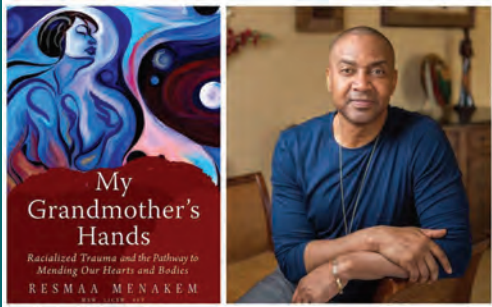


# What Trauma Is And Isn't

yshai boussi

Trauma can result from what happened to us **or** what **we didn't get** that we desperately needed.

“When something happens to the body that is **too much, too fast, or too soon**, and we don’t get enough safety or regard, it **overwhelms the body** and can create Trauma.”



Resmaa Menakem

[yshaiboussi.com](http://yshaiboussi.com)

yshai boussi



Trauma's  
Home Base:  
The Nervous  
System

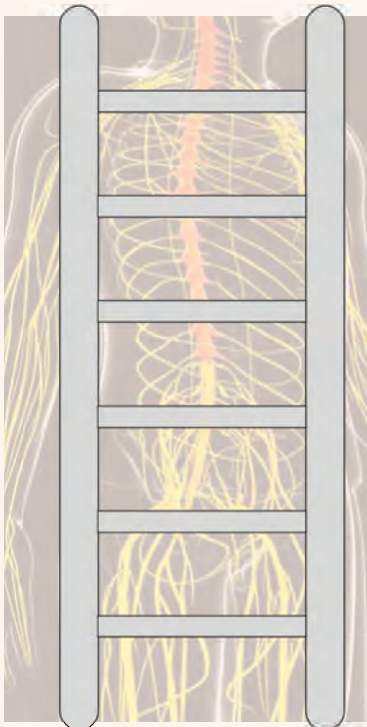
---



# Neuroception

---

3 States



## Regulated

Calm, connected,  
peaceful, excited,  
happy.

## Activated

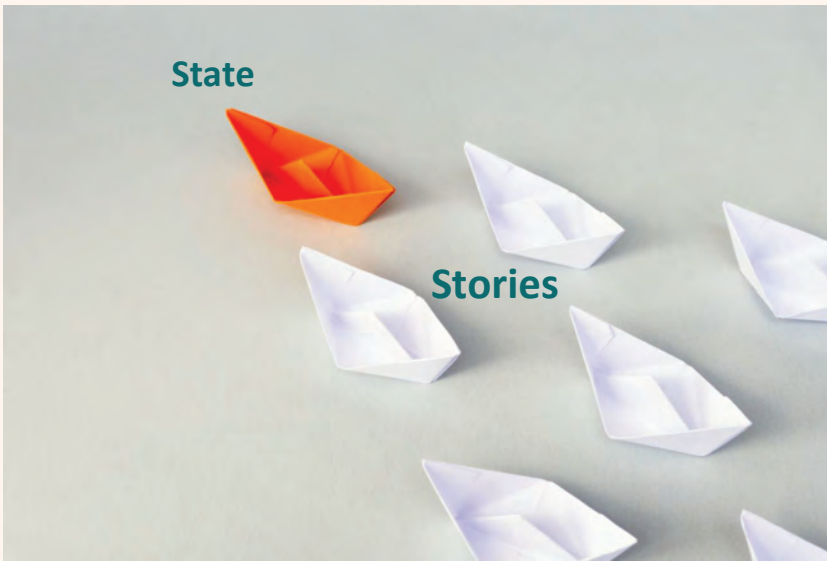
Anxious, angry,  
fidgety, nervous.

## Shutdown

Disconnected,  
checked out,  
depressed, meh.

# Hierarchy of States

---



# Story follows State

---

Trauma Gives Birth To Essential  
Survival Strategies.  
AKA: Protector Parts.

