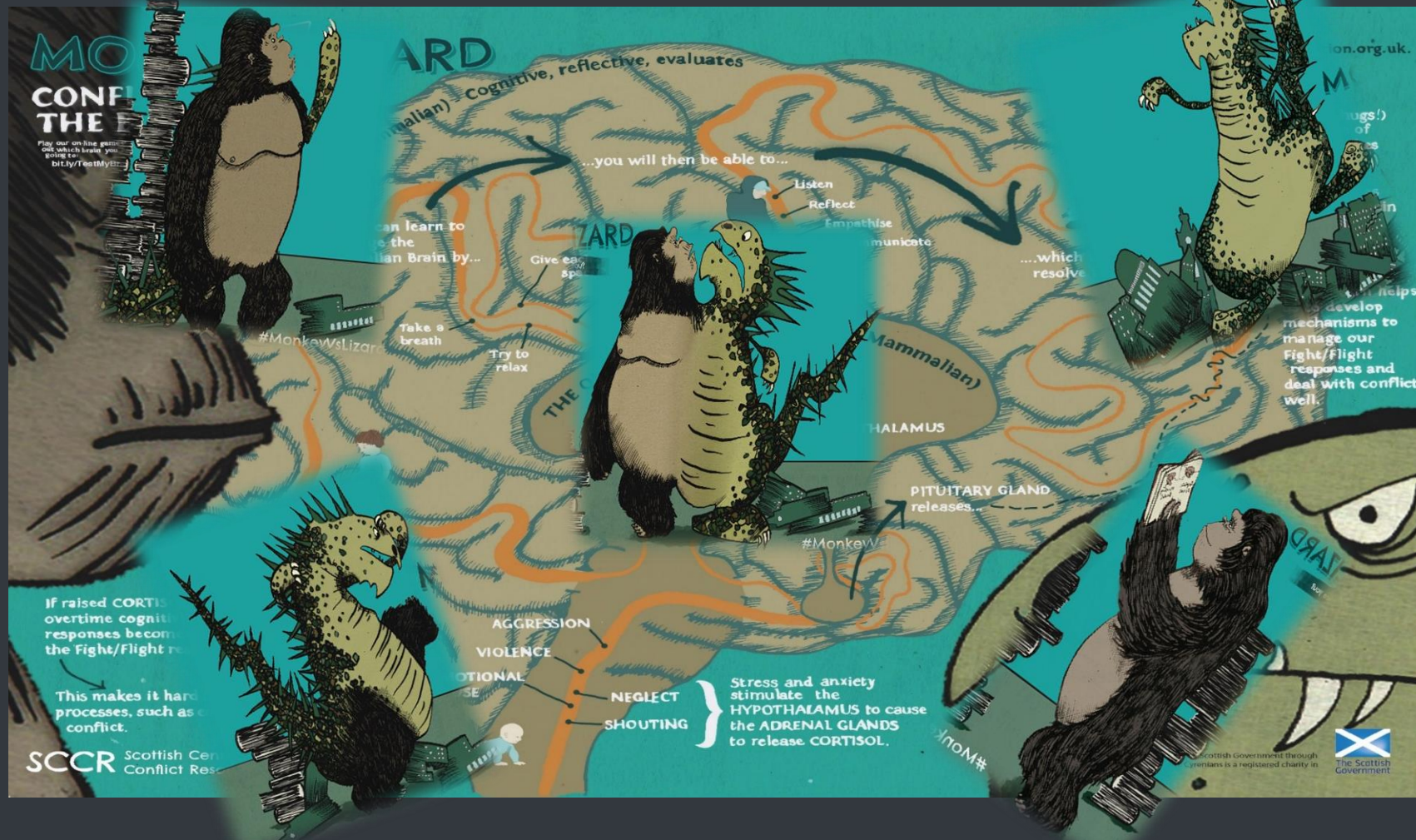
Cyrenians



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#Monkey Vs Lizard



#Keep The Heid





#CranialCocktail



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SCCR Scottish
Conflict Resolution

The Brain's Amazing
Drugs Cabinet
brings you
The Brain's Complete
"Sleepy Drug"



Adjusts to your
natural
rhythm

SCCR Scottish Centre for
Conflict Resolution | Cyrenians

The Brain's Amazing
Drugs Cabinet
brings you

The Brain's
"Anxiety-
Alertness-
i



Our dazzling
for control
creativity

SCCR Scottish
Conflict Resolution

The Brain's Amazing
Drugs Cabinet
brings you
The Brain's
"Love
Drug"



The most natural
happy and loved!

SCCR Scottish Centre for
Conflict Resolution | Cyrenians

The Brain's Amazing
Drugs Cabinet
brings you

The Brain's
"Tranqu
lizer"



Enhances pleasure

SCCR Scottish
Conflict Resolution

The Brain's Amazing
Drugs Cabinet
brings you
The Brain's
"Joy
Drug"



Our most
for all the other brain drugs.

