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What happened to you diagrams

What Happened to You? Conversations on Trauma, Resilience, and Healing (2021) is a book co-authored by Oprah Winfrey and Dr. Bruce D. Perry, exploring the relationship between childhood adversity and trauma and its impact on human behavior. The authors draw from their personal experiences with trauma, offering insights into how individuals can understand themselves and others better. Oprah Winfrey, an American media personality, has written several books on her life, while Dr. Bruce D. Perry is a renowned brain and trauma expert. This collaboration brings together the personal stories of Oprah's own experiences with trauma and Dr. Perry's scientific knowledge to provide a comprehensive guide to understanding and healing from traumatic experiences. The book contains content warnings for discussions of self-harm, abuse, and violence. In the introduction, Oprah Winfrey recounts her childhood experiences of physical discipline, which had a profound impact on her life. She credits these experiences with developing her desire to explore and understand others' stories of trauma. Dr. Perry shares his association with Oprah over three decades, discussing topics like developmental adversity, stress, resilience, and healing. The book's chapters begin with personal anecdotes from Oprah and Dr. Perry, followed by a conversation between the two. Dr. Perry explains the biological and psychological underpinnings of trauma, its impact, and the path to healing, while Oprah guides the conversation with her questions. The first chapter explores brain development, early memories, and their role in shaping behavior and personality. Caregiving experiences in early life can lead to dissociation as a coping mechanism for emotional pain. This can result in seeking unhealthy escape mechanisms, such as addiction. However, Perry emphasizes that positive relationships hold the key to restoration and balance. Love and caregiving shape brain development from an early age, influencing behavior, personality, and overall well-being. The human brain's neuroplasticity allows experiences like love to reshape neural networks. Perry explores how trauma affects brain development and response to stress, using Jesse's case as an example. The authors discuss the spectrum of trauma, helping readers identify traumatic experiences and understand the healing process. They explain that a survivor's search for validation is crucial for recovery. Perry examines the connection between past experiences and present physical and emotional states. He discusses how fear can be passed down across generations through concepts like transmissibility and epigenetics. Neglect and trauma are distinct, with neglect lacking essential developmental experiences and trauma involving a negative event that damages existing neurobiology. The authors discuss coping mechanisms and therapy's role in addressing trauma. Perry explores the concept of post-traumatic wisdom, where individuals move from traumatization to resilience through factors like social support and modern world inhibitions. The final chapters focus on brain structure and function, biases, and societal implications of trauma-informed approaches. Perry explores the concept of "relational poverty" and its impact on healing. He shares his experiences with the Māori community and discusses the importance of increased connectedness and awareness in overcoming trauma. Winfrey recounts her personal experience of forgiving her mother and urges readers to do the same, emphasizing the need for forgiveness and release to truly heal. Dani Saveker, a product designer and entrepreneur, has developed a system called GLAS (Global Life Alignment System) that helps individuals build confidence and clarity. The book features contributions from experts in neuroscience and psychology, including Dr. Bruce Perry and Oprah Winfrey. Perry explains complex concepts such as the hierarchy of the brain and how our experiences shape our perception of ourselves. He encourages readers to shift their focus from "what's wrong with you?" to "what happened to you?" and explores ways to heal and find post-traumatic wisdom. The authors emphasize the interconnectedness of physical and mental trauma, highlighting the importance of addressing these issues in therapy. Saveker's work has been widely shared and adopted by audiences, and her system is seen as a valuable tool for entrepreneurs and teams looking to improve their performance. Stressors impact our brains differently depending on age and stress levels. As infants, we primarily rely on lower brain levels for survival, while adults use more advanced thinking skills. However, early life experiences can shape how we view the world later in life. Dr Perry discusses patterns of stress that can lead to tolerance or sensitization. Predictable stressors create resilience, whereas unpredictable ones make us vulnerable. As a physiotherapist, I assess people's nervous systems through touch and movement to identify sensitized nervous systems causing persistent tension. Stress and trauma can be physical or emotional, stemming from events like car crashes, childhood neglect, or abuse. These experiences develop triggers that affect how we feel. People with stable childhoods may have developed resilience, while those with more extreme circumstances may have adaptive coping patterns. Triggers can activate fight or flight responses, causing lower brain levels to be used and making us reactive. This electrical wiring affects our nervous system's functioning, like an electrical grid with varying amps running through it. Physical and emotional traumas increase amps, affecting both locally and globally. Subconscious guarding patterns create physical pain without tissue damage. As a physiotherapist, I see this daily, using techniques like IMS dry needling to address these issues. The human body's response to trauma and stress can lead to a vicious cycle of emotional pain and physical discomfort, making it challenging for individuals to regulate their nervous system and find comfort in their bodies. This cycle is often perpetuated by medical systems that prioritize treating symptoms over addressing the underlying