

# Trauma Care

Jenny Gullickson



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FMSC PARTNER CONFERENCE

PEACE

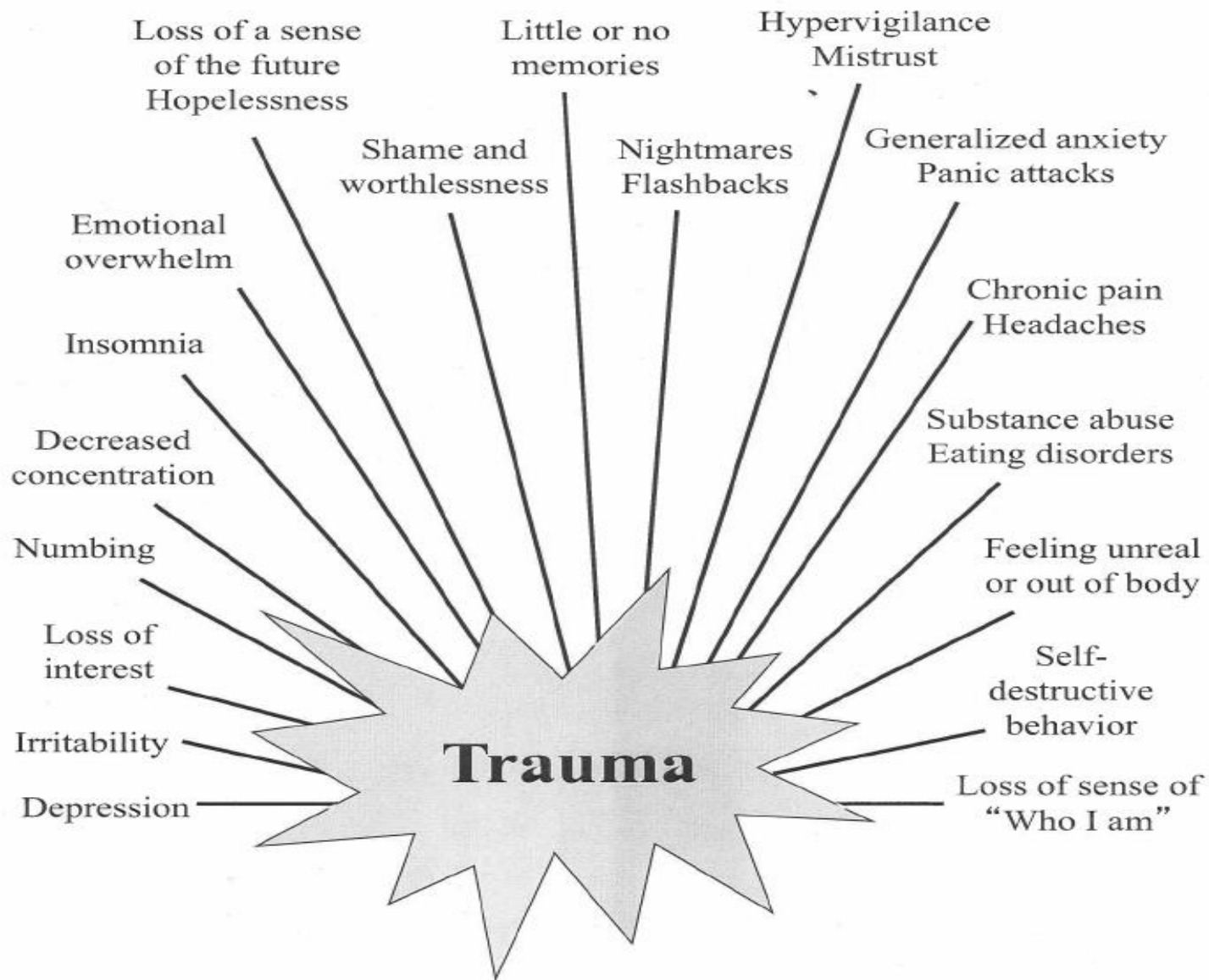
REST

SAFETY



