Trauma Nugget #6
Because we have fewer receptors, we go from 0-60 really quickly and it takes longer to calm down.

Trauma Nugget #7
We respond to threat with stress hormone-driven survival responses (fight, flight, or freeze) or for women the oxytocin-driven ‘appease’ survival response.

Trauma Nugget #8
Many parts of the brain are affected by long term trauma - the hippocampus (memory) shrinks; the amygdala (survival response) enlarges; the temporal lobes (impulse control) are not well developed; and the prefrontal cortex (executive functions) is impaired.

Trauma Nugget #9
Trauma memory is stored in a different part of the brain (amygdala) to regular memory (neocortex). Trauma memory is fragmented, nonlinear and very vivid. It is not until we can create a ‘coherent narrative’ that the memory can be transferred and stored in the neocortex.

Trauma Nugget #10
Our amygdalas communicate with each other - we can benefit by tuning into the calm amygdalas of large mammals, which is why dogs and horses are used for trauma therapy. It is also why a group of traumatized people can implode!
Trauma Nugget #1
Trauma is ubiquitous. In the general population, 67% of us have experienced at least one Adverse Childhood Experience. In people of color, that is more likely to be 83%.

Trauma Nugget #2
Trauma is intergenerational unless resolved. We transmit trauma at an epigenetic (cellular) level.

Trauma Nugget #3
People who have experienced trauma as a child are statistically more likely to experience sexual assault in later life. (Loss of danger cues, inability to recognize ‘unsafe’ relationships).

Trauma Nugget #4
Once we’ve experienced trauma, our nervous system gets easily ‘stuck on high’ (hypervigilant, panicky, manic, angry, nervous) or ‘stuck on low’ (depressed, numb, lethargic) or oscillates between the two.

Trauma Nugget #5
Our bodies react to longterm stress hormones by knocking out some of our stress hormone receptors - people feel ‘blah.’ They often create drama or engage in risky behaviors just to feel something.

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