

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

## Chapter 1: Senses and Sections of the Brain

### Why Chapter 1 is important:

**Trauma is felt through the senses—and so is healing.**

If trauma changes how your brain experiences the world via your senses, shouldn't healing include an understanding of how senses are processed in the brain? This is foundational to help us understand the purpose of sensory-based interventions.

**Here is what you will learn about this in Chapter 1**



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In Chapter 1, we explore what parts of the brain are involved in sensory experiences and why this is important in trauma. You will learn:

1. What are the main **sections of the brain** and how do they help us respond during and after trauma?
2. How is sensory engagement initiated during the **attachment relationship** – and therefore how can it be affected by early life adversity?
3. What are the **eight senses**, how are they impacted by trauma, and how can this understanding enable deeper healing from trauma?
4. What is **neuroplasticity** & how can our bodies discover **safe sensory experiences** to foster neuroplasticity and open the gates for transformational healing?

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



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

- What neuroscience-based treatments leverage neuroplasticity through regulating and restoring brain networks after trauma?
- How do we suggest integrating top-down (cognitive) and bottom-up interventions together to make treatment targeted to each unique individual?
- Bridging to Practice: We provide a template of how you can take a sensory inventory with clients.

## Why this matters:

This will equip you and your client to understand the relationship between trauma-related sensations and arousal, such as hypervigilance.

## 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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We hope to see you there!

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