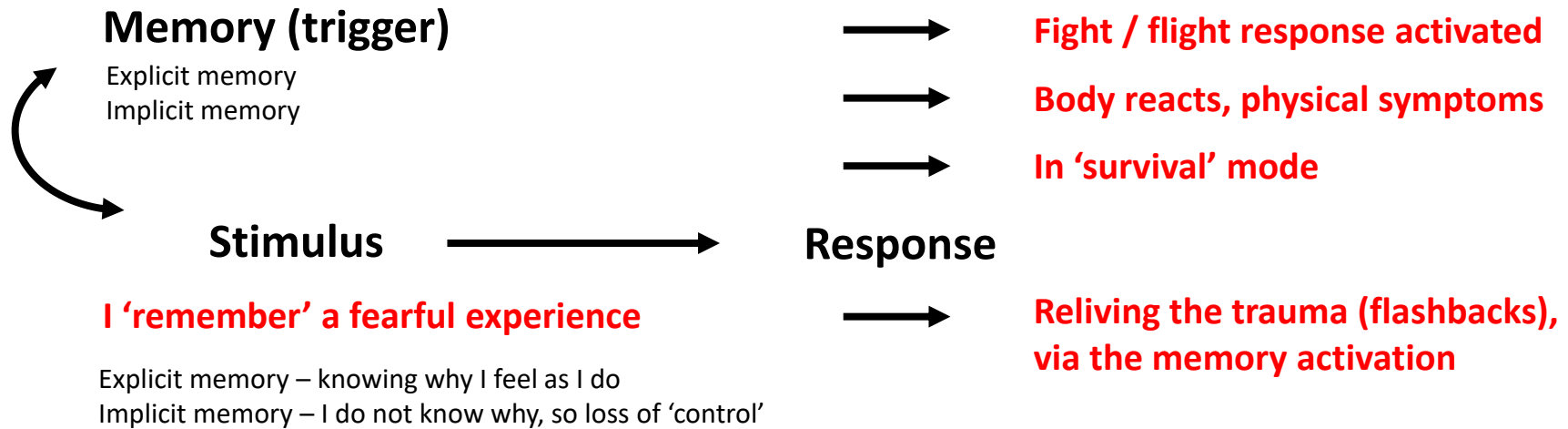


Trauma Memory Processing



Trauma is a 'memory problem'. Trauma is 'learned'. Learning is memory. Uncomfortable stimulus - response patterns are learned **habits** of a trauma. Experiential **avoidance** becomes dominant response to dampen stimulus. This serves to reinforce the S-R pattern associated with the trauma experience.

Solution is to reconstruct the memory. Change it. **Talk** about it. Do the opposite of avoidance! **Accept** what you cannot change. **Integrate** fragmented memory, weaken the stimulus and choose a new response. Letting go and flowing per stimuli; respond with valued and committed actions.