

Trauma Literacy 101

An Approach to Radical,
Politicized Healing



**The difference between babies
and horses.**



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It takes months and years for us to figure out how to survive.



What are we Evolving Towards?



Beyond Basic Human Needs...

Connection



Belonging

Dignity

Trauma Response

An intelligent, instinctual strategy to combat a stressful experience (or repeated experiences) that threaten our sense of safety.



Fight



Flight



Freeze



Appease

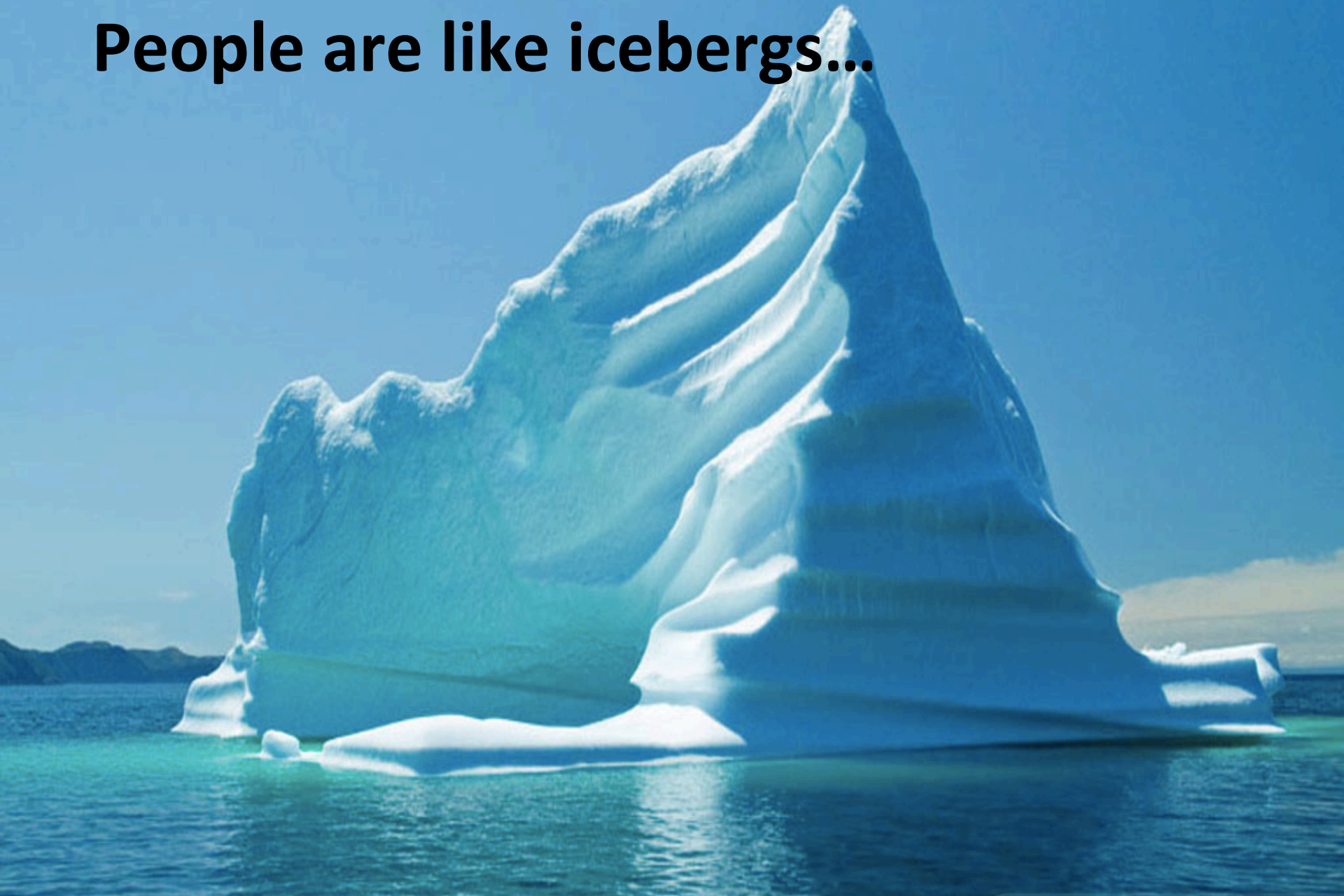


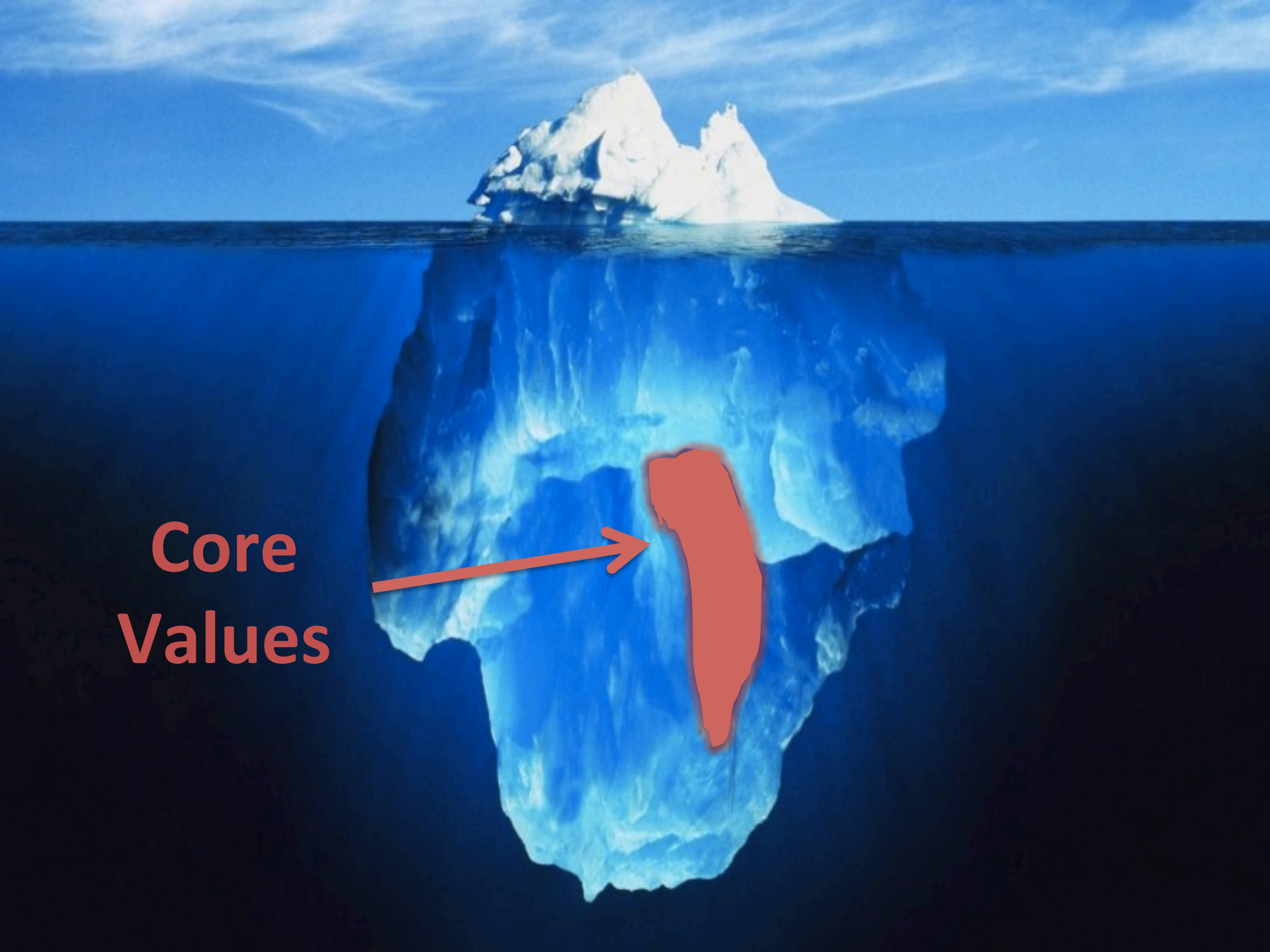
Dissociation

A Tale of Two Trees



People are like icebergs...

