

“Trauma-Informed Care: A Pathway in Building Wellness and Resilience”

Brain Sciences’101”

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How are our brains shaped

Limbic: emotion/ connection

Neocortex: Prefrontal/Learning

Reptilian: Brainstem/ survival

- ✓ Development occurs from lower, to middle, to front brain
- ✓ Late 20's for full maturity

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MIDDLE PREFRONTAL CORTEX

Place your thumb in the middle of your palm as in this figure.

LYMBIC REGIONS: HIPPOCAMPUS AMYGDALA

CEREBRAL CORTEX

Now fold your fingers over your thumb as the cortex is folded over the limbic areas of the brain.

MIDDLE PART OF THE PREFRONTAL CORTEX

BRAIN STEM

SPINAL CORD

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### Brain Networks

- Safety Networks
- Connected Networks
- Learning Networks

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### Attachment Relationship Theory

- The early years are critical
- All physical, psychological, social and moral development occurs
- Positive habits, paves the way for effective communication
- Habits: Most of our lives revolve around reenacting habitual behavior.
- Cue-> Routine -> Reward
- \*The context of experiences trigger habits and responses AUTOMATICALLY-> beyond rational mind.
- What happens if there is loss of the attachment?

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### Kanaka'ole Family

- Upper middle class family- college educated, working professionals, married couple and homeowners in the Waialae-Kahala area. Both are actively involved in the community.
- They both attended private schools. Malia (mom) has an ACE score of 1 and Jonathan (dad) has an ACE score of 2. They have a 10-year old son (Kekoa). Both of Kekoa's grandparents are actively involved in his life and live near.
- Kekoa participates in youth soccer and baseball.
- Kekoa attends a private school and was recently diagnosed with a learning and behavioral disability.

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### Marty's Family

- Low-income family- Colston (father) and Jeanne (mother) have a ten-year old son- Marty and live in public housing. Colston's ACE score is 8 and Jeanne's ACE score is 9. There has been domestic violence and Child Welfare Services opened a case of abuse and neglect. They are not married.
- Colston is an Army veteran. Since leaving the military he has had challenges in holding down a job that can pay livable wages.
- Jeanne works three part-time jobs at minimum wage.
- Marty attends a local public school that has a 86% free and reduced lunch rate. He was recently diagnosed with a learning and behavioral disability.
- The school counselor is trying to schedule a meeting with Marty's parents.
- Marty's grandparents are not in the picture.

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### Traumatic Reenactment

- People who suffer from trauma/disrupted attachment seem to lose the the ability to choose action- repetitive behavior (cue-routine-reward).
- Disrupted attachment:
- Fear conditioning:
- State-dependent learning:
- Addiction to trauma:
- The loss of language:
- Failed enactment schemas:
- Self-fulfilling prophecies

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### Key Takeaways:

- The brain is complex and is the "mother board" of our bodies.
- Behavior is the "down stream effect of what our brain networks are trying to communicate.
- Early and healthy attachments are critical in the development of a child.

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