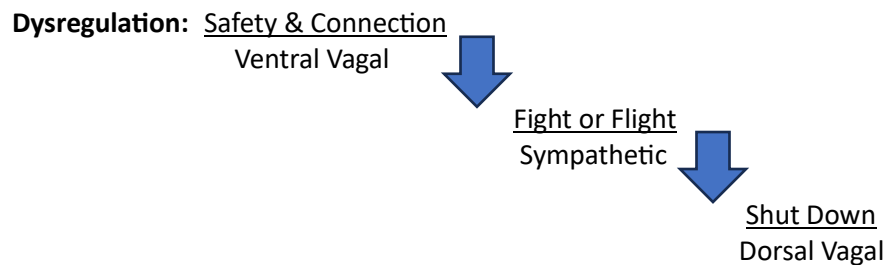
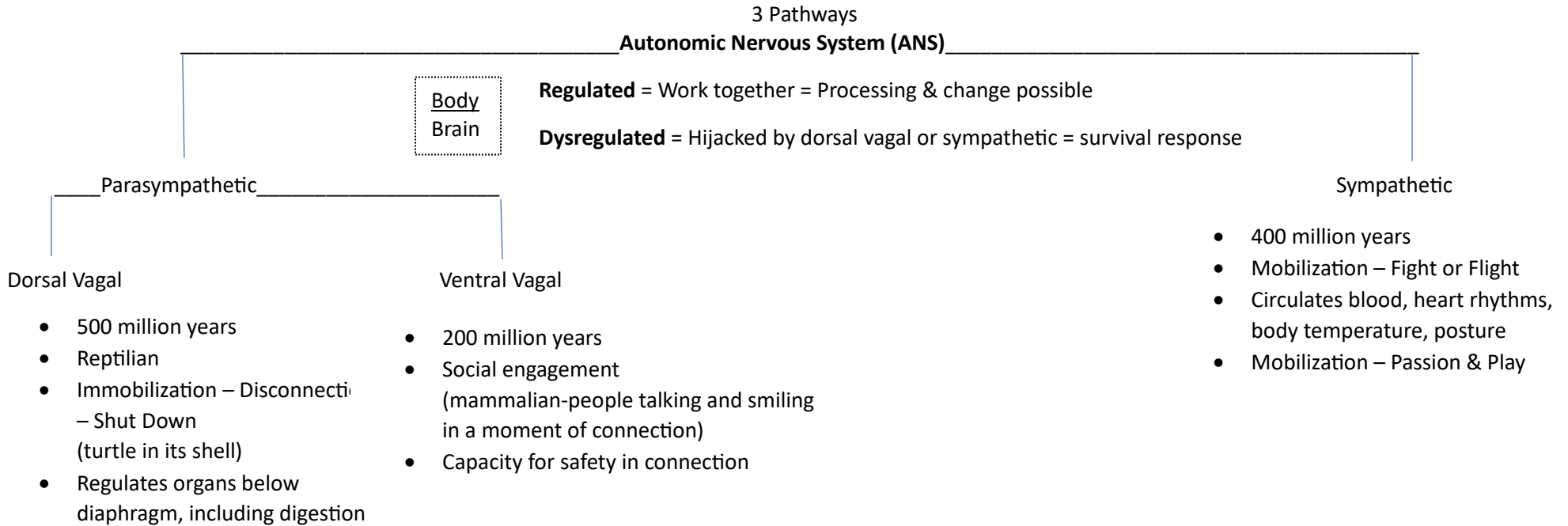


Trauma is the lasting emotional response that often results from living through a distressing event. A person may experience trauma as a response to any event they find physically or emotionally threatening or harmful. Trauma can harm a person's sense of safety, sense of self, and ability to regulate emotions and navigate relationships.

Creates an Autonomic (ANS) demand that shapes the system away from connection towards protection (Dana 2020, pg. 7)



Co-Regulation is a biological imperative-essential to survival

The ability to Self-Regulate is built by ongoing experiences of co-regulation. Through this we connect with others and create a shared sense of safety.

Co-Regulation: the way our nervous system “speaks” to another’s nervous system (and vice versa) and communicates reciprocity and safety, allowing us to come into connection and create safe relationships (Deb Dana)

Trust in another is so important to regulation

Groups with similarities or “like-minded,” co-regulate each other by shared understanding. Allowing each to potentially self-regulate

Self-Regulation: the ability to respond effectively to various stressors and return to a state of equilibrium