

DEVELOPMENTAL TRAUMA: SELF DEFENSE AND LEARNED HOPELESSNESS

**THE HARM AVOIDANCE SYSTEM AND THE
ANTI-REWARD SYSTEM: DUAL PROCESSES
INVOLVED IN ADAPTING TO CHRONIC,
INESCAPABLE RELATIONAL STRESS**

COMFORT-SEEKING, SOCIAL REWARD, SELF DEFENSE: THREE BASIC RELATIONAL SYSTEMS

**THE SOCIAL PAIN/DISTRESS SYSTEM:
FEELING THE PAIN OF
DISCONNECTION AND
SEEKING AND RECEIVING COMFORT**

**THE SOCIAL AFFILIATION “JOY” AND PLEASURE SYSTEM
THE SOCIAL REWARD SYSTEM THAT SUPPORTS “MUTUAL
DELIGHTING” AND SHARED JOY AND PLAYFULNESS**

**SELF DEFENSE SYSTEM: THREAT DETECTION AND
RAPID DEPLOYMENT OF DEFENSIVE
ACTIONS: FIGHT FLIGHT FREEZE/HIDE**

**EARLY LIFE
ADVERSITY**

**SURVIVING CHRONIC,
INESCAPABLE
STRESS: Dual Processes
Of **Chronic Self Defense**
And Suppression of
The Felt Needs for
Comfort and Joy
(**blocked hope**)**

Social Pain and the neurodynamics of SOCIAL BUFFERING

OPIOID DIP: I'M
FEELING THE PAIN
OF SEPARATION



OPIOID-DRIVEN
SOCIAL PAIN
MANAGEMENT

OPIOID RISE: I'M
FEELING COMFORTED



THE SOCIAL PAIN RELIEF SYSTEM: CHILD'S DISTRESS TRIGGERS COMFORT SEEKING AND BEING COMFORTED TURNS OFF THE DISTRESS REACTIONS....COREGULATION OF THE SOCIAL PAIN SYSTEM BUILDING THE CHILD'S TRUST IN THE SOCIAL BUFFERING POWER OF THE ADULT

SOCIAL REWARD SYSTEM: THE NEURODYNAMICS OF SHARED PLEASURE AND JOY.... DYADIC DELIGHTING

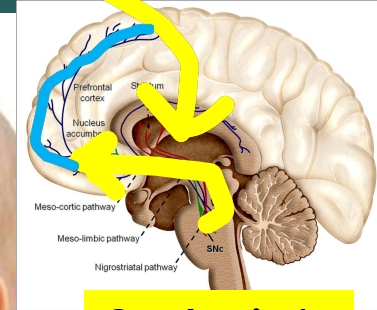
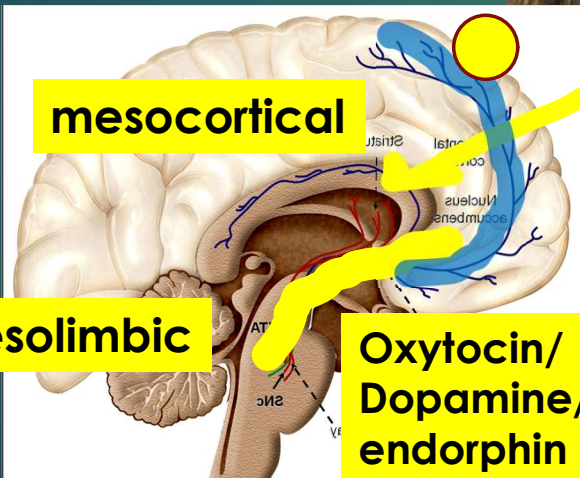
**DOPAMINE
ENDORPHIN
DRIVEN
SOCIAL REWARD
SYSTEM**



