

## Adverse Developmental Experiences (ADEs)

- **Shaping the Nervous System**
  - Events
  - People
  - Environments
- That shape and form our nervous systems
- **Trauma**
  - Not just BAD, also not enough GOOD

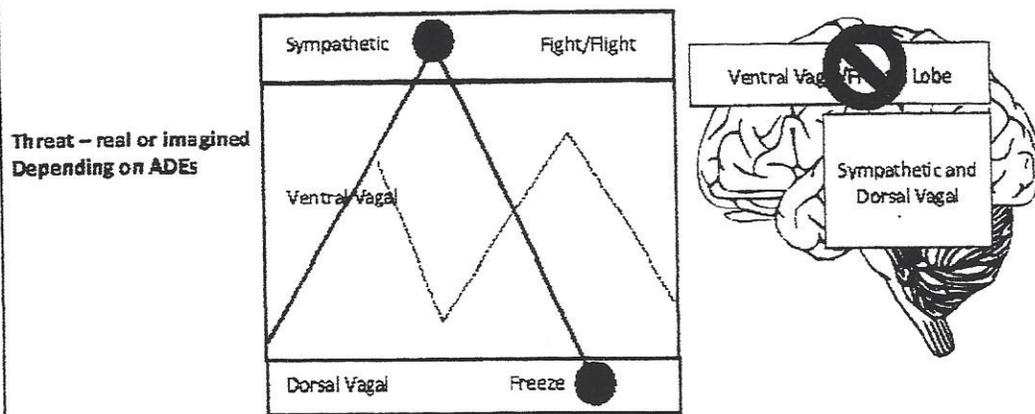
## Primary Traumas that Disorder the Brain

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|--|--|
| <ul style="list-style-type: none"><li>• <b>Bad</b></li><li>• <b>5 to 10 %</b></li><li>• Physical, Mental, Emotional, Spiritual Abuse/Assault or Neglect</li><li>• Natural Disaster</li><li>• Man Made Disaster</li><li>• Death or Traumatic Separation</li><li>• Medical Procedures/Disability</li><li>• Lack of physical safety</li><li>• Combat/War/First Responders</li></ul> | <ul style="list-style-type: none"><li>• <b>Not enough Good</b></li><li>• <b>90 to 95%</b></li><li>• Insufficient attunement</li><li>• Unintentional/Intentional abandonment/neglect</li><li>• Rigid families where emotions were not allowed or didn't occur</li><li>• Boundaryless families – do as you please</li><li>• Lack of emotional safety</li><li>• Invasion – Controlled</li><li>• Betrayed – One parent not protecting from other</li><li>• Parentified</li></ul> |
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## Trauma Defined

- Any event that is too large to be processed by the prefrontal cortex
- Attachment or attunement do not occur in family systems of neglect, abandonment, or invasion or abuse of any kind
- Trauma Capsules form – memory and feeling/sensation fused
- To treat trauma we have to use techniques that allow the feeling/sensation to finally be processed

### How Trauma Causes Brain Disorder



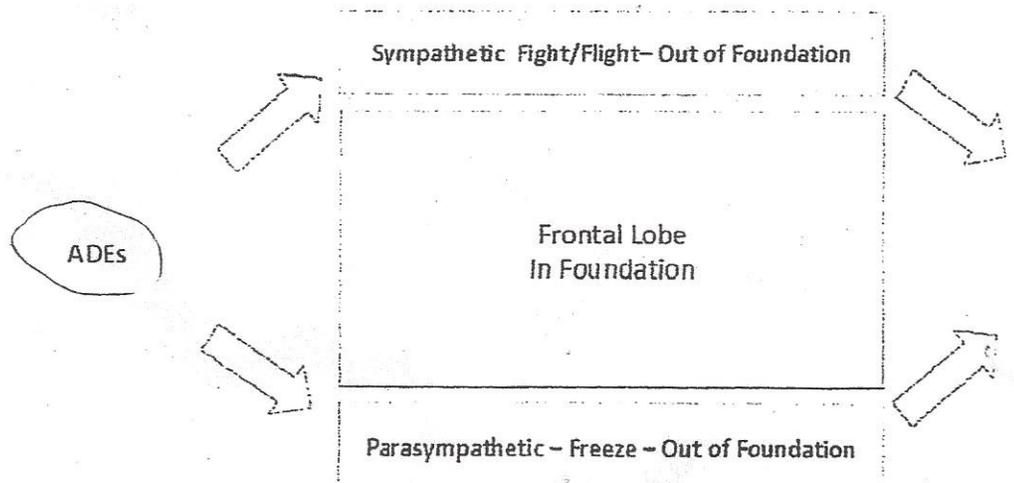
## Knowing Where You Are

SYMPATHETIC: Tense, tight, hyper, anxious, fearful, burning, shaky, trembly, obsessive, impulsive, panicked, insecure, hostile, critical, rage - FIGHT/FLIGHT

FRONTAL LOBE: Clear, present Warm, open, calm, connected, engaged, happy, hopeful, expansive, tender, confident, happy, powerful, safe, trusting, optimistic, positive, creative, playful, valuable VULNERABLE AND AUTHENTIC

PARASYMPATHETIC Cold, numb, dizzy, frozen, hollow, disconnected, spacey, heavy, queasy, nauseous, stuck, hopeless, helpless, blocked, confused, submissive - FREEZE

