

GLOSSARY FOR THIS SEMINAR ON:

“PRACTICAL APPLICATIONS OF TRAUMA INFORMED COURT TESTIMONY”

APRIL 27, 2023

Play Therapy – The systematic use of a theoretical model to establish an interpersonal process wherein trained play therapists use the therapeutic powers of play to help clients prevent or resolve psychosocial difficulties and achieve optimal growth and development. (APT 2019)

Polyvagal Theory - “Explains the interconnectedness of the body reactivity, cognitive & emotional functions, and social behavior. It reveals that we humans are meant to regulate EACH OTHER. That proximity, social interaction, and intonation of voice are all powerful neural signs. “ Dr. Stephen Porges

Coregulation – “Children who have experienced trauma are more likely to have difficulty recognizing and channeling their emotions constructively because they have typically not developed this capacity in close and safe relationships” (NCTSN, 2021). According to the polyvagal theory, it is within the context of these relationships that individuals develop emotional regulation (Porges, 2011). Polyvagal theory defines coregulation as the sending and receiving of messages of safety and connection between two people (Porges, 2011).

Neuroception – the capacity to immediately and without thought to evaluate danger and safety in one’s environment. After trauma, the world is experienced with a different nervous system that has an altered perception of risk and safety. Can result in the inability to experience true safety, relaxation, and reciprocity because of FAULTY NEUROCEPTION. Dr. Jerome Kagan

RESULTS IN THREE SPECTRUMS OF RESPONSES:

- 1. FOCUSED**
- 2. FRANTIC**

3. COLLAPSED

Sympathetic Nervous System - Function with Emotions

ACCELERATED - Quickly moving blood

ACTIVATOR - Triggers Adrenal Gland

AROUSAL – Speeds up heart rate and blood pressure

Parasympathetic Nervous System

Self-Preservation - Digestion - Wound Healing

Breaks Arousal

Slows Heartrate

Relaxes Muscles

Returns breathing to normal

***IMPORTANT TO REMEMBER: SYMPATHETIC NERVOUS SYSTEM (SNS) IS
ACTIVATED IN A DEEP INHALE***

***PARASYMPATHETIC NERVOUS SYSTEM (PNS) IS
ACTIVATED IN AN EXHALE***

Social Engagement System – “The Social Engagement System is activated during the absence of coregulation (dysregulatory experiences) and this activation of the branch of the vagal nerve soothes the other branches that regulate the flight, fight, and freeze responses (Porges, 2011).

Depends on nerves originating in the brain stem regulatory centers primarily in the Vagas. Functionally, the SES emerges from a HEART FACE CONNECTION that coordinates the heart with the muscles of the face and head. The Social Engagement System coordinates:

- 1. Sucking**
- 2. Swallowing**
- 3. Breathing**
- 4. Vocalizing**

Interoception – The “Hidden Sense” Lisa Dion

“Interoception System gives us the ability to FEEL what is happening inside our body. It has special nerve receptors all over our bodies including our internal organs, bones, muscles and skin. These receptors send information to the brain which uses it to determine how we feel. The purpose of the interoceptive system is to help our bodies stay in a state of homeostasis. If the body needs energy, you feel hungry, so you eat. If the body is fatigued, you feel tired, so you sleep. Hunger, fatigue, need for the bathroom, body temperature, nausea, pain, sexual arousal... all of these conditions are sensed by the interoceptive system.” Lisa Dion

Examples of Interoceptive Sense: Occur in body sensations

Thirst, heart rate, sexual arousal, tired, muscle tension, pain, voiding bladder/bowel Lisa Dion

Insula – the part of the brain that receives and processes the most information about body sensations. It takes the information and helps us identify what we need on a conscious level. The thicker the insula, the better the interoceptive sense. “The Insula is the Interception Center of the brain.” Lisa Dion

