

Introduction to the Neurobiology of Trauma

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Webinar Resources

Q&A Responses

Q: How do we get the larger population to recognize Eugenics for historical trauma? The system does not work for minorities.

A: *Great question! And very tough to answer. From my vantage point, we do our best to educate people and we work hard to bring this information into the mainstream.*

Q: How many traumas does it take until your brain is changed forever?

A: *It depends on the person, on the brain, and the time of trauma. The brain can heal, so barring physical damage, there is always hope.*

Q: Prolonged stress over pandemic is a big T, how do we mitigate impact

A: *Yes, this is definitely becoming a traumatic experience for many and for a variety of reasons. Keeping that in mind when we work with folks is one way to mitigate it, but encouraging all the skills we talked about is another.*

Q: Do kids' brains handle trauma differently than adult brains?

A: *Yes, they do. Because their brains are still developing, it impacts their brains differently. Usually impacts their limbic system more and sometimes they grow into adults with over-developed limbic systems and under-developed frontal cortexes. However, because their brains are developing so much, they are also more resilient.*

Q: Can you comment on OCD and trauma?

A: *OCD is an anxiety disorder that is sometimes (not always) triggered by trauma.*

Q: Can trauma lead to a narcissistic personality and behaviors?

A: *Tough question because it is very hard to prove causality, but there does appear to be a relationship between abuse/neglect in childhood and developing a personality disorder.*

Q: Can individuals fall under more than one spot in the continuum?

A: *Yes, for sure!*

Q: What would you say about the service providers that suffer from internalized oppression and hurt or oppress their own people?

A: *Yes, this does happen and is so hard for everyone involved. Empathy and gentle self-awareness is the most helpful route. And also knowing that this is tough. It has taken years (generations sometimes) to develop internalized oppression, so it will take a while to dismantle it.*

Q: Can you recommend a book for probation agents to read to gain more knowledge on trauma?

A: SAMHSA has a free trauma-informed care guide. Also, *waking the tiger* by Peter Levine.

Q: On the Stress Continuum, please explain a bit more about the Trauma Response.

A: *Trauma response on the stress continuum means that chronic stress has resulted in the same brain changes as trauma.*

Q: Do you think substance abuse among advocates and justice partners is so common because of the constant exposure to trauma?

A: *Yes! It probably starts as a coping mechanism.*

Q: Recommendations for providers who have experienced their own trauma besides obvious, EMDR. How to handle day-to-day outside of treatment.

A: *Yes, very important. These were covered in the in-the-moment and after activities. Mindfulness, gratitude, exercise, sleep, etc. were some examples we covered.*

Q: How is trauma brain healed?

A: *Slowly, with a lot of empathy and skill-building.*

Q: If compassion fatigue is not addressed, does that make the person susceptible to violence or committing violent acts since empathy is affected?

A: *Yes, it definitely can.*

Additional Resources

Intergenerational Transmission of Trauma Effects: Putative Role of Epigenetic Mechanisms

Authors: Rachel Yehuda, Amy Lehrner

<https://onlinelibrary.wiley.com/doi/full/10.1002/wps.20568>

“Study finds that fear can travel quickly through generations of mice DNA” – The Washington Post

Author: Meeri Kim

https://www.washingtonpost.com/national/health-science/study-finds-that-fear-can-travel-quickly-through-generations-of-mice-dna/2013/12/07/94dc97f2-5e8e-11e3-bc56-c6ca94801fac_story.html

The Use of Mouse Models to Study Epigenetics

Authors: Marnie Blewitt, Emma Whitelaw

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3809579/>

A Painful Legacy

Author: Andrew Curry

<https://www.sciencemag.org/news/2019/07/parents-emotional-trauma-may-change-their-children-s-biology-studies-mice-show-how>

“How Stress Affects Your Brain” (Ted Talk)

Presenter: Madhumita Murgia

<https://www.youtube.com/watch?v=WuyPuH9ojCE>