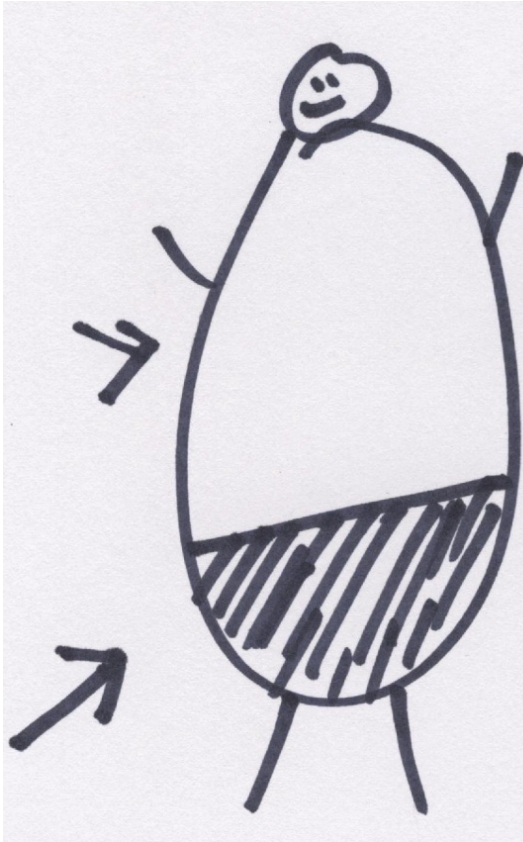


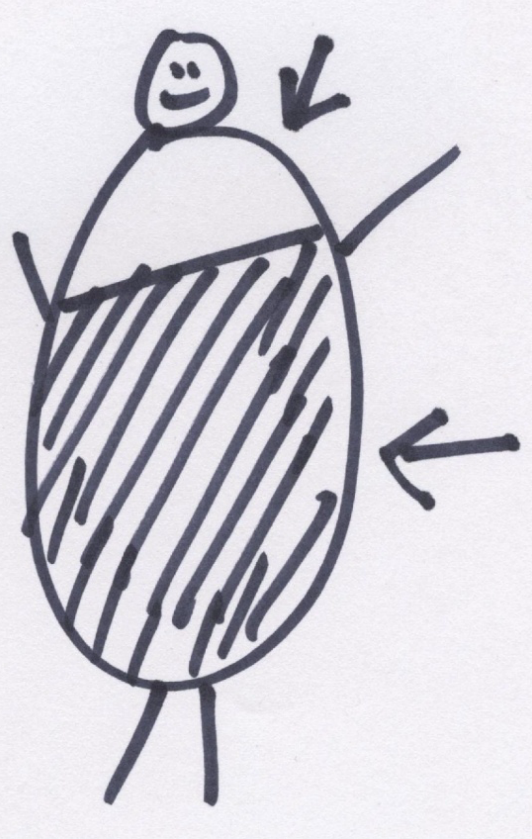
## “Our Brains and Nervous Systems on Stress”

Larger window to handle stress



Child with "Normal Stress"

Smaller window to handle stress



Child with Trauma History

## The "TICK" People

(so-called because they look like “fat ticks”)

This diagram represents the level of **stress** that MANY children with a history of trauma carry with them at all times.

Because trauma causes their brains to be “wired” for fear (fight, flight or freeze/hyper vigilant), the smallest of things can overload/overwhelm their nervous system and create very challenging and reactive behaviors geared for survival. At these times when a child’s nervous system is on overload, the child *CANNOT* think clearly and is *not* deliberately misbehaving. They need help from an observant/calm adult to calm their own nervous system and then *help the child calm their nervous system* before the child can learn or demonstrate better behaviors.

Denise Combs, MFT “Understanding Trauma and Healing Through Relationship”