

# It's a Brain Thing:

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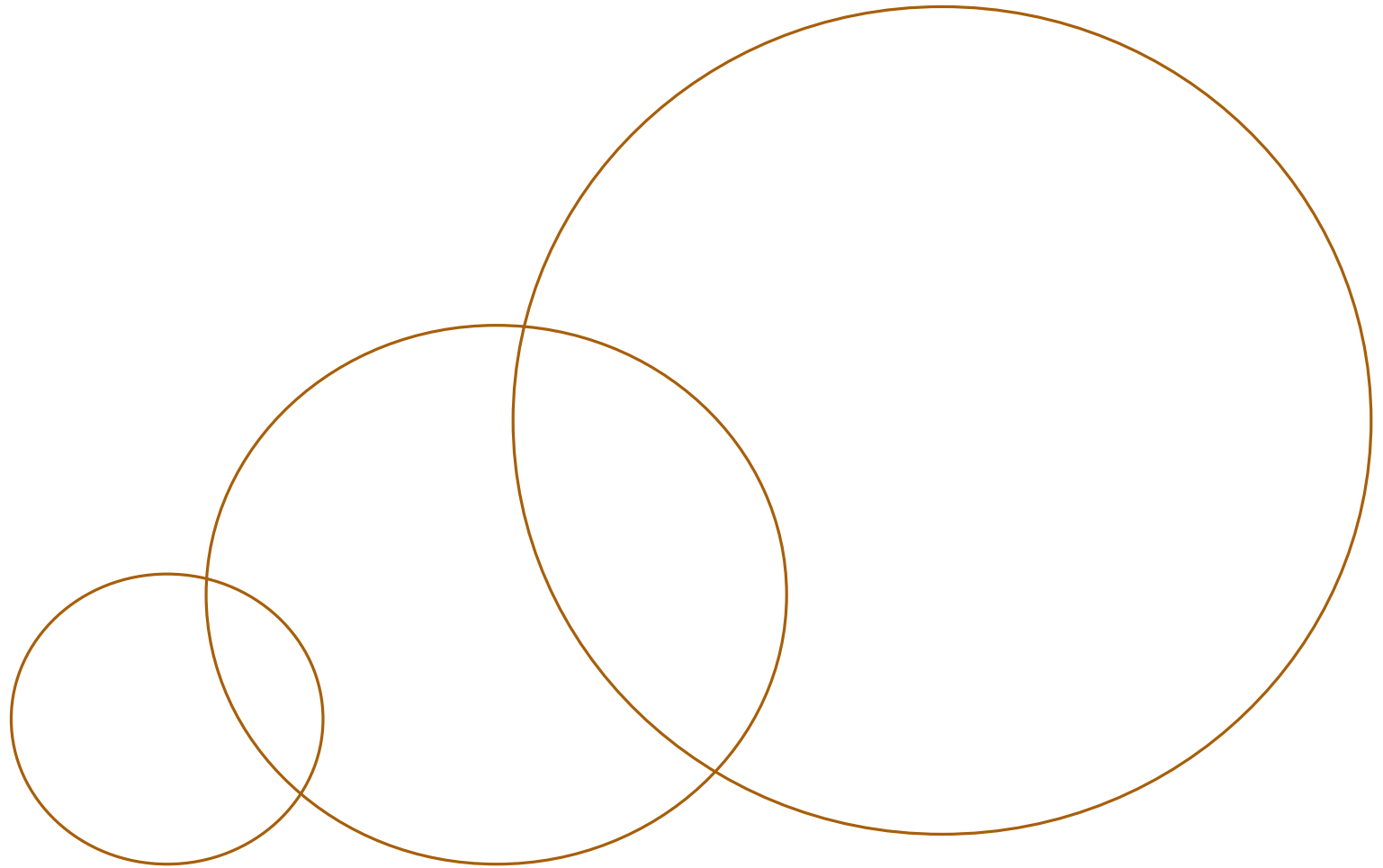
EDUCATING PATIENTS ON TRAUMA,  
CENTRAL SENSITIZATION, AND PERSISTENT PAIN

