

The Process of Healing and Restoration from Trauma

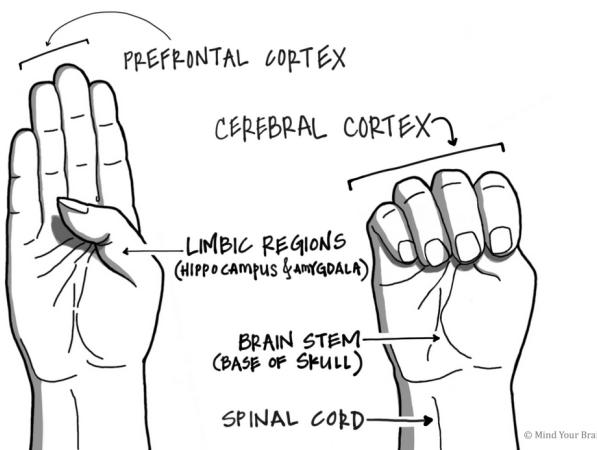
Trauma and the Brain

Brainstem: regulates arousal, automatic functions (i.e. breathing and heart rate). Takes in information from the body.

Limbic Region: First evaluation center—is this good or bad? If it's "good" I move towards it or "bad" away. Emotions, relationships, memory, attachments. Threat center: Flight, Fight, Freeze, Shutdown

Cortex/Prefrontal Cortex: Higher level functioning including 9 characteristics: **body regulation** (ability to return to a baseline of homeostasis), **attuned communication** (ability to feel another's feelings, read their needs and emotions, feeling felt), **emotional balance** (the ability to regulate emotional response without becoming overwhelmed, to feel an emotion and move from it into another emotional state), **response flexibility** (the capacity to pause before action, assess different responses based on varying contexts), **fear modulation** (the ability to calm the limbic threat response when out of context), **empathy** (the awareness and ability to "see" and imagine another's reality and have compassion), **insight** (ability to be aware of one's own past, present, and future, themes, and emotions), **intuition** (recognizing inputs from the heart/gut), **moral awareness** (ability to see how individual actions affect other's and a community).

Hand Model of the Brain



Helpful Definitions

Trauma: The way we learn about ourselves, others, and the world when experiencing overwhelm duress, and helplessness alone.

Healing: The movement toward integration of being whole humans as we were created to be in freedom and full life.

Wholeness: Seeing and living into our humanity with freedom.

Holding our Humanity: Recognizing we are created in the image of God—in beauty, goodness, and love.

Choice: A decision between two or more options, taken based on a perception or belief of what is 'possible', 'right', 'better', or 'best'.

Freedom: To move, be, and choose without the chains of shame, fear, or limiting core beliefs about God, self, or others.

1

REIMAGINE

Freedom to live a life unconfined and undefined by narrow past, rigid realities

2

RESTORE

Freedom marked by agency, desire, and intimacy

3

RECLAIM

Freedom to reclaim the authorship of one's own life and story

NOTES - THE PROCESS OF HEALING FROM TRAUMA

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Siegel, D. J. (2010). Mindsight: The new science of personal transformation. New York: Bantam Books.

"I called to the Lord from my narrow prison and He answered me in the freedom of space." Viktor E. Frankl