Plan A: Trust-building Cycle of attunement-misattunement-repair

I'm a great source of comfort and joy

I AM SO LOVEABLE I ROCK. I'M GOIN WITH PLAN A



Oxytocin/
Dopamine/
endorphin

dyadic attunement system: mutually rewarding

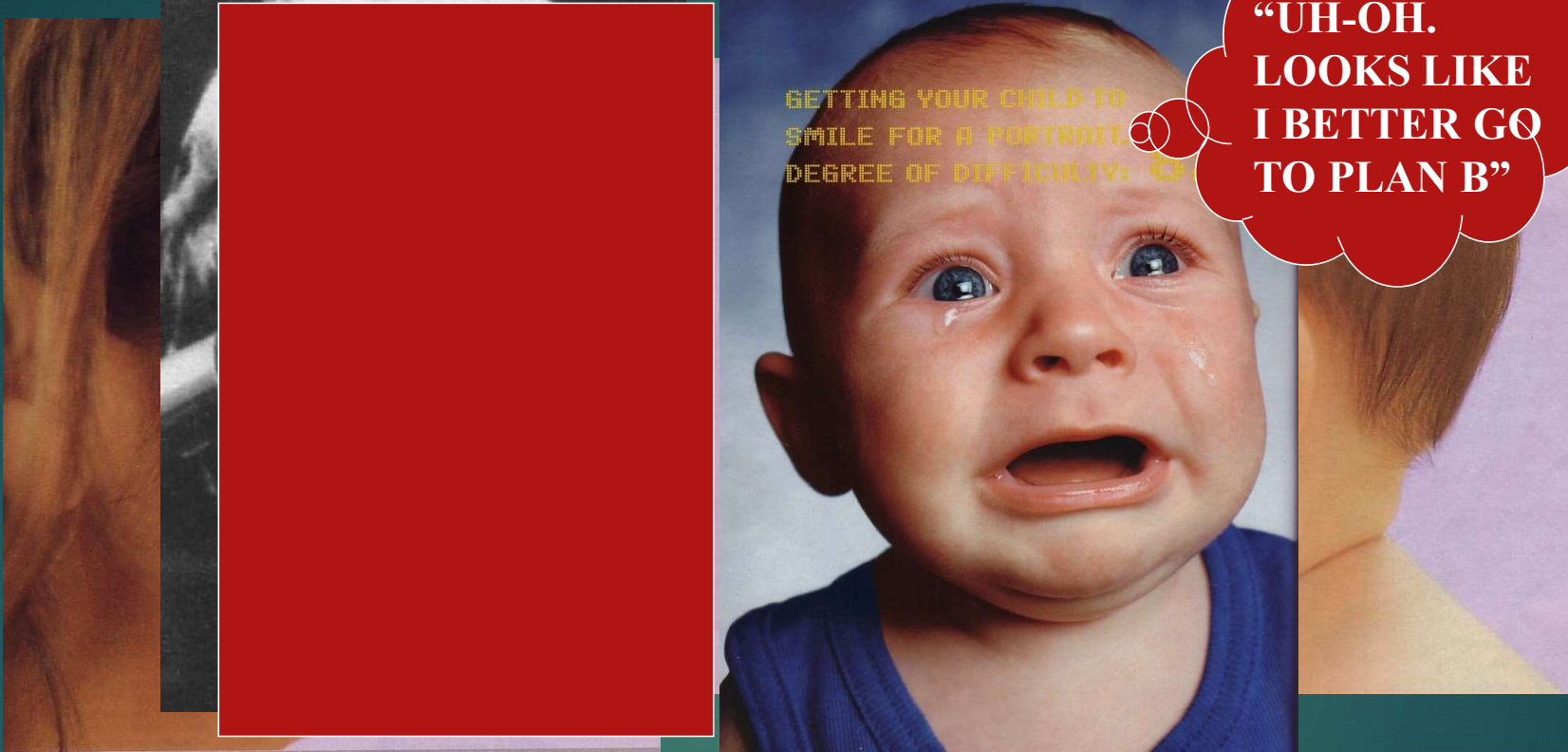
Plan B: Mutual Defense where Blocked Care meets Blocked Trust

This is
About me
And it
Isn't good



No way am I
lookin' at
that still
face!!
I'M GOIN'
WITH PLAN B

Plan A or Plan B?



