

Rooted: The Science of Safety & Connection

Definitions of Trauma, PTSD/C-PTSD

Neuroscience of Trauma

Trauma is dysregulation of the _____
_____.

Sympathetic controls _____ or _____.

Other SNS responses can be _____; _____; _____.

Parasympathetic controls _____ and _____.

ANS and Yin/yang Theory

Neurobiology

- Limbic system
- Amygdala
- Hippocampus
- Pre-Frontal Cortex
- Anterior Cingulate

Polyvagal Theory

Vagus means _____

Ventral Vagal _____

Sympathetic (SNS)

Dorsal Vagal _____

The Gunas

org/online/the-gunas-natures-three-fundamental-forces/

Rajas corresponds with _____. Qualities are _____.

Tamas corresponds with _____. Qualities are _____.
Sattva corresponds with _____. Qualities are _____.

Maslow's Hierarchy of Needs

- Physiological Needs
- Safety
- Social engagement
- Esteem
- Transcendence

Psalm 23

The Lord is my shepherd, I lack nothing.
He makes me lie down in green pastures, he leads me beside quiet waters,
he refreshes my soul.
He guides me along the right paths for his name's sake.
Even though I walk
through the darkest valley,
I will fear no evil,
for you are with me;
your rod and your staff,
they comfort me.
You prepare a table before me
in the presence of my enemies.
You anoint my head with oil;
my cup overflows.
Surely your goodness and love will follow me all the days of my life,
and I will dwell in the house of the LORD forever.

The Lord's Prayer

Our Father in heaven,
hallowed be your name,
your kingdom come,
your will be done,
on earth as in heaven.
Give us today our daily bread.
Forgive us our sins
as we forgive those who sin against us. Lead us not into temptation
but deliver us from evil.
For the kingdom, the power,
and the glory are yours
now and forever. Amen.

Applying the Yamas and Niyamas to Trauma

Embodied practices: Yoga 8 limbs, somatic practices (havening, tapping, shaking, grounding...what else?)

Self-care for the yoga teacher

Owning your own story: transference and countertransference

Resilience

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