



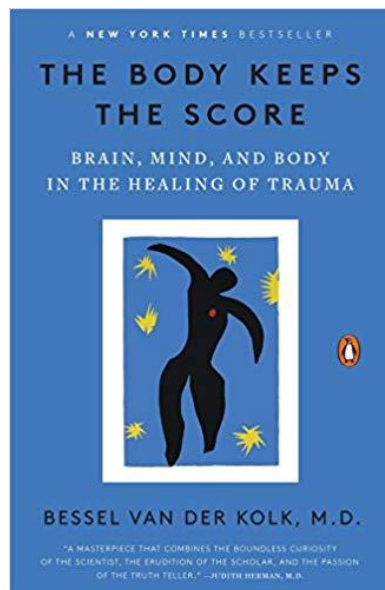
# Trauma-Informed Care with Experiential Psychotherapies

The Body Remembers What the Mind Forgets  
Honoring the Body For Resilience in Times of Stress

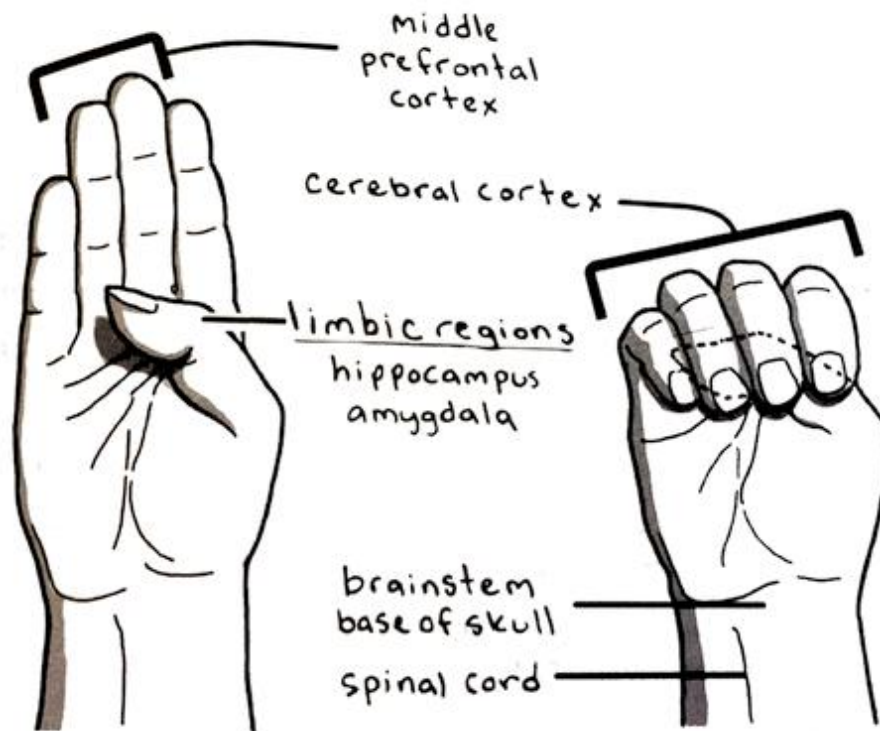
Karen Carnabucci, LCSW, TEP  
Lancaster School of Psychodrama and Experiential Psychotherapies  
313 W. Liberty St., Suite 263



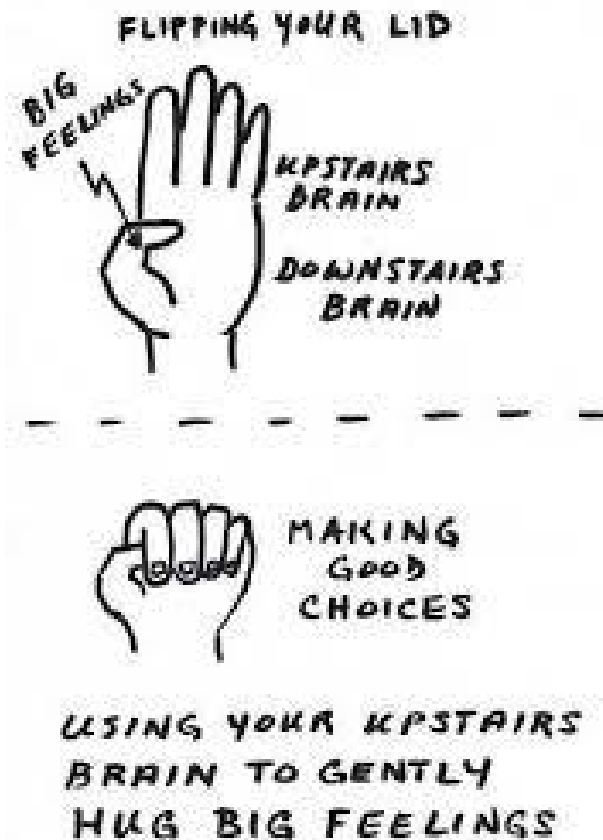
“The body remembers what the mind forgets.” — Dr. J.L. Moreno, the developer of psychodrama, sociometry and group psychotherapy

