Developmental Trauma

Brain Area:
- Limbic Brain

Developmental Trauma:
1. Somatic/Sensory
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

Brain Area:
- Brainstem (Primitive Brain)

Moves up to:
- Cortical Brain
- Dissociation
- Self esteem
- Problem solving
- Remembering and recalling information
- Identity confusion
- Flashbacks
- Disorientation
- Memory lapses
- Self hate
- Self blame
- Self loathing
- Self doubt
- Worthlessness
- Helplessness

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