

'STUCK POINTS' IN CHILDHOOD TRAUMA

When a child experiences neglect or abuse, they learn to perceive the world as unsafe and that people in general cannot be trusted. They often respond by seeking the same toxic behavior they have experienced, or shut themselves down for protection.

These further experiences reinforce the connections within their brain where they have perceived that they are unworthy of love and security and that the world is a dangerous place. Luckily the brain is malleable, and with perseverance, determination a child's view of the world' can be rewired by walking the journey by their side and guiding their way..

