

Neurosummary – How we think it works

- **Compare to REM sleep**
- **Two jobs of the brain (processing)**
- **Information processing – dimensions of any experience**
- **Memory/experience enters the brain (sensory cortex) – draw brain and three parts**
- **Role of amygdale (sentry) fight, flight or freeze. Information becomes stuck and stored in the wrong place, unprocessed because it can't get to the part of the brain that does the processing (demonstrated by pointing to different parts of head).**
- **Metaphors for stuck/unprocessed material: wall, digestion, buried alive, surge protector or circuit breaker.**
- **Moving material to processing (verbal, narrative, space/time orientation) part of brain. AAMM (access, activate, move, manage). Desensitizing and new learning creates a new story by integrating dysfunctional with adaptive information.**
- **Van der Kolk's neuroimaging**
- **Jump starting the INNATE HEALING SYSTEM**