Family Tree Project, LLP
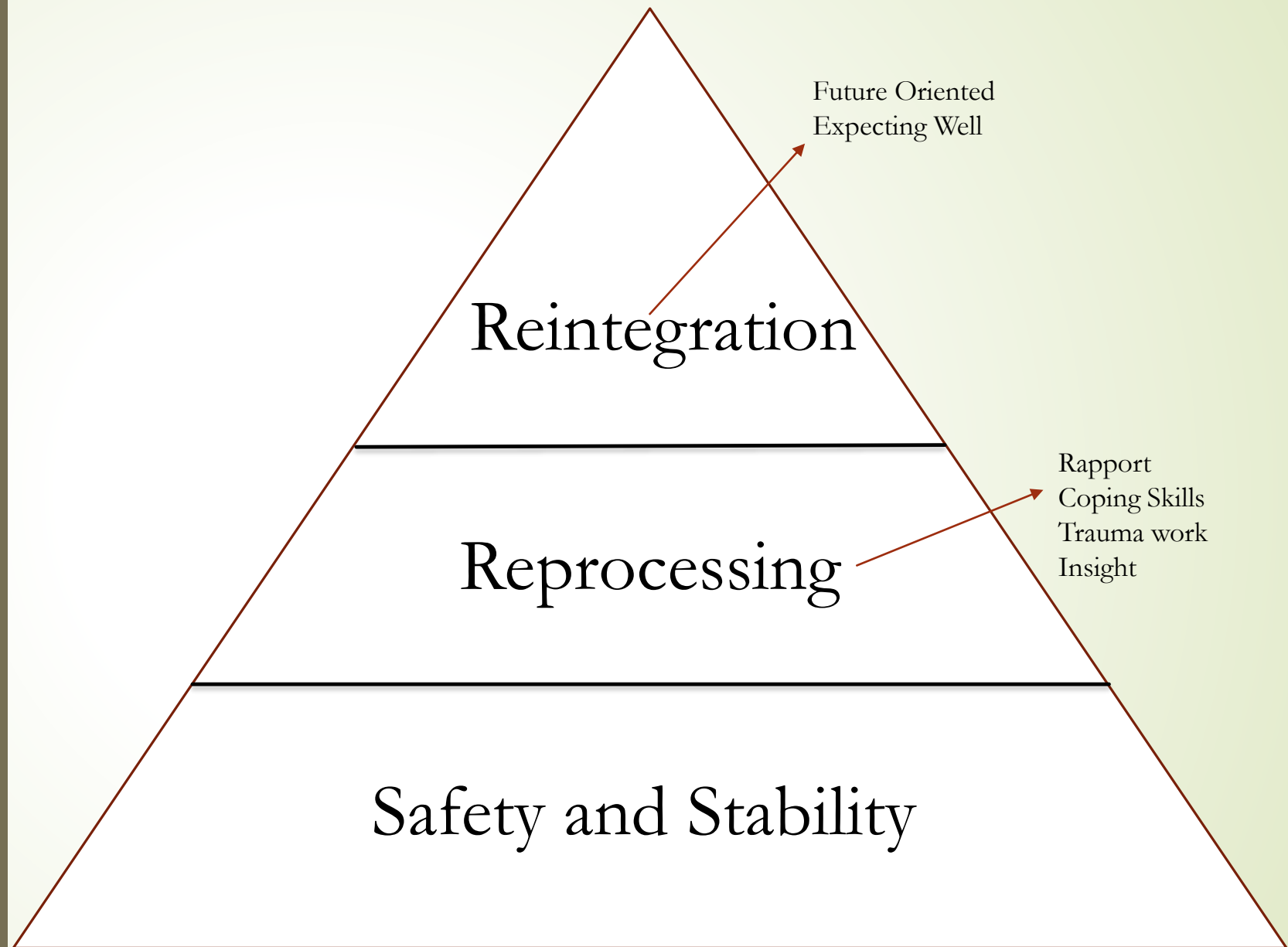
Hierarchy to Reintegration and Future Orientation