issues, leaving people feeling unheard and unsupported. In order to break this cycle, it's essential to offer immediate relief through interventional treatment options, followed by guidance on understanding and processing traumatic experiences. Allowing individuals to share their stories with healthcare professionals who specialize in areas like physiotherapy, counseling, and life coaching can be particularly beneficial. Reading books like "What Happened To You?" by Bruce D. Perry can provide valuable insights into the human experience, helping readers develop empathy for others and a deeper understanding of themselves. By recognizing that our frailties and brokenness are essential environments, we can cultivate a more compassionate and resilient humanity. Furthermore, acknowledging the role of mechanisms beyond our control in affecting us deeply can be profoundly healing. Embracing both free will and determinism can lead to feelings of empowerment and comfort, allowing individuals to move forward with greater ease and understanding. Uncertainty can be overwhelming, especially when faced with traumatic events, leading individuals to cling to familiarity as an anchor of security. This phenomenon explains why some people struggle to let go of certain beliefs or situations. Children, in particular, are not born resilient, but rather malleable, and their experiences of trauma should not be dismissed due to their perceived resilience. Instead, loving support from parents and loved ones plays a critical role in shaping their resiliency. Human beings heal best in community, and embracing our social and communal nature is essential for healing. As we navigate life's challenges, it's crucial to recognize the importance of interconnectedness and hold space for one another. By doing so, we can build resilience, hope, and peace. Our brain processes experiences from the bottom up, with primitive reactive parts interpreting sensory inputs before higher-level thinking kicks in. This sequential processing means that our brain acts and feels before we think, and it's also how our brain develops. The first nine months of development are marked by explosive growth, with sensory systems like interoception helping us understand our internal state. When we lack the words or ability to identify what we see or feel, we operate on instinct, and each biological system in our body has a way to change in response to experience, essentially creating a record of past experiences or memory. Neural networks are responsible for creating and storing memories in response to experiences. In young children, the neural networks are not mature enough to form linear narrative memory, but other brain regions are processing and adapting to early experiences. As a result, traumatic events can alter the body's core regulatory systems, leading to dysregulation. Understanding this process is crucial in helping individuals cope with their emotions. Rhythm plays a vital role in maintaining balance in both physical and mental health. Regulation involves being in balance, with various systems monitoring the body and environment to ensure safety. Stress occurs when demands challenge our regulated "set points." Caring adults provide external regulation, helping children develop self-regulating capabilities. Attentive, responsive, and nurturing caregiving fosters a strong Tree of Regulation, allowing individuals to regulate themselves and form healthy relationships. A consistent, nurturing caregiver shapes an infant's worldview about humans, influencing their expectations and interactions with others. By projecting positive expectations, individuals can elicit good from others, creating a self-fulfilling prophecy. The Tree of Regulation is comprised of neural networks that process and respond to stress, and it is essential to understand the role of rhythm and regulation in maintaining overall well-being. **Stress, Development, and the Power of Relationships** Stress plays a crucial dual role in our lives: it's both an **essential catalyst for growth** (driving learning, skill mastery, and resilience) and a **potentially destructive force**, depending on its pattern (as illustrated in Figure 3). Understanding this dichotomy is key. * **Emotional Contagion***: Humans instinctively sense others' distress, highlighting the interconnectedness of our emotional states. * **Relational Rewards***: Positive interactions with others are profoundly rewarding and regulatory, counterbalancing the pull of addictive behaviors. Connectedness is pivotal. * **Neuroplasticity and Development***: Our brains adapt and change based on our experiences, particularly in formative years. This "use-dependent" development underscores the importance of nurturing environments. * **The Formative Power of Early Love and Care** * **Love as Action***: For newborns, love is tangible care, setting the stage for lifelong perceptions of self-worth. * **Mutual Brain Development***: Loving care not only shapes the infant's brain but also that of the caregiving adult, reinforcing relational bonds. * **Developmental Adversity***: Three critical risk factors can alter brain development: prenatal disruption, early caregiver-infant interaction issues, and chronic stress patterns. * **Brief yet Profound Interactions** * **Neuroplasticity's Activation Pattern***: The manner in which neural networks are activated significantly influences change. * **Stress Responses***: From the "fight-or-flight" reaction (coined by Walter B. Cannon) to dissociation, our responses to stress are complex and influenced by social cues. * **Social Cues in Stressful Situations** * **Flocking Behavior***: Initially, we seek others for emotional guidance in uncertain situations. * **Freezing as a Response***: Beyond fight or flight, freezing is another primal reaction to perceived threats. * **Dissociation's Protective Role***: This response helps in survival, injury recovery, and pain tolerance by altering physiology in a restorative manner. Given text paraphrased here Trauma is the lasting impact of emotional shock that affects an individual's internal experience and long-term well-being. Understanding trauma requires considering how a person experiences and processes traumatic events, as each individual's