

The neurobiology of trauma: Unraveling the Complex web

ABSTRACT:

have shown promise in helping individuals heal from trauma by reshaping neural pathways and reducing hyperactivity in the amygdala (Yovell Y, 2000).

CONCLUSION

The neurobiology of trauma is a multifaceted and continually evolving field of research. Trauma can leave profound imprints on the brain and nervous system, affecting emotions, memory, and cognitive functioning. However, understanding these neurobiological processes provides hope for effective treatments and interventions that can help individuals recover from the devastating effects of trauma. With further research and improved therapeutic approaches, we can provide better support and care for those who have experienced trauma, ultimately guiding them toward healing and resilience.

References

Bagri, K., Kumar, P., Deshmukh, R (2021). Neurobiology of traumatic brain injury. *Brain Inj*