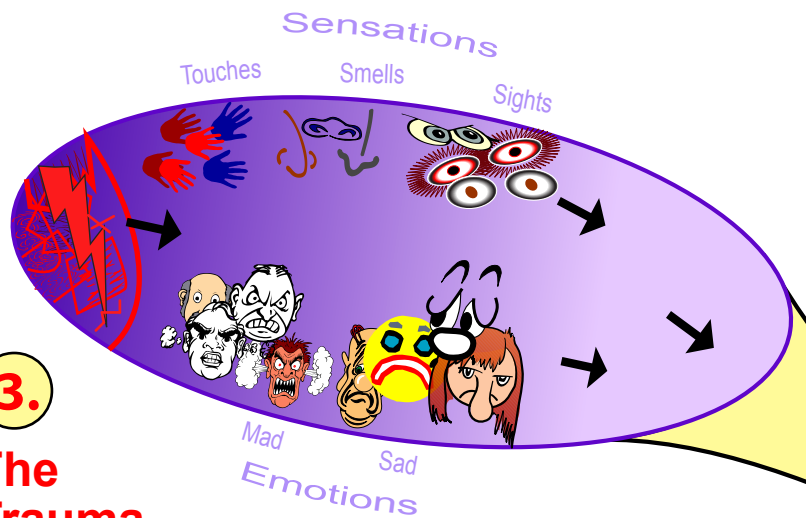


Clearing Trauma: an Overview

1.

Sensory Based Memory

Groups of similar sensations, emotions and intensity get jumbled in together.



3.

The Trauma Load

The scariest, most intense stuff gets stashed in the deepest, darkest, corner.

4.

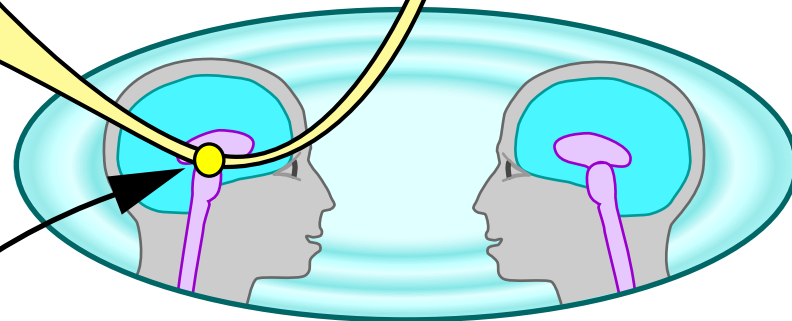
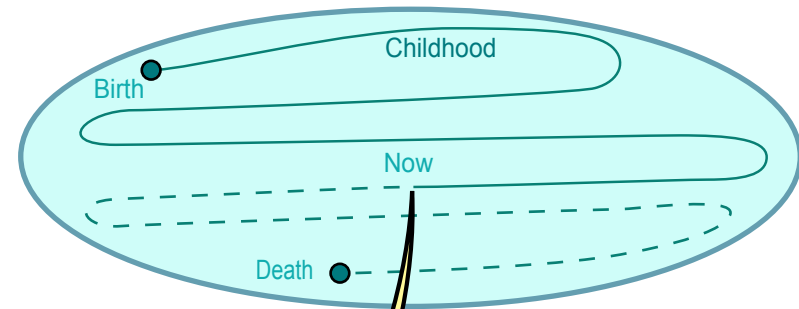
The Hippocampus

sorts sensory based memory or experience into verbally based memory, but it goes off line when we are overwhelmed.

2.

Verbally Based Memory

Organized around
- a timeline and
- a sense of self



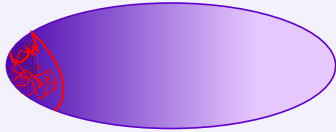
5.

The Relational Container

We digest trauma in manageable doses, in a safe, regulated, relational container. Without a sturdy, regulated container, It is easy to get overwhelmed or shutdown.

Clearing Trauma Overview: Notes

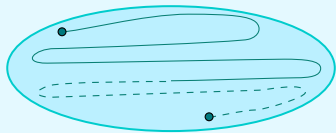
1. Sensory Based Memory



Trauma memories jumble together, linked by similar emotions, sensations or intensity.

Indigestible, split off and unintegrated experiences like trauma stay stored in Sensory Based Memory. Splitting these off from consciousness is an unconscious defense mechanism that protects us from overwhelm, but leaves us vulnerable to big reactions and physical symptoms that we do not want or understand.

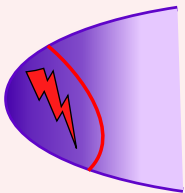
2. Verbally Based Memory



These memory circuits are organized around a time line and a sense of self

A bookmark on a time line orients us so we know who and when we are. It gives us some choice about what we deal with when. It lets us recall intense memories in digestible doses. This helps us integrate challenging experiences into our sense of self, without getting overwhelmed.

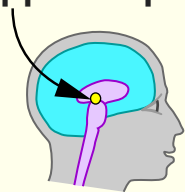
3. The Trauma Load



Most people carry a trauma load of difficult, overwhelming, undigested experiences. Only when it interferes with life does it become a problem. Relationship trauma and neglect can interfere with using relational space to heal. So it is key to build trust in our own capacity to heal, and in other people's capacity to help.

The nervous system does not register that the trauma is over until it dares feel again, without getting overwhelmed or split off. This means feeling the bad stuff without the relational container seeming unstable, or dangerous, or shaming, and without the hippocampus going off line.

4. The Hippocampus

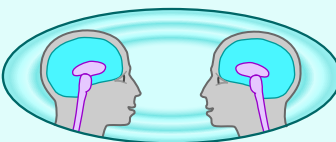


Keeping the hippocampus on line is a must for clearing trauma .

The hippocampus goes off line from: chronic stress, acute overwhelm, dissociation or splitting off from our bodies or our experience.

Help the hippocampus stay online: Slow things down. Take them in small enough doses. Grow your capacity to find, create and utilize a sturdy relational container.

5. The Relational Container



A safe, sturdy, relational container helps keep the hippocampus online.

Sturdy relationships, where we can let others help us with overwhelming experiences, are important resources for healing trauma. Often people need help learning to trust that anyone can help, before they can show their vulnerability around other people.