What The Experts Say About Trauma

“Generally speaking, a trauma exposure response may be defined as the transformation that takes place within us as a result of exposure to the suffering of other living beings or the planet. This transformation can result from deliberate or inadvertent exposure, formal or informal contact, paid or volunteer work. When we refer to trauma exposure response, we are talking about the ways in which the world looks and feels like a different place to you as a result of your doing your work.” - Laura van Dernoot Lipsky, Trauma Stewardship: An Everyday Guide to Caring for Self While Caring for Others

“The core experiences of psychological trauma are disempowerment and disconnection from others. Recovery, therefore, is based upon the empowerment of the survivor and the creation of new connections. Recovery can take place only within the context of relationships; it cannot occur in isolation.” - Judith Herman, M.D., Trauma and Recovery

“Chronically traumatized people no longer have any baseline state of physical calm or comfort. Over time, they perceive their bodies as having turned against them. They begin to complain, not only of insomnia and agitation, but also of numerous types of somatic symptoms. Tension headaches, gastrointestinal disturbances, and abdominal, back, or pelvic pain are extremely common. Survivors may complain of tremors, choking sensations, or rapid heartbeat.” - Judith Herman, M.D., Trauma and Recovery

“In PTSD the critical balance between the amygdala (smoke detector) and the medial prefrontal cortex (watchtower) shifts radically, which makes it much harder to control emotions and impulses. Neuroimaging studies of human beings in highly emotional states reveal that intense fear, sadness, and anger all increase the activation of subcortical brain regions involved in emotions and significantly reduce the activity in various areas in the frontal lobe, particularly the medial prefrontal cortex.” - Bessel van der Kolk, M.D., The Body Keeps Score: Brain, Mind, and Body in the Healing of Trauma

*Sea Change Trainings ~* [*seachangetrainings@gmail.com*](mailto:seachangetrainings@gmail.com) *~ www.SeaChangeTrainings.org*