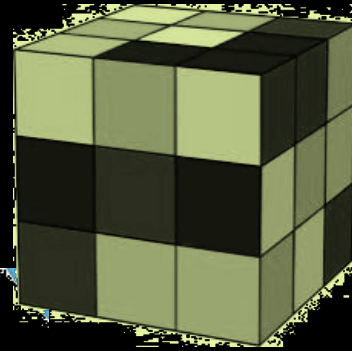




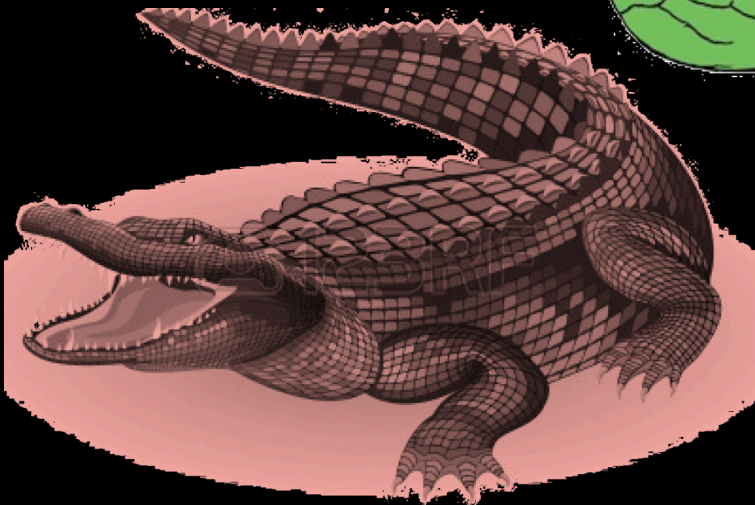
**Core
Values**



Limbic: Emotions



**Neocortex:
Rational**



Reptilian: Instinct

A Pathway of Support

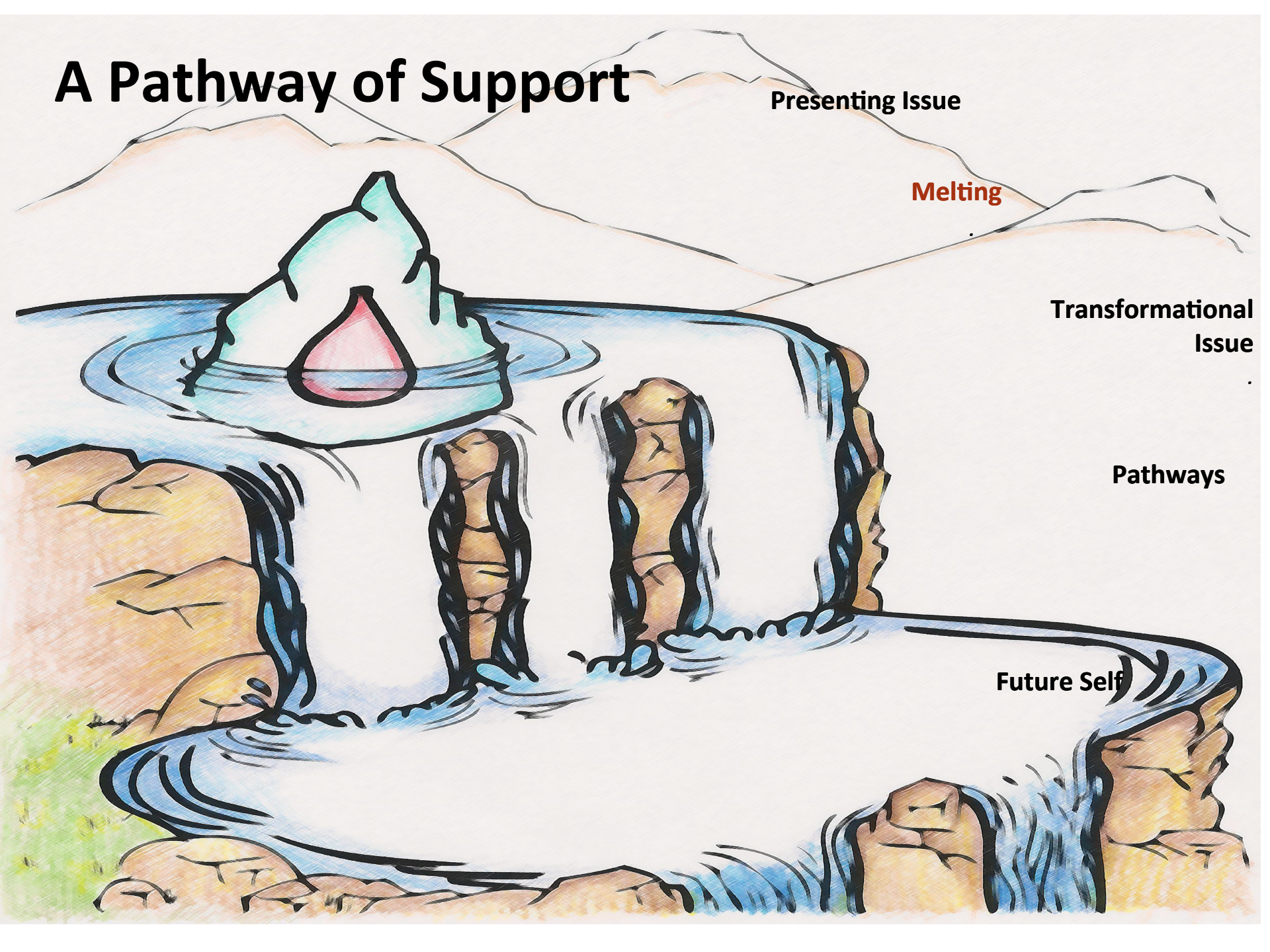
Presenting Issue

Melting

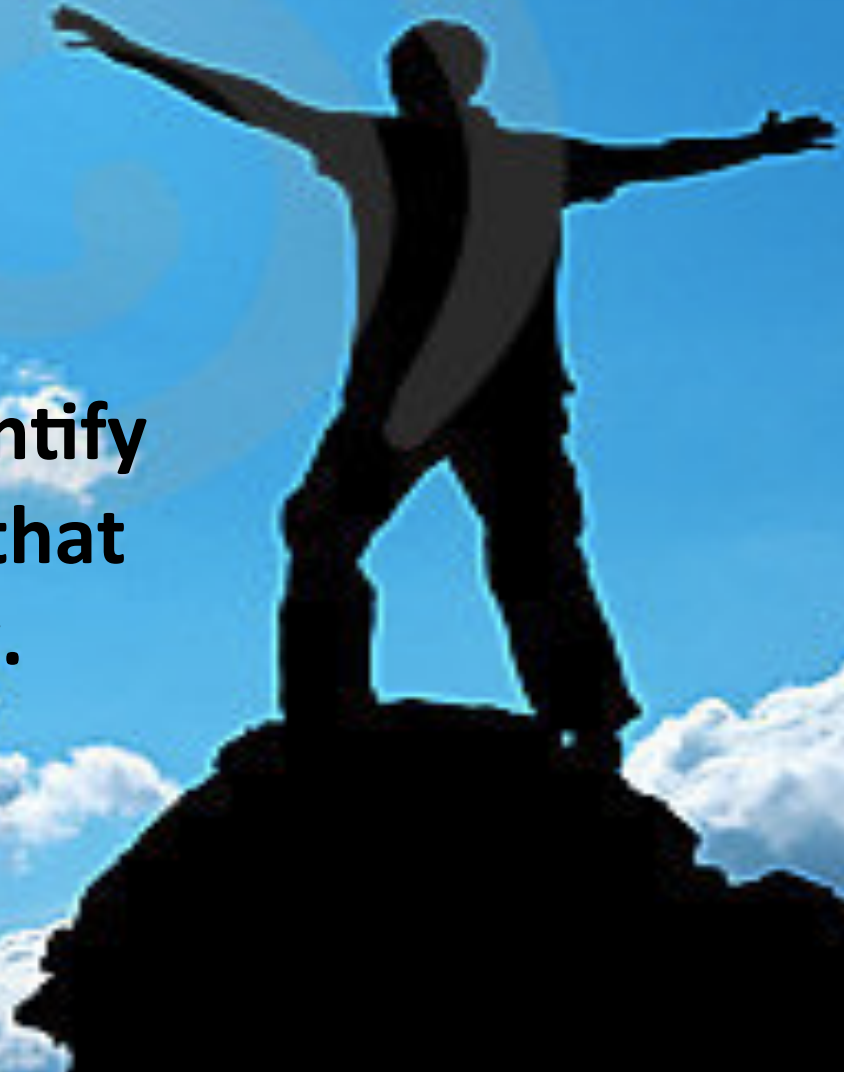
Transformational Issue

Pathways

Future Self



- 1. Spread the values cards around your table.**
- 2. Ask 1 volunteer at your table to tell a story about a PEAK experience (3 minutes).**
- 3. Table members: identify values from the deck that you heard in the story.**