SCCR Scottish Centre for
Conflict Resolution | Cyrenians

The Brain's Amazing
Drugs Cabinet
brings you

The Brain's
"Act
ing Drug"



Our favourite
neurotransmitter

SCCR Scottish
Conflict Resolution

The Brain's Amazing
Drugs Cabinet
brings you

The Brain's
"Mood
Drug"



Motivates and improves your mood!

SCCR Scottish Centre for
Conflict Resolution | Cyrenians

The Brain's Amazing Drugs Cabinet
brings you

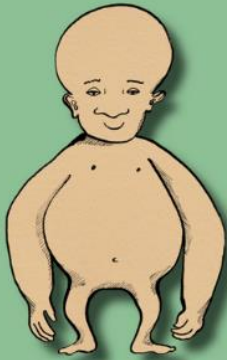
The Brain's Complete
"Protective Drug"



Your body's natural alert system and
chemical armour - in one!

SCCR Scottish Centre for
Conflict Resolution | Cyrenians

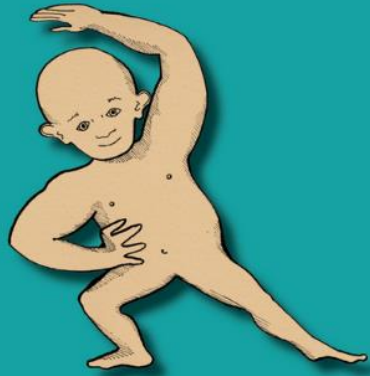
Rest and Digest



"You had me at 'Hello'..."

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Alert and Engaged



"To boldly go..."

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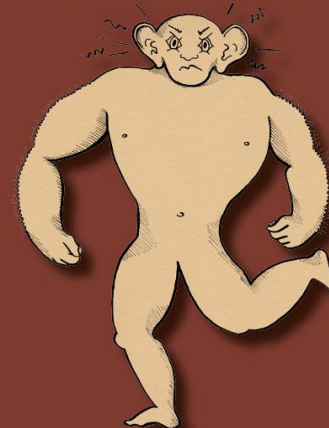
Anxious and Afraid



"I have a *bad* feeling
about this..."

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Fight or Flight



"All systems go..."

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Freeze and Shutdown



"Don't make a sound..."

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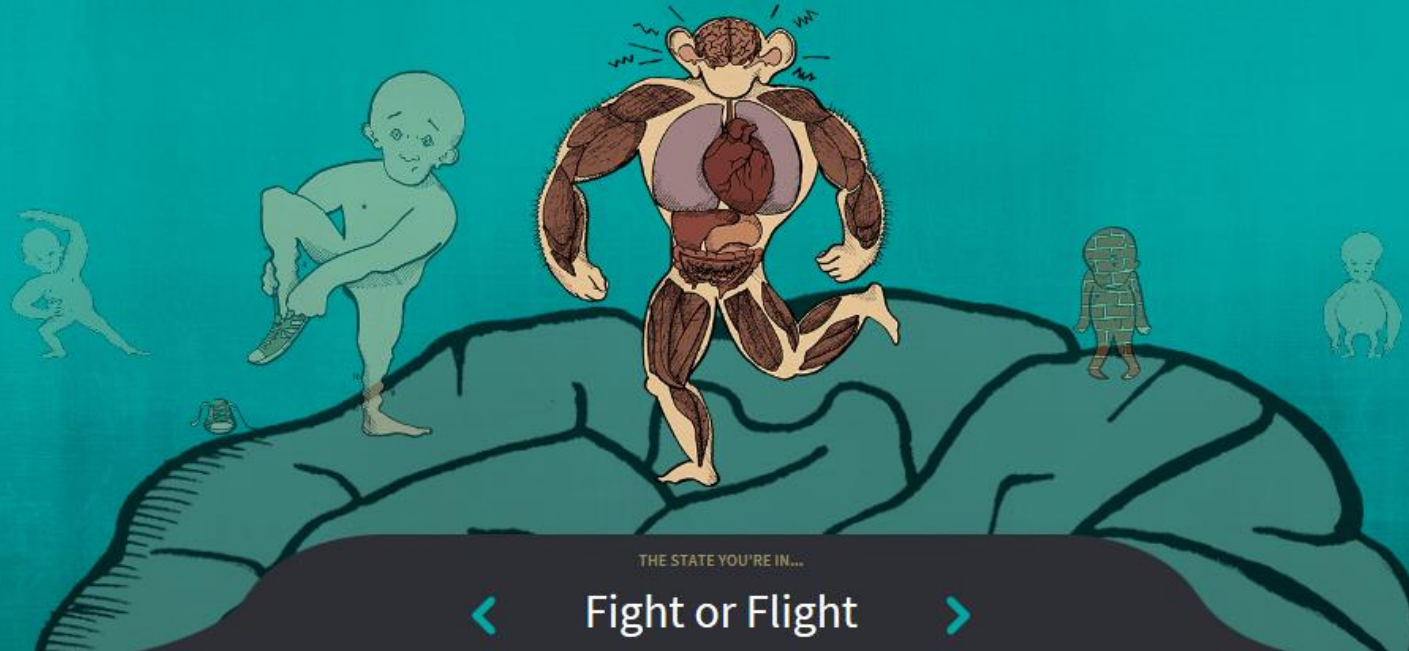
Get to know your...

