

How Trauma Affects Your Brain: The Science of Survival



MICHELE ROSENTHAL

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Award-Nominated Author

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www.ChangeYouChoose.com



Heal My
PTSD
Conquer the Past.
Create the Future.

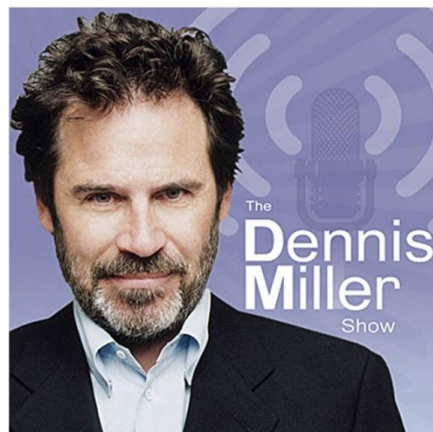


with
Michele Rosenthal

CHANGING DIRECTION



Featured on or in:



The Palm Beach Post

Orlando Sentinel

Before the World Intruded

*Conquering the Past
and Creating the Future*



Michele Rosenthal
Founder of www.healmyptsd.com

With a Foreword by Alex Pattakos, Ph.D.,
Author of *Prisoners of Our Thoughts*

Your Life After Trauma

Powerful Practices to Reclaim Your Identity

MICHELE ROSENTHAL

ChangeYouChoose.com/book

We'll cover lots of things, including....

 **3** levels of your brain & how they work

 **2** systems involved in your trauma response

 **4** brain structures most affected by & engaged in trauma

 **6** ways your brain becomes dysregulated after trauma

 **1** totally free gift to get you started



CHANGE





YOUR BRAIN BEFORE TRAUMA....



Paul D. Maclean, MD, devised **The Triune Brain model.**

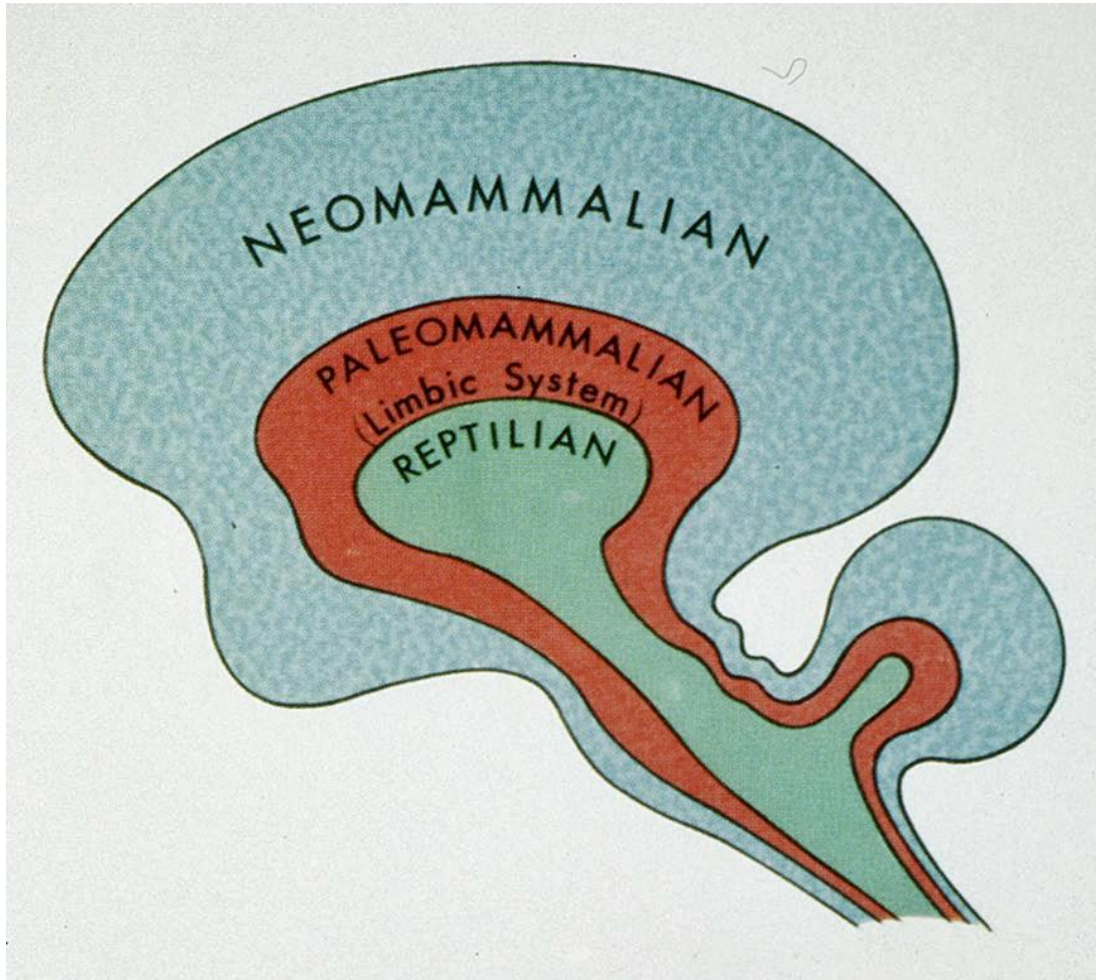
- Psychiatrist
- Neuroscientist
- Originated theory in 1960s
- *The Triune Brain in Evolution*, 1990

