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| --- | --- |
| * Use dependent brain=not equipped with wiring that is useful
* Hair trigger limbic system
* Hypersensitivity to physical touch
* Sensory integration issues
* Irrational thoughts about self and others
* Hypervigilance
* Difficulties processing new information
* Issues with focus and completing new tasks
* No object constancy
* Don’t have great orientation with time and space
* Learning disabilities
* Issues with Abstract thinking
* Very little impulse control
* Self-destructive behavior
* Aggression
* Self-soothing behaviors
* Sleeping and eating disturbances
 | * Excessive compliance or oppositional behavior
* Difficulty reading non-verbal cues
* Reenactment of traumatic past
* Difficulty with emotional self-regulation
* Difficulty reading social cues
* Overly rigid or loose physical and emotional boundaries
* Lack of trust in or over-dependency on others
* Difficulty describing feelings and internal experiences
* Problems knowing and describing internal states
* Difficulty communicating wishes and desires
* Self-regulation challenges
* Huge issues with anxiety
* Gap between emotional and chronological age
* And more

 Van Der Kolk, Perry, Keck |

Expanded definition of Trauma- Includes children’s experiences of multiple traumatic events that occur within the care giving system: as marked by Pre-natal exposure to alcohol and drugs, Neglect/Institutionalization, Abuse, Abandonment-loss of primary attachment figure, Multiple Moves, Pain illness/Hospitalization. Bessel Van Der Kolk 2005

Trauma impacts human beings in the following areas: Attachment, Biological, Cognitive, Behavior, Affect, Dissociation, Self Concept.