



**WHERE IS YOUR BRAIN LIVING MOST
OF THE TIME?**

**Presented By:
Maranda Miller
Prevention Services
Program Manager**

Survival Brain

Hyper focused on threat

Doesn't like uncertainty

Often impulsive

Trouble trusting others

Often panicky or obsessive

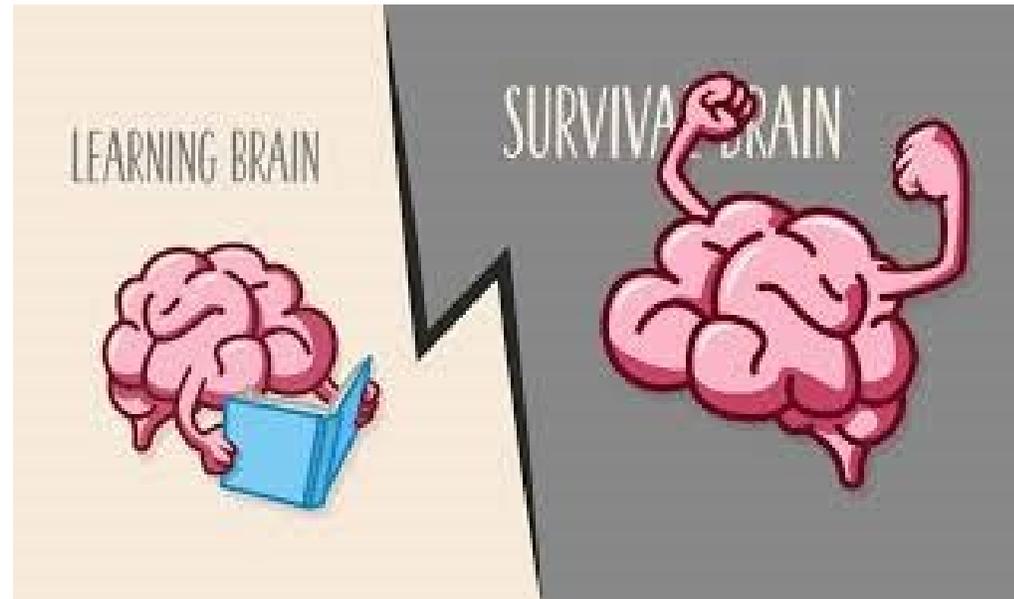
Afraid of getting things wrong or making mistakes

