

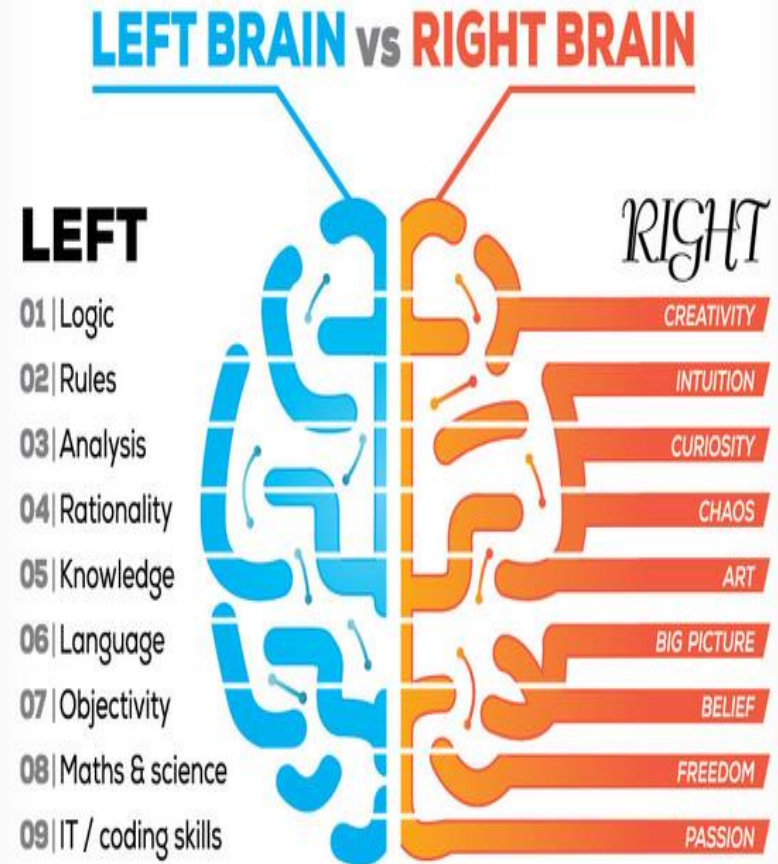


*What is trauma?*

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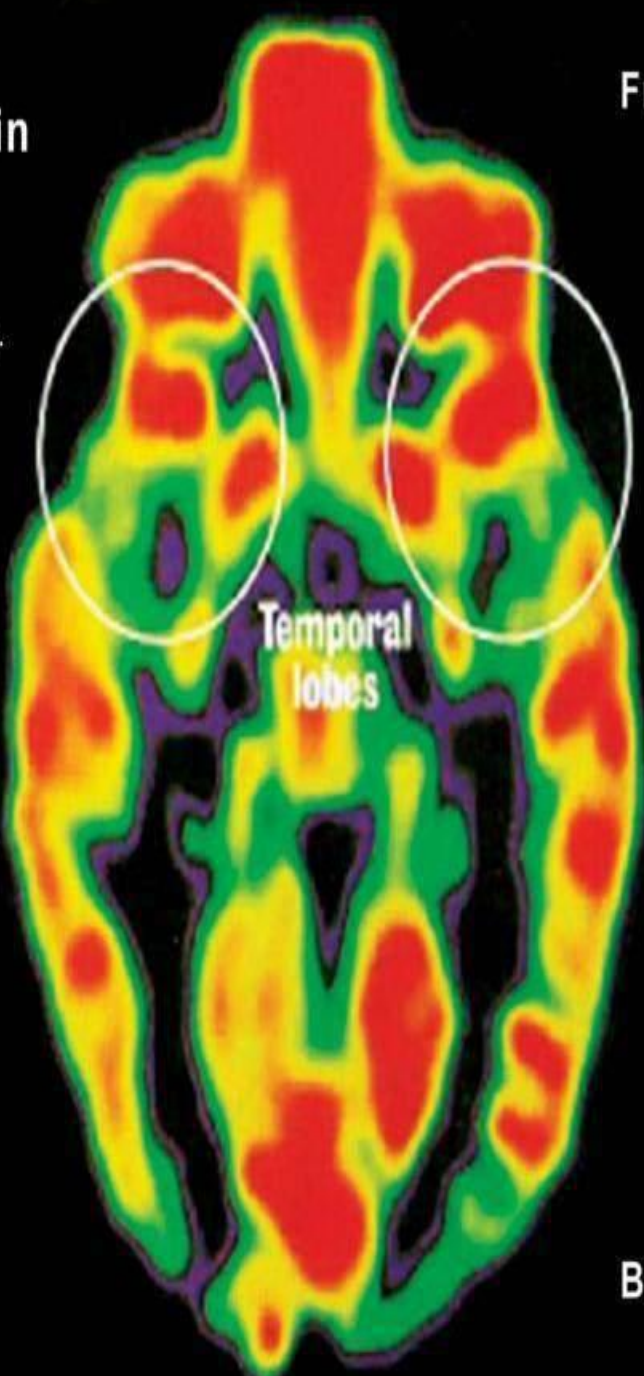
# Healthy Brain

- Horizontally Integrated:
  - Right and Left Hemisphere working in tandem to create a holistic experience.
- Vertically Integrated:
  - “The physically higher parts of their brain, which let them thoughtfully consider their actions, work well with the lower parts, which are more concerned with instinct, gut reactions, and survival.”