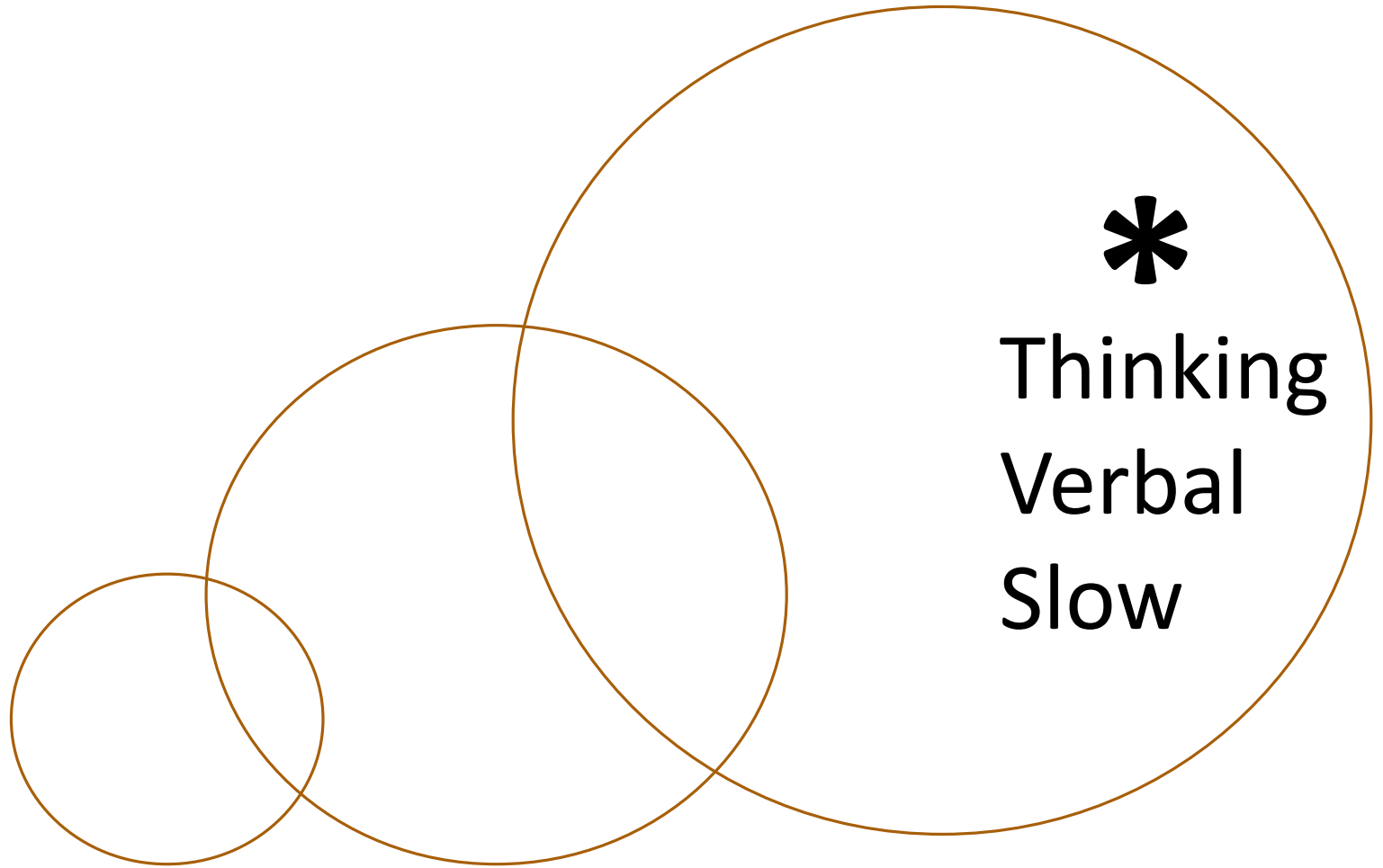
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- No Disclosures.