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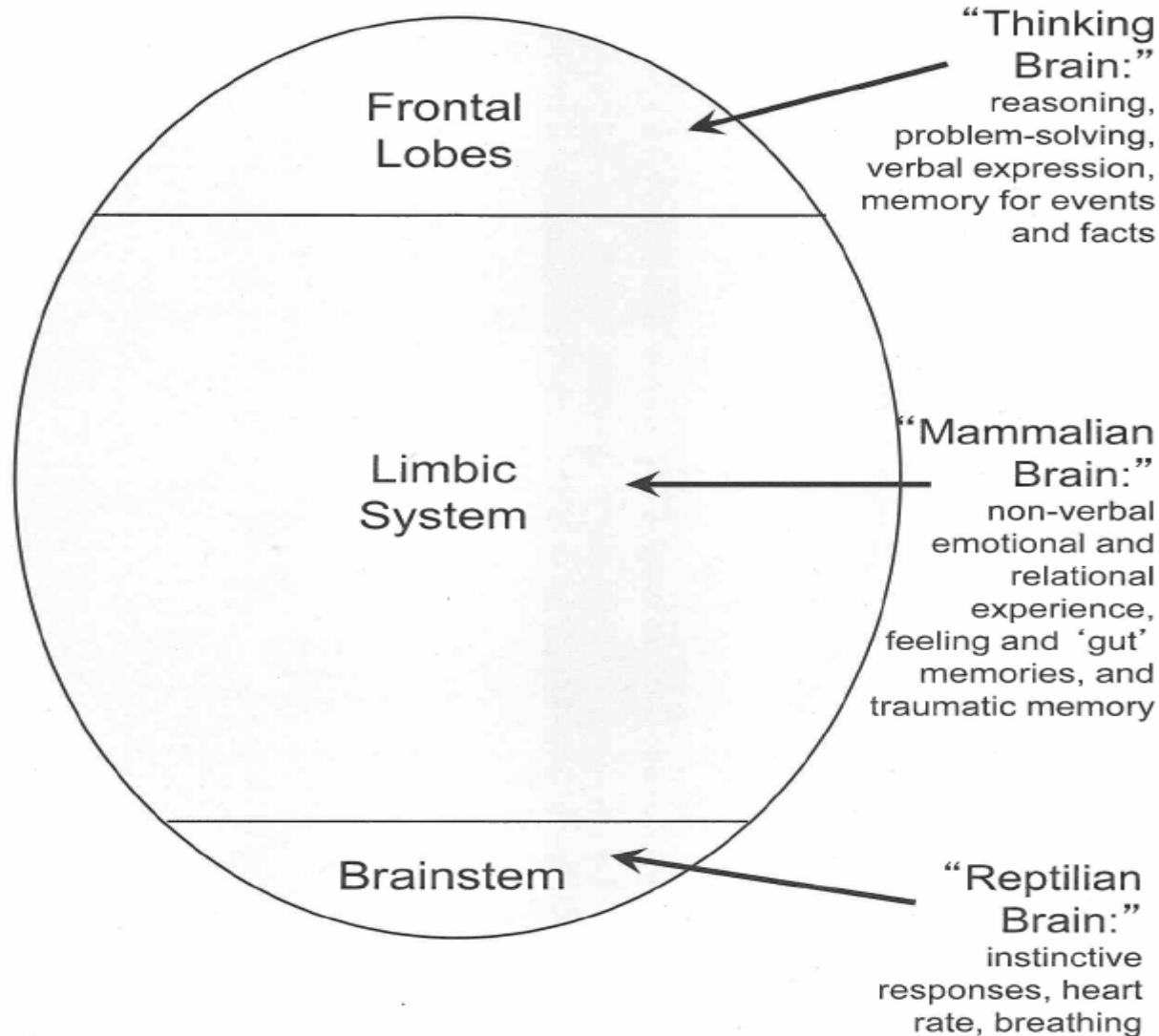


*"Trauma survivors have symptoms instead of memories"*  
 [Harvey, 1990]



