

In Chapter 3 of our recently published book *Sensory Pathways to Healing from Trauma: Harnessing the Brain's Capacity for Change*, we answer this important question:

How are sensory experiences processed differently in the brain when one feels safe or unsafe, and how can this inform trauma therapies?

Here is a sneak peek of what we share for you to learn in this chapter



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In this chapter, we will answer these questions:

1. What areas of the brain can access sensory information when we feel unsafe, and how does this affect how we react to sensations and perceived threats?
2. How are ordinary memories different than traumatic memories?
3. Why do traumatized individuals' brains often misinterpret benign sensory-emotional inputs as threats?
4. How can we integrate this information in cognitive-based top-down therapeutic approaches?

In this chapter, you will also learn these skills that you can implement in practice:



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In this chapter's Bridging to Practice section, we share with you some exercises that you can use with clients to help them identify safe sensations that maximize the engagement of the cortex (the higher, 'reflective' brain). **In this section, you will learn:**

1. How could these exercises provide a foundation for cognitive-based interventions?
2. How can you integrate mindfulness-based sensory approaches into cognitive-based therapies or other therapies to enhance one's ability to reflect on their experiences?
3. How can you guide a client through noticing sensations in each layer of the brain sequentially to help them tolerate sensations and emotions?

We also include a **diagram** that you can show your client and a **list of questions** that you can ask them to facilitate this process. This can enhance their capacity for tolerating sensations and help foster discovery of safe sensations.

Want to learn more?



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You can explore more in the book
**Sensory Pathways to Healing from Trauma:
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You can buy the book or eBook anywhere
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your questions, join our book club-style event for
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We hope to see you there!

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