Theory developed to:

“...explain the brain’s evolution and to try to reconcile rational human behavior with its more primal and violent side.”



The Triune Brain Model



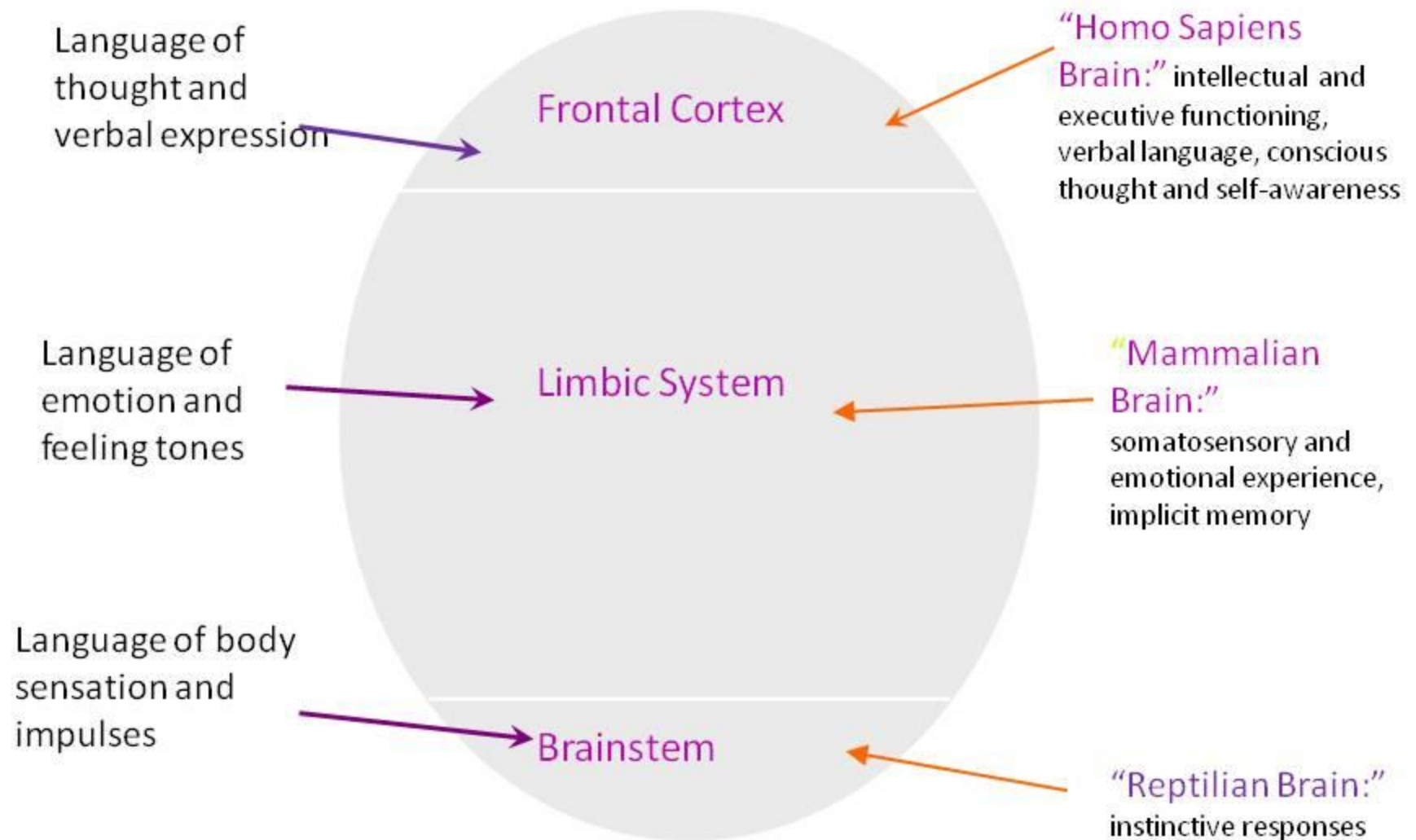
