

HOW Trauma IMPACTS THE BRAIN

Trauma can alter the structure and functioning of the brain.



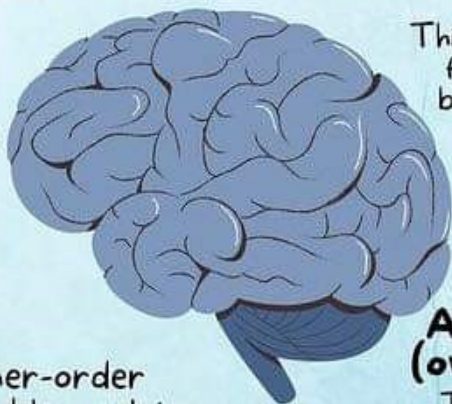
Ventromedial Prefrontal Cortex (shrinks)

This area is responsible for mood and emotion regulation & rational thought.



Hippocampus (shrinks)

This area is responsible for differentiating between the past & present.



Amygdala (overactive)

This area is responsible for responding to stress.

It causes higher-order processes like problem-solving to become underfunctioning, while processes geared towards defense become overactive.

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