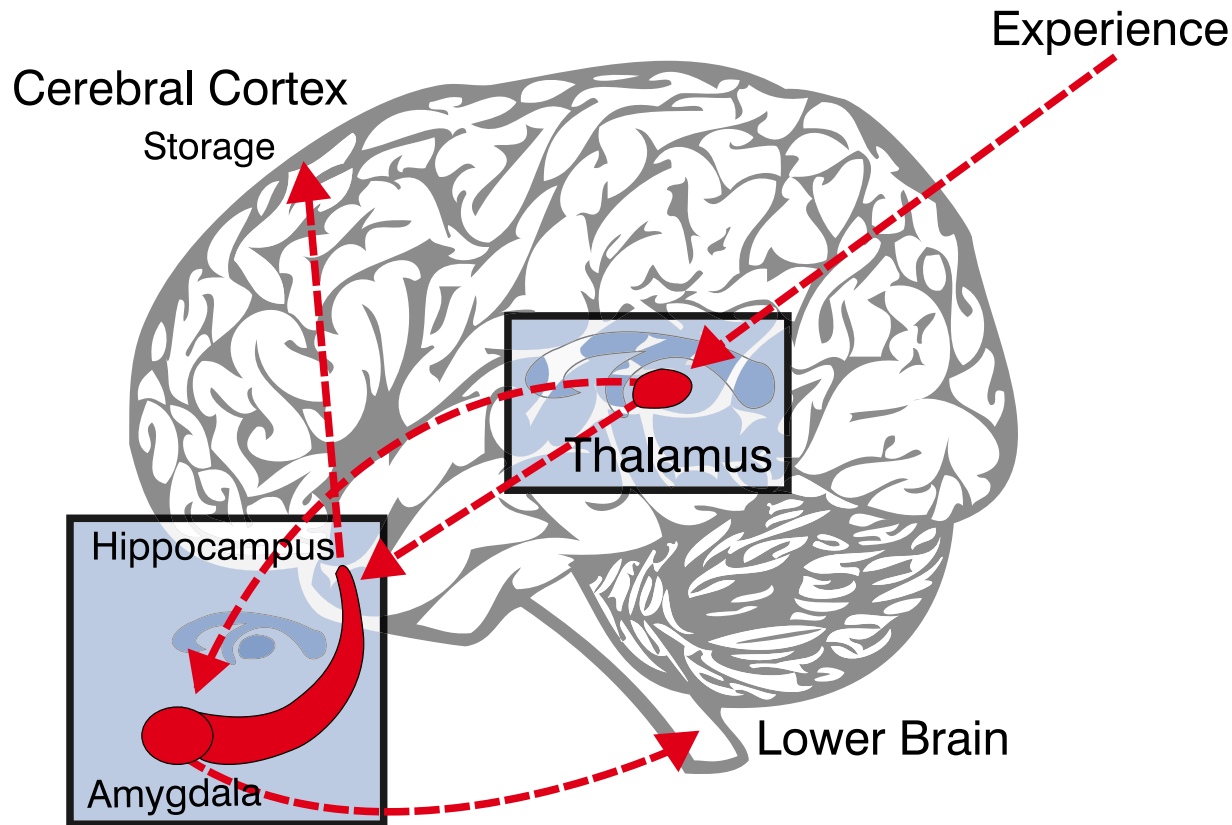


The Brain and Trauma



Thalamus

All experiences come into the thalamus. It sends the information to the Amygdala and the Hippocampus.

Hippocampus

sends the information to the Cerebral Cortex for long term memory, if its a comfortable experience.

- stores factual information
- experience easily remembered

Amygdala

Regulates body functions:

- heartbeat
- blood pressure
- causes “fight or flight” response
- “Warning System” / “Alarm”
- signals potential dangers
- holds emotional memory

Traumatic information is sent to the amygdala not the cerebral cortex. The information is not completely stored in long term memory. Experience is not easily remembered.

Traumatic Memory

is stored somatically and visually in the lower brain

- flashes
- senses
- emotions



Prince Edward Island
rape and sexual assault

CENTRE