# Objectives

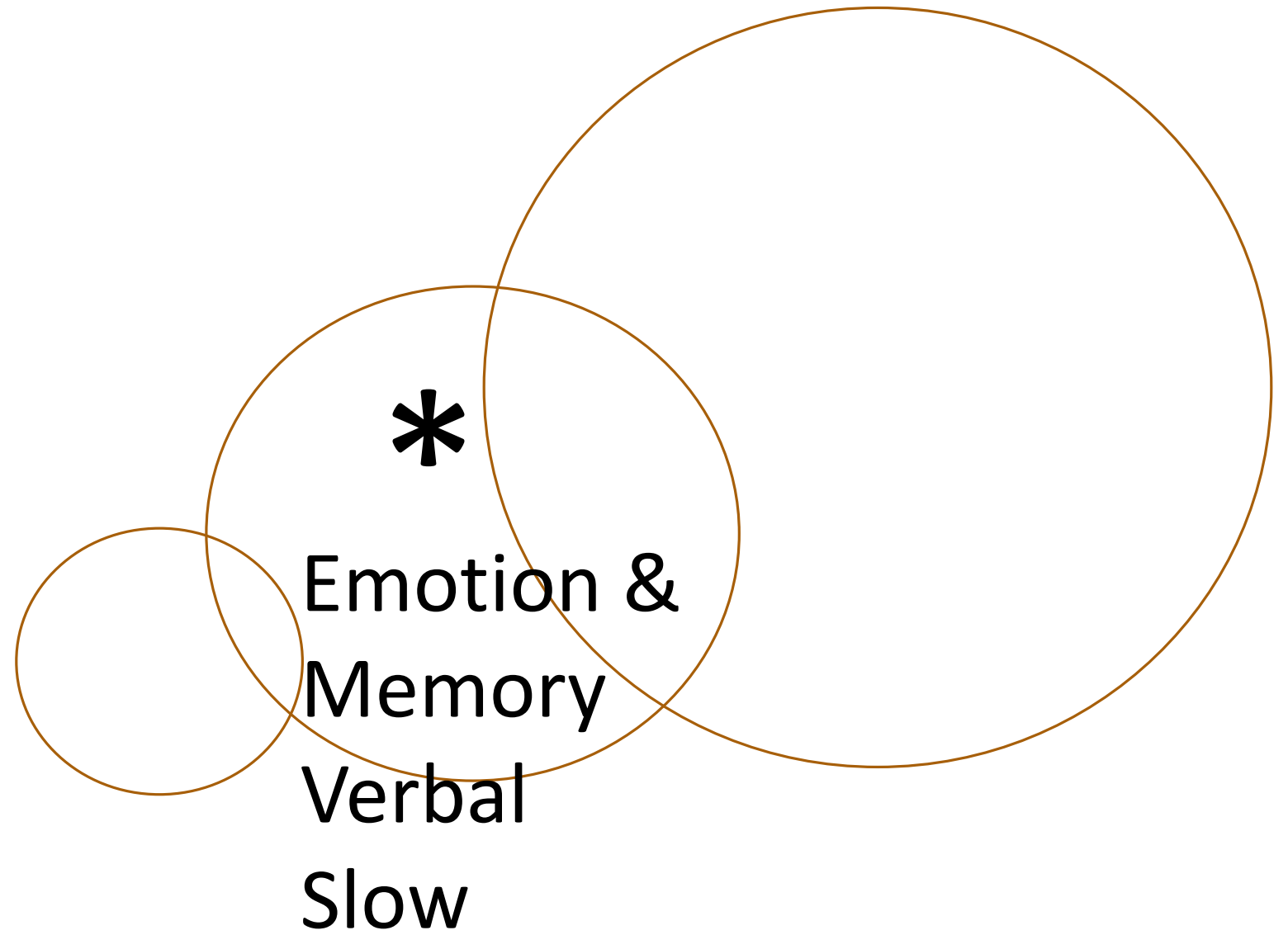
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1. Define how the brain's responses to threat & trauma can contribute to the development of chronic pain and central sensitization.
2. Utilize illustrations to convey this information to a wide demographic of patients, family members, and other providers affected by chronic pain and central sensitization to increase their engagement in treatment.
3. Recall and utilize one model for educating patients on this information.





Thinking  
Verbal  
Slow

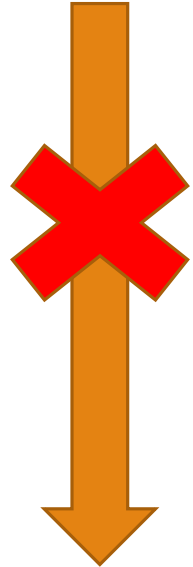
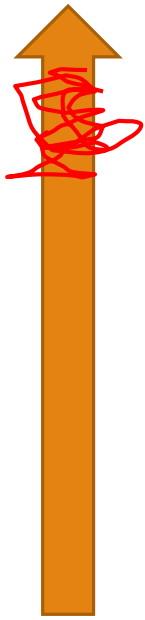


