Week 2 – Understanding Trauma

Key Topics:

- What is Trauma? More Than an Event—It's a Lasting Experience
- Trauma's Impact on the Brain, Body, and Behavior
- Fight, Flight, Freeze, Fawn Responses
- Introduction to PTSD and Emotional Suppression
- Understanding Layers: Physical, Emotional, and Psychological Trauma
- Triggers, Memory Disruption, and Identity Distortion
- Healing Models: Safety, Story, Support, Regulation
- The State of T.R.A.U.M.A. (Triggered Pain, Repressed Memories, Altered Identity, Unresolved Emotions, Mental Disruption, Avoidance of Healing)

In-Class Activities:

- Body Mapping Exercise: "Where Does It Hurt?"
- Reflection: What Is My Default Trauma Response?
- Grounding Practice Demonstration

Homework:

- Practice and document your experience with a trauma regulation strategy (e.g., breathwork or grounding)
- Read assigned section on "The State of T.R.A.U.M.A." and highlight personal insights

Notes