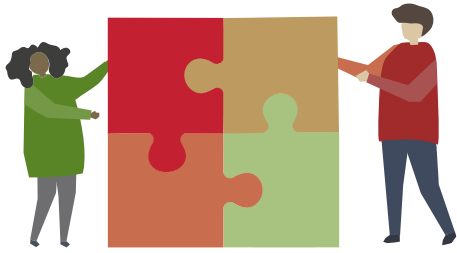
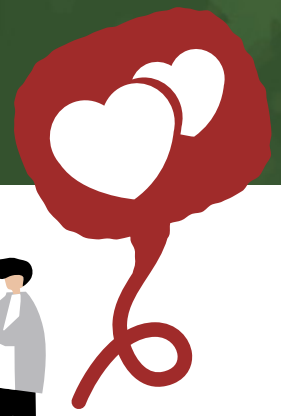


Healing/rewiring the brain



Connection

What am I doing? What could I do?



Reconnection

What am I doing? What could I do?



Reconstruction

What am I doing? What could I do?



Finding meaning

What am I doing? What could I do?



Positive self-image

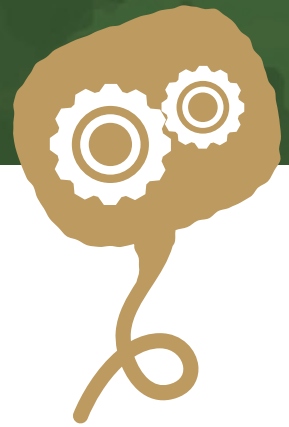
What am I doing? What could I do?



Renewal of hope and love

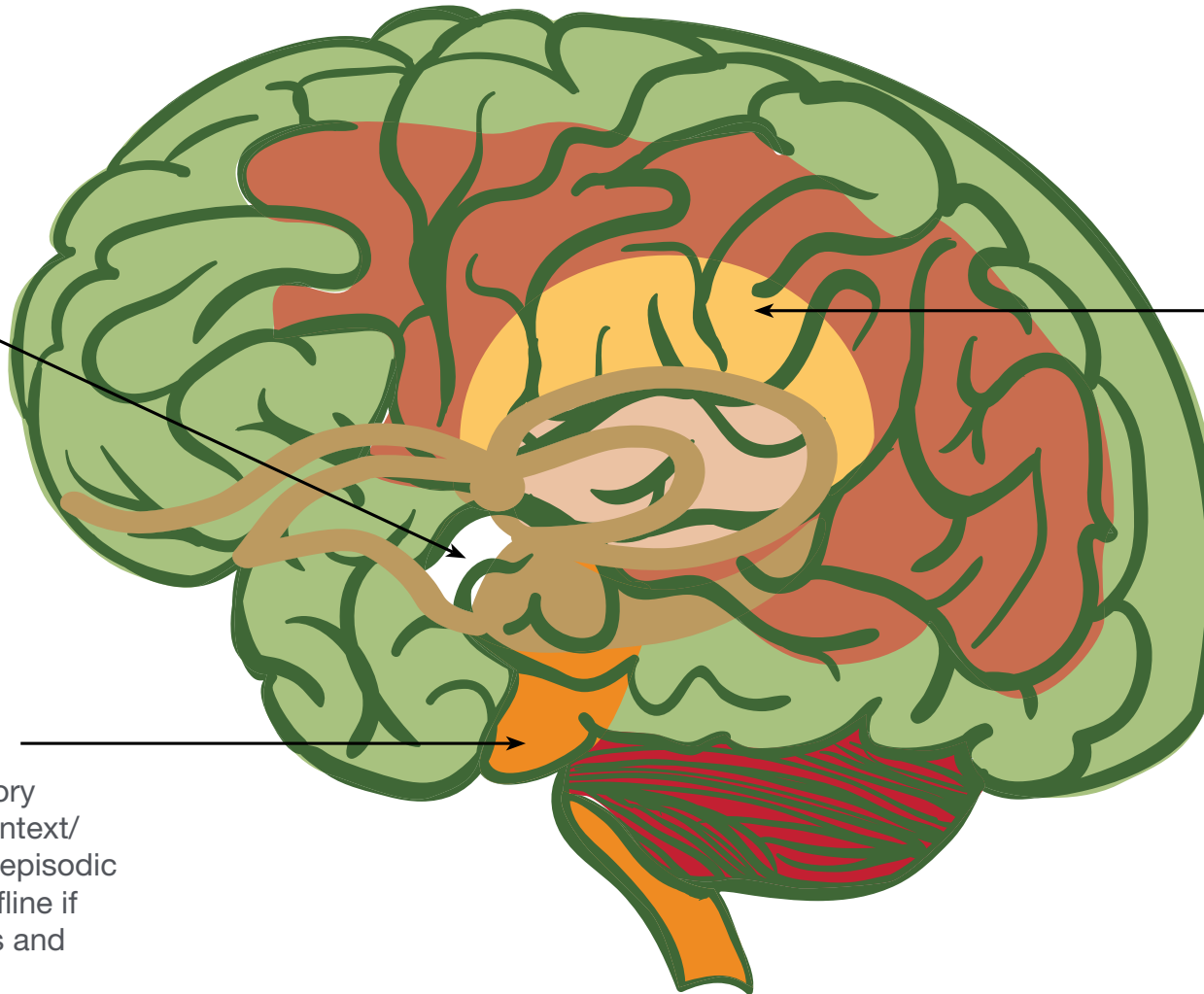
What am I doing? What could I do?

