

Trauma and the Teen Brain

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What to expect...

- Discussion on TEENAGERS
- Trauma, trauma and MORE TRAUMA
- What you can do to prevent forest fires :)

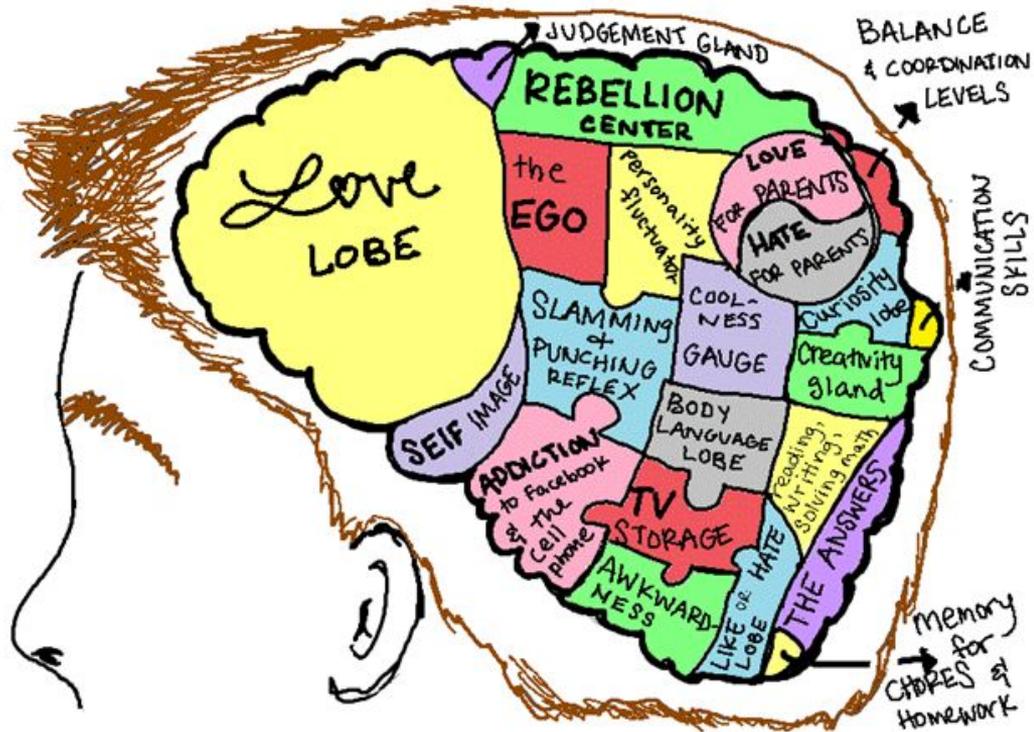
**WHERE'S THE UNSUBSCRIBE
BUTTON ON A TEENAGER?**

NOTE: We may not cover everything, but we will discuss as much as possible!