Reintegration — Future Oriented / Expecting Well
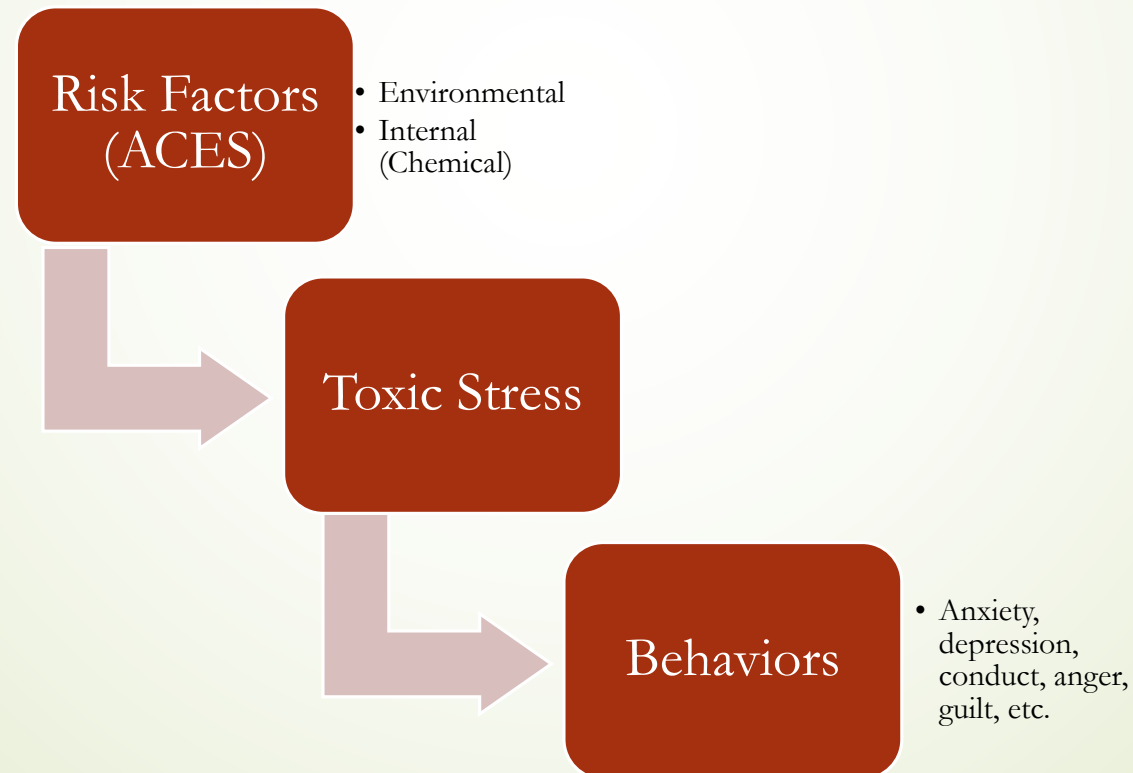
Reprocessing — Rapport / Coping Skills / Trauma work / Insight
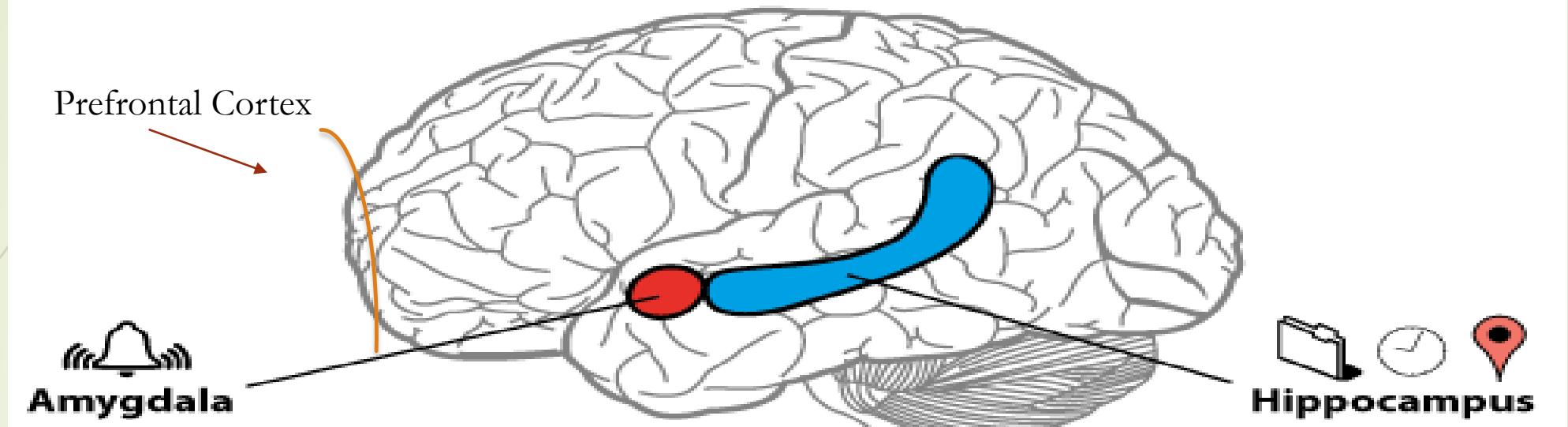
Safety and Stability

Adverse Childhood Experiences

- Risk Factors or Adverse Childhood Experiences such as abuse, domestic violence, neglect, poverty, exposure to substance use, exposure to family member with mental illness, bullying, discrimination, loss of parent or significant family member, incarcerated parent, divorce, or deportation.
- Toxic Stress is the risk factor for many health disparities including antisocial behavior.