Reptilian – seat of instincts

Paleomammalian – seat of emotion

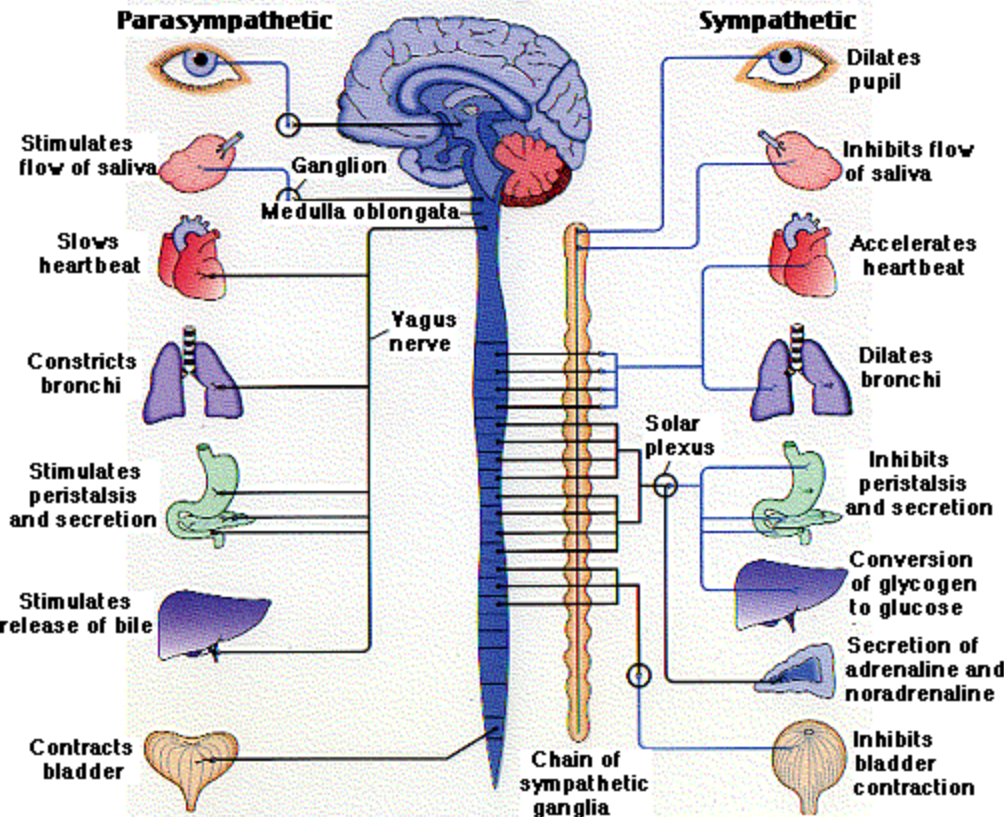
Neomammalian – seat of executive function

“The Triune Brain:”

One Mind, Three Brains [McLean, 1967]