# “One Mind, Three Brains:”

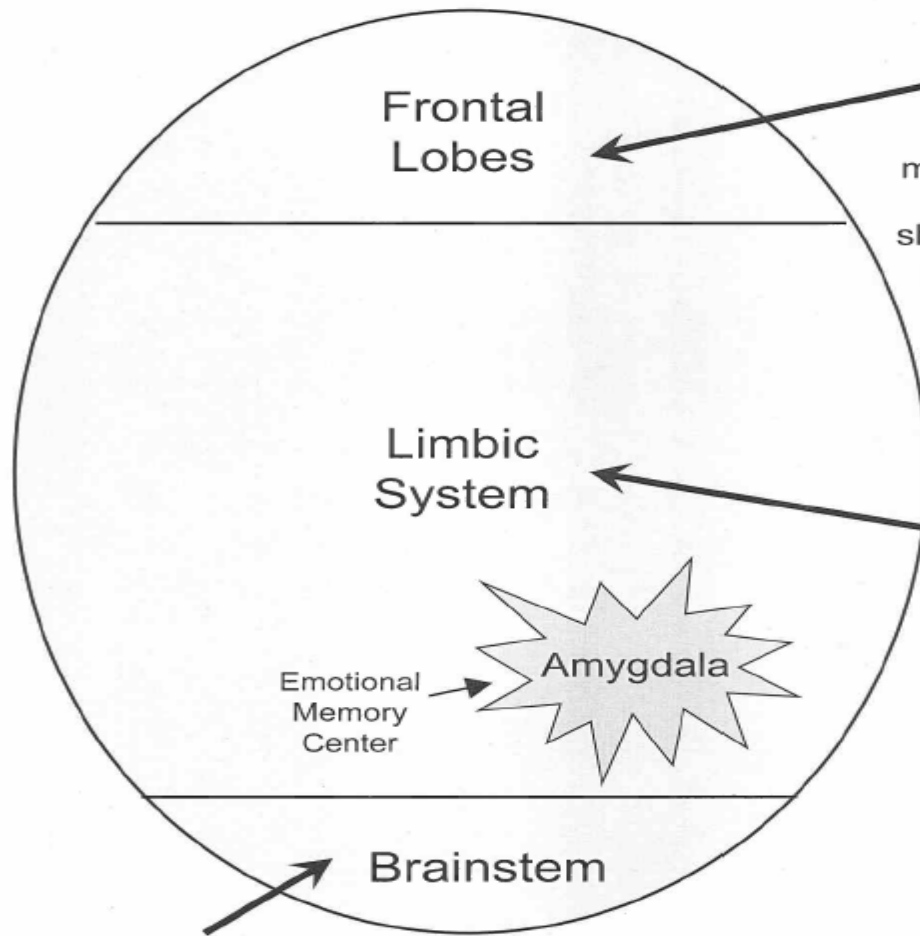
The Triune Brain [McLean, 1967]



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# We remember trauma with our feelings and our bodies

[van der Kolk & Fisler, 1995]



Brain scan research shows that, when we remember a traumatic event, memory centers in the frontal lobes shut down, and we get overwhelmed by feelings and impulses instead of recalling events.

The limbic system responds to memories with increased activity, especially in the **amygdala**, the brain's smoke detector and emotional memory center. The amygdala "sounds the alarm" as if we were in danger right now.

The reptilian brain reacts instinctively to the amygdala's 'alarm.' Heart rate increases. We stop breathing or hyperventilate. Muscles tense. We either speed up or shut down.