Risk Factors (ACES)
- Environmental
- Internal (Chemical)

Toxic Stress

Behaviors
- Anxiety, depression, conduct, anger, guilt, etc.

The Brain and The Computer

PTSD & Memory

Prefrontal Cortex

Amygdala

Hippocampus

| The Brain	The Computer
Prefrontal Cortex- Responsible for Decision Making	YOU- the user typing in the information
Amygdala- Responsible for flight or fight response	Safety Mode- restarts when something goes wrong
Hippocampus- Stores all the memories and information	Hard drive- Stores all information

The Brain and Trauma

PTSD & Memory

Prefrontal Cortex

Amygdala

Hippocampus
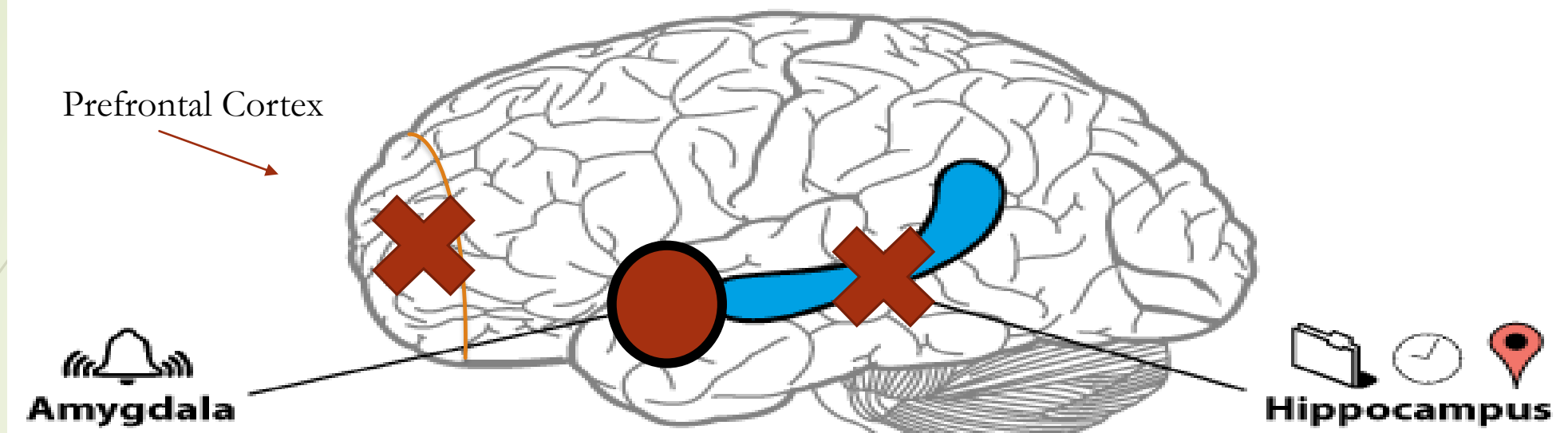
| The Brain	The Brain and Trauma
Prefrontal Cortex- Responsible for Decision Making	Shuts down
Amygdala- Responsible for flight or fight response	Fight or Run- Survival response
Hippocampus- Stores all the memories and information	Misfires and stores memories and information such as time and place in wrong place in the brain causing flight or fight response during a triggered memory