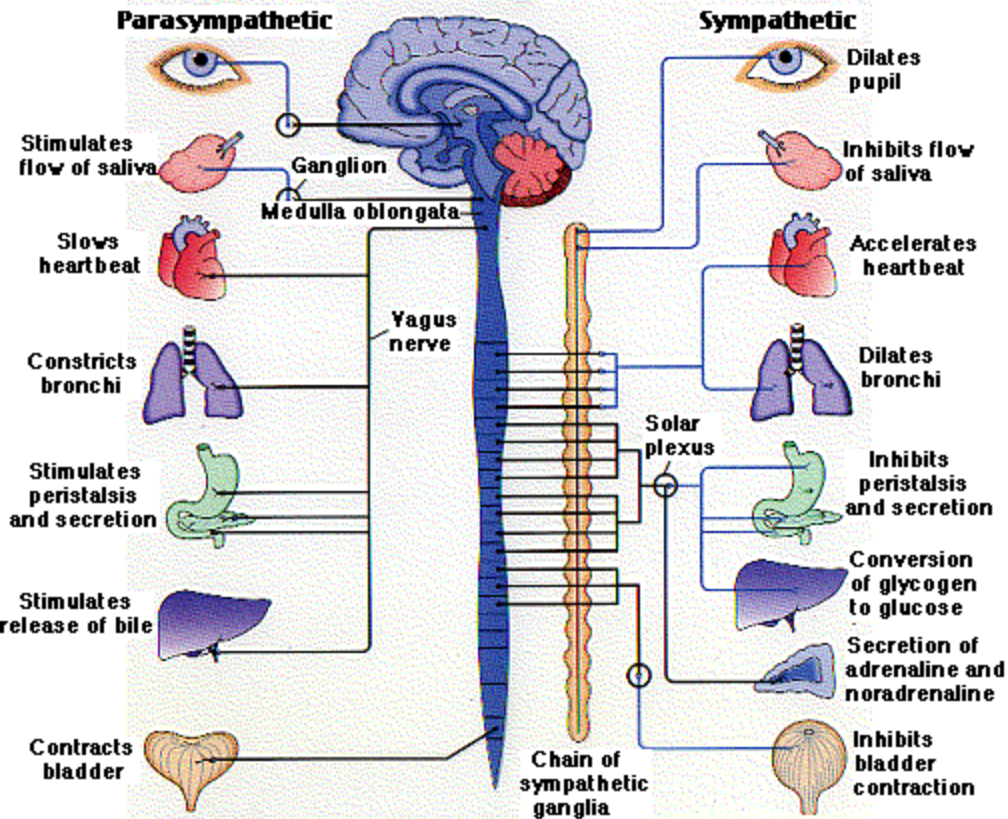
AUTONOMIC NERVOUS SYSTEM



- Regulates the functions of internal organs, i.e. heart, stomach and intestines.
- Controls some of the muscles within the body.
- Functions involuntarily and reflexively.
- Most important in regulating the shift from fight/flight to rest/digest.
- Consists of sympathetic, parasympathetic and enteric nervous systems.

SYMPATHETIC NERVOUS SYSTEM

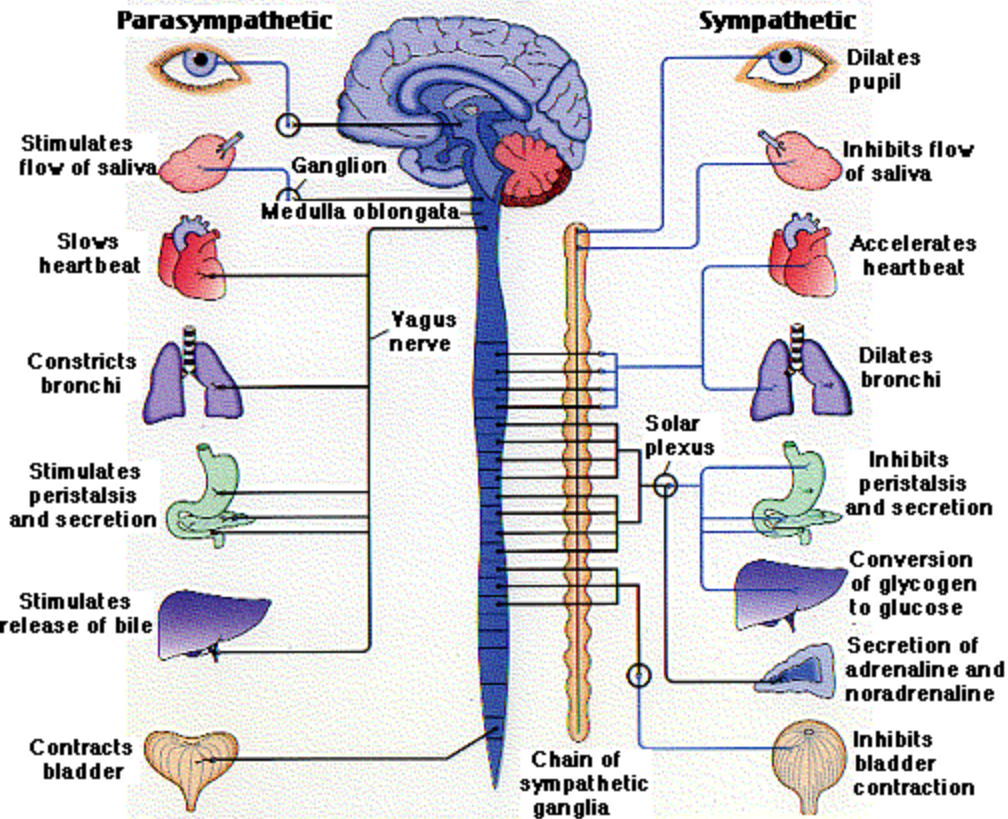
(reactive mode)



