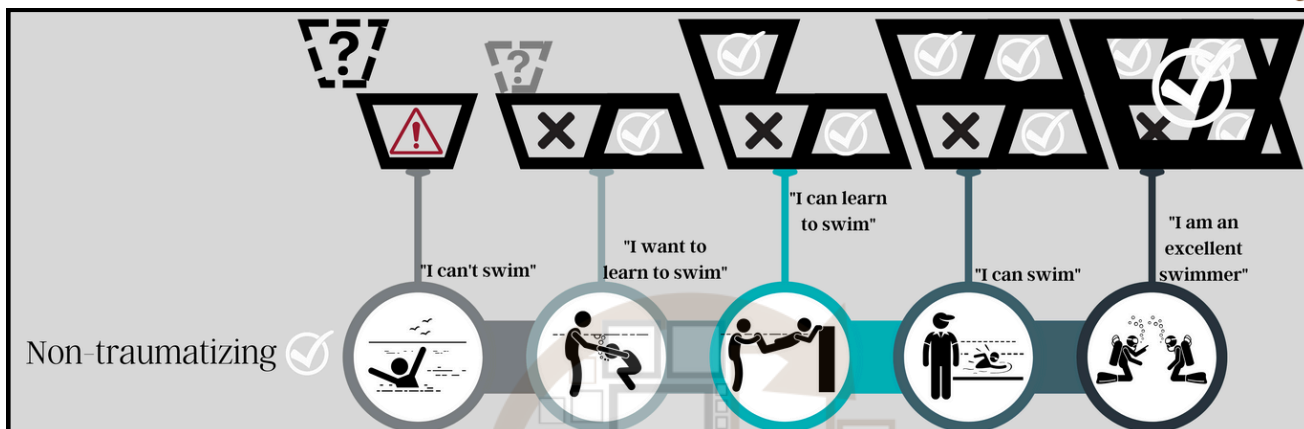


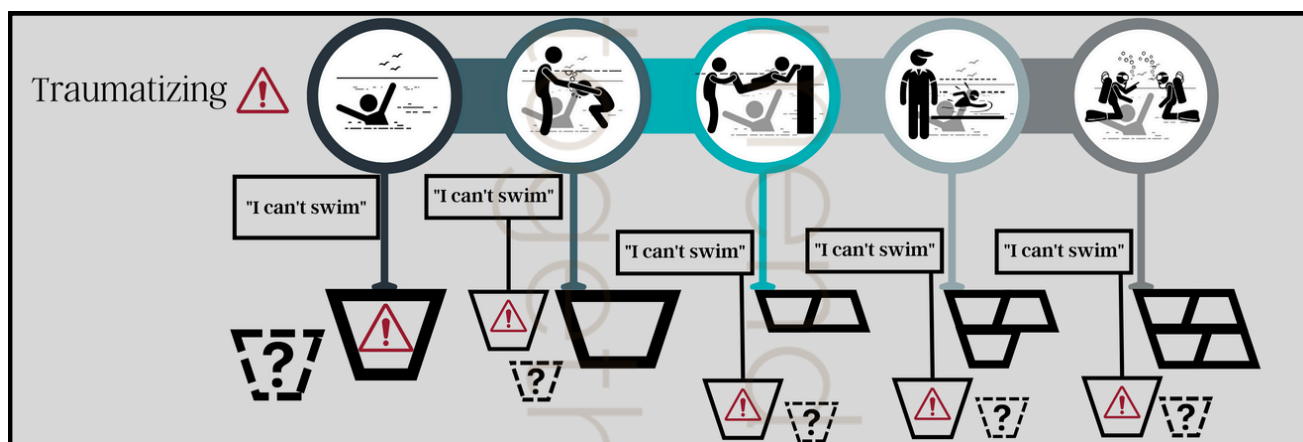
Trauma EXAMPLE #2: Swimming

Non-traumatizing vs traumatizing



Trauma (traumatic stressors):

- Life threatening nature, emotional intensity, and age/maturity all contribute to the INITIAL overwhelming intensity of the experience.
- Factors like support, opportunity to process, and secure attachments all impact the ability to re-access the information later in a less overwhelmingly intense way and reprocess it adaptively.



Traumatizing:

- Experience is traumatizing when it is reaccessed with the same overwhelming intensity later. Lack of adaptive retrieval results in traumatizing (maladaptive) neural network.
- This is often due to lack of safety or stability in the environment. Once a single maladaptive neural network has formed, the likelihood of other overwhelmingly intense stressors becoming traumatizing is MUCH higher.

When these maladaptive memories are accessed safely (NOT remaining **overwhelmingly intense**), they can begin to be reprocessed **adaptively**. This occurs when the **overwhelming memory** can be accessed in a way that **lowers its intensity**. The process can include everything from the **desensitizing** of overwhelming material, **reprocessing** of maladaptive neural networks, and **development of positive alternative** networks/resources.