

COACHING NOTES FROM COACHING CULTURE

126 HELPING ATHLETES TO REGULATE THEIR STRESS RESPONSE SYSTEM WITH DR. BRUCE PERRY PART 1



Register for April 5th Workshop in Chicago <https://thriveonchallenge.com/public-workshop/>

Mentorship to Help You Transform Your Leadership: thriveonchallenge.com/mentorship/

Schedule a Mentorship Call with JP: calendly.com/thriveonchallenge/initialcall

With Nate: forms.gle/5f8VmQ5LM8uN1qJd9

Hear From Our Attendees

<https://www.youtube.com/watch?v=6Ap3obtskjl&t=5s>

Dr. Bruce Perry

The Boy Who Was Raised as a Dog

Born For Love: Why Empathy is Essential--and Endangered

Dr. Bruce Perry and Oprah

<https://thriveonchallenge.com/traumatic-or-just-stressful-how-to-know-when-to-pull-your-kid-off-the-team/>

"This story has had more impact on me than practically anything I've ever done" -Oprah Winfrey

"By conservative estimates, about 40 percent of American children will have at least one potentially traumatizing experience by age eighteen: this includes the death of a parent or sibling, ongoing physical abuse and/or neglect, sexual abuse, or the experience of a serious accident, natural disaster, or domestic violence or other violent crime." -Dr. Bruce Perry in *The Boy Who Was Raised as a Dog*

"Big "T" Trauma

Extreme event activating your stress response system, but the system never returns to baseline. The capacity to adapt in the moment is really important, but getting back to baseline is critical.

Little "t" Trauma

Develop stress response system like training a muscle. Activate in the following ways:

- Moderate
- Predictable
- Controlled

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The danger is in athletes becoming sensitized to little “t” trauma.

- Inconsistent behavior as a coach
- Minority child in a majority population

Where is the line in coaching and leadership between training the stress response system and “abusive” practices?

- Need to develop a community of respect.
- Treat people fairly and consistently with respect.

When We Falter as a Coach

- Regulate yourself.
- Apologize for “losing” it.

Communication

We will all communicate in ways that rupture relationships. But the “secret sauces” is in the way we repair the relationship.

Supporting Athletes with Big “T” Trauma

The big challenge is there is no simple answer.

Challenges

Overactive Stress Response System

- The system for fight or flight are “more active”.
- Physical activity helps them to regulate.
- INTERVENTION: Try talking with them while they are dribbling, shooting, walking, or physically active. Don’t try to have them sit down and talk with you.

Dissociation

- When fighting or fleeing is not an option they shut down.
- They will do whatever they can to move past this situation
- INTERVENTION: Step back and try coming back at a different time in a different way.

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“To become resilient , children need environments where they feel safe and comfortable , and know what to expect so that their sensitized, overreactive stress systems can gradually become calmer, and more “smoothly” regulated.”

“We learned that some of the most therapeutic experiences do not take place in “ therapy,” but in naturally occurring healthy relationships.”-Dr. Bruce Perry in The Boy Who Was Raised as a Dog

Creating a team experience where they feel they belong is the most significant way we can help them.

Sport can create a relationally dense environment that is absent from the modern world.

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