8

joylin

ATTACHMENT: TO TRUST OR NOT TO TRUST, THAT IS THE QUESTION

IF DEPENDING ON ATTACHMENT FIGURES DOESN'T WORK, GO TO "PLAN B": DEFEND AGAINST DEPENDING ON 'EM

DUAL SYSTEMS FOR SURVIVING
EARLY LIFE POOR CARE: THE SELF
DEFENSE SYSTEM AND THE ANTI-REWARD
SYSTEM



CHRONIC
LEARNED
HOPELESSNESS: THE
ANTI-REWARD SYSTEM
(HABENULA PLUS DYNORPHIN)
AND SUPPRESSION OF POSITIVE
EXPECTATIONS AND OPTIMISM

Speed vs
Accuracy
tradeoff

Slow and
curious

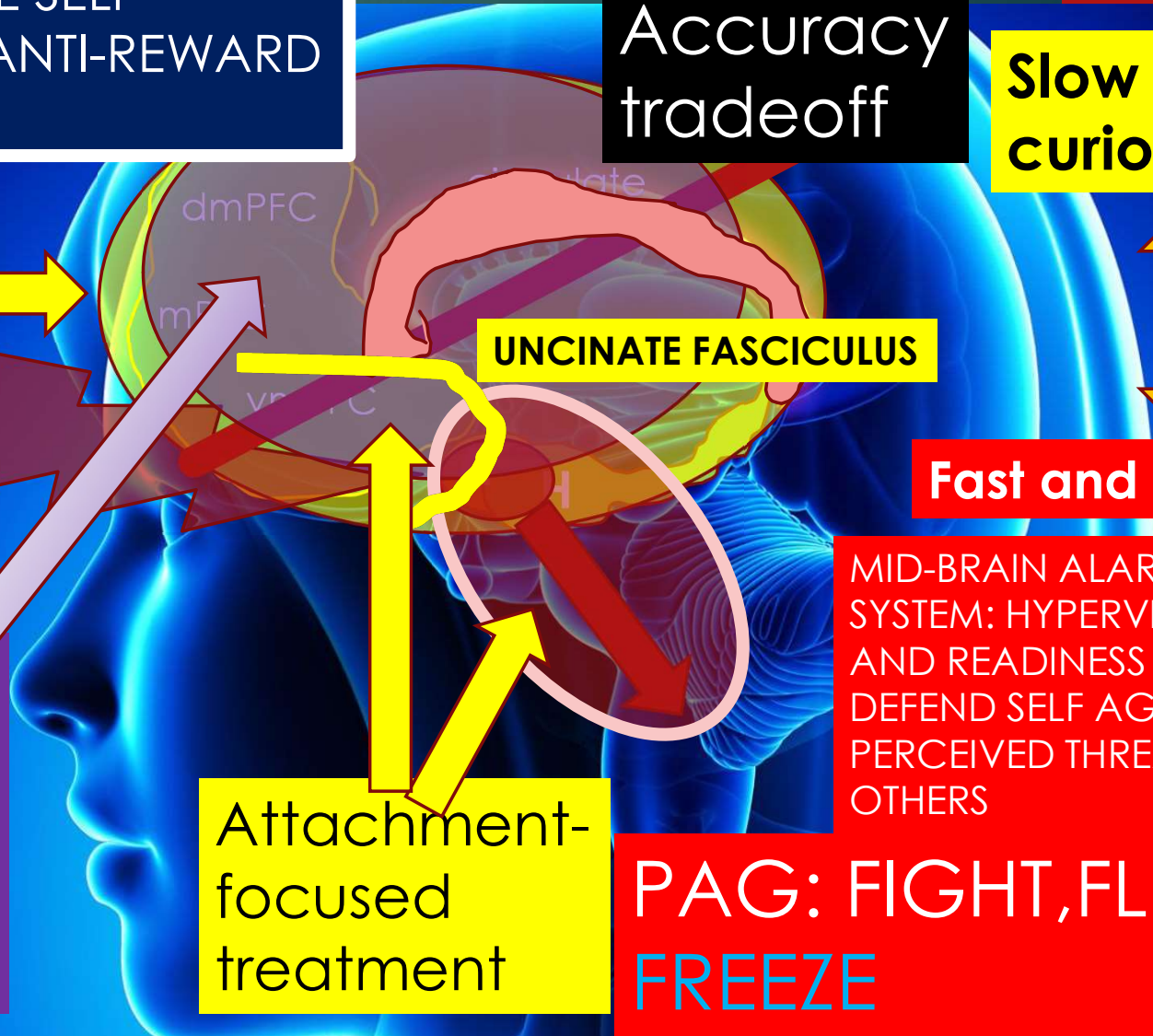
Fast and furious

MID-BRAIN ALARM
SYSTEM: HYPERVIGILANCE