Just want to get things over with

Often not open to new things

Afraid of looking stupid and filled with doubt

Zoning out, losing focus, isolation from others



Learning Brain

Open to learning new information

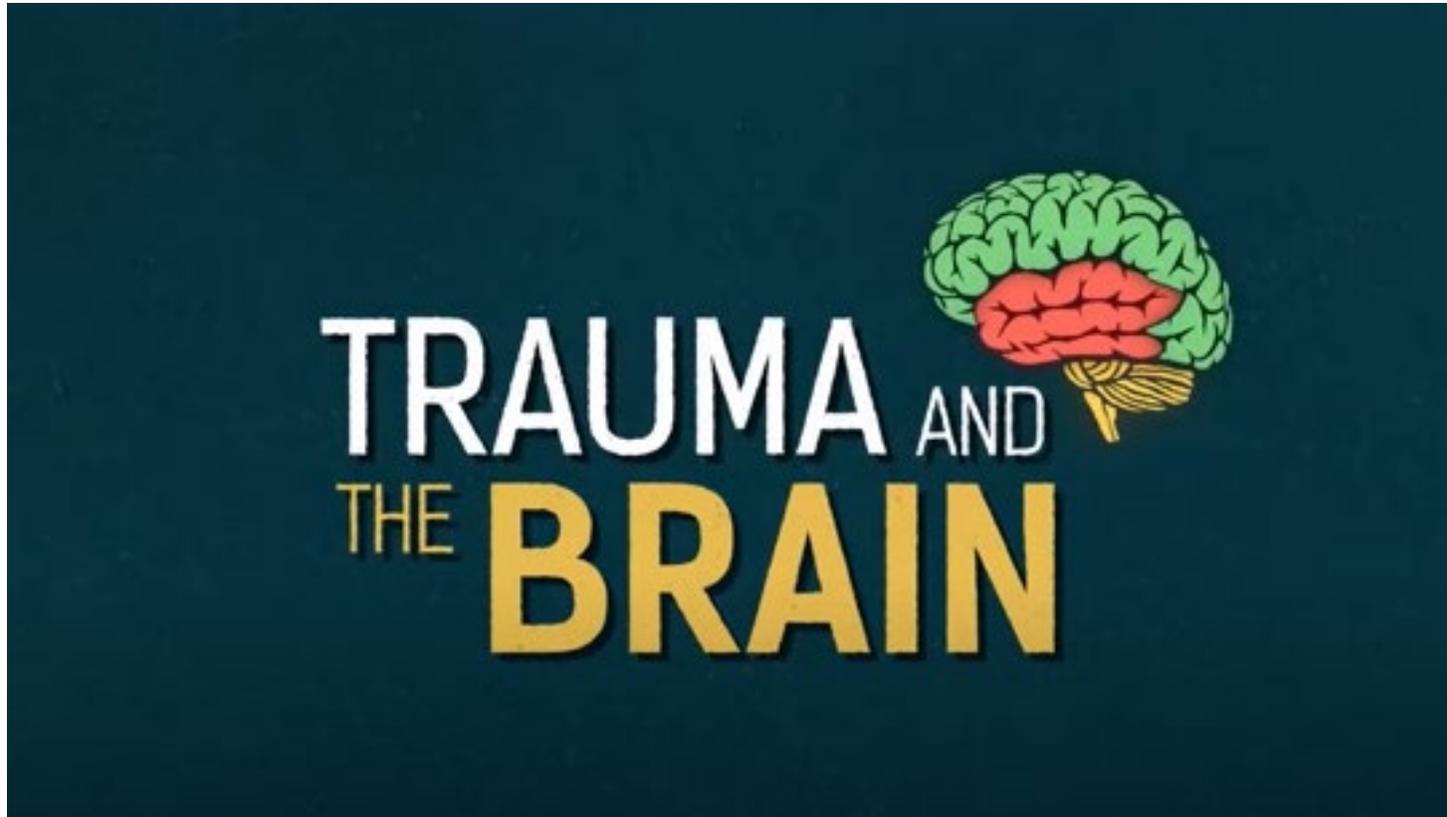
Comfortable with uncertainty

Sees the big picture

Feels calm, peaceful, playful and excited about learning

Curious and not afraid of making mistakes

UNDERSTANDING TRAUMA: LEARNING BRAIN VS SURVIVAL BRAIN



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

HYPERAROUSAL

Use mindfulness,
grounding, Breath work

Overreactive, unclear thought,
Emotionally distressed

Can't calm down

WINDOW OF TOLERANCE

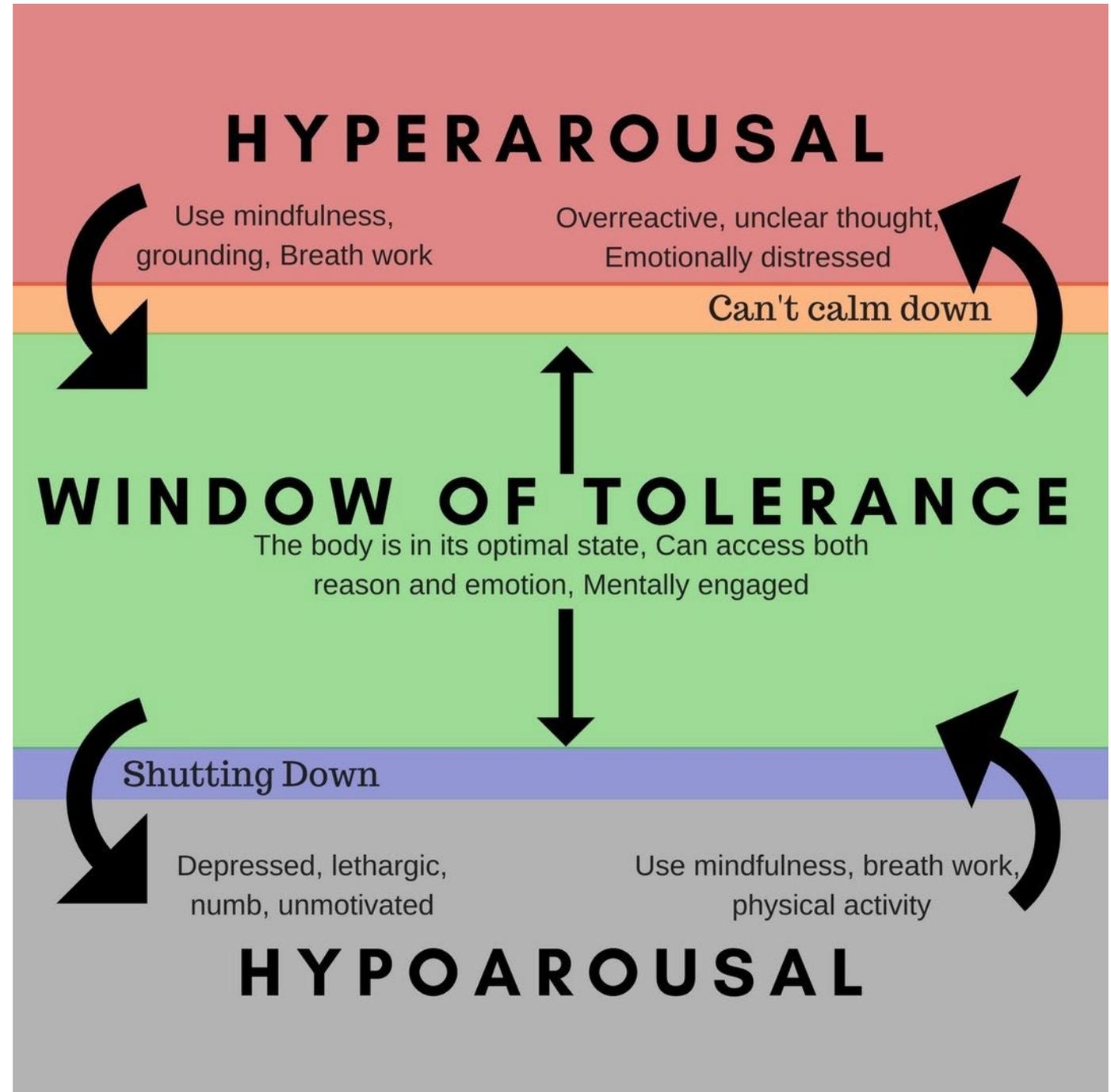
The body is in its optimal state, Can access both
reason and emotion, Mentally engaged

