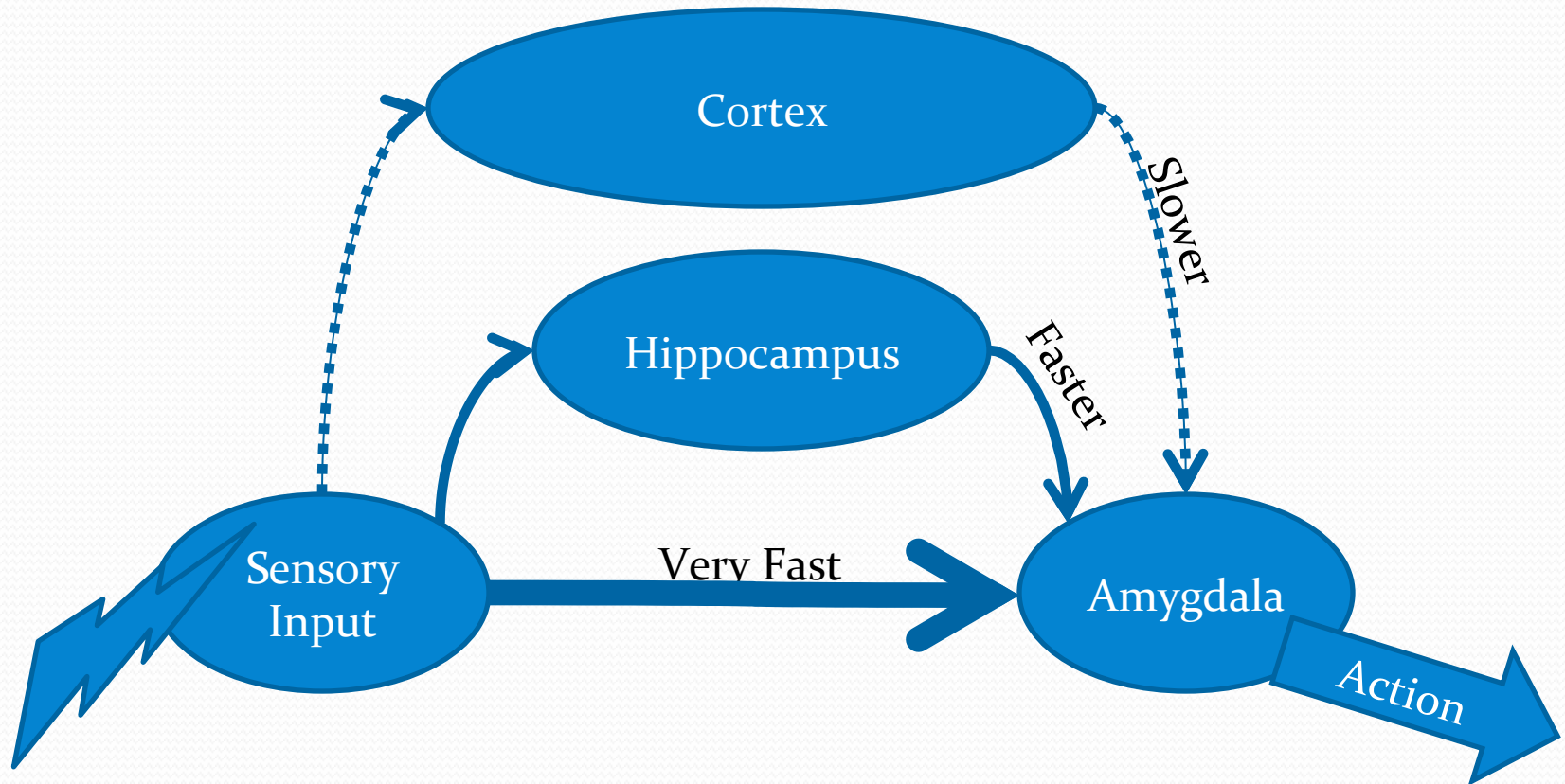


Normal vs. Traumatic Stress Response



Trauma & Dissociation

- A psychological coping strategy used to protect oneself from emotionally overwhelming experiences
- A physiological response to danger and threat
 - Cortical inhibition of fear pathways
 - Over-modulation of emotion & arousal

Complex Traumatic Stress

- Breakdown in
 - Capacity to process, integrate and categorize experience
 - Regulate internal states
- Difficulties in
 - Emotional regulation: recognizing, modulating, tolerating, verbalizing, feelings
 - Staying present, feeling internally connected
 - Comforting oneself, being comforted by others