**Automatic  
Non-verbal  
Fast**

**24/7 Normal**  
**1. Breathing**  
**2. Heart rate**  
**3. Digestion**



**\*  
Survival**



**PTSD**

**Automatic  
Non-verbal  
Fast**

**\*  
Survival**

**Threat**

**Fight**

**Flee**

**Freeze**

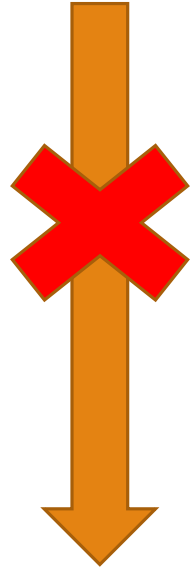
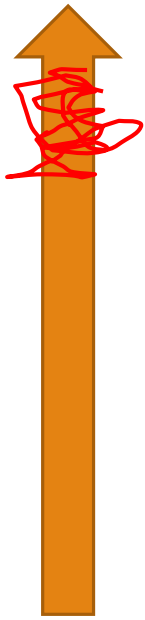
**24/7 Normal**

**1. Breathing**

**2. Heart rate**

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**PTSD**

**Automatic  
Non-verbal  
Fast**

**24/7 Normal**  
**1. Breathing**  
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**3. Digestion**



**Survival**



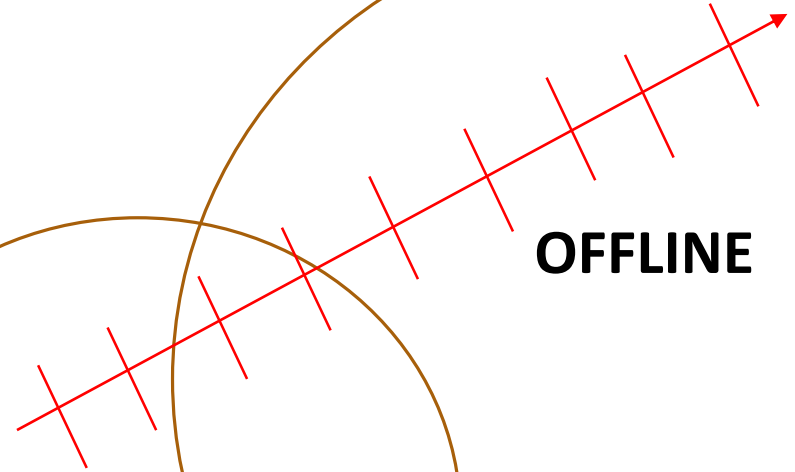
**Threat**

**Fight**

**Flee**

**Freeze**

**OFFLINE**



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Stop and ask for questions from patient.  
Get patient feedback:  
Does this make sense?  
Fit your experience?  
How so? In what ways?  
A couple more points...

