

In Chapter 4 of our recently published book *Sensory Pathways to Healing from Trauma: Harnessing the Brain's Capacity for Change*, we discuss this important concern:

How do sensory experiences influence the nervous system's defensive responses?

Here is a sneak peek of what we explore in this chapter



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Here is what you will learn in this chapter:

1. What is the defense cascade, and how is it relevant for different presentations of trauma-related conditions?
2. How does sensory input initiate protective mechanisms, and what do these mechanisms look like in individuals with and without dissociation?
3. How do escapable and inescapable threats impact the brain differently?
4. What are 3 ways that the brain defends against stress, and how can you identify which state someone is in?

In this chapter, you will also learn these clinical pearls:



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This "Bridging to Practice" section provides clinical insights into how to manage different types of defensive responses and how to avoid pitfalls that can frequently be encountered in a clinical setting. **We will answer these questions:**

- Is it recommended to use mindfulness or relaxation strategies with clients who are in a shutdown state, or could this be harmful? How would a clinician be able to identify this?
- How do we recommend helping people who are in a fight/flight state compared to those who are in a more shutdown state?

You'll also get a **list of questions** that you can ask your client to **determine what state they are in** and ideas of what could help them **get into a more optimal nervous system state**.

We also provide **lists of activities** that you can use to help **activate different components of the nervous system**.

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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To learn directly with the authors and ask them
your questions, join our book club-style event for
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We hope to see you there!

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