response can vary greatly. The Substance Abuse and Mental Health Services Administration (SAMHSA) defines trauma as consisting of three key components: the event itself, the individual's personal experience of the event, and the lasting effects that follow. In reality, subtle yet significant experiences such as humiliation or emotional abuse can also lead to trauma. These events may not be as overtly traumatic as physical abuse but can have a profound impact on an individual's stress-response systems and brain function. Research has shown that early life adversity can significantly affect outcomes, even if the child later receives adequate care. However, it is crucial to recognize that healing from trauma is possible, especially with developmentally informed, trauma-aware systems in place. In therapy, moments of intense connection and validation are vital for recovery. A therapist should provide a sense of safety and understanding, acknowledging that the individual's feelings and experiences are valid and reasonable given their circumstances. Individuals with post-traumatic stress disorder (PTSD) often exhibit intrusive symptoms such as unwanted images or thoughts about the traumatic event. These symptoms can be overwhelming and disrupt an individual's worldview, causing them to question the safety of those around them and even their own perceptions of reality. Trauma can manifest through various clusters of symptoms, including avoidance, mood and thinking changes, altered arousal and reactivity, and transgenerational transmission. Understanding how trauma affects individuals and communities is crucial for making intentional change. The concept of inheritance plays a significant role in understanding trauma, particularly "historical trauma," which can be passed down through generations. Research suggests that certain psychological traits, emotional characteristics, and behavior patterns can be transmitted from one family member to another over long spans of time. Given article text here "The brain's version of "any friend of yours is a friend of mine."" This phrase highlights the importance of relationships in our lives. When we're in a position of power, it can be easy to overlook how much impact we have on others. To communicate effectively with anyone, we must establish a sense of connection and understanding before attempting to reason with them. This means being aware of their emotions and needs. A key concept in the field is what didn't happen for us, or rather, what love and nurturing were lacking in our childhoods. Neglect can be just as toxic as trauma. A study known as the Still-Face paradigm reveals how quickly a child's behavior changes when they perceive their parent as being emotionally absent. The infant becomes distressed and tries to reengage the parent, only to be met with disinterest again. This cycle of disconnection can have long-lasting effects on our mental health. Dissociation is essential for coping with stress and anxiety, whether in high-pressure situations or everyday life. It allows us to temporarily disconnect from external threats and focus on internal coping mechanisms. This concept is often referred to as "flow" or being "in the zone." In reality, dissociation is a natural part of our daily lives. Daydreaming and mind-wandering serve as healthy coping mechanisms that allow us to reflect and recharge. However, some individuals may struggle with people-pleasing and seeking validation through toxic relationships. Research suggests that trauma survivors are often drawn to familiar patterns, even if they're unhealthy or destructive. This is because our brains tend to seek comfort in what we know, rather than facing uncertainty. But it's essential to recognize that our brains are malleable, and we can intentionally change by acknowledging and addressing patterns of behavior. Ultimately, therapy isn't about undoing past experiences but rather about recognizing and changing patterns to promote healing and growth. Therapy isn't just about fixing old habits; it's about creating new, healthier ones by building alternative pathways in the brain. This process is similar to upgrading a dirt road to a freeway - the original path remains, but you no longer use it as much. Repetition and time are essential for this change to occur, which is why understanding how trauma affects our health is crucial for everyone. We often assume that children are resilient in the face of trauma because we don't want to confront the discomfort and helplessness that comes with it. However, resilience isn't about being unbreakable; it's about being malleable and adaptable. This means that even if someone is pushed or pulled in different directions, they can still return to their original shape. In reality, our brains are constantly changing due to experiences - both good and bad. We're not fixed entities; we evolve over time. Just like a metal hanger, which can be bent but will never regain its exact original shape, our brains change when we experience stress or trauma. If we repeatedly bend in the same places, we risk breaking. Healing from trauma requires more than just individual effort; it involves community and connection with others. We need to learn how to regulate our stress response in a way that's moderate and predictable. By doing so, we can create an environment where healing can occur - where people feel safe to revisit and rework their traumatic experiences. This approach is not new; it's rooted in traditional healing practices that emphasized connection with nature, rhythm, and community. Today's best trauma treatment practices are based on these pillars, but few modern approaches use all four effectively. The medical model often overemphasizes psychopharmacology and cognitive behavioral techniques, neglecting the importance of a supportive environment for healing to occur. Given text: paraphrase this text: undervalues the power of connectedness (1) and rhythm (2). (200) ...post-traumatic wisdom. (201) A healthy community is a healing community, and a healing community is full of hope because it has seen its own people weather—survive and thrive. (203) In a typical hunter-gatherer clan, for every child under six there were four developmentally more mature individuals