Where trauma affects the brain



Amygdala

Survival response centre within the limbic lobe that becomes enlarged and more sensitive the more it is activated through responding to threats.



Corpus Callosum

Bridge between the two hemispheres. Chronic stress can damage and thin down this bundle of neurons

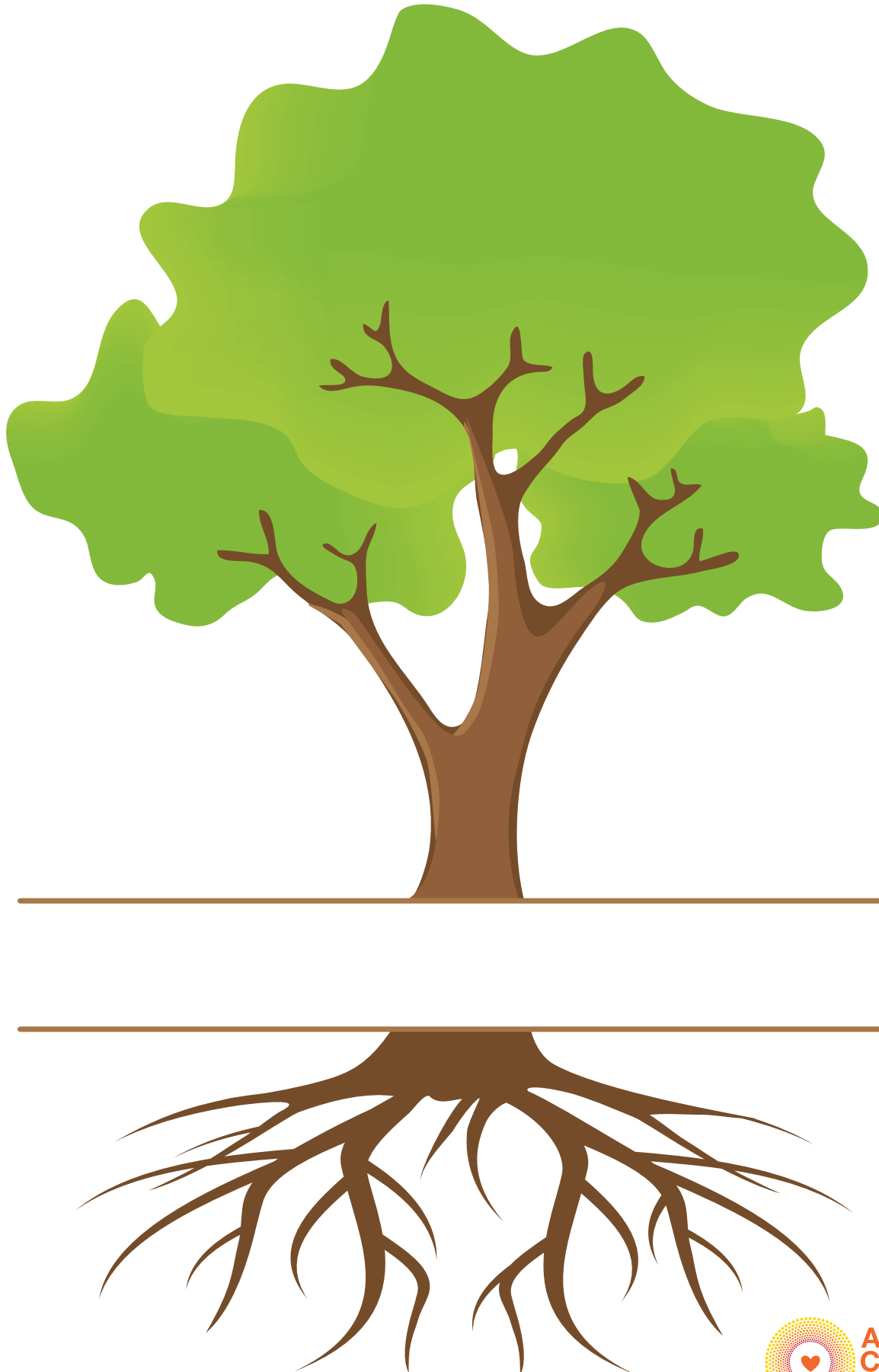
Hippocampus

Consolidates memory by providing the context/ sequential data for episodic memories. Goes offline if trauma overwhelms and disrupts cortex.

Growing Brains



Relationship = predictability, consistency, connection and being present



Growing out of the Rock



Visual Reflection

