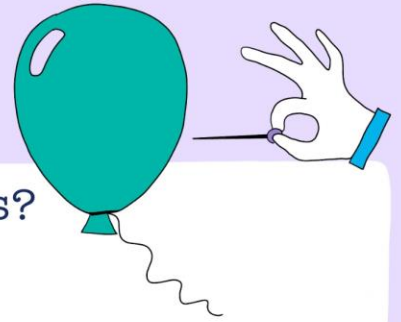


# ROADMAP FOR MODULE: TRAUMA



How would you define trauma in three words?

COMPLEX

ACUTE

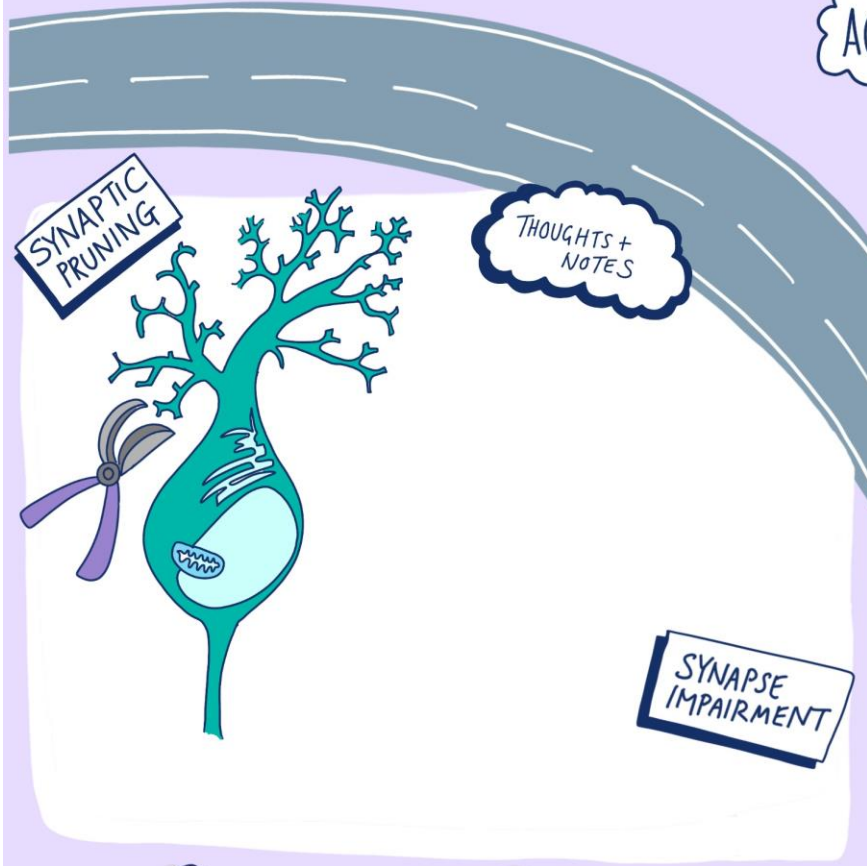
CHRONIC

TYPES OF TRAUMA

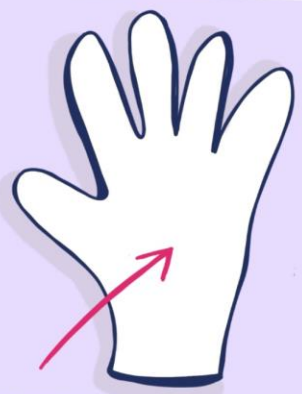
PUBLIC EVENT TRAUMA

COMMUNITY TRAUMA

CULTURAL & TRANSGENERATIONAL TRAUMA



NEO-CORTEX  
CEREBRAL CORTEX  
PRE-FRONTAL CORTEX  
"UPSTAIRS BRAIN"  
LOGICAL BRAIN  
THINKING CENTRE



BRAINSTEM  
REPTILIAN BRAIN  
BASIC FUNCTIONS  
HIND BRAIN  
"CHIMP BRAIN"



LIMBIC  
HIPPOCAMPUS  
AMYGDALA  
MID BRAIN  
"DOWNSTAIRS BRAIN"  
INFORMATION DUMP FROM CNS



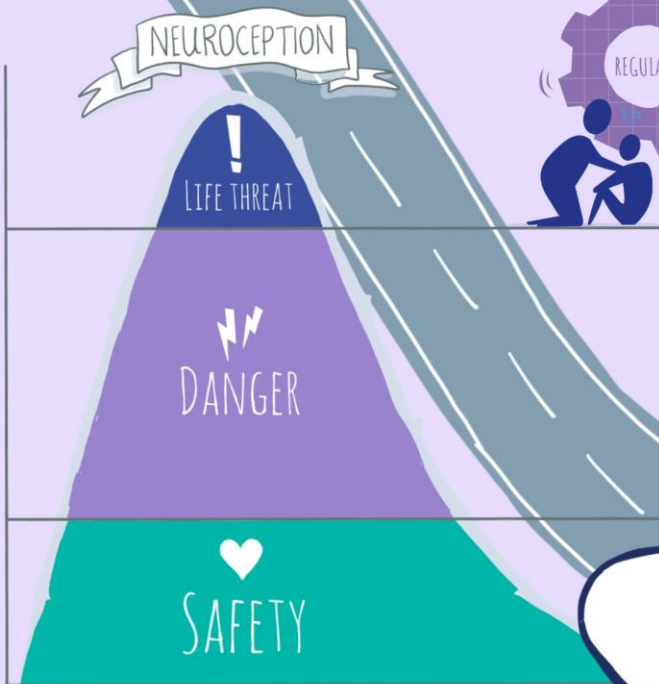
"IF TRAUMA OCCURS IT STILL CREATES CONNECTIONS, THEY ARE JUST SURVIVAL CONNECTIONS"

# TRAUMA

'When it comes to psychological trauma, the "event" does not matter as much as how you were or were not able to process it at the time' (Aslanian, 2022)

NOTES ON LEARNING BRAIN:

NOTES ON SURVIVAL BRAIN:



ADAPTED FROM BRUCE PERRY AND LOUISE BOMBER

ADAPTED FROM SARAH SCHLOTE AND DR. STEPHEN PORGES

**The impact of trauma:**  
Label the picture with internal responses to trauma

- Feelings/emotions
- Thoughts/beliefs
- Body sensations
- Behaviours/actions

