



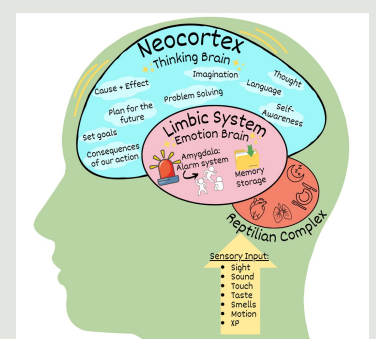

A Look Through the Window: The Brain in Action



Kara Patin, LCSW, ABD



Trauma's Impact on the Brain

TRAUMA & THE BRAIN

Trauma has lasting adverse effects on an individual's functioning, including their mental and emotional wellbeing, and development.








A brain that has adapted to survive in a threatening or unpredictable world

WHAT'S HAPPENING IN THE BRAIN?


During a potentially traumatic event, the brain is working to keep us alive through our stress response system: Fight, Flight, or Freeze

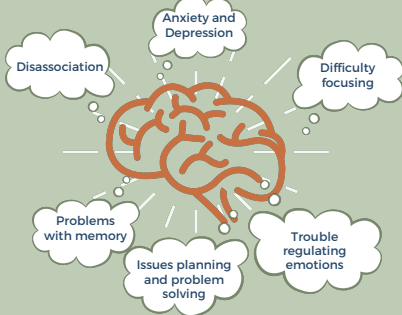
A trauma response is a normal response to abnormal events. The stress response system is an important process meant to keep us alive.



When the brain sees everyday events as unsafe because of traumatic experiences, this process can become maladaptive.

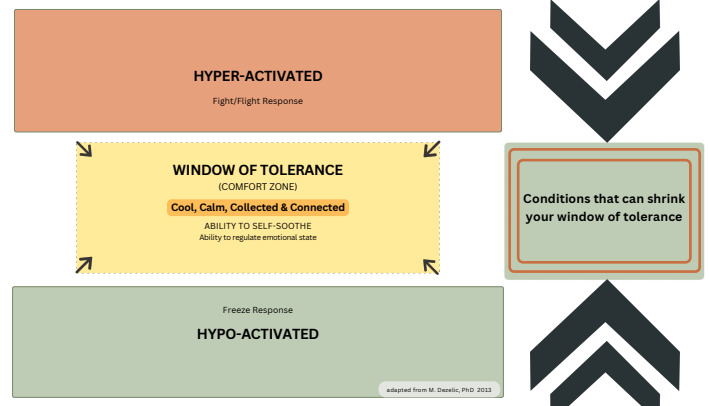
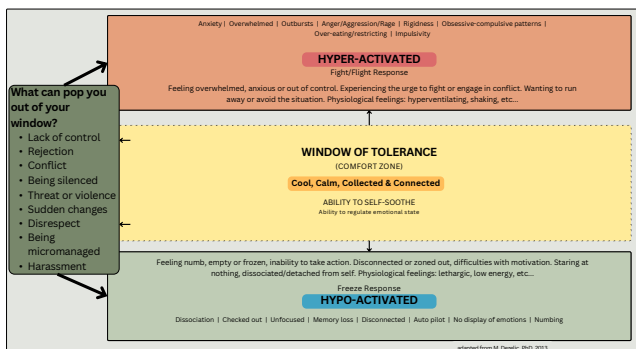
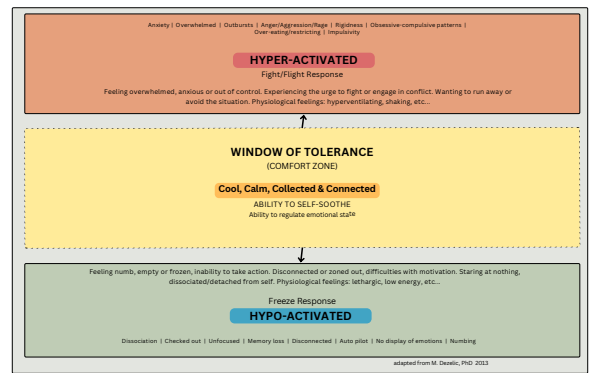
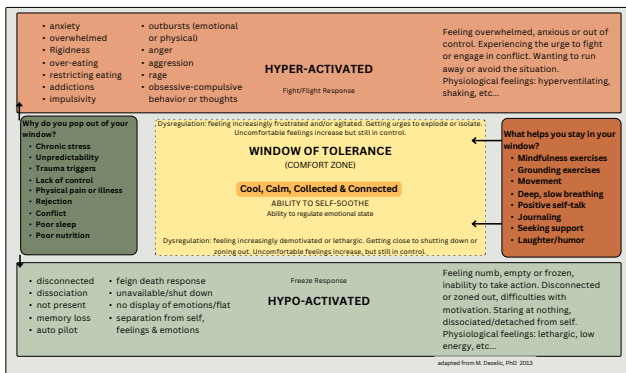
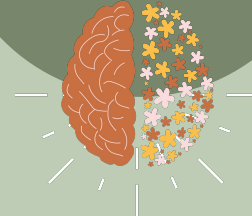


