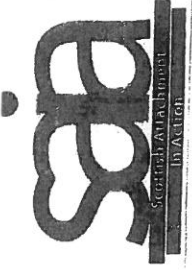


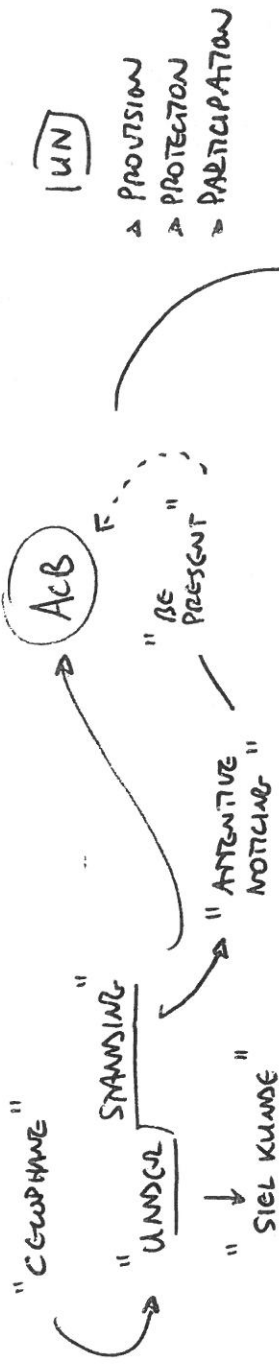
'WHY ATTACHMENT MATTERS FOR ALL'



MAP JOURNEY

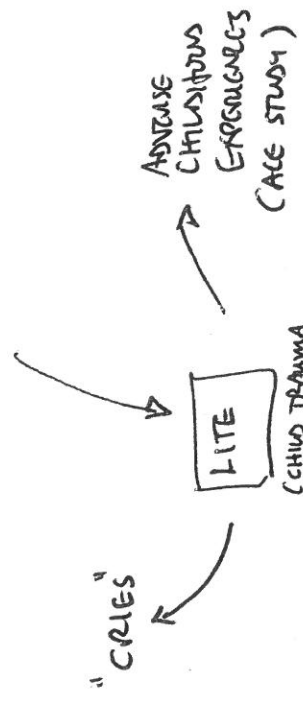
SMARTS WITH YOU!  
" I GET TO ..."

" NGU MUNDA NGU MUNDA  
NGA BANTHA "  
(ZULU PROVERB)

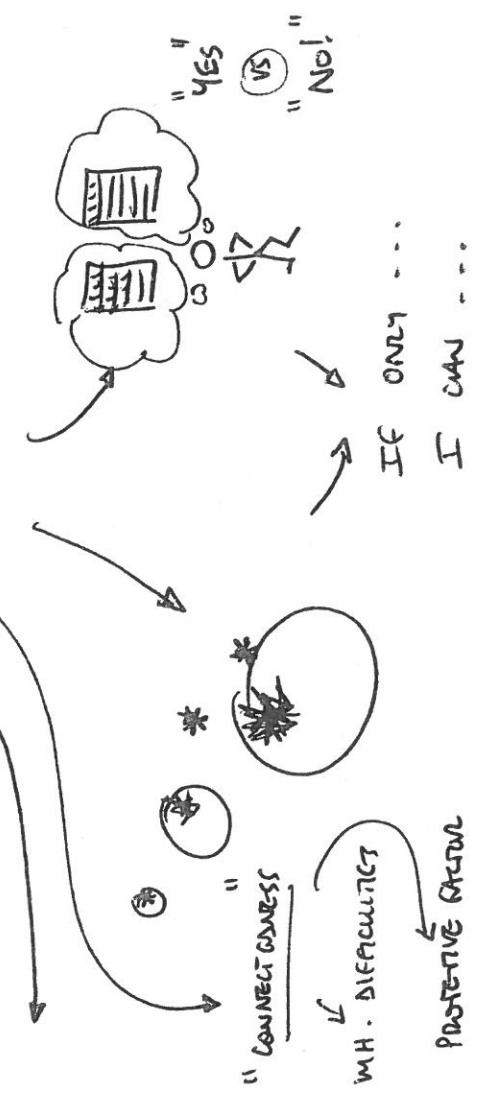


" WHAT IS WRONG WITH YOU? "

" WHAT HAS HAPPENED TO YOU? "



" TRUING BRAIN (P.D. Maclean)



[ EYE MOVEMENT DESENSITIZATION AND REPROCESSING EMDR ]

