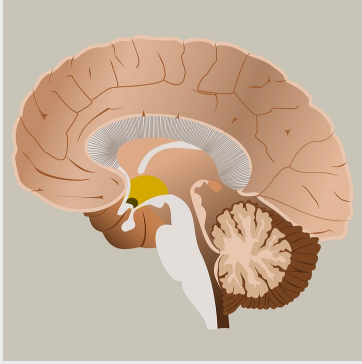




CHILDHOOD TRAUMA & ITS IMPACT ON THE BRAIN

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20212022

WHAT IS TRAUMA

- TRAUMA: "a deeply distressing or disturbing experience faced"
- ABUSE: "something that is done to us"

TRAUMA TYPES

- INTERPERSONAL TRAUMA: abandonment, neglect, abuse, being the victim of a crime, witnessing violence, bullying etc.
- EXTERNAL TRAUMA: hospitalizations, famine, war, extreme natural disasters, societal trauma etc.

Trauma Disorders



PTSD (APA, 2013a).

- is categorized as a psychiatric disorder involving extreme distress and disruption of daily living due to the exposure of a traumatic [event.]

CPTSD (not in the DSM-V)

- Is defined as the chronic long-term exposure to trauma which causes the victim to acquire a limited belief that the trauma will never end.

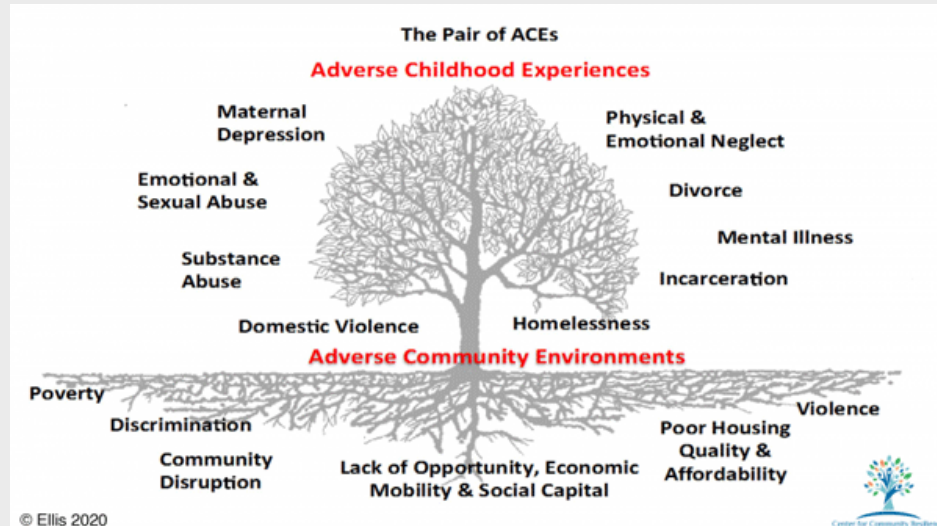
DEFINING ACE SCORES & THE BRAIN

WHAT IS AN **ACE SCORE**: As defined by the National Conference of State Legislatures, Adverse childhood experiences (ACEs) are potentially traumatic events that occur before a child reaches the age of 18. Such experiences can interfere with a person's health, opportunities and stability throughout his or her lifetime—and can even affect future generations.”

- Higher score= Higher Risk of Disease
- Nadine Burke Harris
- 1997 study by Kaiser/CDC

National percentages of children experiencing at least one ACE include:

- 61 percent non-Hispanic Black children
- 51 percent Hispanic children
- 40 percent non-Hispanic white children
- 23 percent non-Hispanic Asian children



HEALTH STATISTICS (Danese & Van Harmelen, 2017)



- ❑ People with ACE Scores of 6 or higher are at risk of their lifespan being shortened by 20 years
- ❑ Without intervention people with 5 or more ACE scores are 76% more likely to have delays in language, emotional, or brain development
- ❑ Individuals with 4 or more ACES are 15x more likely to attempt suicide

