



# TRAUMA & THE BRAIN

TRAUMA is anything beyond a person's capacity at the time of the incident. Anything that is too much, too fast, too soon, too long, or not long enough. No one can define the trauma, but the person who has experienced it.

## PREFRONTAL

### CORTEX

Rational thinking - regulates emotions such as fear responses from the amygdala. Pathways are blocked when triggered

## HIPPOCAMPUS

Responsible for memory and differentiating between past and present - works to remember and make sense of trauma.

## HIPPOCAMPUS

Wired for survival, when active it is hard to think rationally. The more hyperactive the amygdala is, the more signs of PTSD are present.