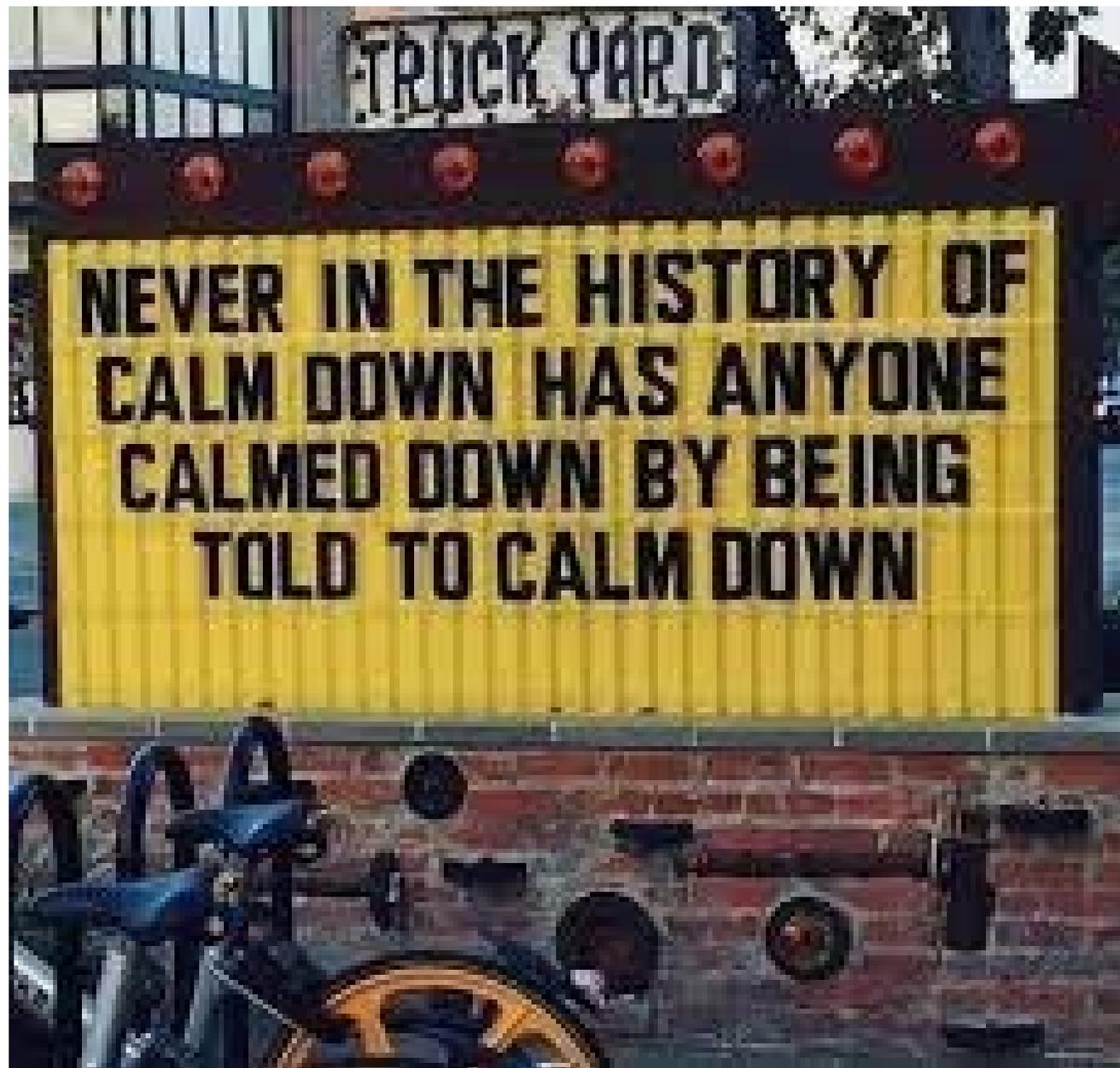
Shutting Down

Depressed, lethargic,
numb, unmotivated

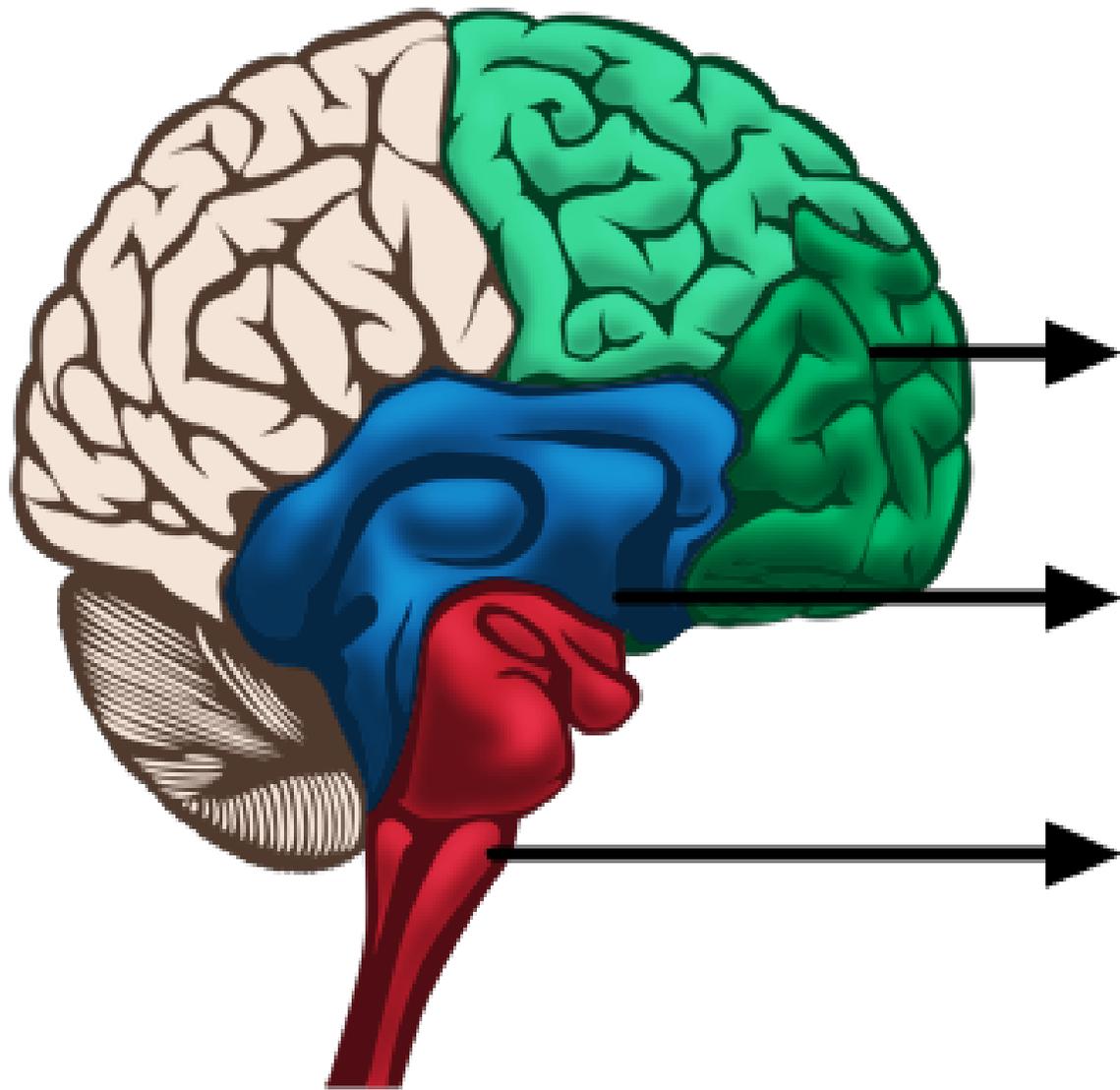
Use mindfulness, breath work,
physical activity

