



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 longterm 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, nervy) 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.

