



Beacon House

Therapeutic Services and Trauma Team

Developmental Trauma

Brain Area

Cortical Brain

Developmental Trauma

- 5. Self esteem
- 6. Dissociation
- 7. Cognitive problems

Examples

- Information processing impairments
- Executive dysfunction (problems in planning, organising and executing)
- Inadequate problem solving
- Remembering and recalling information
- Identity confusion
- Flashbacks
- Disorientation
- Memory lapses
- Self hate
- Self blame
- Self loathing
- Self doubt
- Worthlessness
- Helplessness

Cognitive problems

Dissociation

Self esteem

Moves up to

Brain Area:

Limbic Brain

Developmental Trauma:

- 2. Attachment
- 3. Emotional regulation
- 4. Behavioural regulation

Examples:

- Clinging
- Oppositional
- Rejecting
- Distrustful
- Overly compliant
- Loss of expectancy of protection by others
- Loss of trust in social agencies
- Heightened emotions: anger, rage, fear, sadness, excitement, joy
- Deadened emotions: numbness, emptiness, low mood
- Re-creating traumatic situations
- Self-harming
- Aggression
- Running
- Hiding

Attachment

Emotional Regulation

Behavioural Regulation

Moves up to

Brain Area:

Brainstem (Primitive Brain)

Developmental Trauma:

- 1. Somatic/Sensory

Examples:

- Sensory processing difficulties
- High or low arousal (fight/flight/freeze/submit)
- Impulsivity and pervasive anxiety
- Impaired sleep patterns
- Poor muscle tone and co-ordination
- Taste and texture preferences
- Heart rate difficulties
- Abnormal breathing
- Unexplained medical symptoms
- Body flashbacks to states of fear