# What Protector Parts Has Your Child Developed To Survive?

yshai boussi.com

yshai boussi

## The Relationship Between Trauma And Connection

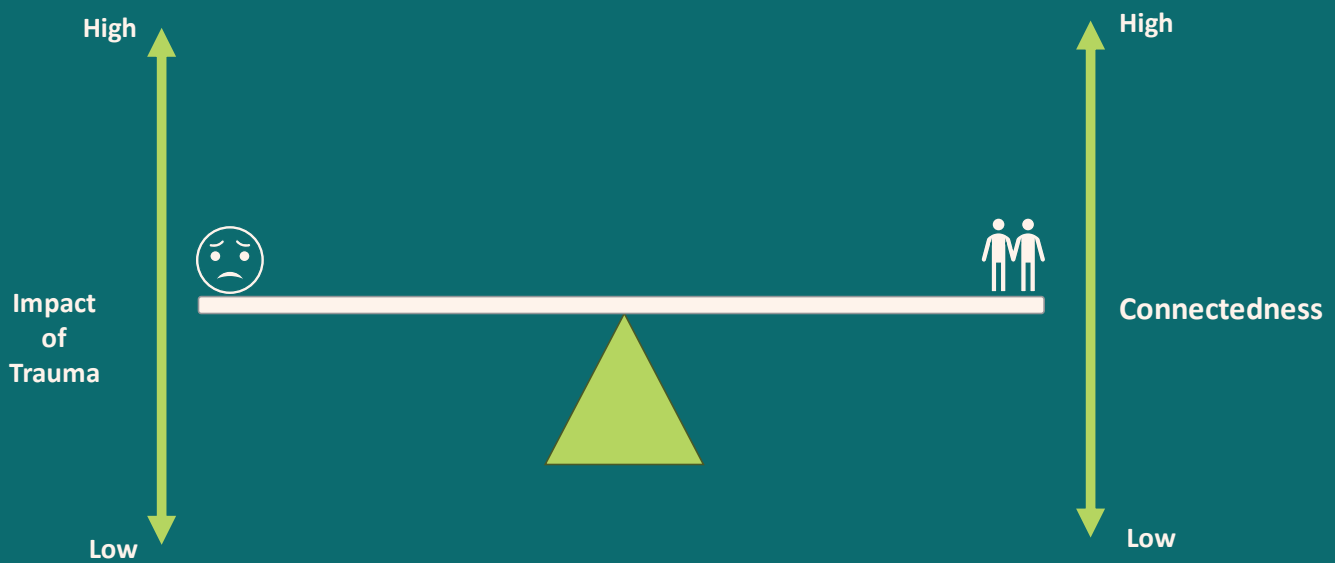


yshai boussi

# “Trauma is a chronic disruption of connectedness.”

Stephen Porges

yshaiboussi.com



yshaiboussi.com



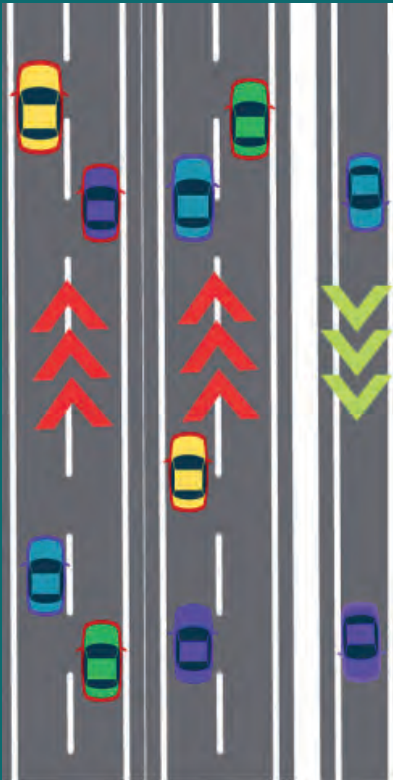
yshai boussi.com

yshai boussi

## How We Leverage This Opportunity And Build Resilience: 4 Tips

yshai boussi





# 1 Focus On Bottom Up Changes.

yshaiboussi.com

yshai boussi



yshaiboussi.com



## 2 Develop The Attitude Of Connection.



yshai boussi.com

yshai boussi

**P**layfulness

**A**cceptance

**C**uriosity

**E**mpathy

# The Attitude of Connection

---

yshai boussi

“Playfulness conveys a sense of lightness, optimism, and confidence that whatever problems are being explored will be managed and the relationship will not be harmed.”

*Daniel Hughes*



# Playfulness

yshai boussi



Is not agreement or approval.

# Acceptance

yshai boussi



More listening than lessoning.

# Curiosity

---

yshai boussi



Curiosity

Empathy

# Empathy

---

yshai boussi



### 3 Build Your Self-Compassion.

yshai boussi.com

yshai boussi



### 4 Maintain Reasonable Expectations and Accountability.

yshai boussi.com

yshai boussi



# Core Values

Clarity

Consistency

Capacity

Collaboration\*

## Effective Expectations Involve...

---

yshai boussi



## Accountability Is Not...

---

yshai boussi

Personal Responsibility.

Building Empathy.

Repair.

Re-connecting.

New Behavior.

Accountability  
Is...

---

yshai boussi



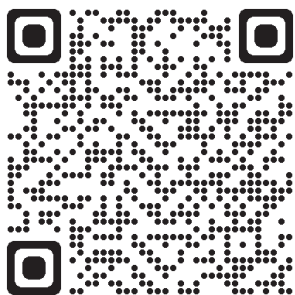
yshai@portlandfamilycounseling.com



@yourteentherapist



yshaiboussi.com



yshai boussi

yshaiboussi.com

