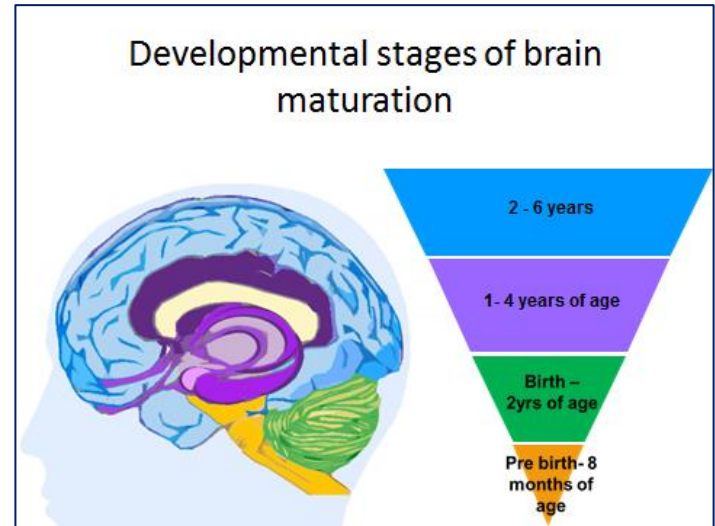
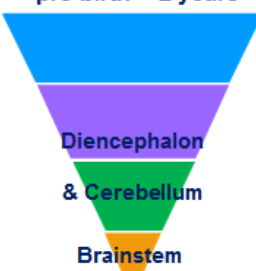


Trauma and the Developing Brain



Brainstem and Mid brain Soothing activities

Trauma occurred pre-birth – 2 years



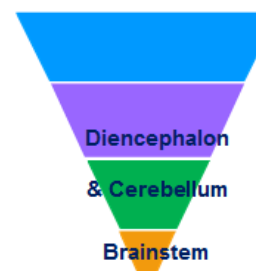
- Soothing activities in the young person's preferred sensory modality
- Activities need to be rhythmical, repeated and calming
- Rocking, swinging (hammock, rocking chair), stroking an animal, massage, brushing hair, painting nails, kneading dough, dancing, drumming, yoga, some computer games, watching waves at the beach

Diencephalon & Cerebellum

Brainstem

Brainstem and Mid brain Sensory activating activities

Activities that stimulate the 5 senses:



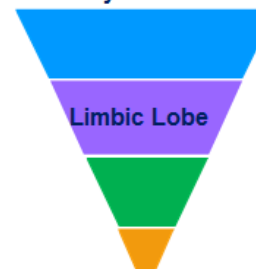
- Playing in sand or with clay
- Some art and craft activities e.g. painting
- Making and decorating dough based biscuits
- Feeling textures (rough, smooth, silky, slick, hard, etc.)
- Taste or smell sampling- aromatherapy

Diencephalon & Cerebellum

Brainstem

Limbic Lobe Feelings based activities

Trauma occurred 1 – 4 years

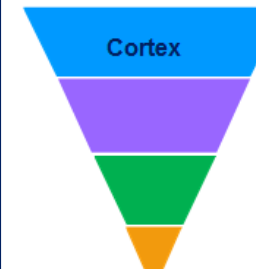


- Social Skills/cooperation encouragement
- Feelings based identification activities
- Commentary on soap operas with the sound down, drama groups, involvement in team activities, journaling, art activities representing feelings visually

Limbic Lobe

Cortex Talk based activities

Trauma occurred 3 - 6 years



- Higher order, concept based activities with a language focus that integrate information from many lower brain regions
- Scaling activities
- Discussion
- Encouraging young people to examine the links between their thoughts, feelings, and behaviours

Cortex