ITLC Homework

Please view videos before completing assignment for module 2 Day One.

<https://www.ted.com/talks/chimamanda_ngozi_adichie_the_danger_of_a_single_story?language=en>

Dr. Perry:

#### **Sequence of Engagement**

[This is a 20 min video](https://youtu.be/LNuxy7FxEVk) describing the sequential processing of experience in the brain. The Regulate-Relate-Reason heuristic is explained. This simple but powerful concept can help minimize miscommunication and behavioral challenges (especially with dysregulated adults and children).

<https://www.youtube.com/watch?v=LNuxy7FxEVk>

However, his whole series during the pandemic is amazing so for further learning, you may choose to watch the whole series.

<https://pd.church/neurosequential-network-covid-19-stress-distress-trauma-series/>

See you in two weeks!

Tatum Albert