AND READINESS TO
DEFEND SELF AGAINST
PERCEIVED THREATS FROM
OTHERS

PAG: FIGHT, FLIGHT,
FREEZE

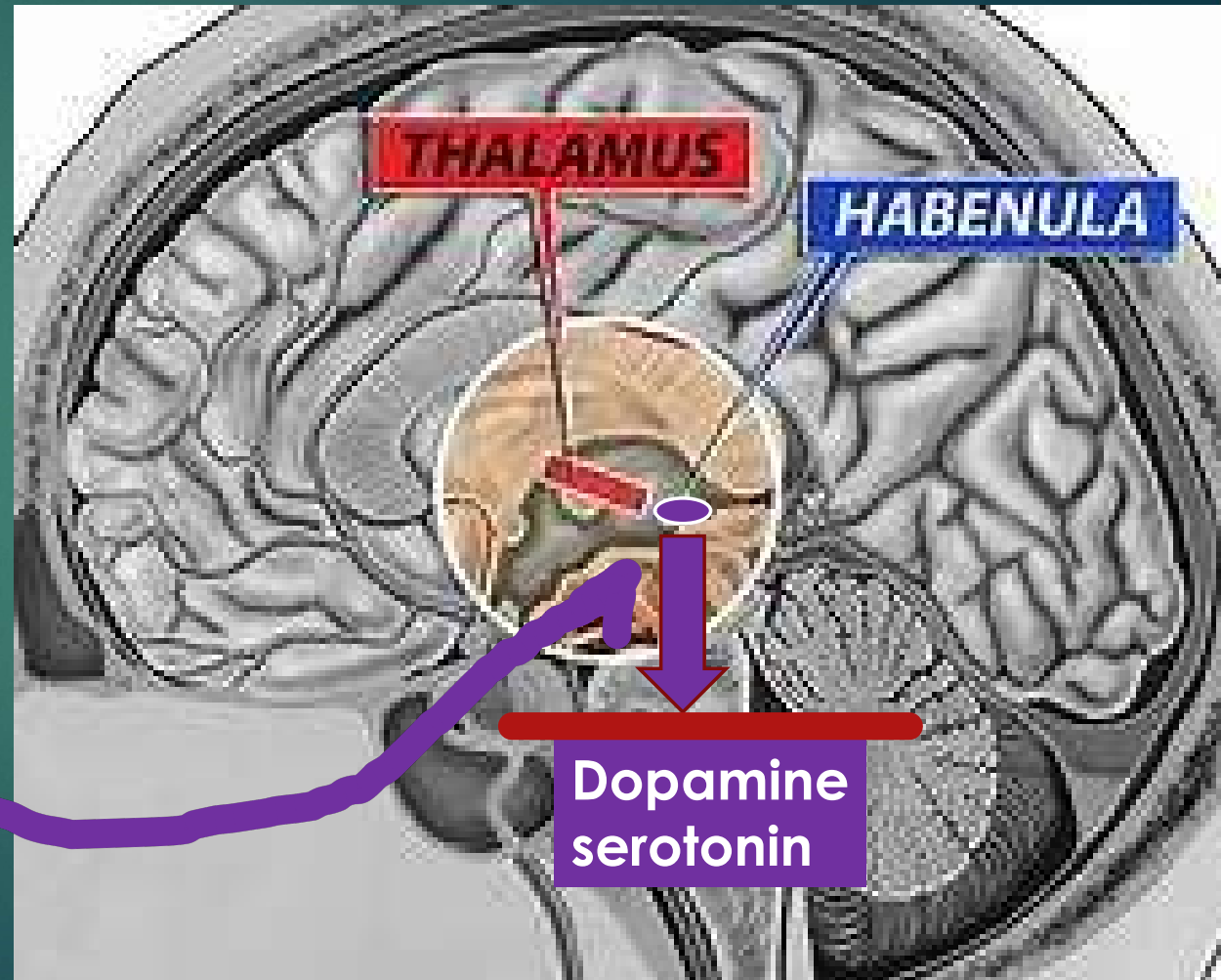
UNCINATE FASCICULUS

Attachment-
focused
treatment



Chronic hyperactivation of the lateral habenula suppresses the release of dopamine and serotonin

behavioral despair,
avoidant behaviors
under stress, and
the disinhibition of
rapid eye
movement

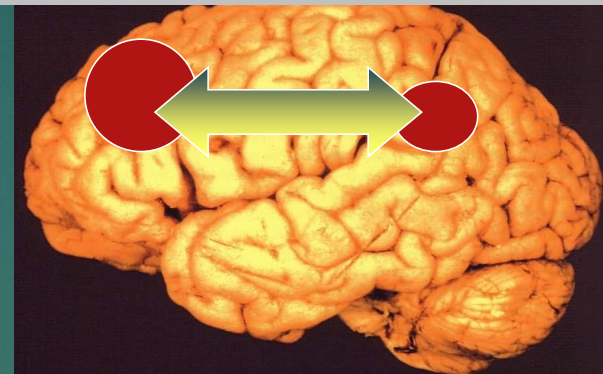
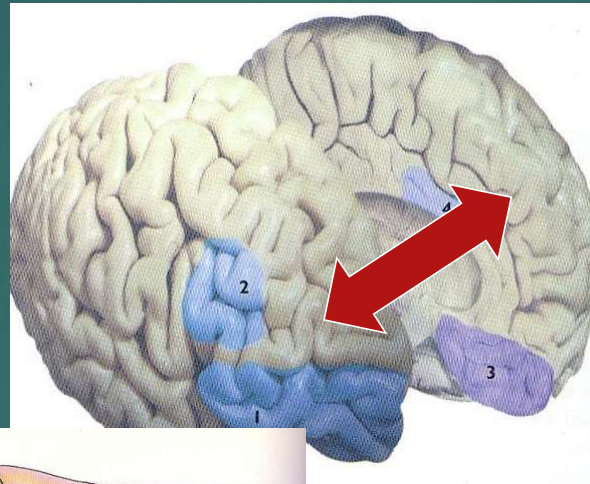


STAGES OF BRAIN AND DEVELOPMENT

STAGE THREE: LATERAL INTEGRATION
FRONTAL –PARIETAL CONNECTION, MATURATION
OF THE DLPFC 17-25 YEARS goal-directed
Thinking; sustained caring; “effortful control”
Of impulses; **ABILITY TO GET ABOVE “IT’S PERSONAL”**

11

ALL INVOLVE
GENE-EXPERIENCE
INTERACTIONS:
EPIGENETIC
BRAIN
DEVELOPMENTAL



STAGE TWO:
HORIZONTAL INTEGRATION
LEFT AND RIGHT
INTERACTION: brain
balance, non verbal and
verbal, forest and trees,
feelings into words

STAGE ONE: VERTICAL INTEGRATION
FRONTO-LIMBIC CIRCUIT
0-18 MONTHS

(ESSENTIAL FOR BASIC SELF-REGULATION)

ELS:
Prenatal
And postnatal