## Shaping The Nervous System



# Trauma & The Brain

~~Journal Prompts~~

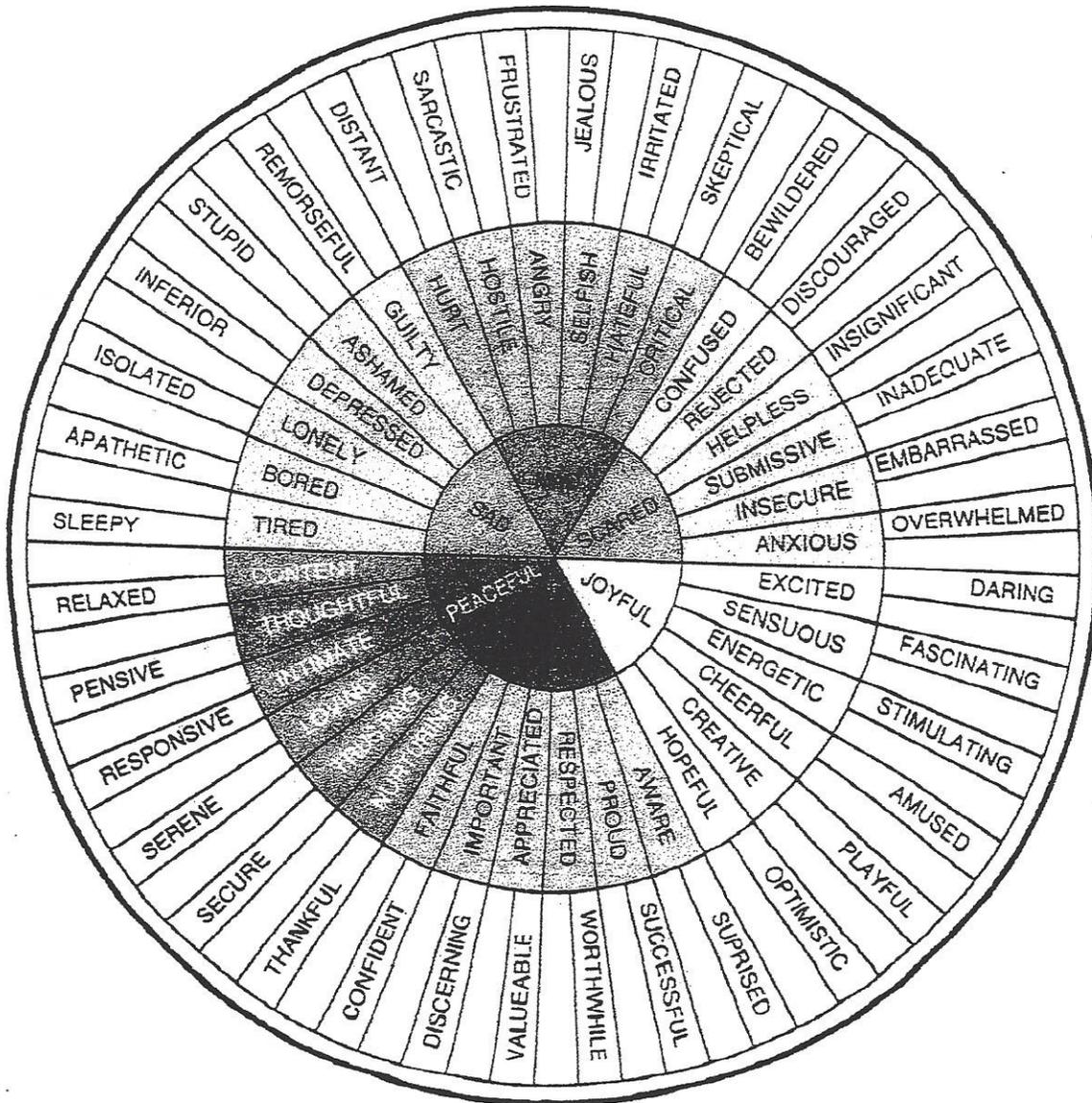
Event	Feelings at the time of the event or while recalling event.	What did <sup>you</sup> <del>she</del> make up about <sup>your</sup> <del>her</del> self or about life from this event?	Sensations did/do <sup>you</sup> <del>she</del> feel at the event or while recalling event.
1			
2			
3			
4			
5			

Next: Circle all words used more than once

## Sensations

Open	Bruised	Constricted	Spacey	Cold
Light	Achy	Clenched	Breathless	Numb
Referring	Sore	Knotted	Prickly	Empty
Fluid	Sensitive	Hot	Buzzy	Queasy
Expansive	Tense	Full	Itchy	Dizzy
Flowing	Tight	Sweaty	Wobbly	Floating
Bubbly	Dizzy	Bruised	Dense	Draining
Spacious	Breathless	Shaky	Nauseous	Wooden
Airy	Prickly	Energized	Frozen	Congested
Releasing	Electric	Streaming	Icy	Closed
Expanded	Tingling	Trembly	Thick	Dark
Calm	Nervy	Throbbing	Blocked	Hollow
Smooth	Twitchy	Pounding	Contracted	Dull
Warm	Burning	Fluttery	Heavy	Disconnected
Tender	Radiating	Shivery	Suffocated	

## Feelings



## Negative Cognitions

I don't deserve love	I am insignificant (unimportant)
I am a bad person	I am a disappointment
I am terrible	I deserve to die
I am worthless (inadequate)	I deserve to be miserable
I am shameful	I cannot get what I want
I am not loveable	I am a failure
I am not good enough	I have to be perfect
I deserve only bad things	I am permanently damaged
I cannot be trusted	I am ugly
I cannot trust my judgment	I should have done something
I cannot succeed	I did something wrong
I am not in control	I am in danger
I am powerless	I cannot stand it
I am weak	I cannot trust anyone
I cannot protect myself	I cannot let it out
I am stupid	I do not deserve
I need to run	

Lies we learn  
about ourselves

Unlearn these!