who could model, discipline, nurture, and instruct the child. That is a 4:1 ratio... We now think that one caregiver for four young children (1:4) is "enriched." That is 1/16th of what our developing social brain is looking for. That is relational poverty. (206) A strong connection to community is as important today as it was thousands of years ago. The tragedy of the modern world is that community like this is harder and harder to find. There is a direct relationship between a person's degree of social isolation and their risks for physical and mental health problems. (207) When we have a community, we can do this kind of dosing to regulate any stressful or distressing experience. We can build and demonstrate resilience. (208) Chapter 8 OUR BRAINS, OUR BIASES, OUR SYSTEMS Your past is not an excuse. But it is an explanation—offering insight into the questions so many of us ask ourselves: Why do I behave the way I behave? Why do I feel the way I do? (216) The more you learn about trauma and stress response, the easier it is to understand certain behaviors you encounter in a workplace, in a relationship, or at school. (225) cf. Neurosequential Model in Education (NME) We learn faster when we're moving and interacting with others. We store new information, and retrieve previously stored information, most efficiently when engaged in some form of somatosensory activation during learning. (228) ...traumatology... (229) What that means is that an effective therapeutic approach has to follow the sequence of engagement; problems with regulating have to be addressed before you can get results with relational or cognitive therapies. (229) cf. The Boy Who Was Raised as a Dog ...having access to a number of invested, caring people is actually a better predictor of good outcomes following trauma than having access to a therapist. The therapeutic web is the collection of positive relational-based opportunities you have throughout your day. A therapist can be an important part of healing, but isn't required. This isn't to suggest that therapy isn't helpful, but therapy without "connectedness" is not very effective. Ideally, a child can have connectedness to family, community, and culture, along with a trauma-aware clinical team and its range of tools. (230) The history of the "civilized" world, on the other hand, is filled with policies and practices that favored disconnection and marginalization—that destroyed family, (230) community, and culture. Colonization, slavery, the U.S. reservation system, Canada's Residential Schools, Australia's Stolen Generation—these were so destructive across so many generations because they intentionally destroyed the family and cultural bonds that keep a people connected. (231) One of the hardest things to grasp about implicit bias and racism is that your beliefs and values do not always drive your behavior. These beliefs and values are stored in the highest, most complex part of your brain—the cortex. But other parts of your brain can make associations—distorted, inaccurate, racist associations. The same person can have very sincere People can hold onto certain beliefs but still have hidden prejudices that lead to racist comments or actions, and law enforcement should definitely get training about trauma, the brain, stress, and distress - it's a must for first responders, especially police officers. Implicit bias is when you unconsciously have biases, whereas racism is an actual set of beliefs about one race being better than others. It's not just about having or not having racist thoughts, but more about how your brain processes information, and we need to change the way our systems work to minimize this. We should be teaching kids about human diversity from a young age and changing the biased elements in many of our systems. If we teach people about trauma and connectedness, things could get better. We have so much potential that's waiting to be tapped into. Our current societal challenge lies in the disparity between the rapid pace of innovation and our ability to problem-solve, with science gathering knowledge at an accelerated rate while society's wisdom lags behind. Moreover, we're witnessing a trend of rebellion against nature, as evident in the drastic shift in family demographics - 60% of households now have fewer than two members, whereas only 8% had five or more in 2006. This phenomenon can be attributed to the lack of nurturing relational interactions, which are crucial for developing empathy and social skills. In today's fast-paced world, our children are deprived of opportunities to engage in meaningful conversations, leading to a decline in emotional intelligence. As the saying goes, "you can't give what you don't get" - if we're not shown love and care, we struggle to reciprocate it. The consequences of this disconnect are far-reaching, contributing to increased anxiety, depression, and even suicidal tendencies. Our brain's need for social cues plays a significant role in regulating our emotional response; when we feel accepted and belonging, our stress levels decrease, but when we're met with rejection or uncertainty, our systems activate, leading to feelings of unease. The recent surge in "techno-hygiene" has further exacerbated this issue, as people spend more time interacting with technology than actual humans. This isolation can lead to sensitization of the stress-response system, making it traumatic for individuals who have experienced abuse or neglect. It's essential to recognize that most people who experience trauma don't go on to become abusers themselves. However, those who have been abused often develop coping mechanisms that affect their relationships. The key lies in being present and regulating oneself when feeling frustrated, disrespected, or angry. Taking care of oneself is not selfish; it's a vital component of any trauma-informed approach, ensuring that frontline adults can provide the best support for children and youth. Your influence on others is largely dependent on yourself, regardless of your profession or role in someone's life, relationships hold immense power for transformation. Understanding humanity requires familiarity with struggle and hardship. True forgiveness involves acknowledging that the past cannot be altered.