 Red Violence Against Women International (RVAWI)

Important Things to Get Right About the "Neurobiology of Trauma"

Part 1: Benefits of Understanding the Science

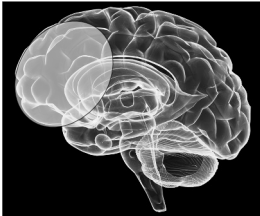
Joe Hopper, PhD
Contributions by Kimberly A. Lounsbury, PhD
Sgt. Joanne Archambault (Ret.)
September 2020

Benefits

1. More realistic expectations
2. More perceptive listening
3. More effective information-gathering

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Executive Center

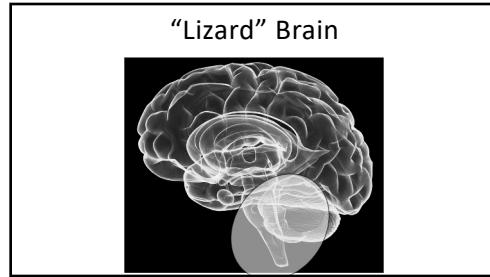


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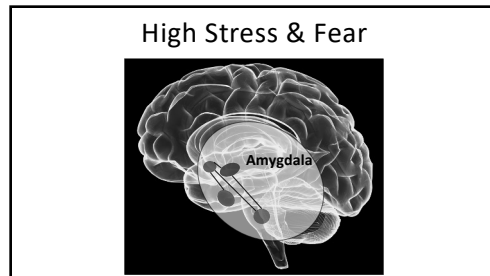
Memory & Regulation



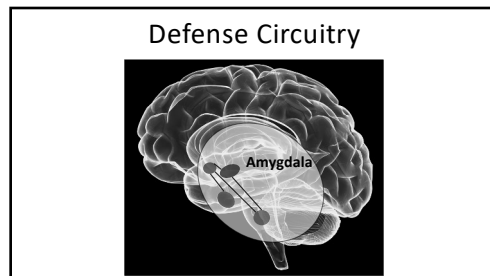
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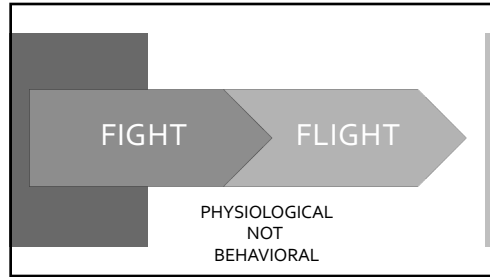
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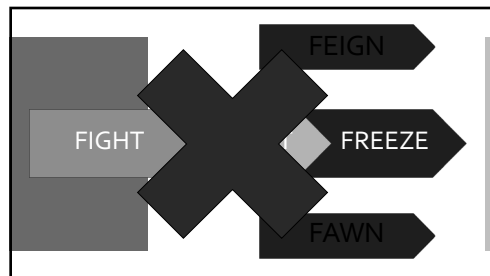
Problem with "Fight or Flight"

Walter Cannon was a physiologist – studied the body's physical reactions to stress

He did not study behavior.




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What's Wrong With "Fawn"




Definition of Fawn
intransitive verb

- 1 : to court favor by a cringing or flattering manner
- 2 : to show affection – especially of a dog

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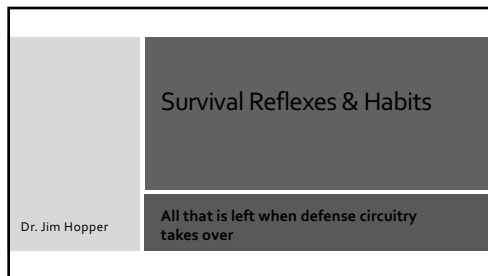
What's Wrong With "Feign"



Definition of Feign
transitive verb

- 1 : to give a false appearance of : induce as a false impression
 : to assert as if true: pretend

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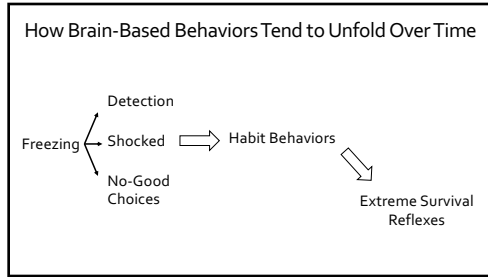


Survival Reflexes & Habits

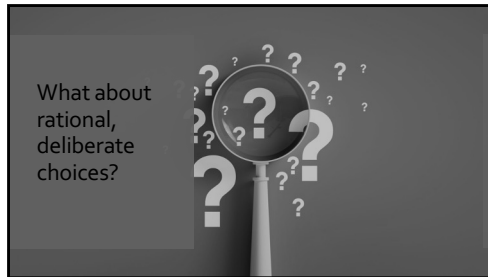
Dr. Jim Hopper

All that is left when defense circuitry takes over

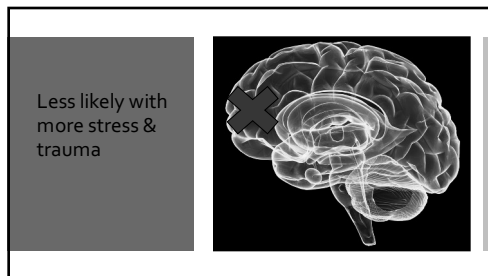
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If they do happen - likely ineffective which then leads back to...
survival habits & reflexes

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Key moment - when attack is detected

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Detection Freezing

stop everything -- scan -- assess


18

Shocked Freezing
blank mind – no behavior options available




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"No Good Choices" Freezing
only bad choices - extremely passive or reactive



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Self-Protection Habits



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Self-Protection Habits

Why was I so polite????
Polite, passive, submissive responses
To dominant or aggressive people
To unwanted sexual advances




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Self-Protection Habits

Usually ineffective & passive
Untrained in self-defense

But – fight, flight, feign, fawn
can be self-protection habits
that emerge



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I have to be home soon.

But you've got a girlfriend.

My roommate is home.

Will you please wear a condom?

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