PARTS OF THE BRAIN AFFECTED BY CT

AMYGDALA

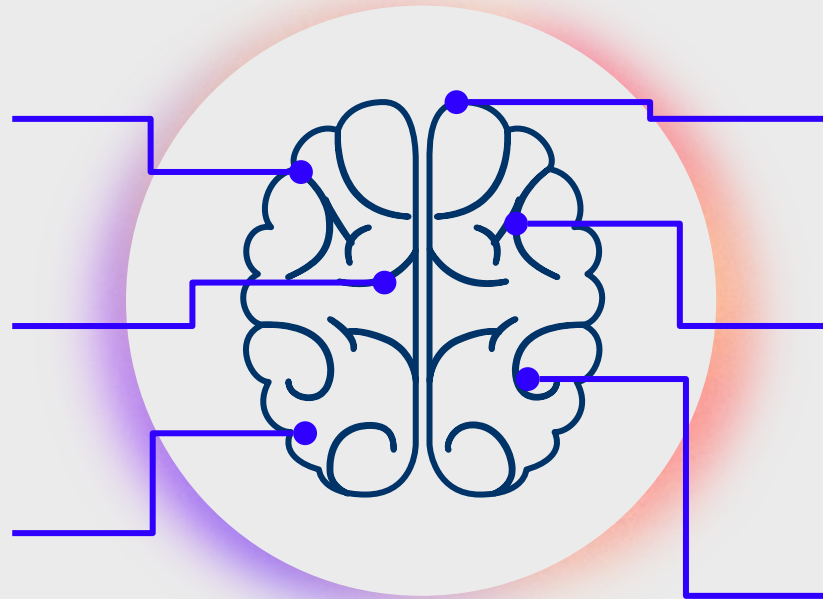
Fear response center

LHPA

Hypo-thalamic-pituitary adrenal axis, releases stress hormones

BROCA'S AREA

Responsible for speech production



ADRENAL CORTEX

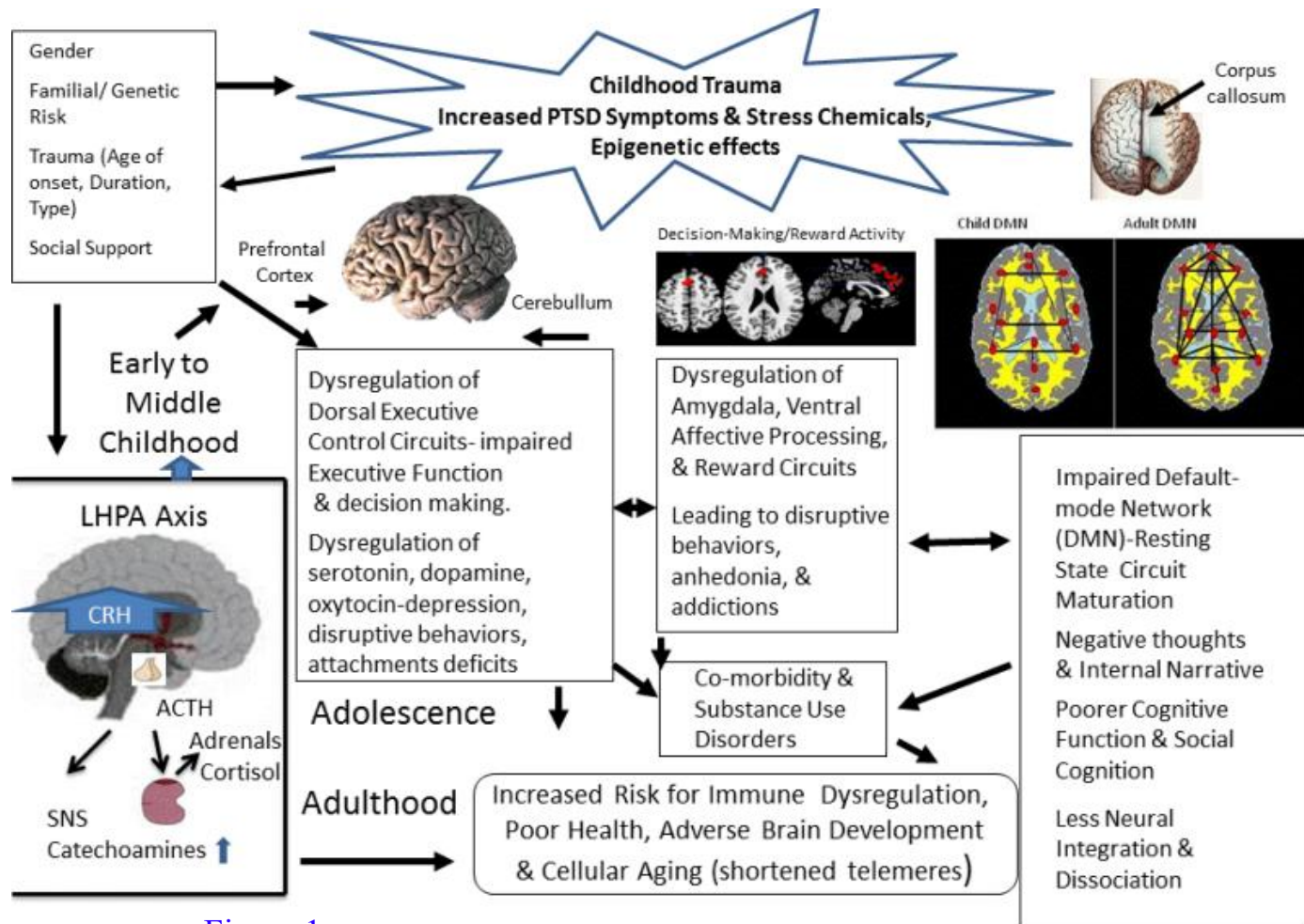
Responsible for hormone production

HIPPOCAMPUS

Responsible for memory and learning

SNS

Overstimulation from CT leads to hyperactivity, hypervigilance, and aggression



[Figure 1](#)

