

Here is a sneak peek of what you will learn in Chapter 2 of our recently published book, *Sensory Pathways to Healing from Trauma: Harnessing the Brain's Capacity for Change*.

Chapter 2: How Sensory Information Travels through the Brain

Why Chapter 2 is important:

In order to best help people in the aftermath of trauma, it is important to understand:

How does our brain take in information from our external environment and from our internal environment to determine whether we are safe – or unsafe – and how can this understanding enhance trauma therapies?

Here is what you will learn in Chapter 2



© 2025 Ruth A Lanius, Sherain Harricharan, Breanne E Kearney, Benjamin Pandev-Girard & Lauren Rudolph. For educational use only.
Do not modify, repurpose, sell, or distribute commercially.



In this chapter, we explore key brain regions critical for processing different types of sensations, and how these areas interact to inform how we feel when we encounter sensory stimuli after trauma. You will learn:

1. How does the **Survival Brain**, the lowest reaches of the brain, play a role in how we respond to our inner and outer worlds after trauma?

2. How do **core emotions** emerge at the survival brain? How do these core emotions evolve in the limbic system and cerebral cortex?

3. How and where does **sensory information combine with emotion** - and how does this inform how we approach treatment?

4. How does **emotion** affect how we **perceive sensations** from our body and from the external world?

We also present **two case studies** to exemplify how sensory processing and its connection with raw emotional information is altered in the aftermath of trauma, and how therapy can help.

These are the tools you will learn that you can apply to clinical practice →

© 2025 Ruth A Lanius, Sherain Harricharan, Breanne E Kearney, Benjamin Pandev-Girard & Lauren Rudolph. For educational use only. Do not modify, repurpose, sell, or distribute commercially.



Here are the hands-on skills that you will learn in this chapter:

- How could discovering new, safe sensations rewire the brain's trauma responses?
- How can you help clients re-associate bodily sensations with emotion in a context of safety?
- Bridging to Practice: Learn a step-by-step process to help people become more attuned to safe sensations within their environment and their body.

Why this matters:

In this section, we explain not only how the brain adapts to trauma by predicting harm and unsafety, but also how one can shift these predictions and their associated emotions. This chapter provides a roadmap for how you can start to do this.

Want to learn more?



© 2025 Ruth A Lanius, Sherain Harricharan, Breanne E Kearney, Benjamin Pandev-Girard & Lauren Rudolph. For educational use only.
Do not modify, repurpose, sell, or distribute commercially.



You can explore more in the book
**Sensory Pathways to Healing from Trauma:
Harnessing the Brain's Capacity for Change.**

You can buy the book or eBook anywhere
books are sold, including Amazon and
Guilford Press.

 To learn more, check out ruthlanius.com/books

To learn directly with the authors and ask them
your questions, join our book club-style event for
four live discussions with the authors, which will be
recorded to watch at your own pace.

 Register here: www.eeglearn.com/tse

We hope to see you there!

© 2025 Ruth A Lanius, Sherain Harricharan, Breanne E Kearney, Benjamin Pandev-Girard & Lauren Rudolph.. All rights reserved. You are welcome to share or print this resource to support client or professional education. Please do not alter the content, repurpose it, sell it, or use it for commercial purposes without written permission from Dr. Lanius and all authors. If this content is shared, please include full attribution to all of the people named above. This resource is for educational purposes only and is not a substitute for medical or psychological advice.