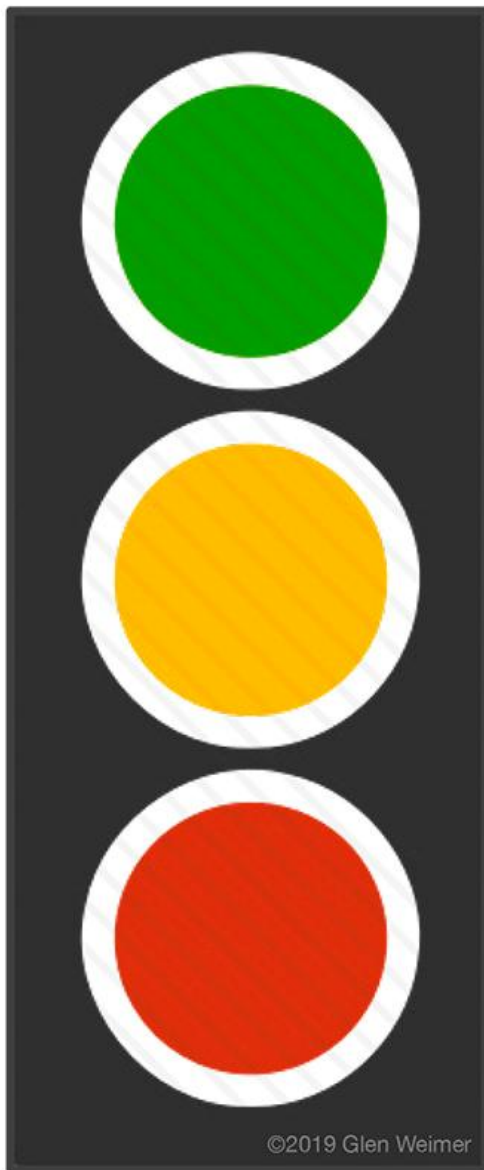


“The body keeps the score.” — Dr. Bessel van der Kolk, pioneering researcher on trauma for 30-plus years.



Dr. Dan Siegel's hand model of the brain, re-interpreted for children, below.





### **GREEN LIGHT • All Safe**

Social Nervous System • Ventral Parasympathetic

- Heart rate slows • Settled / Grounded
- Saliva & digestion are stimulated
- Facial muscles are activated
- Increased vocal expressiveness & eye contact
- Middle ear muscles turn on — human voice range
- Self soothing • Interconnected / Bonding

### **ORANGE LIGHT • Danger / Fight or Flight**

Sympathetic Nervous System

- Heart races
- Saliva & digestion shuts down
- Grim / focused / intense facial affect
- Monotone voice • Avoid direct eye contact
- Middle ear muscles turn off — tuned to highs & lows

### **RED LIGHT • Freeze • Trauma**

Survival System • Dorsal Parasympathetic

- NO CONSCIOUS CONTROL
- Heart rate slows
- Dissociation / Not present • Flat facial affect
- Immobilization / Freezing / Collapse
- Disconnected • Auto pilot
- Death feigning • Low energy • Sleepy
- Trauma Vortex • Altered State of Consciousness encodes traumatic memories

Graphic showing survival system, sympathetic nervous system and social system, according to the Polyvagal Theory developed by Dr. Stephen Porges

## Thread 5:

### 9 functions of the middle prefrontal area:

1. Regulation of the body
2. Attuned communication
3. Regulation of emotion
4. Response flexibility
5. Empathy
6. Insight
7. Intuition
8. Fear extinction
9. Morality

(pg. 33)



## BEING A BRAIN-WISE THERAPIST



*A Practical  
Guide to  
Interpersonal  
Neurobiology*

**BONNIE BADENOCH**  
FOREWORD BY DANIEL J. SIEGEL

— From the work of Bonnie Badenoch, author of “Being a Brain-Wise Therapist.”

## Thread 8:

Interestingly, the longing for connection appears to be embedded in neural cells in the chest around the heart, making sense of things like heartaches and broken hearts.



(pgs. 65)

## BEING A BRAIN-WISE THERAPIST



*A Practical  
Guide to  
Interpersonal  
Neurobiology*

BONNIE BADENOCH  
FOREWORD BY DANIEL J. SIEGEL

— From the work of Bonnie Badenoch, author of “Being a Brain-Wise Therapist.”



## The Body Double

In ordinary in-person sessions, the Body Double takes a position next to and slightly behind the protagonist.

The Body Double speaks as the voice that is mindful and aware of the moment-to-moment body experience and speaks to identify the body experience.

In virtual sessions, we do not have the opportunity to sit directly next to the person, so we will improvise.

## Be Your Own Body Double

Sit in your chair, breathe and ground.

Rise from chair, walk around chair.

Breath and allow mindfulness.

When you sit again, you are your own Body Double.

Speak as body awareness