EMOTIONAL HOMUNCULUS



Ever get the feeling that your body has a mind of its own?
Meet your emotional homunculus, the part of the brain that uses feelings and emotions
to decide how we will act and react.

WATCH THE VIDEO



THE STATE YOU'RE IN...



Fight or Flight

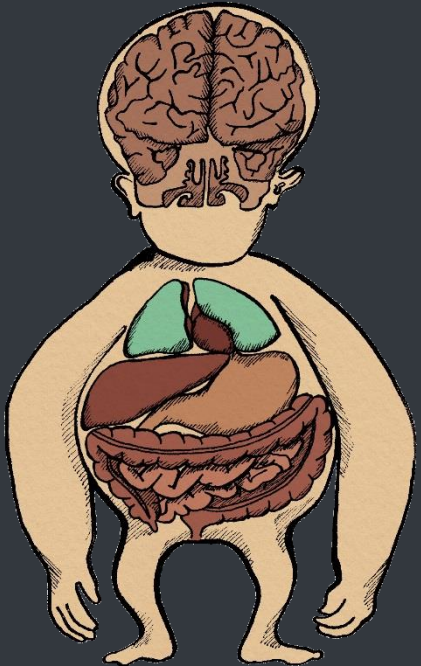


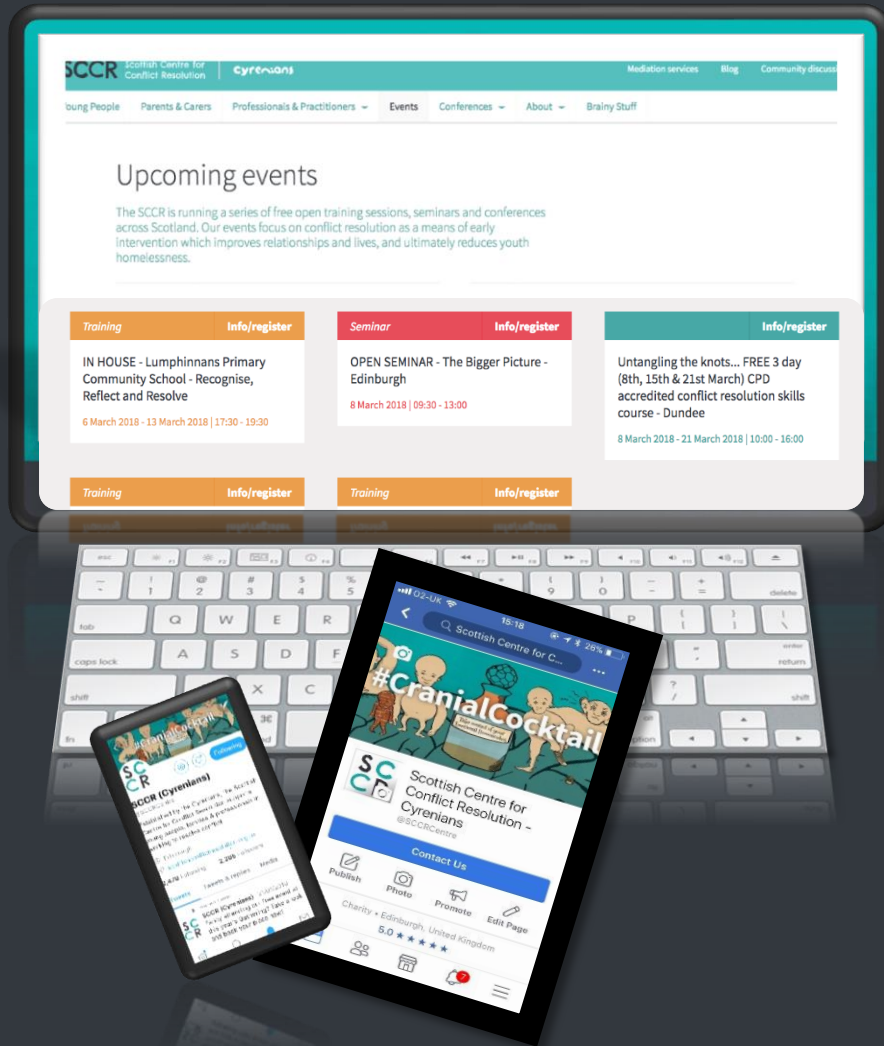
"Aaargh! I'm angry and scared. Should I run away or should I start shouting? I can't
control how I'm feeling; everyone looks so hostile and aggressive. I'm about to lose it..."

What are the take home messages from today?

List 3 messages on your post-its

Thanks





Stay in touch and discover more about our:

Training | Events | Seminars | Posters
Social media campaigns | Blogs
Digital projects | Films | Animations



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Scottish Centre for Conflict Resolution



@sccrcentre



sccr@cyrenians.scot



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