Toxic Stress

PTSD & Memory

Prefrontal Cortex

Amygdala

Hippocampus
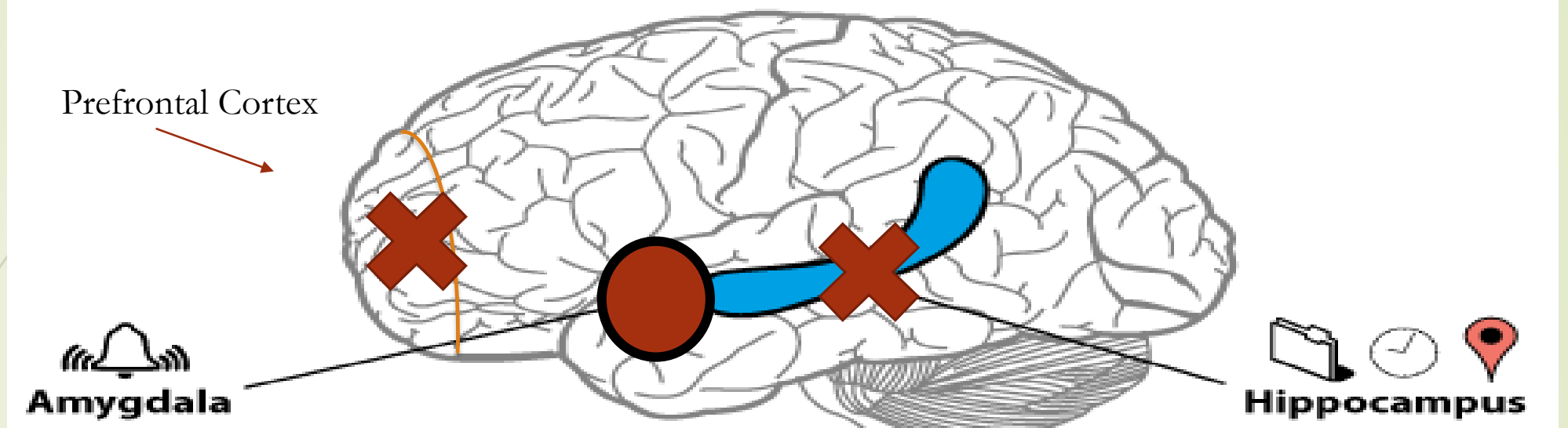
The Brain	The Brain and Toxic Stress
Prefrontal Cortex- Responsible for Decision Making	Mental disorders
Amygdala- Responsible for flight or fight response	Overactive Amygdala- stuck on red alert leading to anxious and fearful all the time. Also creates a numbing and disassociation to protect individual.
Hippocampus- Stores all the memories and information	Production of stress hormones can be toxic to this part of the brain reducing capacity to 25%

Courses of Action

PTSD & Memory

Prefrontal Cortex

Amygdala

Hippocampus
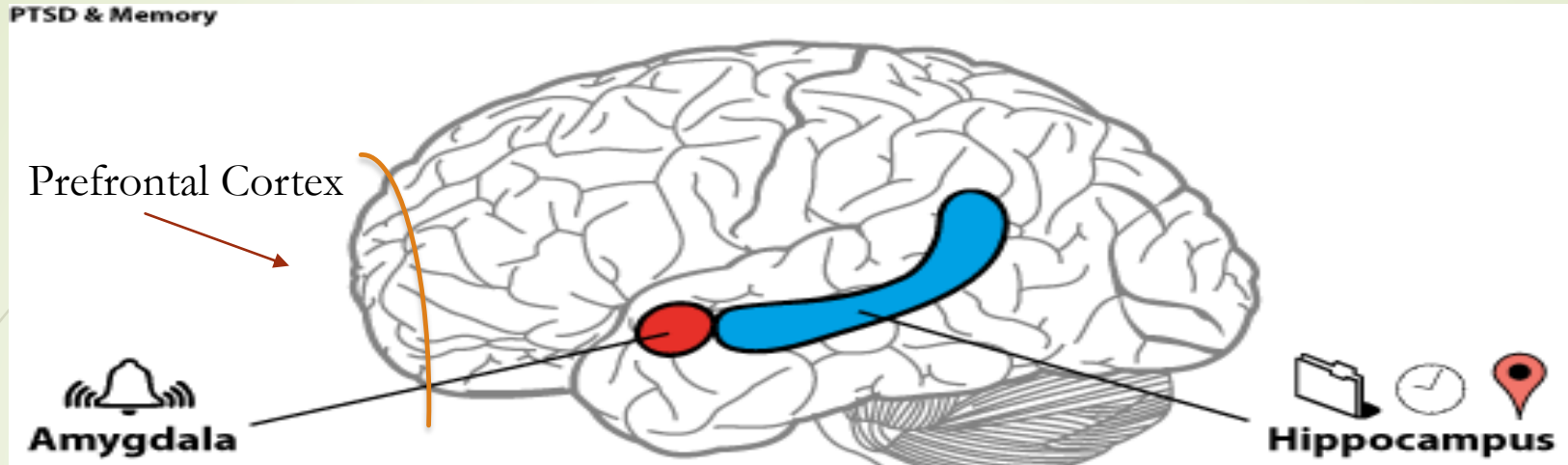
Internal	External
Build Rapport and Trust	Safety and Stability
Teach Coping skills and Resource identification	Family Counseling-change environment, create supports, build communication pathways.
EMDR	Build Support System
Creates the "Whys"- understanding and releasing blame	Create structure and predictive environment
Empowerment	Build other domains (social, emotional) to create resiliency
Available support system- non-ending services	Foster Future-oriented thinking