Complex Trauma in Young Children: Part 2

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The Body's Response to Trauma and Neglect

1. Stress and Alarm Systems

2. Neurological, Psychological Development and Internal Working Models→ Fear Memories

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Sympathetic Nervous System

The "Freeze, Fight, or Flight" response

Norepinephrine effects

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	Stress and Brain Function Chart				
Adaptive Response	Rest (Adult Male)	Vigilance	Freeze	Flight	Fight
Hyperarousal Continuum	Rest (Male Child)	Vigilance	Resistance	Defiance	Aggression
Dissociative Continuum	Rest (Female Child)	Avoidance	Compliance	Dissociation	Fainting
Primary <i>secondary</i> Brain Areas	NEOCORTEX Subcortex	SUBCORTEX Limbic	LIMBIC Midbrain	MIDBRAIN Brainstem	BRAINSTEM Autonomic
Cognition	Abstract	Concrete	Emotional	Reactive	Reflex
Mental State	CALM	AROUSAL	ALARM	FEAR	TERROR
	-from Bruce Perry, MD, Ph.D.				















Anatomical, psychological, and physiological development and Toxic Stress

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Brain is always growing and developing

-Brain growth before birth; then first 5 years -Nerve connections -Nerve loss -Interconnection and influence





























































