Stress Disorder (PTSD) (Blennow K, 2012).

e fects on brain structures and neurochemistry, therapeutic interventions and support can help promote positive neuroplastic changes. Techniques such as Cognitive-Behavioral Therapy (CBT), Eye Movement Desensitization and Reprocessing (EMDR), and mindfulness meditation

# The neurobiology of trauma: Unraveling the Complex web

## ABSTRACT:

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The Impact of Trauma on Brain Structures. Trauma has a profound impact on various brain structures, particularly the amygdala, hippocampus, and prefrontal cortex. The amygdala plays a central role in processing emotions and detecting threats. In individuals who have experienced trauma, the amygdala may become hyperactive, leading to exaggerated responses to stressors and a heightened state of 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 feld of research. Trauma can leave profound imprints on the brain and nervous system, a fecting 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

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