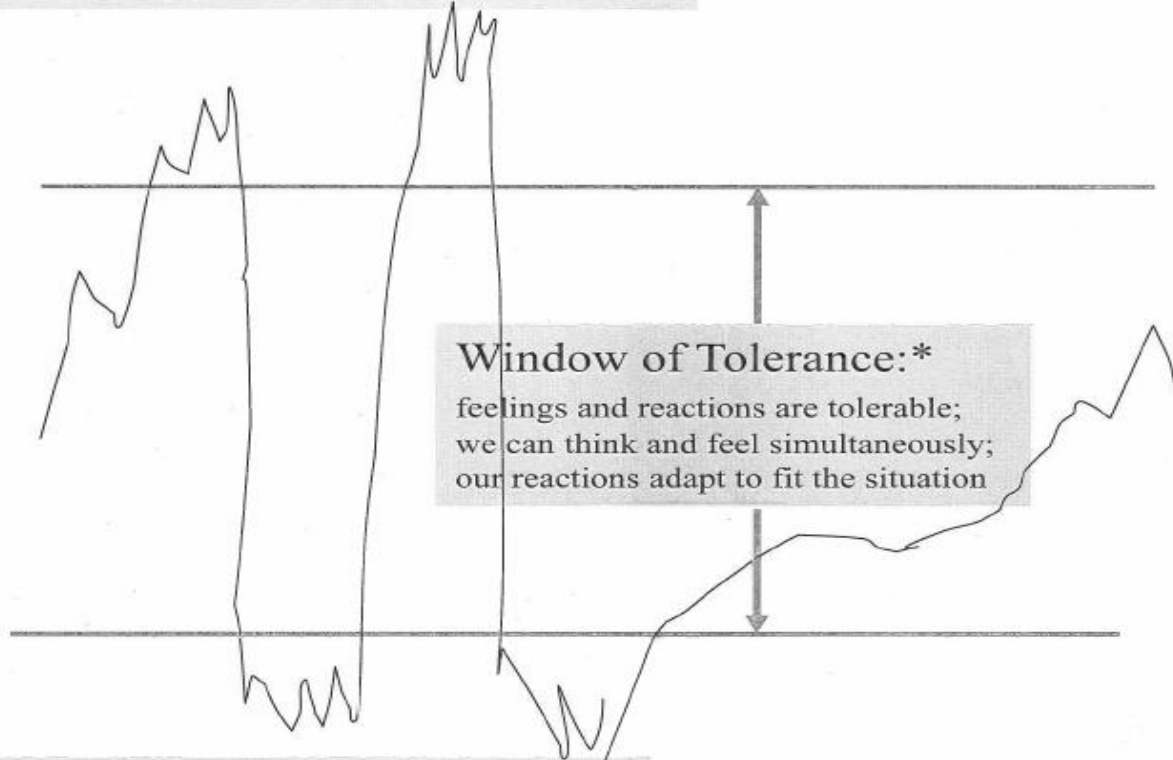
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# After trauma, the nervous system remains prepared for danger

[Ogden, Minton & Pain, 2006]

## Signs of Chronic Hyperarousal:

emotional overwhelm, panic, impulsivity, hypervigilance, defensiveness, feeling unsafe, reactive, angry, racing thoughts



## Window of Tolerance:\*

feelings and reactions are tolerable; we can think and feel simultaneously; our reactions adapt to fit the situation

## Signs of Chronic Hypoarousal:

numb, "dead," passive, no feelings, no energy, can't think, disconnected, shut down, "not there," ashamed, can't say No

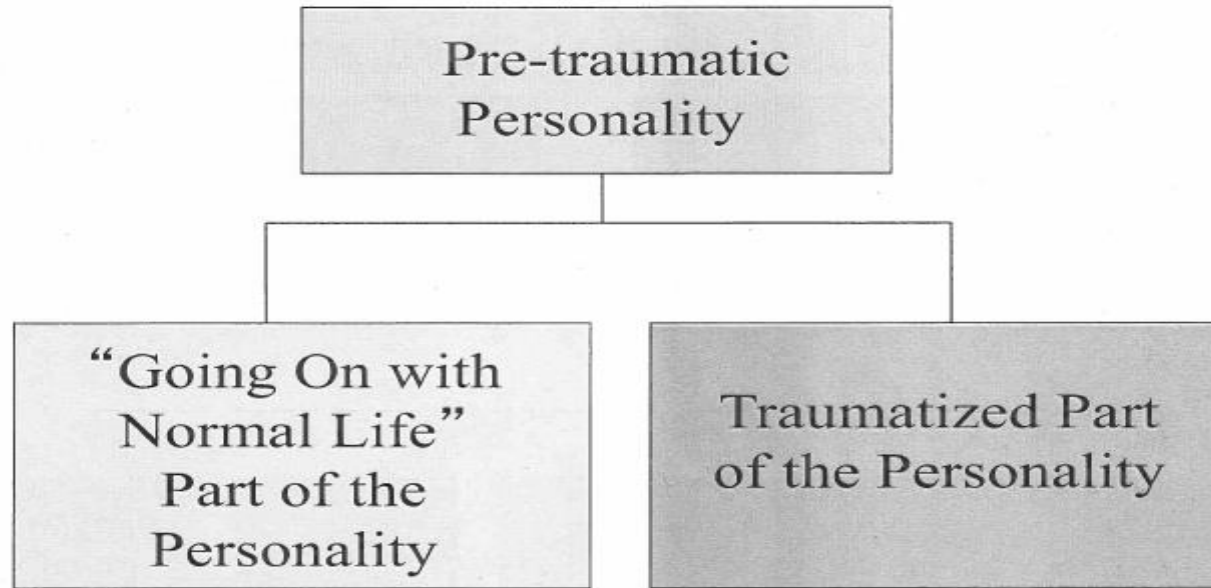
\* Siegel (1999)



