

## WHAT IS TRAUMA1

Trauma to the body is like an electric fence to a dog, burning your hand on the stove. The Autonomic nervous system controls reactions to keep you alive, by utilizing the heart, breathing, and nerve defensive reactors.

The autonomic nervous system has three switches that can control your behavior.

Social disengagement (loss of faith and trust) occurs causing changes in: throat, face muscles, hearing and sight acuity. This becomes deactivated as it activates the sympathetic nervous system

Sympathetic (SNS) activates the flight or fight centers stays active until it is unable to continue. At this point the next reaction center is initiated.

Parasympathetic (PSNS) activates rest, digestion, sexual arousal, urination, withdraw, slowing of heart and breath and withdrawing blood supply from F F muscles. Occasionally behavior will switch between this two systems.

Endocrine system regulates hormones that becomes apart of the nerve transmission system, chemical messengers: testosterone, adrenaline, cortisol, and others

Automatic defense body activators flight or fight once activated energy to muscles, Unable to flee or fight, body begins to shutdown (play dead) a interaction with the threat to say I'm not a fighter if you are looking for a fight. It's not me. The turtle, I'm in my shell, I withdraw, go away. My shell shows no sign of life, no heart beat, no muscle reaction, I'm a rock.

Excessive hormones over time produce inflammatory chemicals, that can cause brain damage, thus dtysfunctioning, immune system declines, excessive body fat increases, eye pupil regulation dtysfunctioning, hearing problems.

Too much trauma equals problems in the autonomic nervous system, regulators get gummed up.

Behavior changes, additions can come on board to void the pain caused by the regulator problems

Gut problems equals over use of laxatives, body regulators give the job to other sources.

No pain no gain becomes the body regulators are out of sync, I don't like pain, give me a pill to numb or make it go away

Trauma initially is a good thing it is there to save your life but it can lead to loss of frontal cortex control.

Social engagement drops off line, no trust no faith in others, emotional over control becomes disengagement. At an early age dysfunctional parents or environmental factors can program the brain to accept what is normal but in reality is dysfunction. But

the brain's job is to keep the body alive, so dysfunction becomes predictable, then the norm.

Changing the bad program becomes the therapist and clients challenge.

Talking about the trauma can actually validate the dysfunctional programming of the brain while creating trauma reactivity.

Education hinders or does not have enough power sometimes to cause reprogramming of the neuro pathways when you are young, a baby can't think their body into action no prefrontal cortex. The body adapts.

One way is to rebuild trust, that's not easy it evolves chemicals and or emotional reprogramming, consequential thinking, logic, and predictability.

Start with animals (dog), realize the faith and trust they have in you.

Entertain things that promote positive feelings, touch, sounds, smells, sights.

Progress to a small child, close friend. Realize how they accept you.

Your face expressions are not known by you but set up how others respond to you, your face can become uninviting and others unconsciously pull away, their ANS in action.

Take a trusted friend with you to place where there are a larger number of people.

Avoid a place that created your trauma, select a place you feel is non threatening, (park, walk in your neighborhood).

Utilize vagus nerve relaxing techniques before and during these excursions. Don't let anxiety build, do something to reduce the onset.

DTD is a process, classic Trauma is an event strong or weak but sets up memory for self preservation. People deal with trauma memory, it's a reaction. DTD is reality that drives your behavior.