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**Crisis Protocol**

**G O S L O W**

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| Name: |  | Date: |

**The GO SLOW Crisis Protocol is an addendum to the Healing Plan. It starts with the content of Page Two of the Healing Plan.**

* **Transfer this information into this first section**
* **Follow the GO SLOW steps and add information specific for this person**

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| **Fight** (aggression, violence, intimidation) | Present | Not Present |
| **Flight** (agitation, running away, hiding) | Present | Not Present |
| **Freeze (**Immobilization, terror) | Present | Not Present |
| **Tend/Befriend/Appease** (over-focus on others, submission, ingratiation, seductiveness)  | Present | Not Present |
| **Collapse** (dissociation, shut down) | Present | Not Present |
| What does this look like in this person? |
| What coping strategy do they use? |

**G O S L O W**

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| **G** | ***Get everybody away* who doesn’t need to be there.** *Unless they are immediately involved, all staff and residents should leave the area. It’s much easier to move the audience than the individual.* |
| **O** | ***Orient Yourself.*** *Notice what is happening and what isn’t. Call in help if needed, including medical or police. Unless there is immediate danger to someone, this is not an emergency, just a stressful situation. Don’t over- or under-react.*  |

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| **S** | **Steady, Safe Self** *Use the person’s name, eye contact, your name, familiar faces and objects; anything to help them remember* ***who****,* ***when*** *and* ***where*** *they are. Locate them in themselves, in the present.* **Notes:** |
| **L** | **Loved and Connected** *Repeat and demonstrate that they are seen, cared for and can trust the people around them.***Notes:** |
| **O** | **Organized Brain, Regaining Control** *Remind them of things they can do to get out feelings or return to their body (hug, walk, punch through newspaper, go outside, wrists under cold water, and so on)*. *Work up to simple problem solving (“Let’s put this room back together” or “Let’s figure out how to apologize to Macy”, etc.).***Notes:** |
| **W** | **Wrap It All Together** *Go back and emphasize that they are safe and loved. To the extent possible, encourage them to talk about how they were feeling and what this situation was like for them.* ***Save discussions of what they should have done differently for another time.*** *They are still recovering from a powerful neurological, emotional and physical experience. This is a time to help create a positive new “story” (“You felt really scared and alone and out of control, and then you were able to stop and do something different!”).* **Notes:** |

**What’s happening in the brain at each step**

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| **S****Steady, Safe Self**This activates the hippocampus and medial frontal and lateral-dorsal cortices, bringing them back into the moment. |
| **L****Loved and Connected**This helps the amygdala quiet down. |
| **O****Organized Brain, Regaining Control**Encouraging them to use words, make choices or even simply indicate preferences will help to activate the prefrontal cortex, providing the “brakes” for the limbic system and encouraging “organized”, top-down thinking |
| **W****Wrap It All Together**This continues to quiet the amygdala and activates the parts of the brain that direct self-awareness and insight. You can build on that insight **later** to talk about different ways to get what they need. This time is still focused only a little on thinking, and mostly on feeling. |