Developmental Traumatology Model of the Biological Effects of Trauma

WHAT HAPPENS TO THE BRAINS OF INDIVIDUALS WITH CHILDHOOD TRAUMA

BRAIN

Structures of the brain become “overactivated” and lead to physical health symptoms because brain structures are simply “worn out.”

SPINAL CORD

Overactivation affects reactivity levels. This impacts adult social, emotional and cognitive function.

COGNITION & DEVELOPMENT

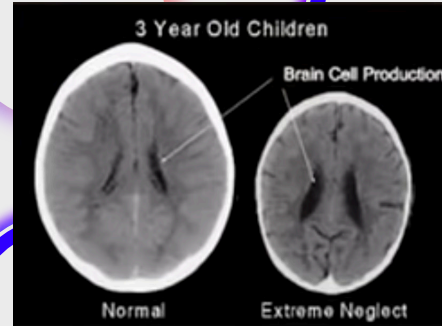


Social Development

Issues with relationships and social life

Learning Disabilities

Academic difficulty, attention and processing issues



Alterations towards cognitive processes

Mental illness, perception and false reality

Developmental Delays

Adult immaturity in the place of being called “mature” as a child. Missing gaps because childhood experiences are missing.

HOPE FOR THE WORN DOWN BRAIN

Neuroplasticity

- Rewiring the brain. The brain does not stop developing until age 25. Even so after new neural connections can be formed.

Trauma Therapies

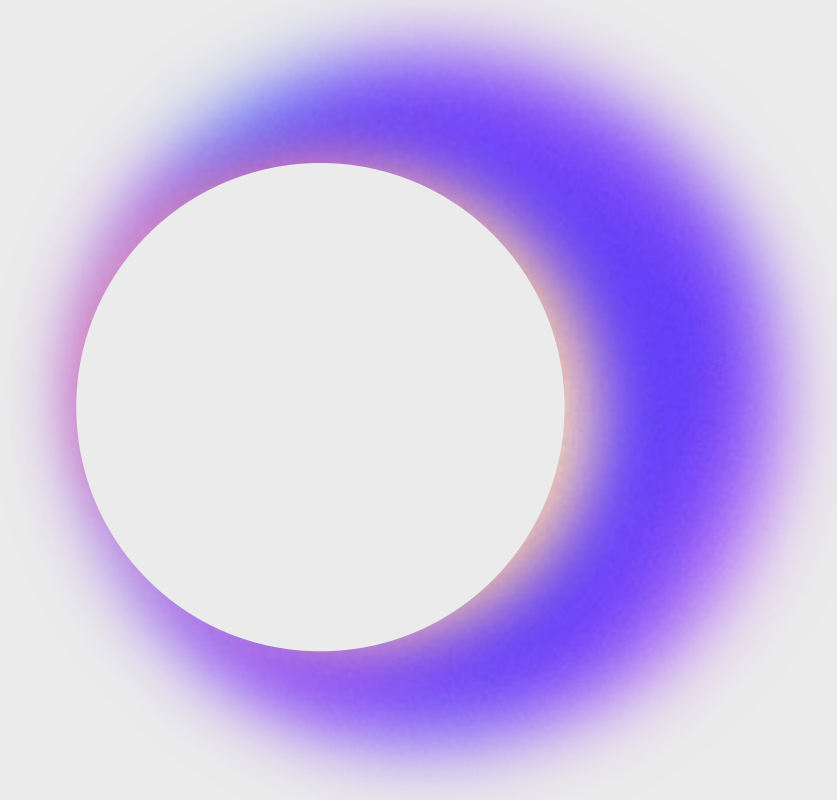
- EMDR
- Neurofeedback Therapy
- Trauma Processing Therapies

Safety & Protection

- Support network
 - Self-care
- Removal of triggers
 - Independence
 - Gaining control

