

Brain development, trauma and healing

Brain Structures
Affected by Trauma

**The Heart Brain
Connection**

Human Brain

language, abstract thought,
imagination, reasoning

Mammal Brain

emotions, memories,
connection

Lizard Brain

fight or flight

Basic Brain

autopilot, basic life function



Vitality

Healing Practices

Resonance

Growth, Physical Wellness, Vitality
Curiosity and openness promotes
growth, wellbeing and meaning

Encourage Creative Thoughts

Story Telling/Yarning – Writing
Drama Theatre
Art and Music

Emotional Regulation

Relationships
Dance – Play – Art

Somato – Sensory Integration

Movement & Yoga Games
Music
Touch
Nature Discovery

Calm Body

Safe Touch Massage – Pressure Points