HYPOAROUSAL





**NEVER IN THE HISTORY OF
CALM DOWN HAS ANYONE
CALMED DOWN BY BEING
TOLD TO CALM DOWN**



Executive State
Prefrontal Lobes
What can I learn from this?

Emotional State
Limbic System
Am I loved?

Survival State
Brain Stem
Am I safe?

90%

**of a child's brain
development
happens
before age 5**



- 90% Brain development before age 5
- 10% Brain development after age 5

Source: Harvard Center for the Developing Child

UNDERSTANDING TRAUMA

WHAT IS TRAUMA?

- **THE THREE E'S OF TRAUMA: EVENT(S), EXPERIENCE, AND EFFECT. WHEN A PERSON IS EXPOSED TO A TRAUMATIC OR STRESSFUL EVENT, HOW THEY EXPERIENCE IT GREATLY INFLUENCES THE LONG-LASTING ADVERSE EFFECTS OF CARRYING THE WEIGHT OF TRAUMA.**
- **AN EVENT(S) IN WHICH ONE PERSON EXPERIENCES (WITNESS OR CONFRONTED) WITH AN ACTUAL OR THREATENED DEATH; SERIOUS INJURY TO THREAT TO THE PHYSICAL INTEGRITY OF SELF OR OTHERS**
- **CAN BE SINGLE, REPEATED OR SUSTAINED**

TYPES OF TRAUMA

Acute Trauma

A single event that lasts for a limited time.

