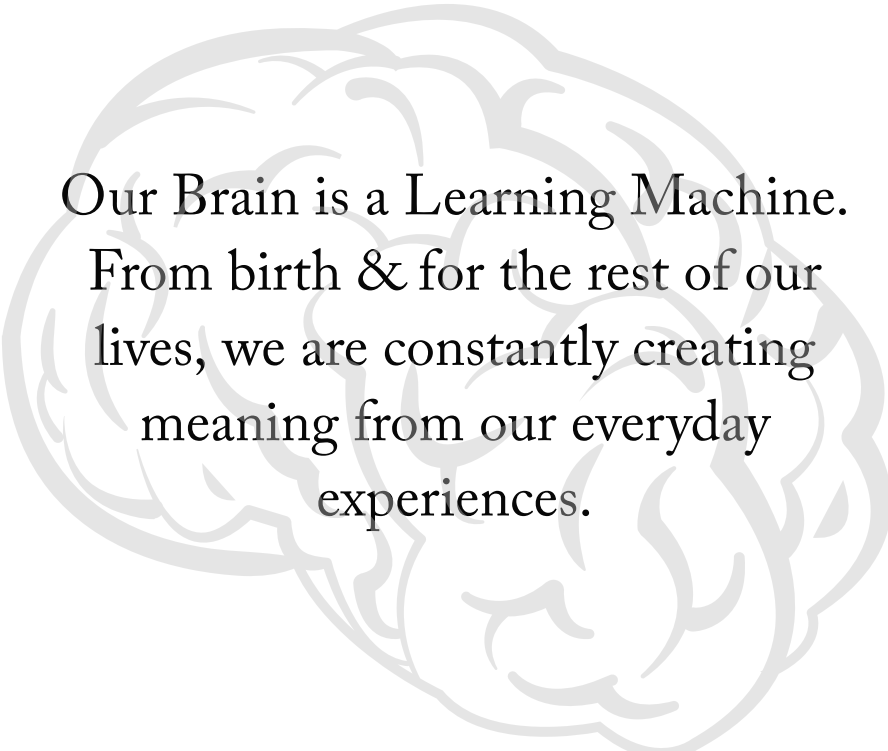
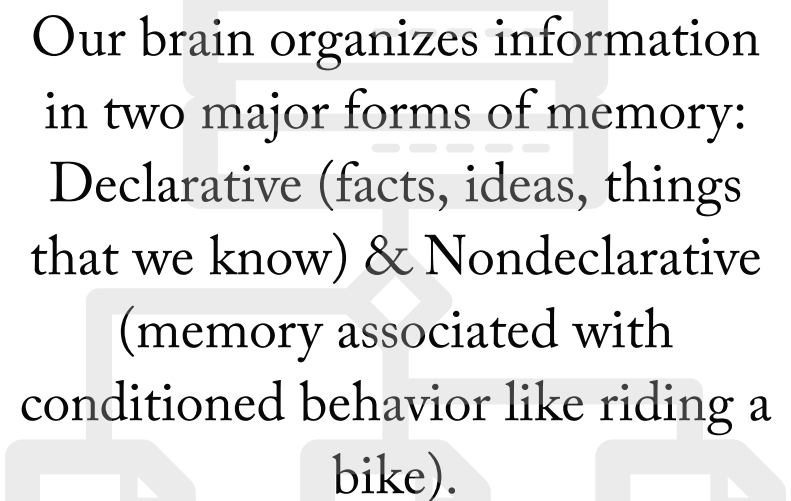


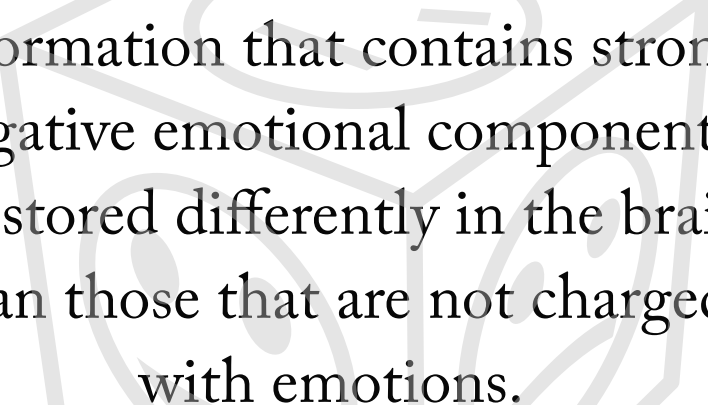
# Trauma, Learning & Memory



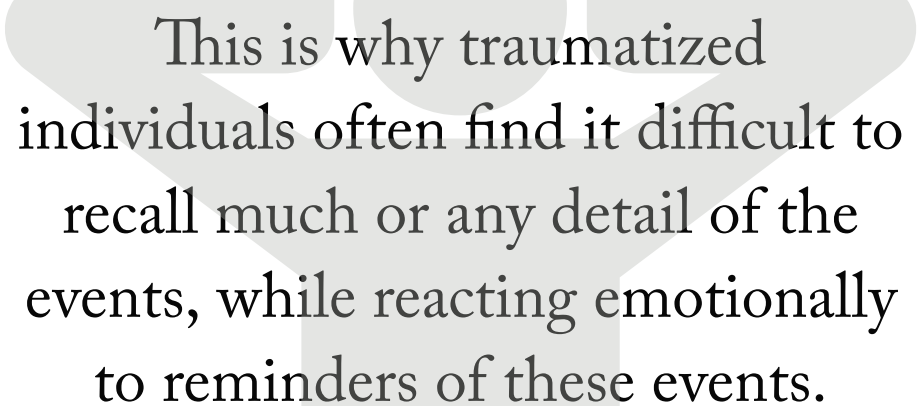
Our Brain is a Learning Machine. From birth & for the rest of our lives, we are constantly creating meaning from our everyday experiences.




Our brain organizes information in two major forms of memory: Declarative (facts, ideas, things that we know) & Nondeclarative (memory associated with conditioned behavior like riding a bike).



Information that contains strong negative emotional components are stored differently in the brain than those that are not charged with emotions.



This is why traumatized individuals often find it difficult to recall much or any detail of the events, while reacting emotionally to reminders of these events.



It is important to understand that **TRAUMA** is **NOT** an event that happens to the individual, rather it is what happens **INSIDE** the person's body triggered by the event(s). Successful processing of trauma involves integrating traumatic event(s) from nondeclarative to declarative memory. This is done through the integration of meaning & adaptive benefits into the original trauma event.