



Guideposts for Implementing the R.I.S.E. Philosophy of Care

Is it Relational?

- Supports, facilitates connection
- Promotes neuroception of safety
- Sends messages of safety
- Provides a secure base
- Practices “Connection, Break, Repair”
- Includes altruism and reciprocity

Is it Integrative?

- Adult is attuned to and noticing states
- Basic needs are being met
- Includes repetitive, rhythmic movement
- Includes regulating activity
- Brings us into the present moment
- Motor sensory needs are being met

Is it Supportive?

- Encouragement based
- Hope building
- Stretches vs. Stresses the Nervous System
- Builds a cohesive narrative
- Listening vs. solving

Is it Experiential?

- Exploring together vs. giving instruction
- More doing than talking
- Playful
- Includes movement
- Develops skill and interests