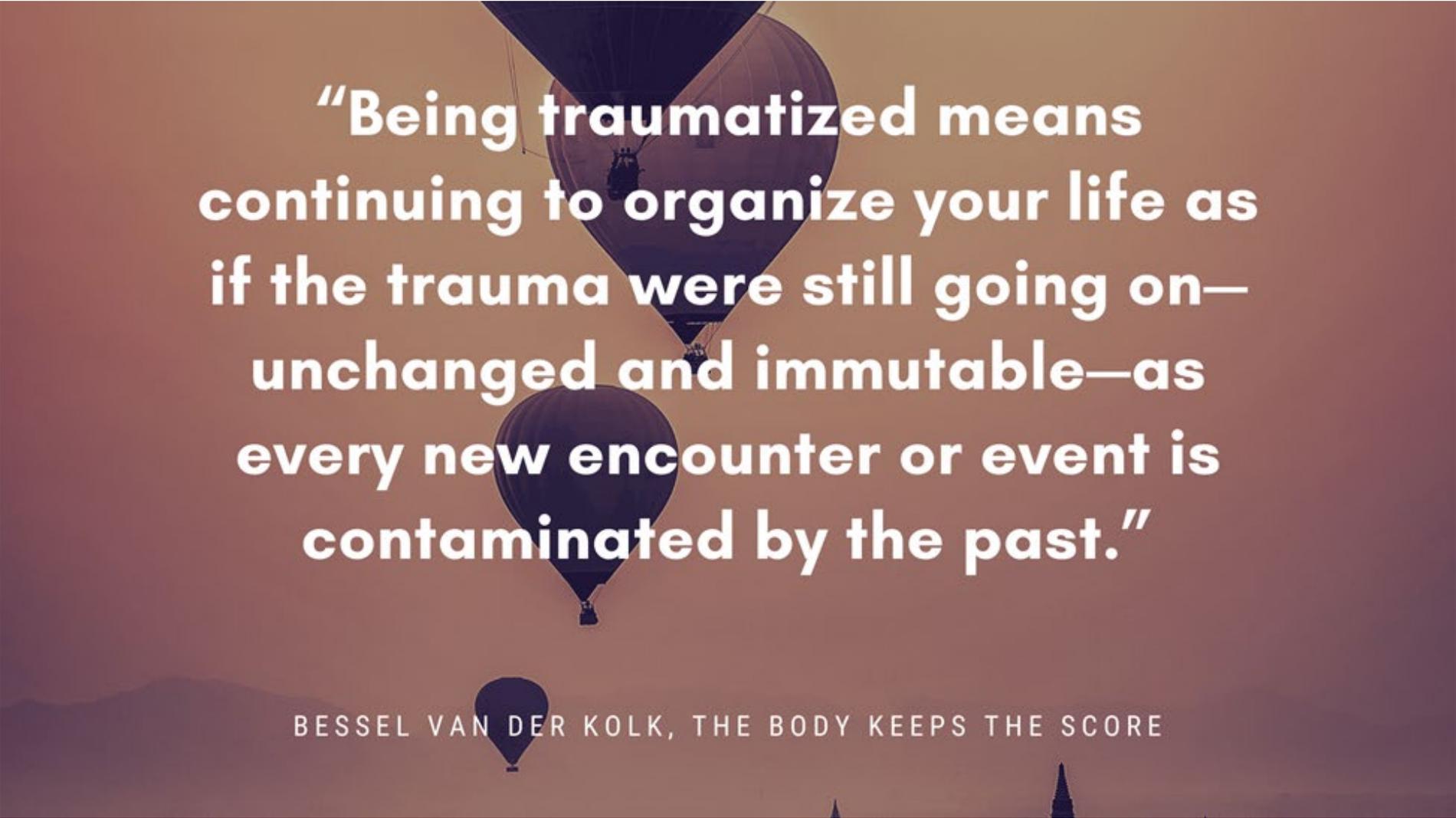
Chronic Trauma

The experience of multiple traumatic events, often over a long period of time.

“Trauma is not what happens to you; trauma is what happens inside you as a result of what happens to you.”

Gabor Maté

The Wounded Healer



“Being traumatized means continuing to organize your life as if the trauma were still going on—unchanged and immutable—as every new encounter or event is contaminated by the past.”

BESSEL VAN DER KOLK, THE BODY KEEPS THE SCORE

Childhood Trauma

An event that a child finds overwhelmingly distressing or emotionally painful, often resulting in lasting mental and physical effects.

2x
more likely to develop
DEPRESSION

3x
more likely to develop
ANXIETY DISORDERS

Common causes:

 Child abuse (physical, emotional, sexual)

Grief 

Witness/victim of violence 

 War/Terrorism

 Neglect

Medical trauma 

Substance misuse 

 Mental illness

 Bullying in school

Separation from loved ones 

LONG-TERM IMPACTS:

Affects perception of reality 

 Takes away sense of safety

 Wires brain to expect danger

Increases stress hormones flowing through the body 

Triggers fight, fright or freeze response 

 Creates a sense of helplessness

 Creates relationship problems

Results in serious behaviour problems 

“The initial trauma of a young child may go underground but it will return to haunt us”
James Garbarino

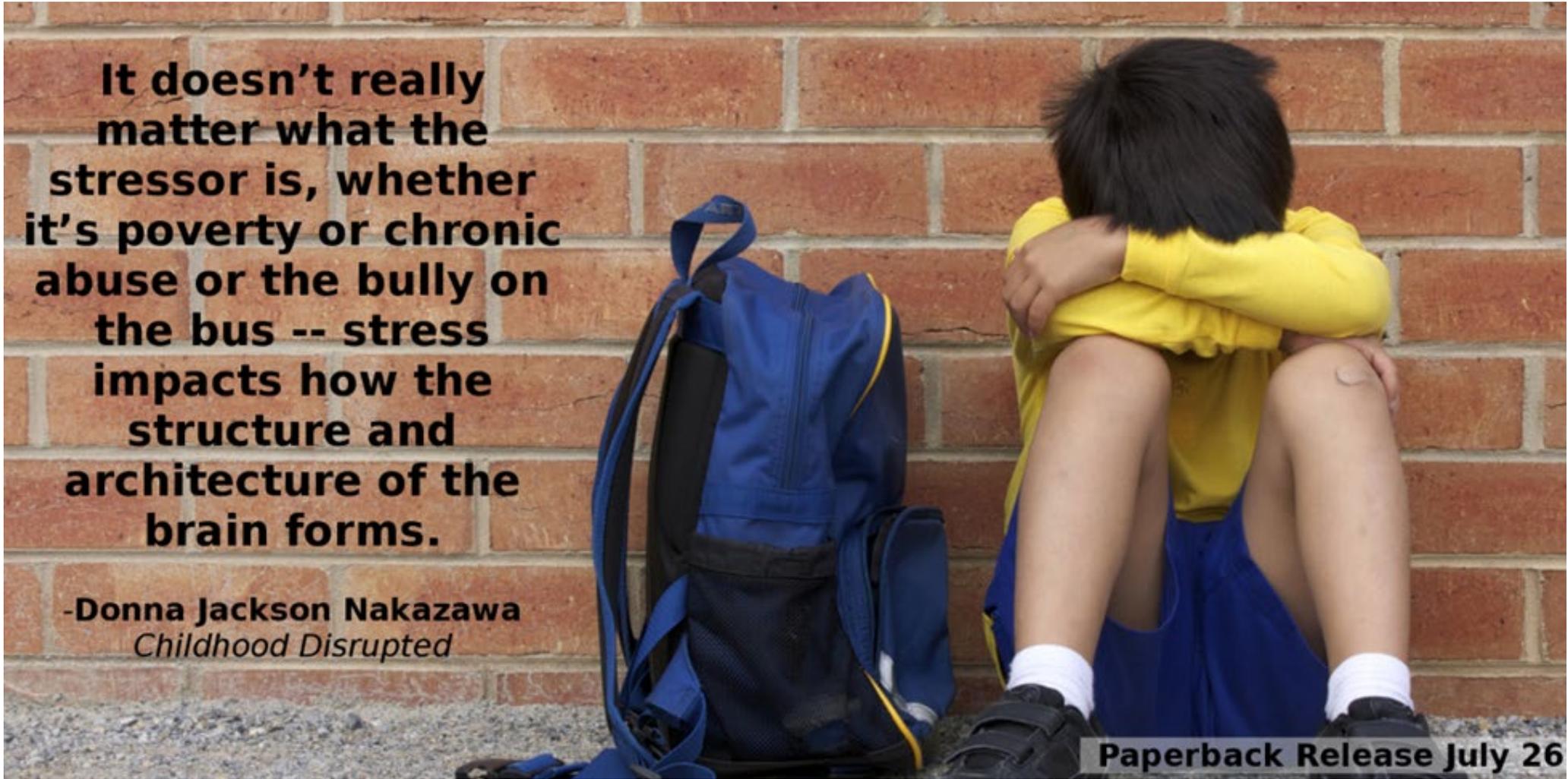
PREFRONTAL CORTEX (PFC)
"Thinking Centre"
Underactivated
Difficulties concentrating & learning.