TREATMENT

CONVENTIONAL & ALTERNATIVE



COMPONENTS OF HEALING



Trauma
Informed Care
through
counseling,
brain scanning,
and psychiatry

Medical Care/
Disease Control

Holistic &
Alternative
Medicine

Trauma Informed Care



Medical/ Disease Control

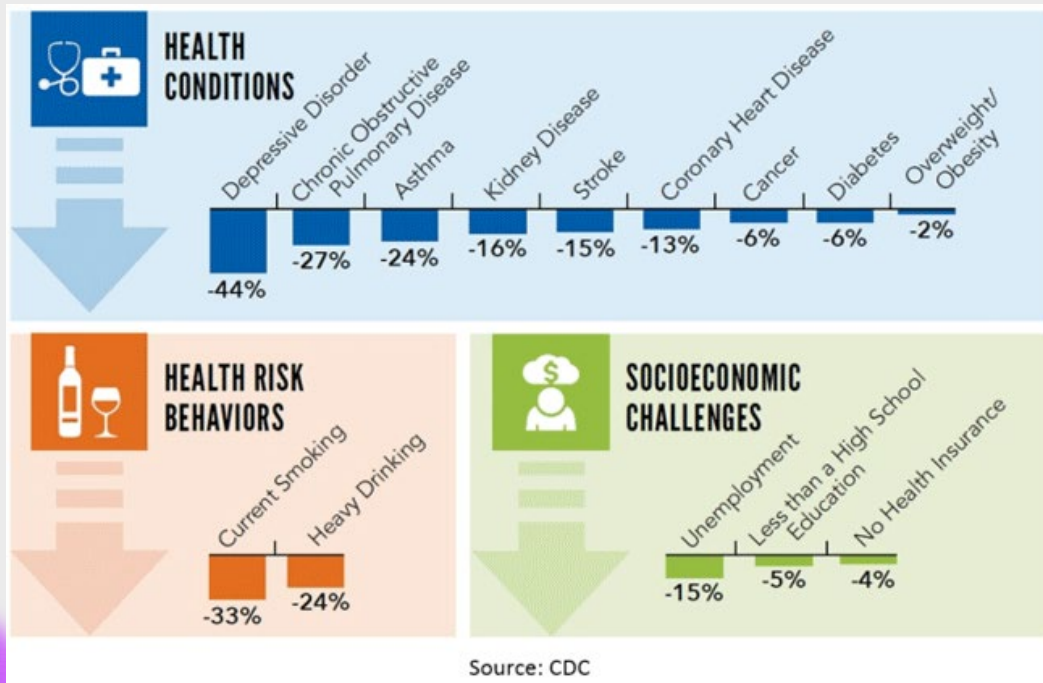


- **Make sure our clients have access to medical care**
- **Professionals and specialists**
- **Allergy Testing and Disease Monitoring**
- **Access to healthcare/ insurance**
- **We are dealing with long and hard treatment plans. But the treatment will bring a quality of life that victims have never had the chance to experience.**

Holistic / Alternative Medicine



2021 CT TRAUMA STATISTICS



DISEASE EVOLUTION AND PREVENTION

- Protective factors, such as strong family bonds, cultivate greater resilience that can help protect children from the detrimental effects of adverse experiences. Resilience building is key. (Center for Disease Control, 2021)

TRAUMA INFORMED CARE FOR CLIENTS



SHOULD DO

- Our focus is physical recovery of the body and brain
- Trauma informed care must include 24/7 support
- The long-term healing journey
- Look Ahead & Set Goals
- Ensure client will receive regular care from healthcare professionals



SHOULD NOT DO

- Immediately turn to medication
- The mind only approach
- Force the client to face the trauma if they are not ready
- Talk down to the client
- Ignore holistic healing
- Ignore physical health symptoms

CONCLUSIONS AND KEY POINTS



ALWAYS
CONSIDER
CHILDHOOD



START
IMMEDIATE
TREATMENT IF
POSSIBLE



DAMAGE TO THE
BRAIN REQUIRES
LONG-TERM
TREATMENT



THERE IS HOPE IN
HEALTH
HEALING CAN
HAPPEN

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- <https://michaelgquirke.com/recoveringfrom-complex-ptsd-3-key-stages-of-long-term-healing/>
- <https://www.ncsl.org/research/health/adverse-childhood-experiencesaces.aspx>

Resources: Complex Trauma/ Complex Trauma & the Brain

YouTube:

Tim Fletcher
Dr. Nadine Burke Harris
Dr. Gabor Mate

Books:

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma- Bessel van der Kolk

Heal For Life: How to Heal Yourself from the Pain of Childhood Trauma- Liz Mulligan

Soul Murder- Leonard Shengold

What My Bones Know: A Memoir of Healing from Complex Trauma - Stephanie Foo

The Deepest Well: Healing the Long-Term Effects of Childhood Trauma and Adversity- Nadine Burke Harris

Other:

<https://www.psychologytoday.com/us/blog/compassion-matters/201207/recognizing-complex-trauma>

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3968319/>

https://nhtta.acf.hhs.gov/soar/eguide/stop/adverse_childhood_experiences

THANKS!

DO YOU HAVE ANY
QUESTIONS?

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