- Activates fight/flight
- Consumes energy
- Increases blood pressure
- Decreases digestion
- Increases heart rate
- Decreases reproduction

PARASYMPATHETIC NERVOUS SYSTEM

(responsive mode)



- Activates rest/repair
- Refuels energy
- Decreases blood pressure
- Increases digestion
- Decreases heart rate
- Increases reproduction

YOUR BRAIN DURING TRAUMA.....

Analytical,
decision-making
processes

**Pre-frontal
Cortex**

Threat detection
and response

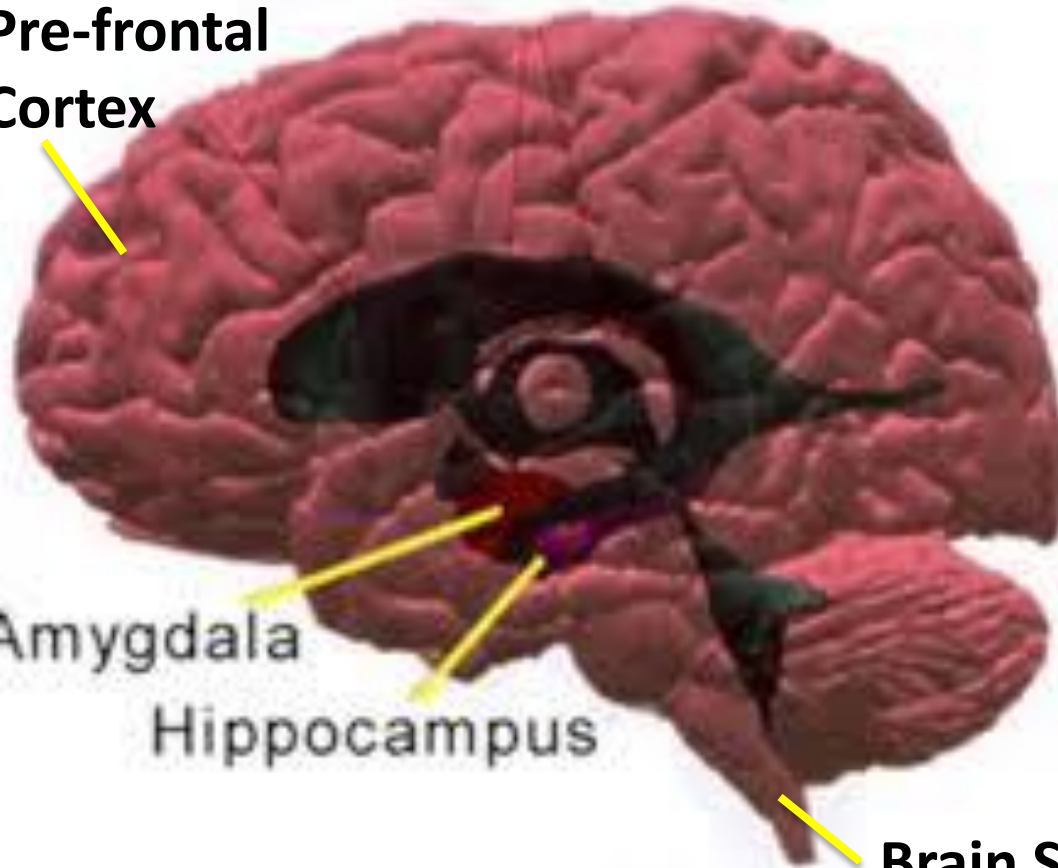
Amygdala

Hippocampus

Brain Stem

Memory consolidation: short-term to long term

Delivers
sensory
information
to the brain.



YOUR BRAIN AFTER TRAUMA:

Dysregulation: Problems that can occur...



Shift out of fight/flight back to rest/repair doesn't occur



Posterior brain continues to scan for threat despite lack of stimulation



Amygdala tunes to dominant negative experience(s)



Hippocampus doesn't properly consolidate memories



Lack of inhibitory executive function



Reduced control over attention



YOUR BRAIN AFTER TRAUMA:

Some symptoms you might see....



Constant feeling of threat or danger; hyperarousal and hypervigilance



Intrusive thoughts that you can't stop or suppress



Triggers that create flashbacks, nightmares, physical sensations



A sense that the trauma continues to feel present and real