A traumatised brain is **"bottom heavy"**
AMYGDALA
"Fear Centre"
Overactivated
Difficulty feeling safe, calming down, sleeping

ANTERIOR CINGULATE CORTEX (ACC)
"Emotion Regulation Centre"
Underactivated
Difficulties with managing emotions.

Complex Trauma: a result of repetitive, prolonged trauma





**It doesn't really
matter what the
stressor is, whether
it's poverty or chronic
abuse or the bully on
the bus -- stress
impacts how the
structure and
architecture of the
brain forms.**

-Donna Jackson Nakazawa
Childhood Disrupted

Paperback Release July 26



Being able to feel safe with
other people is probably the
single most important aspect
of mental health; safe
connections are fundamental
to meaningful and satisfying
lives.

BESSEL VAN DER KOLK

UNRESOLVED CHILDHOOD TRAUMA IN ADULTHOOD LOOKS LIKE:

Chronic people pleasing

Lack of boundaries

Relationships trigger a fear of abandonment

Chronic apologizing

Living in survival mode: hyper vigilant nervous system responses

The unconscious desire to fix, save, rescue or be chosen

Betrayal of ones own needs

Living as a false self

The more healthy relationships a child has, the more likely he will be to recover from trauma and thrive. Relationships are the agents of change and the most powerful therapy is human love.
-Bruce D. Perry



HOW COMMON IS TRAUMA?

70% OF ADULTS IN THE U.S. HAVE EXPERIENCED SOME TYPE OF TRAUMATIC EVENT AT LEAST ONCE IN THEIR LIVES

OVER 90% OF PATIENTS WHO ARE SEEN IN PUBLIC BEHAVIORAL HEALTH CLINICS HAVE EXPERIENCED TRAUMA

TRAUMA CAN RESULT IN A WIDE RANGE OF RESPONSES INCLUDING INTENSE FEELINGS OF FEAR, LOSS OF TRUST IN OTHERS, DECREASED SENSE OF PERSONAL SAFETY, GUILT, AND SHAME.

People who have experienced trauma are:



15X more likely
to attempt suicide



4X more likely
to become an
alcoholic



4X more likely
to inject drugs



3X more likely
to use anti-
depressant
medication



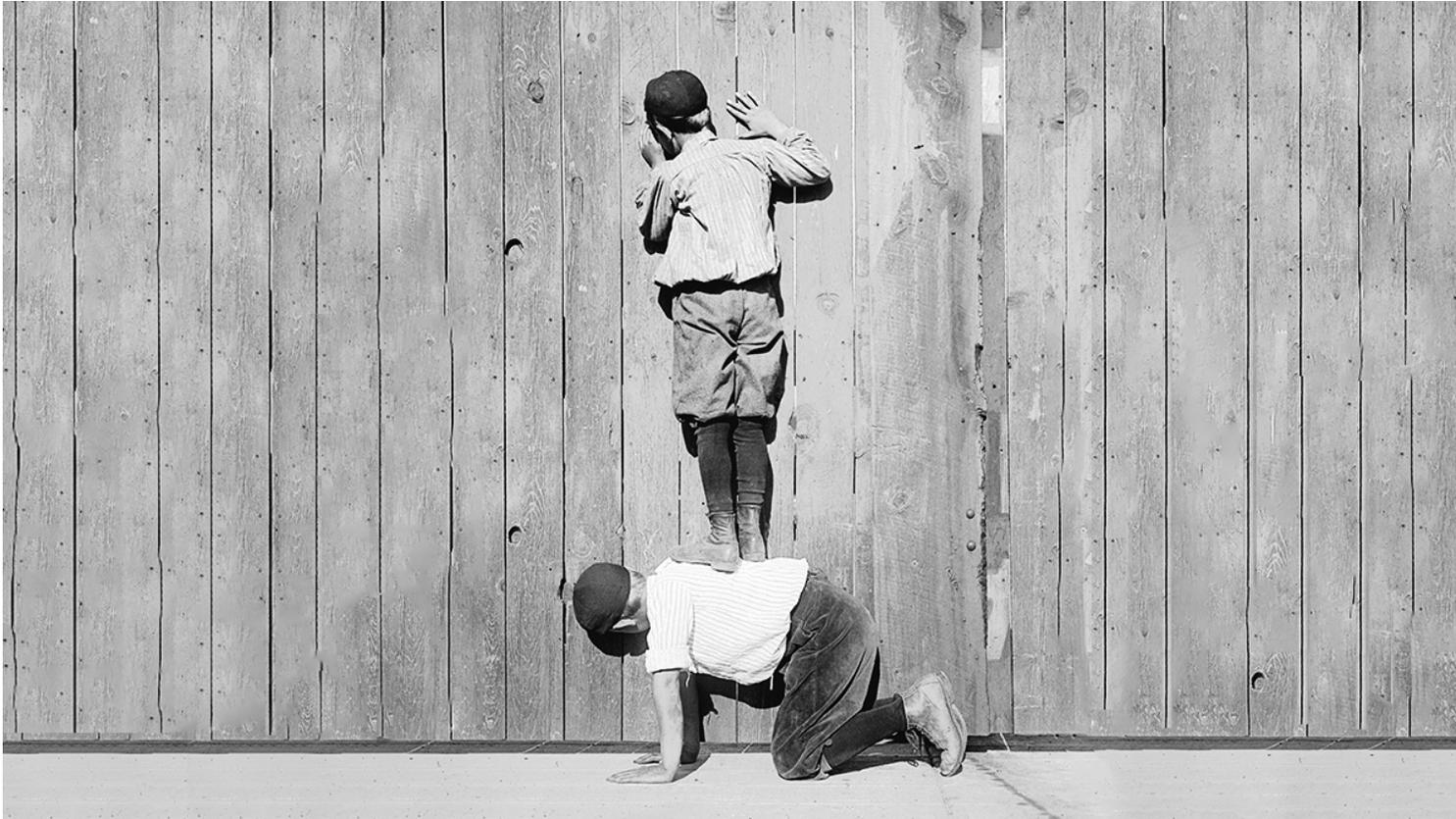
3X more likely
to experience
depression

WHAT DOES TRAUMA LOOK LIKE?

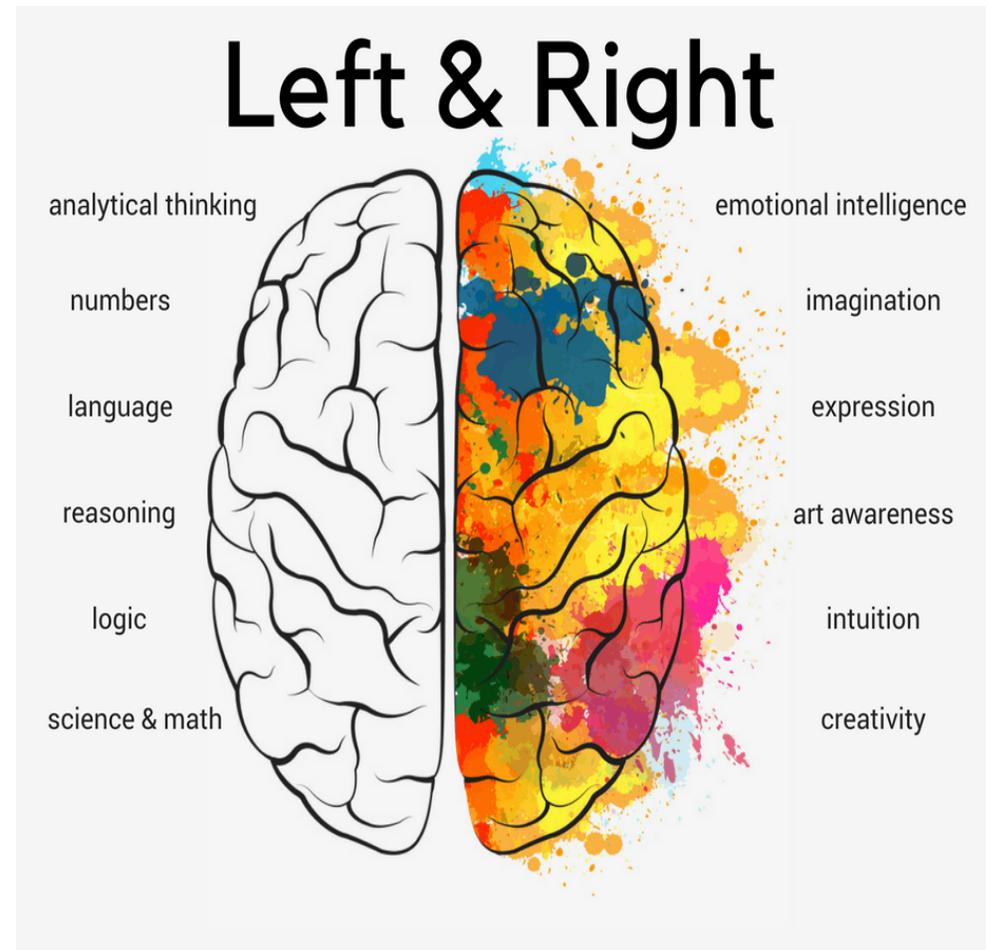
COMMON SYMPTOMS OF STRESS DURING OR AFTER A TRAUMATIC INCIDENT

PHYSICAL	COGNITIVE	EMOTIONAL	BEHAVIORAL
HEADACHE	CONFUSION	ANXIETY	INTENSE ANGER
CHEST PAIN	DISORIENTATION	GUILT	WITHDRAWAL
DIFFICULTY BREATHING	NIGHTMARES	GRIEF	EMOTIONAL
FATIGUE	HEIGHTENED OR	DENIAL	OUTBURSTS
SWEATING	LOWERED ALERTNESS	SEVERE PANIC	TEMPORARY
RAPID HEART RATE	POOR	FEAR	LOSS/INCREASE IN
THIRST	CONCENTRATION	IRRITABILITY	APPETITE
VISUAL DIFFICULTIES	MEMORY DIFFICULTIES	LOSS OF EMOTIONAL	EXCESSIVE
NAUSEA/VOMITING	POOR PROBLEM	CONTROL	ALCOHOL/DRUG USE
DIZZINESS/BALANCE	SOLVING	DEPRESSION	INABILITY TO
CLENCHING OF JAW	DIFFICULTY	SENSE OF FAILURE	REST/PACING
ACHES & PAINS	IDENTIFYING FAMILIAR	FEELING	IMPAIRED SEXUAL
	OBJECTS/PEOPLE	OVERWHELMED (EVEN	FUNCTIONING
		BY SIMPLE TASKS)	PARENTING
		BLAMING	STRUGGLES
		SELF/OTHERS	
		SLEEP DIFFICULTIES	
		DISSOCIATION	

SO... HOW DO WE HELP OTHERS AND OURSELVES....