# Healthy Brain

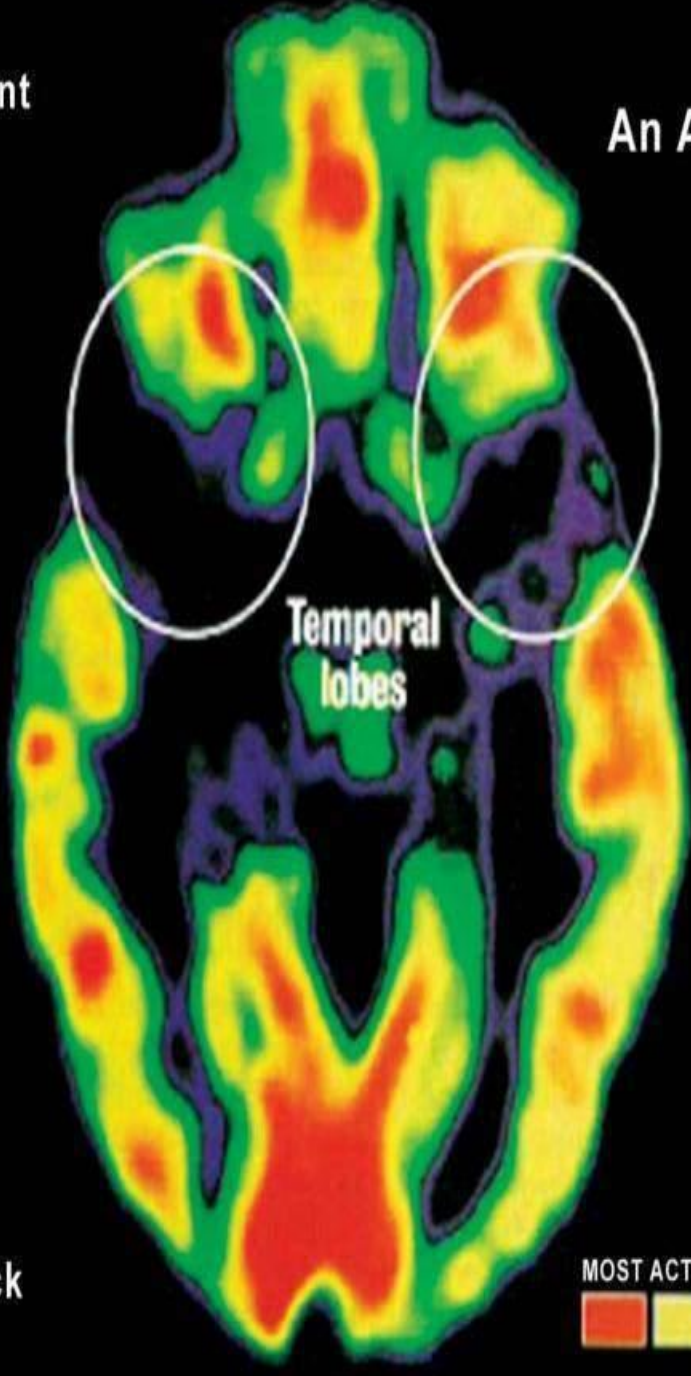
This PET scan of the brain of a normal child shows regions of high (red) and low (blue and black) activity. At birth, only primitive structures such as the brain stem (center) are fully functional; in regions like the temporal lobes (top), early childhood experiences wire the circuits.



Front

# An Abused Brain

This PET scan of the brain of a Romanian Orphan, who was instutionalized shortly after birth, shows the effect of extreme deprivation in infancy. The temporal lobes (top), which regulate emotions and receive input from the senses, are nearly quiescent. Such children suffer emotional and cognitive problems.



Back



# Resiliency

Resiliency refers to the ability and capacity for a person to recover from difficulties or tough situations.



# Seven Essential Resiliency Skills

- 1. Emotional awareness and self regulation
- 2. Impulse control
- 3. Optimism
- 4. Flexible and accurate thinking
- 5. Empathy
- 6. Self efficacy
- 7. Connecting and reaching out