



## Jenifer Trivelli: Practical Tools for Working with Youth



Jenifer Trivelli is a coach, writer, and yoga teacher who created a platform offering practical tools with a digestible curious approach based on trauma and neuroscience research for youth, parents and educators. Discover ways to help young people understand their behavior, explore the mind-body connection, and support them in building stronger resilience.

**TOP EMBODIMENT TIP:** Being important in the life of a child calls us to both responsibility and opportunity. To accompany this precious one in such a way that they are forever imprinted with the inner knowing of strength and resilience.

### We Feel Feelings in Our Bodies

- **A new world of possibilities opens up when we put the act of noticing the feelings in our bodies into a practice.**
- Every parent, every child, every child educator can learn the process which shifts the way we navigate life.

### How to Understand and Promote Youth Resilience Using an Integrated Lens

- Connect resilience, neuroscience and mindfulness with how to use them for the benefit of our clients.
- Understand the **window of tolerance** during stressful times and how to use interoception (sense concept about what is happening in the body at any given time) to move from strong reactions to a more balanced, centered response.

### Simple Neuroscience of Stress and Regulation for Kids, Parents and Professionals

- Learn about brain behavior during strong emotional situations and about protective mechanisms.
- Distinguish between **wise mind** (learning, listening) and **protector brain** (keeping us safe) and their functions.
- Build a relationship with young people through transparency and honesty during the embodiment process.

### The Most Common Tools for Working with Kids and Teens

- **Body maps** invite young people to explore their internal sensations in ways that build the mind-body connections (by drawing how the feelings feel). Body maps can be used as prevention and intervention.
- Promote resilience through **neuroplasticity** - wiring new patterns through constant repetition.

### Resources

- ❖ **Books:** [Peanut and the BIG Feelings \(A Guidebook for Children\)](#); [Jamie's Gift: A Young's Teens Guide to Fears, Worries and Other Life Challenges \(Like Being Irritated by Other People\)](#)
- ❖ **Website:** [www.wisemindservices.com](http://www.wisemindservices.com)
- ❖ **References:** Dan Siegel, Kelly Mahler, Peter Levine, Stephen Porges, Greg Dunn



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**Dylan Newcomb:** Founder & lead trainer of UZAZU Embodied Intelligence, master embodiment-based coach for helping professionals & cultural creatives, embodiment researcher, and former professional dancer.

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