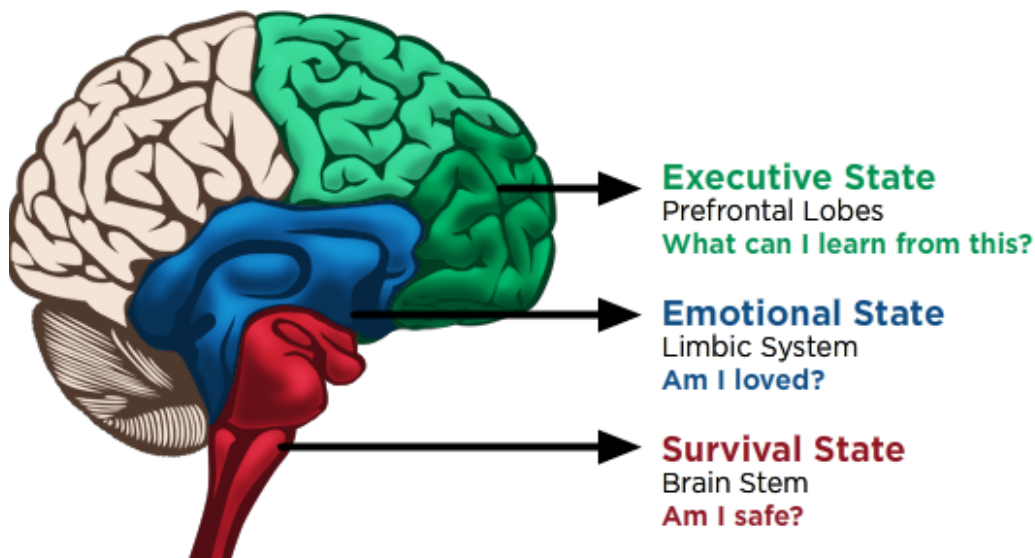


TRIUNE BRAIN MODEL

(MACLEAN, 1990;
GREY, 2010)



BRAINSTEM & CEREBELLUM (REPTILIAN/LIZARD BRAIN/ R-COMPLEX BRAIN)

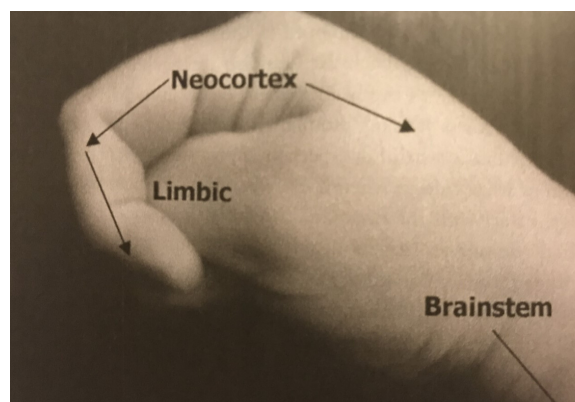
- Basic functioning
- Survival instincts; reactive to perceived threats
- Controls involuntary physiological responses (e.g. reflexes, breathing, digestion, reproduction, muscle control)
- "Freeze" response to threat

LIMBIC SYSTEM/SUBCORTICAL REGION (MIDBRAIN/ DOWNSTAIRS BRAIN/ PALEOMAMMALIAN COMPLEX)

- Emotion & learning center; Memory integration
- Associated with feeding, reproduction, attachment/caregiving
- Seeks pleasure; Avoids pain
- "Fight/flight/collapse (dissociate)" responses to threat
- Targeted during somatic/whole body/expressive therapies
- **Amygdala:** Assesses if stimuli is threatening; Nonthreatening stimuli are then processed in neocortex
- **Hypothalamus:** Maintains homeostasis; Releases hormones & regulates emotional responses; Responds if Amygdala perceives threat
- **Hippocampus:** Formation, storage, & organization of new memories; Can associate memories with various stimuli (i.e. triggering)

NEOCORTEX (PRIMATE/HUMAN BRAIN/ CEREBRAL CORTEX/ UPSTAIRS BRAIN)

- Executive functioning, higher order reasoning, meaning making processes, emotional control, empathy formation, self-awareness; speech formation
- Last part of the brain to develop; Fully formed by mid-late twenties
- Associated with cognitive processing of traumatic memories
- Targeted during talk therapy



"THE HAND MODEL" OF THE HUMAN BRAIN
CREATED BY DAN SIEGEL
IMAGE (MARICH, 2014)

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