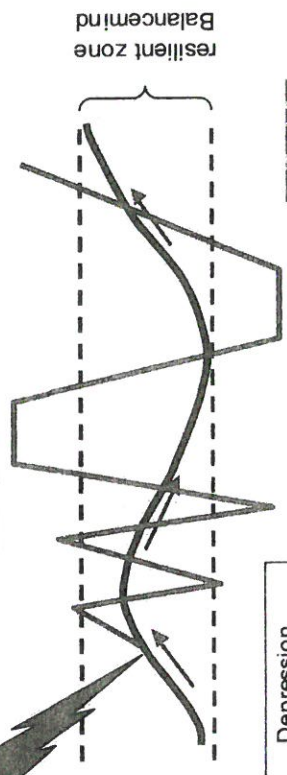
"BIG T" little "t"

Window of tolerance

Traumatic Event!

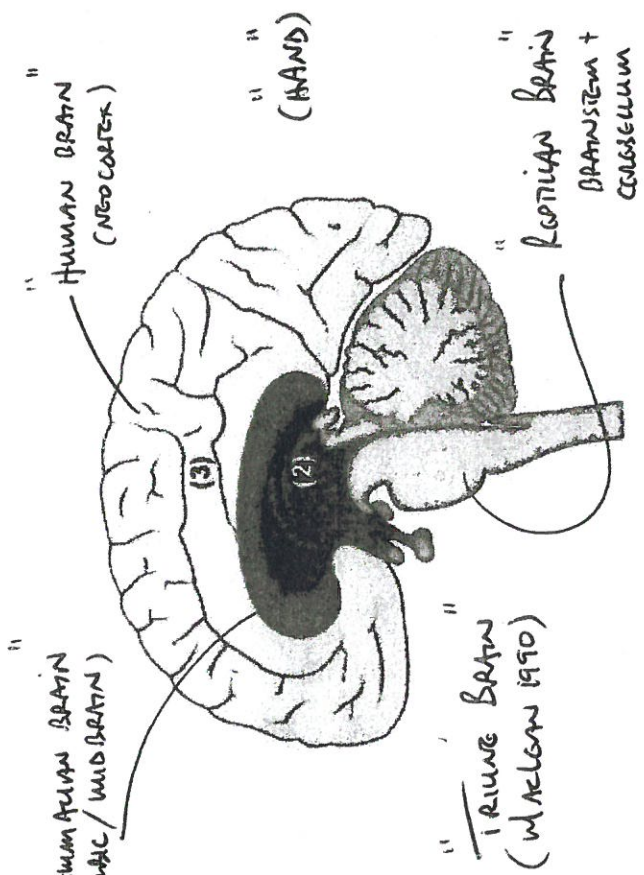
Stuck on "High" Hyper-arousal

Hypervigilance  
Hyperarousal  
Mania  
Anxiety & Panic  
Rage



Depression  
Disconnection  
Exhaustion/Fatigue  
Numbness

Stuck on "Low" Hypo-arousal



"SUPER HIGHWAY WITH LOTS OF CONNECTIONS"

Hyperarousal Continuum	REST	VIGILANCE	RESISTANCE	DEFIANCE	AGGRESSION
Dissociative Continuum	REST	AVOIDANCE	COMPLIANCE	DISSOCIATION	FAINTING
Regulating Brain Region	Human brain Neocortex	Human brain Limbic	Mammalian brain Limbic Midbrain	Reptilian brain Brainstem	Reptilian brain Brainstem and cerebellum
Cognitive Style	ABSTRACT	CONCRETE	EMOTIONAL	REACTIVE	REFLEXIVE
Internal State	CALM	AROUSEAL	ALARM	FEAR	TERROR

ACB

ATTENTION CONTROL  
BREATHING

(BRUCE PERBY)

Attachment Patterns

"A Boris Storm"

STUDIES FOR ATTACHMENT + TRAUMA RESOLUTION:  
SMALL WONDERS: HEALING CHILDHOOD TRAUMA WITH EMDR: J. ADVERT, M.D.

[SEE BRUCE PERBY PAGE ON TRAUMATIC MEMORY ON THE SAIA WEBSITE]

"MIND HEART DIFFICULTIES"  
"TRAUMA"  
"ANY SITUATION RESULTING IN AN OVERWHELMING SENSE OF VULNERABILITY AND/OR LACK OF CONTROL."  
[A. SOLOMON (1996)]  
"DOMESTIC ABUSE!"  
"SUBSTANCE ABUSE!"  
[D. MURRAY]