From Chaos to Calm

A mindful approach to Trauma Informed Care

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The Impact of Trauma

Adapted from: Chaos to Calm: Juli Alvarado

Orbitofrontal Cortex
(Social/Emotional Control Center)

Amygdala
(Fight, Flight, or Freeze)

Hippocampus
(Short-term Memory Cause and effect cortisol)

Brainstem
(Lower Limbic/Reptilian)

Pituitary Gland

Spinal Cord

Neural Circuitry

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It is through the expression, processing, and understanding of the Fear that we calm the stress and diminish the behavior.
Trauma Informed Peace Strategies

*Tips

*sensory

*relevant/relational/repetitive/rewarding

*wonder/follow/hold

*slow and Low

*STOP DROP and ROLL

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Peace~

It does not mean to be in a place where there is no noise, trouble or hard work.

It means to be in the midst of those things and still Be Calm in Your Heart.

We can help. Our professional parent and life coaches are available to support your plan for a LIFE of Peace~

call us~303-431-0604