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# After a traumatic event happens:



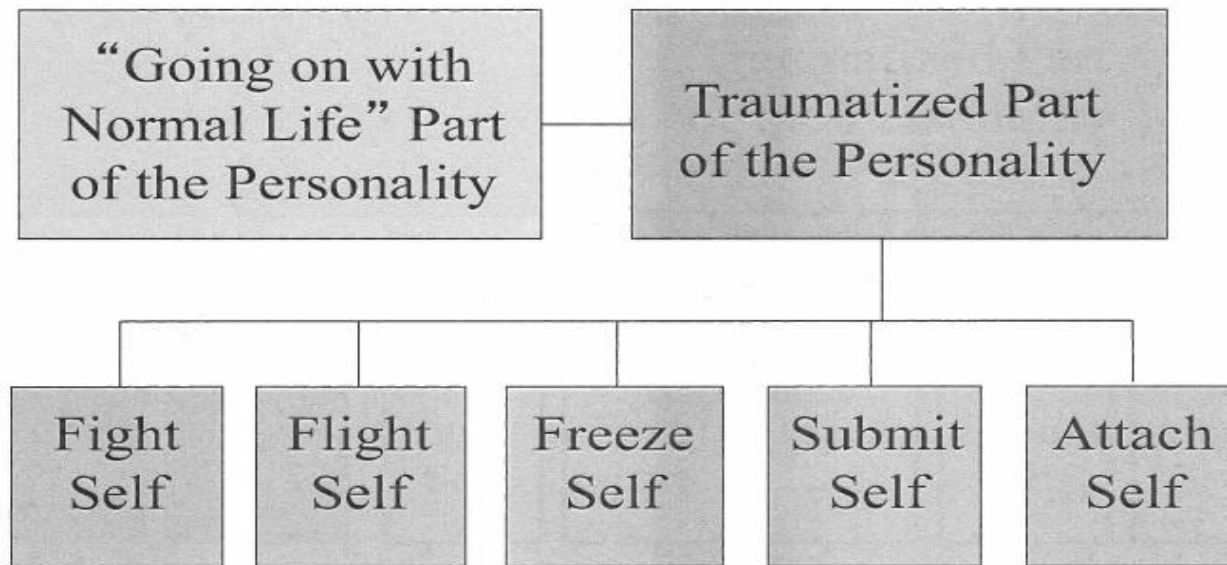
*This Left Brain part of the Self “carries on” with normal life, often with little or no memory of what happened. This part is focused on what needs to be done today*

*The Right Brain part of the Self holds the feelings and body memories and the fearful expectation that it will happen again. It is ‘on guard,’ focused on the past*



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# But when more than one trauma happens . . .



*The right brain-dominant Traumatized Part of the Self becomes more compartmentalized: separate parts evolve each offering different survival strategies needed in a dangerous world. They fear normal life as dangerous and fight to survive in all their old ways*



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# PEACE

And the **peace** of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:7

# REST

Come to me, all you who are weary and burdened, and I will give you **rest**.

Matthew 11:28

# SAFETY

You will be secure, because there is hope; you will look about you and take your rest in **safety**.

Job 11:18

In peace I will lie down and sleep, for you alone, Lord, make me dwell in **safety**.

Psalms 4:8



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