The Teen Brain



THE AVERAGE TEENAGE BRAIN



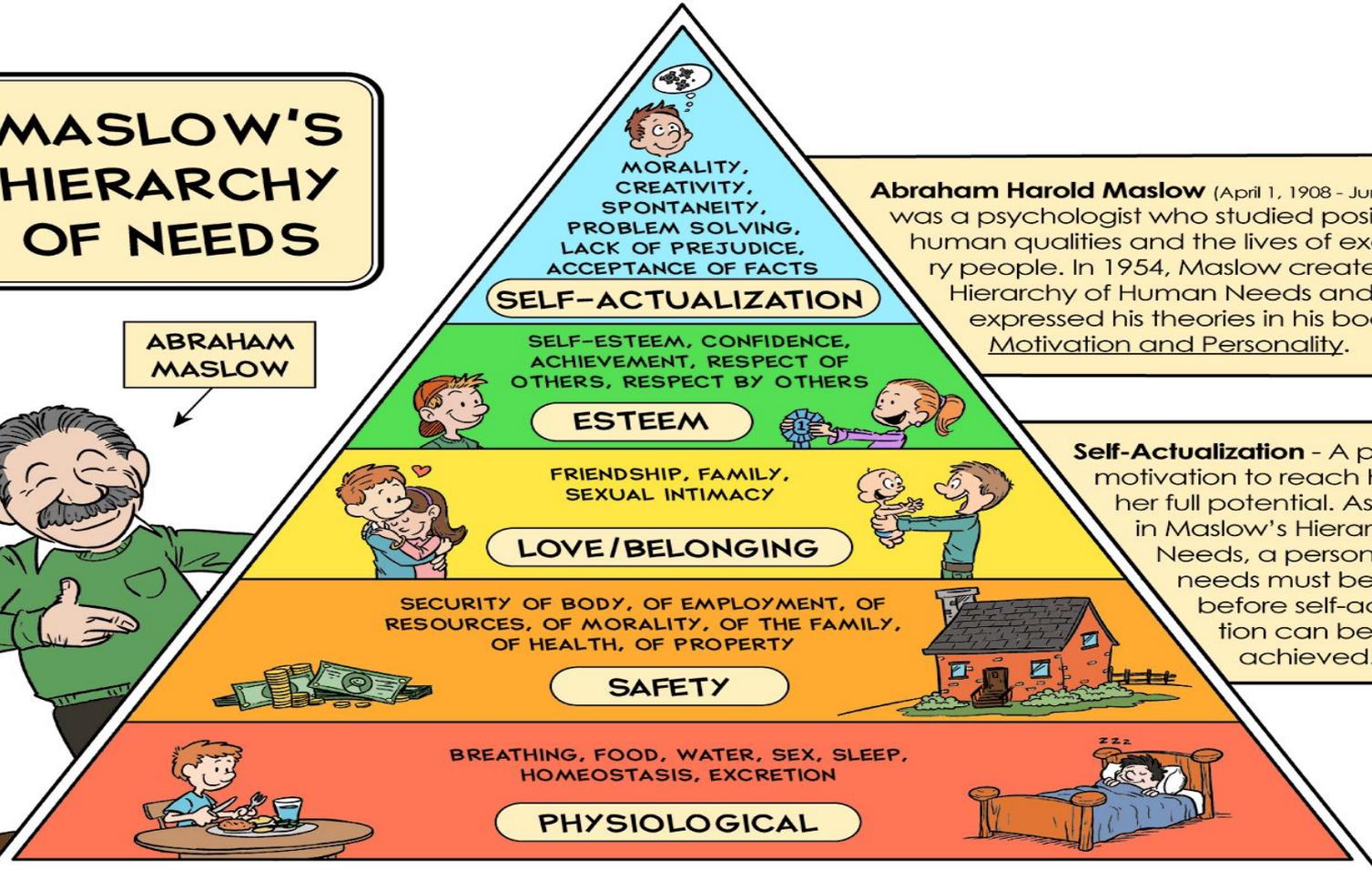
Brain Development

- Brain develops until the early to mid 20s.
- Greatest changes include:
 - ◆ Emotion
 - ◆ Impulse control
 - ◆ Decision Making
 - ◆ Organization



MASLOW'S HIERARCHY OF NEEDS

ABRAHAM MASLOW



Abraham Harold Maslow (April 1, 1908 - June 8, 1970) was a psychologist who studied positive human qualities and the lives of exemplary people. In 1954, Maslow created the Hierarchy of Human Needs and expressed his theories in his book, Motivation and Personality.

Self-Actualization - A person's motivation to reach his or her full potential. As shown in Maslow's Hierarchy of Needs, a person's basic needs must be met before self-actualization can be achieved.

What is trauma??



Trauma is...

An event or series of events that involve fear or threat.

These can include: child abuse, assault, witnessing violence, disasters, violent crime, sudden or violent death of a loved one.

Reactions to trauma can include: unwanted memories, nightmares, avoidant thinking of what happened, hyper alert, on edge, trouble sleeping or concentrating, lack of trust, blaming self for what happened, thinking you're a bad person

These feelings are normal! It's also normal as adults responding to trauma to experience these same feelings.

Impact of Trauma

Trauma mainly affects three important parts of your brain: the amygdala, the hippocampus, and the prefrontal cortex. All three parts work together to manage stress.

Alters brain structure: become hyper-vigilant, easy to be overwhelmed and undermine capacity to regulate their emotions

Some youth are often mislabeled because of their symptoms to include ADHD, Defiance, Conduct Disorders

Traumatic stressors such as early trauma can lead to posttraumatic stress disorder (PTSD), which affects about 8% of Americans at some time in their lives,¹ as well as depression, substance abuse, dissociation, personality disorders, and health problems.

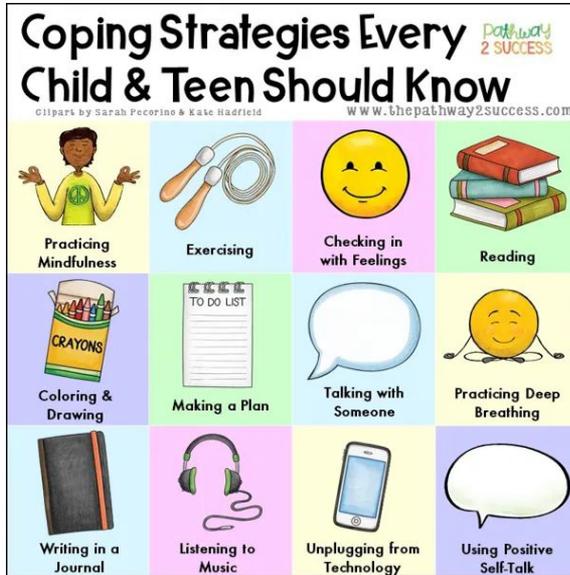
For many trauma victims, PTSD can be a lifelong problem.

What can you do?

- ★ **TAKE CARE OF YOUR OWN REACTIONS**
- ★ Provide youth with a safe space to explore, stumble, and succeed
- ★ Provide support and reassurance
- ★ **Maintain a sense of normalcy**
- ★ Avoid judgment
- ★ Praise positive behaviors
- ★ Get help
- ★ **Limit media and social media!**



COPING SKILLS



- Reflect on an activity that you once enjoyed that brings a smile to your face...DO THAT
- Encourage teen to engage in an activity that they enjoy
- Attempt to do an activity at least 3 times a week (15-30 min)
- Do coping skills together

THANK YOU

Any Questions???

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