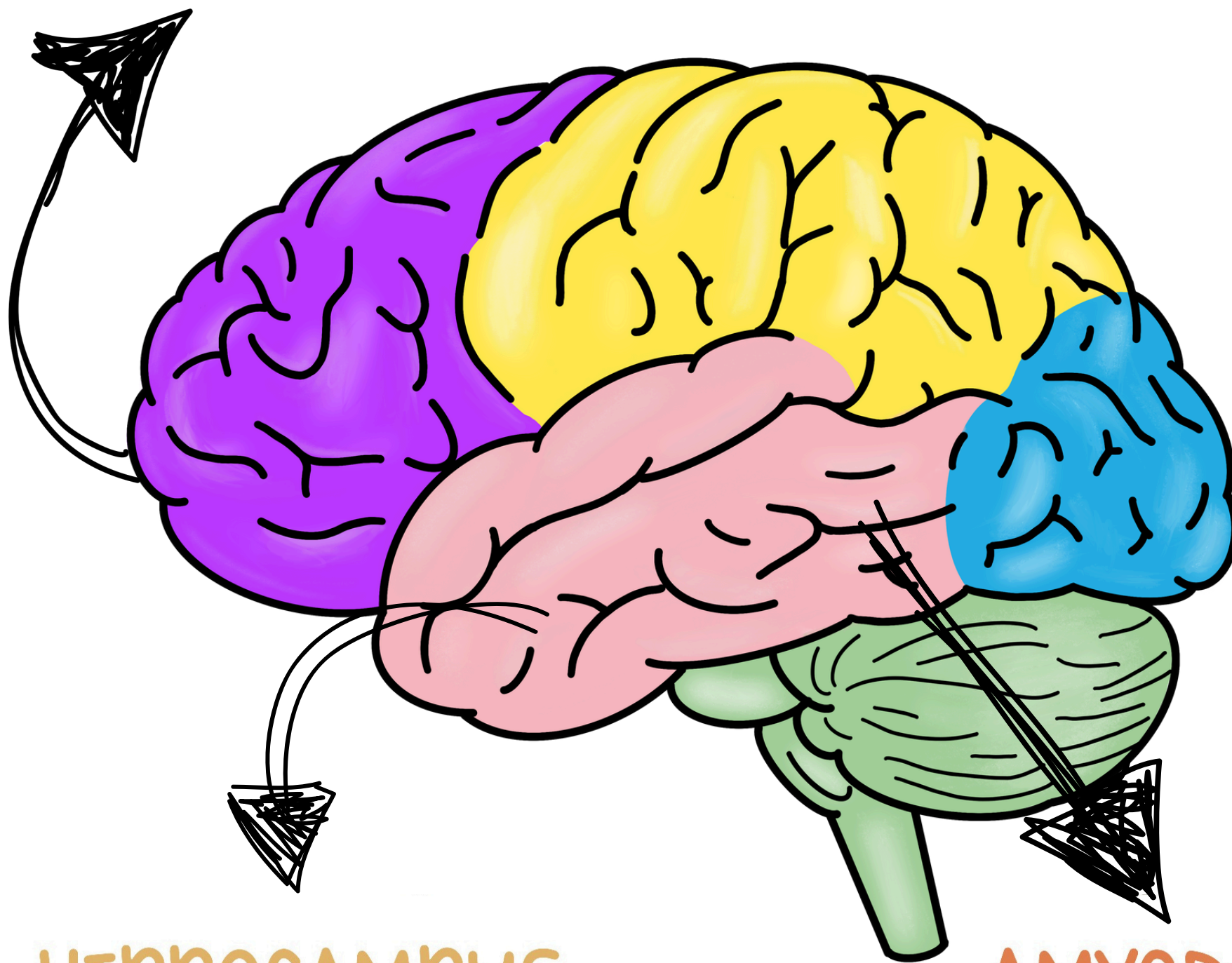




How *Trauma Affects* *The Brain*

PREFRONTAL CORTEX

Manages rational thinking and behavior. Regulates emotions that come from the Amygdala, like fear responses. Trauma can weaken signals from this area, which reduces rational thinking and allows fear to take over.



HIPPOCAMPUS

Associated with memory and learning. Trauma can cause the Hippocampus to shrink. Hard to differentiate the past from the present.

AMYGDALA

The emotional response center of the brain. Trauma causes the Amygdala to become more active and increases fear when exposed to triggers.