



CPD REFLECTIVE PRACTICE WORKSHEET

Episode 29: When Science Meets Therapy: The Art of Co-Regulation

Hosts: Tracy Stackhouse · Cory Dundon · Michelle Maunder



LISTENER NAME

DATE LISTENED

TOTAL LISTENING + REFLECTION TIME (MINS)

CPD HOURS CLAIMED



Episode Summary

When five scientists who work on medical treatments for Fragile X and autism came to Developmental FX to watch therapy in action, what they saw stayed with them, and two of them visibly flinched as a child got big and loud, while the therapist beside him never wavered. That moment becomes a starting point for a wide-ranging conversation about co-regulation as something embodied rather than theoretical. Along the way we sit with Tracy's own frozen moment treating in front of a crowd, Deb Dana's idea that you only need a foothold in ventral, and a pair of Jean Ayres quotes, including the line we reckon belongs on a t-shirt. We close on the value of therapists and prescribers working as partners, and how the SPIRIT model helps us track what medication actually changes. More than anything, it's a celebration of the quiet, masterful work our teams do every day.



Resources & Mentions

- Jean Ayres, *Sensory Integration and Learning Disorders*. The passage read in this episode is on page 265.
- Jean Ayres, 1988 letter, the source of "therapists dash in where scientists fear to tread".
- Deb Dana, on polyvagal theory and the idea of a foothold in ventral.
- The SPIRIT model, Tracy Stackhouse.
- DFX Learning Journeys, to build your clinical reasoning skills: dfxlearningjourneys.thinkific.com



Reflection Prompts

Take a few quiet minutes to consider each prompt and write freely. Add or remove a prompt block to suit the episode.

- 1 What resonated most with you about the scientists' reflections when witnessing therapy for the first time?

- 2 Reflect on a time you've needed to regulate yourself in session before co-regulating with a child. How did you anchor yourself?

- 3 What does "a foothold in ventral" mean to you, and how do you access it during complex or dysregulating moments?

- 4 How do you make the science behind your clinical reasoning visible to others, whether families, teachers, or colleagues?

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Dr Ayres said, “therapists dash in where scientists fear to tread.” How does that quote capture the spirit of your work?