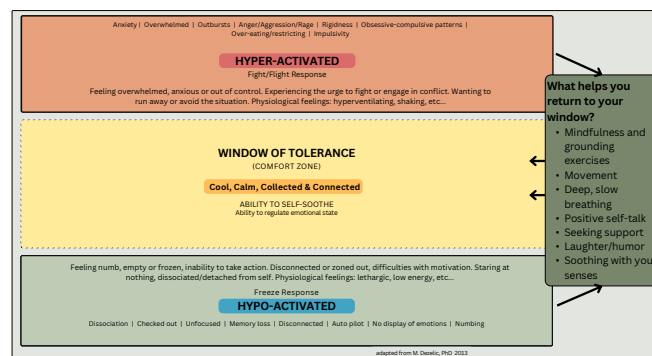
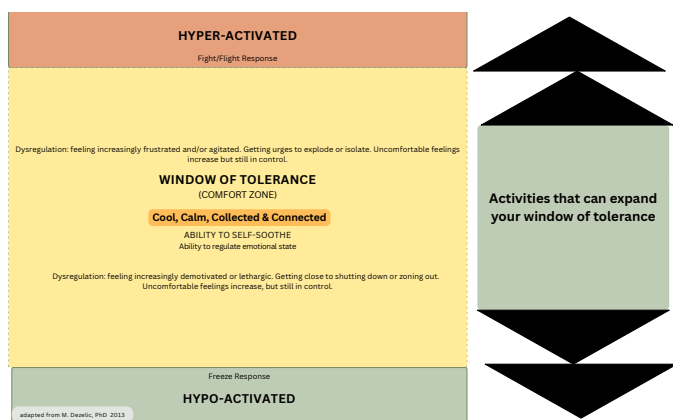
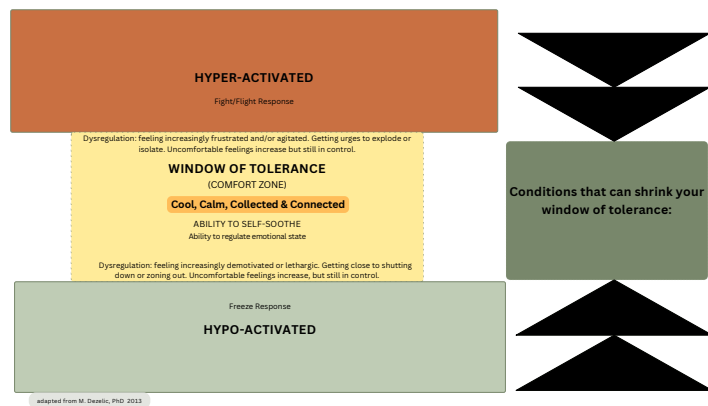
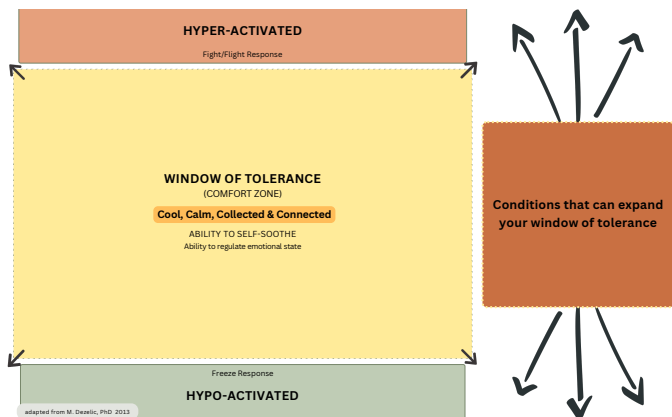
HOW TRAUMA CAN SHOW UP



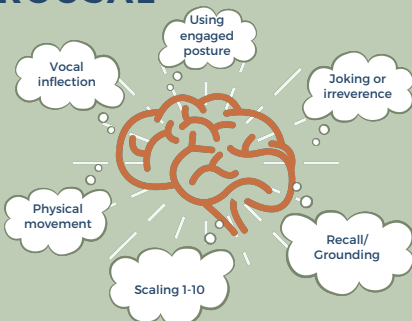
THE GOOD NEWS

While trauma can change brain functioning, individuals can heal from trauma with time, effort, and support.





COMING BACK FROM HYPOAROUSAL



INTERVENTIONS & STRATEGIES

- Use grounding (5 senses) and orienting to present moment
 - Speak slowly and warmly; pause and check in
 - Validate and name the nervous system state
 - Offer co-regulation through calm presence
- TRAUMA-INFORMED UTAH**

INTERVENTIONS & STRATEGIES

- Co-Regulation Scripts
- "It seems like things are moving fast right now. Let's take a moment and slow down together."
- "I notice it's hard to find words. Would it help if we focused on your breath for a few seconds?"



TIPS FOR SESSION PACING

- Watch for subtle cues of dysregulation
- Allow more silence and slow transitions
- Keep interventions titrated - work as fast as the client is able to



THANK YOU!

Kara Patin, LCSW, ABD
kara@tiutah.org

