

How Early Trauma Affects Self-Regulation, Self-Image, and the Capacity for Relationship

Developmental trauma is the result of ongoing injurious parenting that is *beyond a child's control*. Naturally open-hearted, innocent children are unprepared for physical abuse, emotional betrayal, and relational neglect. In addition, traumatizing families seldom teach their children the skills to cope with the roller coaster of their painful emotions, confused thoughts, and dysregulated physiology, leaving them unprepared for the challenges of adult life.

Adults who grew up in misattuned or hostile family environments often do not realize that their struggle with anxiety, lack of confidence, shame, self-hatred, depression, anger, violent behavior, and difficulties in relationships are the outcome of the physical and emotional trauma sustained within the family — what is referred to as *developmental trauma*.



What is NeuroAffective Touch[®]

NeuroAffective Touch[®] is a professional somatic training that introduces psychotherapists and bodyworkers to the use of touch as a vital bridge to body-mind integration. By highlighting the primary role of the body and emphasizing its equal importance to the mind, NeuroAffective Touch[®] (NATouch[™]) addresses emotional, relational, and developmental deficits that cannot be reached by verbal means alone.

A polyvagal-informed psychobiological approach, NeuroAffective Touch[®] integrates the key elements of somatic psychotherapy, attachment and developmental theory, psychodynamic psychotherapy, and affective and interpersonal neurobiology.

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