



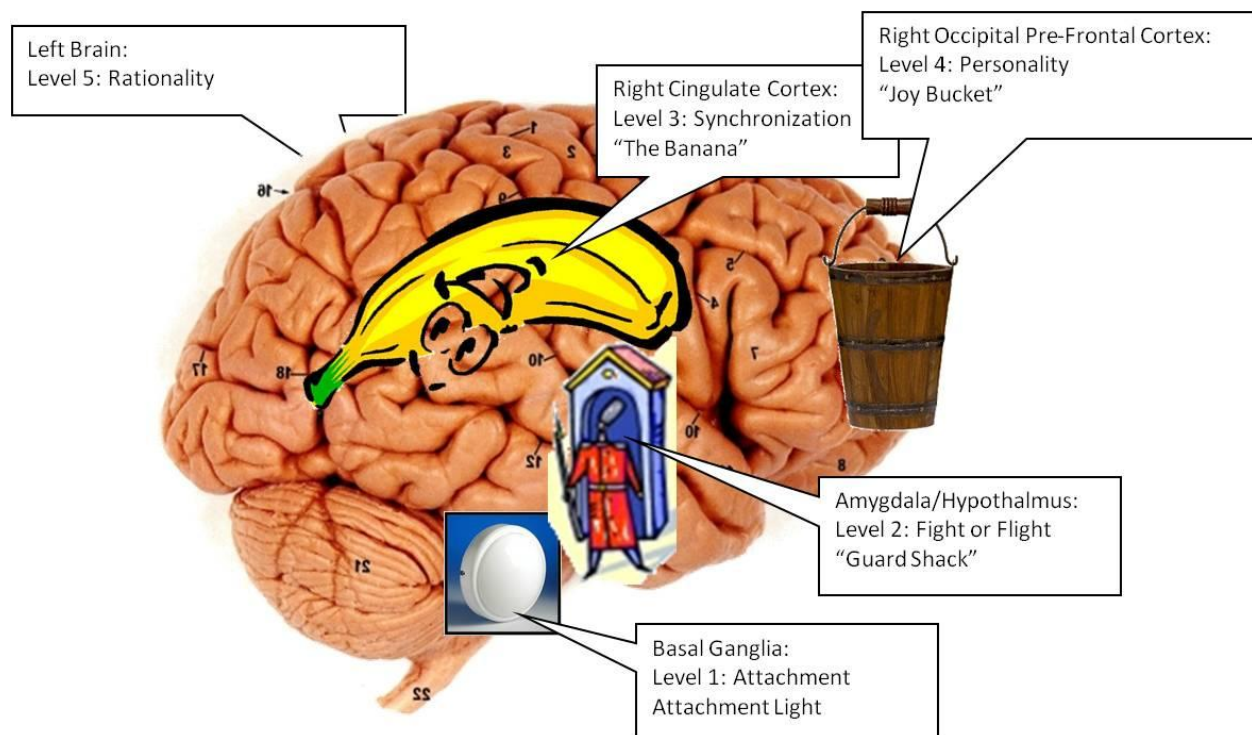
BRAIN SCIENCE & MATURITY

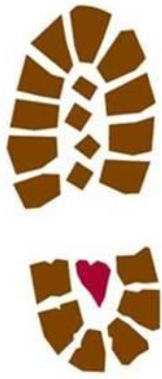


Trauma and the Brain

Each level builds on the next in terms of functionality. The most basic function is attachment, if that gets “messed up,” everything else will be impacted. If our passions are activated so that we are in “fight or flight” mode, every level above that will be impacted. If we are not “in sync” with those around us, it will affect our personality and our rationality.

The Five Levels of the Brain





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Brain capacity developed prior to Birth

1. Attachment Level (Basal Ganglia)

- Issue: Joy vs. Fear
- Goal: Secure Attachment (Joy Bonds) with others and God

2. Passion Level (“The Guard Shack” – Amygdala & Hypothalamus)

- Issue Fight or Flight
- Issue: Desire v. Disgust

Brain capacity developed during Infancy

3. Synchronization Level (“The Banana” – right cingulate cortex)

- Emotional connections
- Ability to remain relational under stress
- Ability to return to joy after stress

Brain capacity developed throughout Life

4. Personality Level (“The Joy Bucket” – Right Occipital Pre-Frontal Cortex)

- Satisfaction vs. Inadequacy
- Navigation through difficult issues

5. Rationality Level (Left Brain)

- Understanding vs. Confusion
- It feels good to understand, it feels bad to be confused
- “What does this mean?”
- Analysis, Logic, Language



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The Pain Processing Elements

All five levels of the brain are involved

Attachment – I need someone to be “happy to be with me” in my pain

This can be Jesus in an Immanuel style event

This is most often another human being

Validation and Comfort – I need someone to teach me how to validate my emotions show me how to comfort myself. This is a form of “quieting”

Synchronization –

Building Belonging

Mind Sight – being able to see and respond to the emotions of others

God Sight – being able to perceive the Lord’s presence/activity in the circumstances of life.

Character Development

Returning to Joy from various emotions

Living by core values/virtues regardless of the sacrifice

Truth / Worldview Clarification

View of Self

View of God

View of Reality