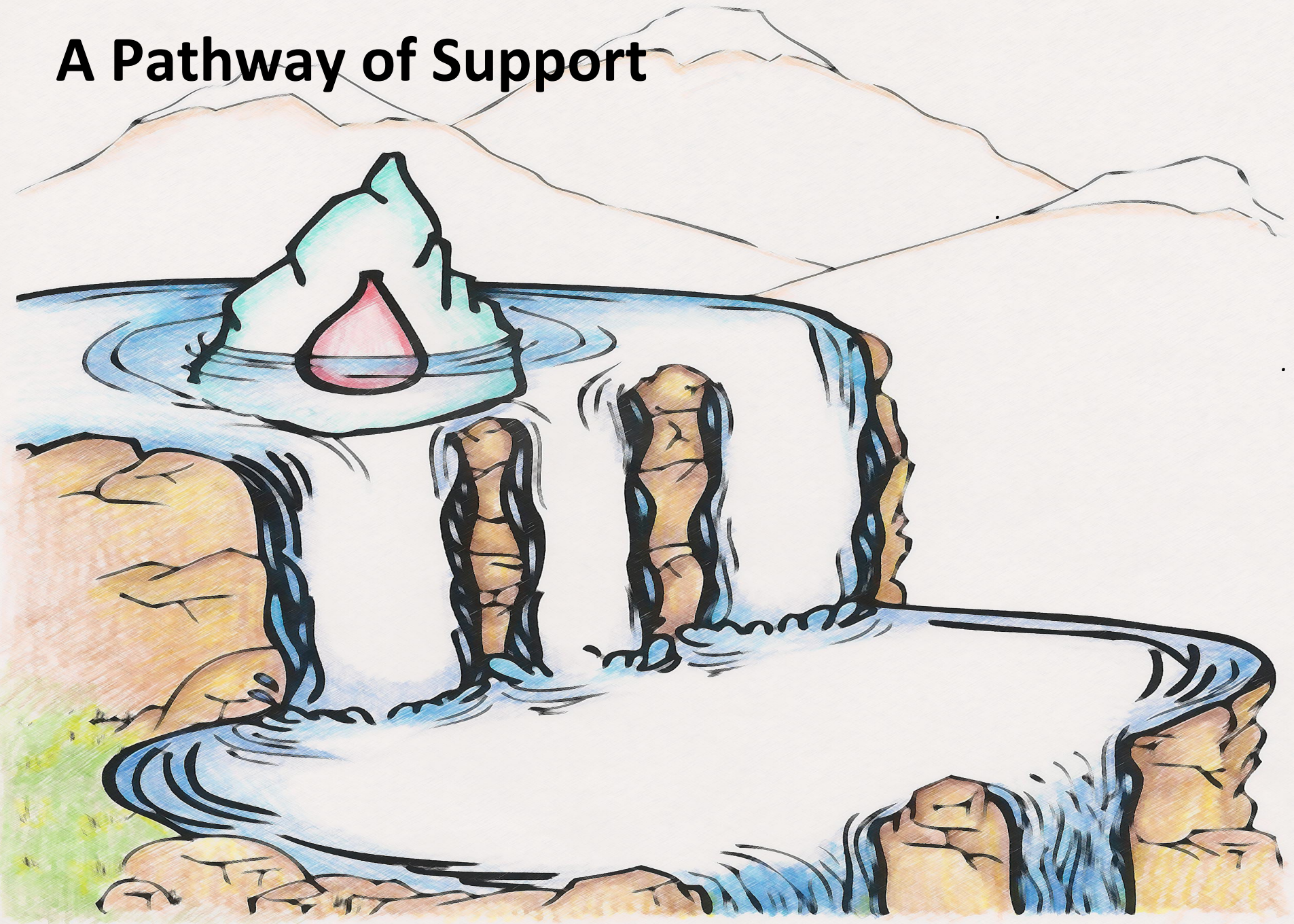


Debrief

1. How did it feel to tell your story?
2. What is different when you are listening for a value?
3. How did this activity build community within the group.



A Pathway of Support



**Free At Last Free at Last
Thank God Almighty I'm Free At Last**