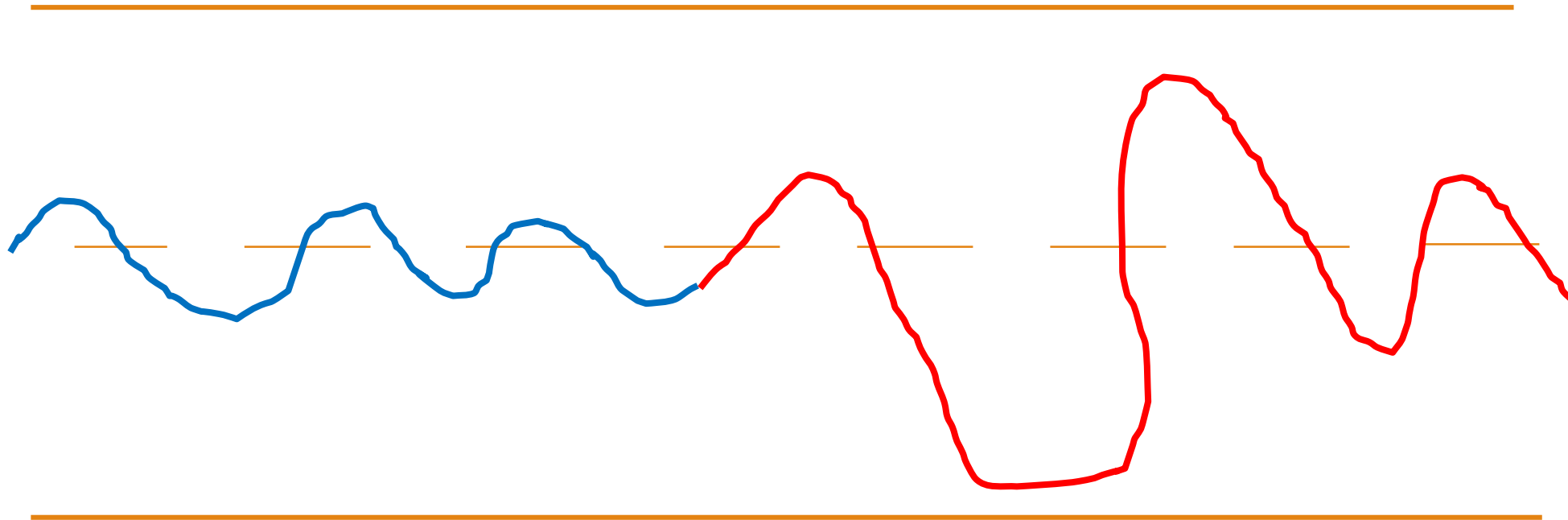


Can someone **PLEASE**  
invent a fire alarm/  
smoke detector that  
shuts off when you yell  
"It's just food!"





# Autonomic Regulation vs. Autonomic Dysregulation



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Another definition of trauma:

**TRAUMA = AUTONOMIC DYSREGULATION**

Continued Autonomic Dysregulation →

**CENTRAL SENSITIZATION**

**(often called “brain on fire”) →**

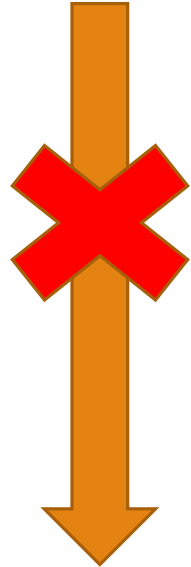
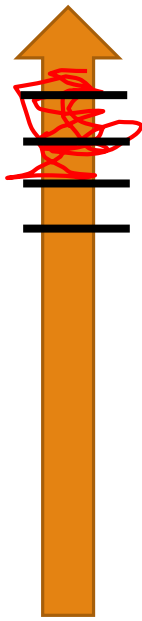
**CHRONIC PAIN**

# How Do We Treat It?

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1. Quiet the malfunctioning smoke detector.
  - (Great place to also talk about benzos)
2. Retrain the survival brain's reaction to autonomic sensations.
  - (Why therapists always tell you to breathe)
3. Work with the Thinking and Emotional brains reactions to conditioned responses.
  - (Pavlov's Dog)
  - (CBT)





**PTSD**

**Automatic  
Non-verbal  
Fast**

Fast, shallow



threat

Slow, deep



safety

**24/7 Normal**

**1. Breathing**

**2. Heart rate**

**3. Digestion**



**Survival**

**Threat**

**Fight**

**Flee**

**Freeze**

# Sources/Readings

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- ***The Body Bears the Burden***, Dr. Robert Scaer, 2014
- ***The Relation Between Adverse Childhood Experiences and Adult Health: Turning Gold into Lead***, Dr. Vincent Felitti, Winter 2002  
<http://www.thepermanentejournal.org/files/Winter2002/goldtolead.pdf>
- ***Persistent Pain as a Disease Entity: Implications for Clinical Management***, Dr. Philip Siddall & Dr. Michael Cousins, 2004
- ***The Kindled Brain: Should the kindling concept direct mental health treatment***, Elizabeth Svoboda, October 3, 2017
- ***Origins of Addiction-Felitti***  
<http://www.nijc.org/pdfs/Subject%20Matter%20Articles/Drugs%20and%20Alc/A CE%20Study%20-%20OriginsofAddiction.pdf>

# Sources/Readings for Somatic Therapies

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- ***Sensorimotor Psychotherapy: Interventions for Trauma and Attachment***

Pat Ogden

- ***Trauma and the Body: A Sensorimotor Approach***

Pat Ogden and Kekuni Minton

- ***Somatic Psychotherapy Toolbox***

Manuela Mischke-Reeds

- ***Waking the Tiger: Healing Trauma***

Peter Levine (Somatic Experiencing)

- ***EMDR***

Francine Shapiro

# Sources/Readings

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- ***The Pain Survival Guide*** by Turk and Winter
- ***Managing Pain Before It Manages You*** by Caudill
- ***Back Sense*** by Ron Siegel; <http://www.mindfulness-solution.com/DownloadMeditations.html>
- ***How to Be Sick; How to Live Well with Chronic Pain and Illness*** by Toni Bernhard
- The Mighty, <https://themighty.com/>

# QUESTIONS?

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