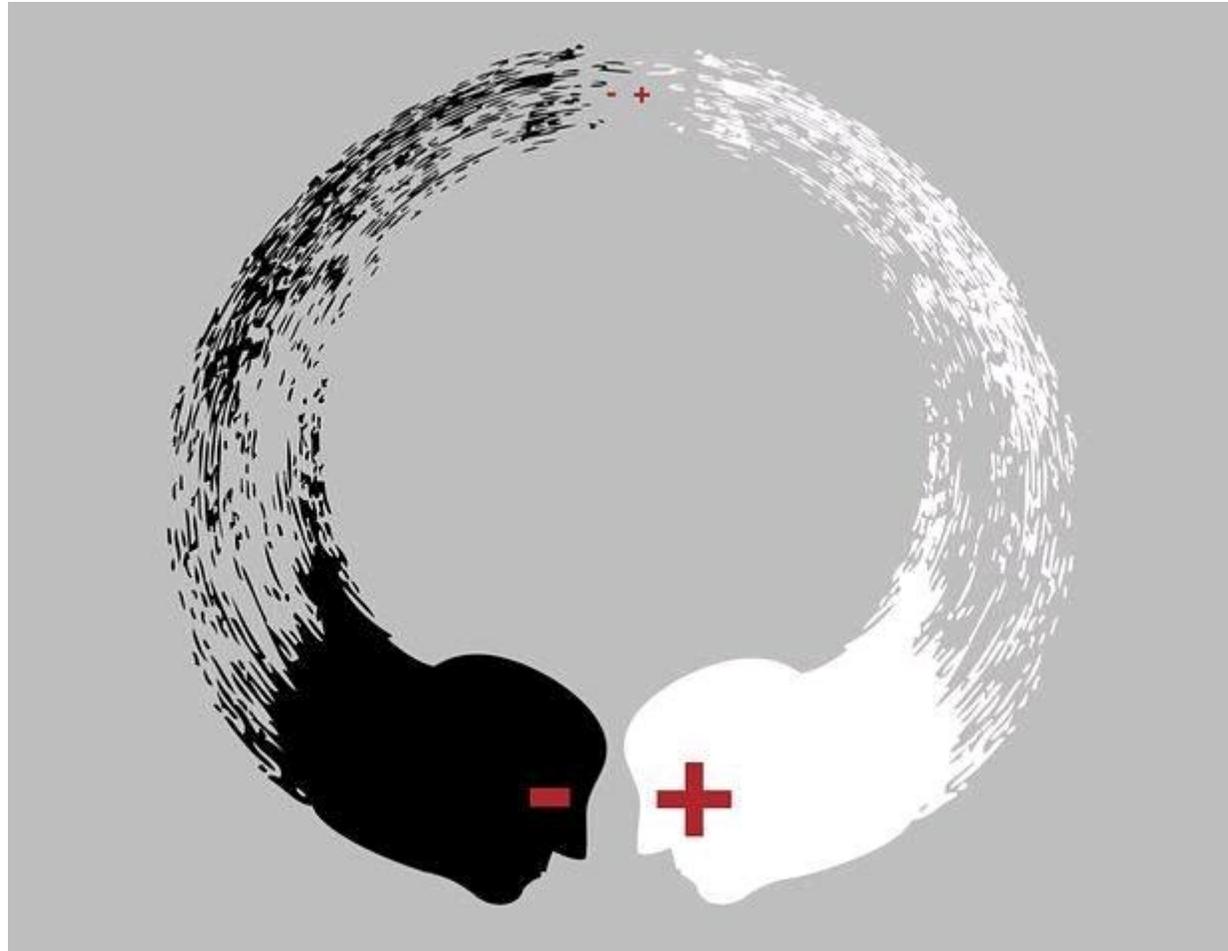


BRAIN BREAK!!



SHIFT IN PHILOSOPHY OF WHOLE-PERSON CARE

WHAT'S
WRONG
WITH YOU?



WHAT'S
HAPPENED
TO YOU?

**“Connectedness has the power to
counterbalance adversity.”**

BRUCE PERRY

THE POWER OF EMPATHY



<https://www.youtube.com/watch?v=HznVuCVQd10>

POSITIVE PSYCHOLOGY



REWIRING YOUR BRAIN FOR HAPPINESS



THE HAPPY SECRET



https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work?language=en

THANKFULNESS JOURNAL





*“THE WORLD BREAKS EVERYONE AND AFTERWARD MANY ARE STRONG AT THE
BROKEN PLACES.” ~ERNEST HEMINGWAY*



Kintsugi (金継ぎ, "golden joinery"), also known as kintsukuroi (金繕い, "golden repair"), is the Japanese art of repairing broken pottery and the flaw is seen as a unique piece of the object's history which adds to its beauty.

QUESTIONS/COMMENTS

Thank you!

Maranda Miller

marandam@centennialmhc.org