Inability to focus, concentrate, think clearly, make decisions



Overstimulation; overwhelming sensory overload



Interrupted ability to sleep



The feeling it isn't safe to be still or relax

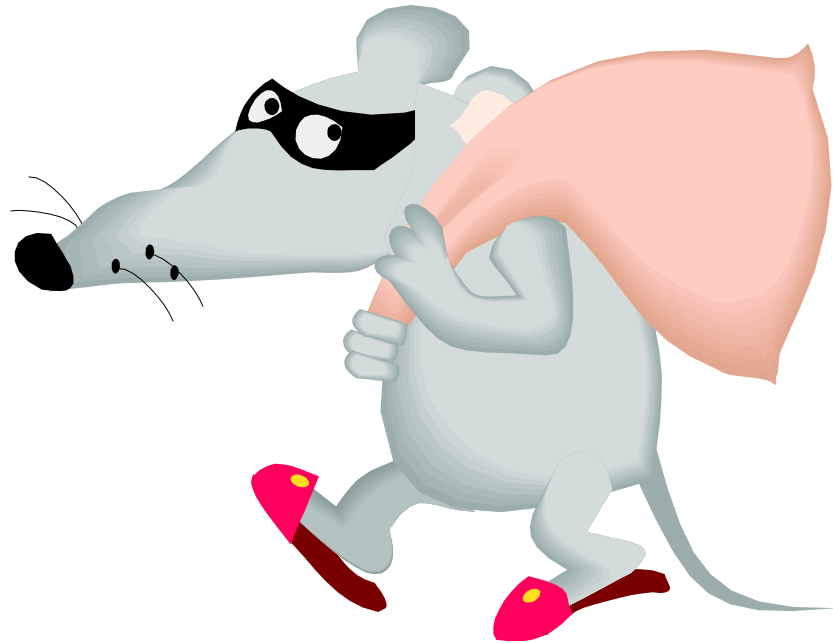


A sense of disconnection from yourself, others and the world

OUT OF
ORDER!



MAJOR TAKEAWAYS



Trauma affects your body down to the **cellular** level.

Biological and neurophysiological changes create symptoms after trauma including: disrupted sleep, emotional dysregulation, anxiety, mood swings, hyperarousal

You are not crazy. **Symptoms are real** and not (always) under your control.

Advances in the field of **neuroplasticity** prove that the brain is an organism designed to change.

Many of the brain changes trauma creates can be **reversed** with time and appropriate treatment.





Available to you for **FREE**:

RESET YOUR RECOVERY

(an audio series)

11 mp3s cover:

- How to Create A Healing Intention
 - Discovering Blocks
 - Changing Perceptions
- How You Sabotage Your Progress
 - Recovery Goal-Setting
 - Dealing With Holiday Stress
- Coping With Trauma Anniversaries

ChangeYouChoose.com/reset



"It takes courage to grow up and become who you really are." e.e. cummings

Thanks for joining me!

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