



**THE HINDA INSTITUTE**  
*presents*

# NAVIGATING TO HEALTH: DIFFUSING AND MANAGING TRAUMA

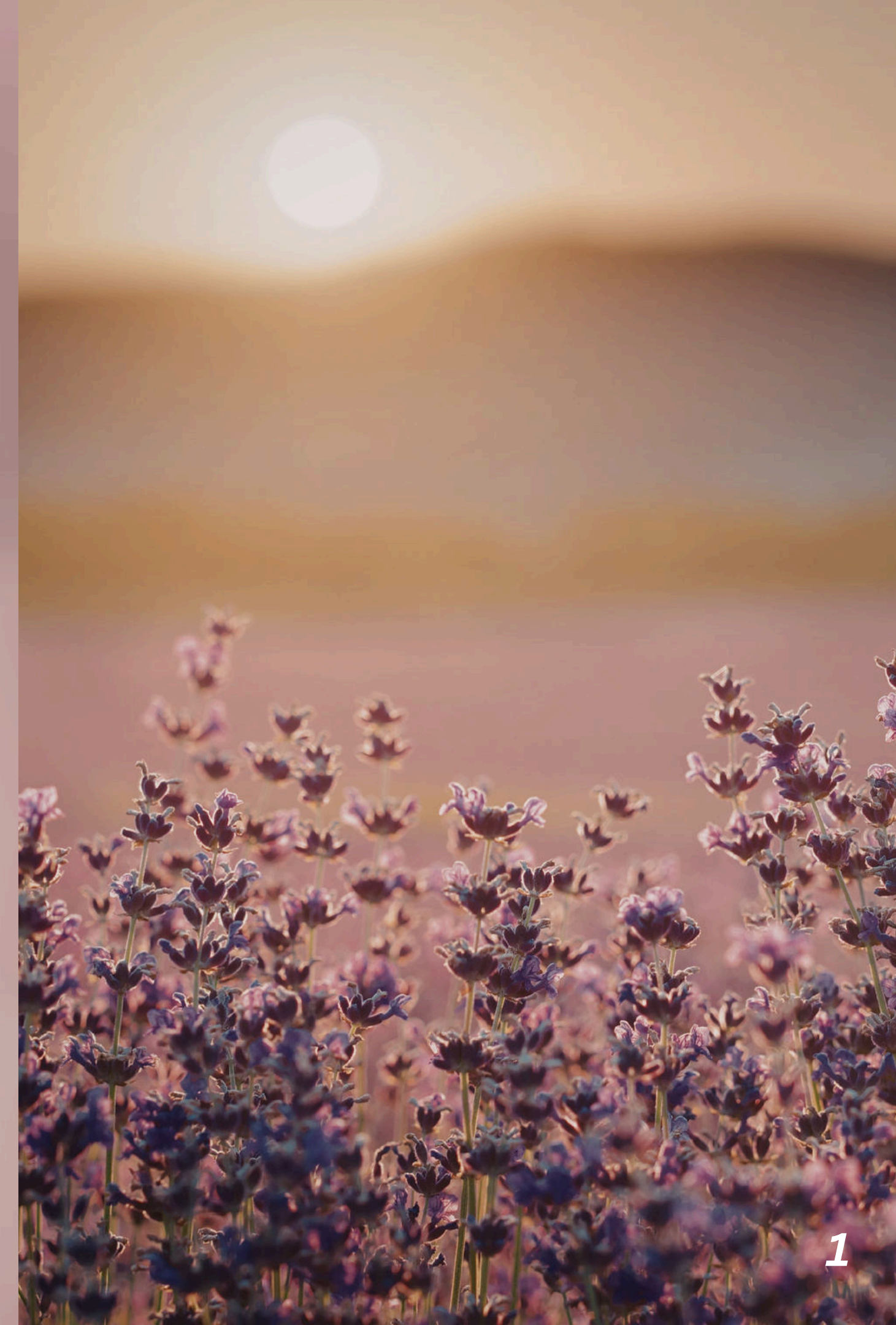
**Session 2 - Wednesday, April 22, 2026**

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*Upcoming Course Dates: April 29<sup>th</sup>, May 6<sup>th</sup> & 13<sup>th</sup>*



# I. Recognizing Trauma Behavior vs. Normal (Typical) Behavior



Recognizing Patterns



# Reactivity

## Trauma Behavior

- Driven by past experience, overwhelming past
- Brain reacts as if danger is still present
- CNS remains in “survival mode”



## Typical Behavior

- Current responses match actual “happening in the moment”
- Flexible & proportionate



# Intensity of Reaction

## Trauma Behavior

- Reaction bigger, faster, more extreme than expected
- Small criticism perceived as a “major attack”



## Typical Behavior

- Proportional reactions
- Mild frustration to minor criticism → not distress



# Sense of Safety

## Trauma Behavior

- **Feel unsafe even in safe environment**
- **Patterns of hypervigilance, mistrust, scanning for danger**
- **Fight or flight**

## Typical Behavior

- **Re-occurring safety assessment**
- **Relaxes when no real threat**



# Flexibility & Rigidity

## Trauma Behavior

- Rigid & automatic
- Repetitive reactions are “shutting down,” avoidance, lashing out

## Typical Behavior

- More flexible & adaptive
- Adjustment based on context



# Emotional Regulation

## Trauma Behavior

- **Emotions:**  
overwhelmed, hard to control, numbness, anger, outbursts, panic, disassociation
- **May have PICS or PTSD**

## Typical Behavior

- **Emotions vary but remain manageable**
- **Successfully self-soothe and recover**



# Relationships

## Trauma Behavior

- **Fear of abandonment**
- **Difficulty trusting**
- **Overreacting to perceived rejection**
- **Avoid closeness**

## Typical Behavior

- **Up and down/ vary**
- **Without fear based patterns**



# Time Orientation

## Trauma Behavior

- **Past event bleeds into future**
- **Current events trigger old memories or feelings**

## Typical Behavior

- **Grounded in present moment**



# II. Role Play



## Role Play

# #1: Person Misses Appointment & Shows Up Late Next Day

### *Trauma Behavior*

Person: “Why does it matter to you? You probably don’t care anyway.”

Staff: “I just wanted you to get care.”

Person: “People always assume the worst about me.”



***Group Objective: Generate a typical behavior response***



## Role Play

# #2: Feedback at Workplace; Supervisor gives Constructive Feedback

### *Trauma Behavior*

**Supervisor: “I observed your notes are incomplete.”**

**Person: “So now I’m doing everything wrong!”**

**Supervisor: “No, it’s just in one area.”**

**Person: “That’s why I hate working here.”**



***Group Objective: Generate a typical behavior response***



## Role Play

# #3: Group Setting Scenario: Someone in the Group is Quiet and Withdrawn

### *Trauma Behavior*

**Facilitator: “Want to share today?”**

**Person: “I feel put on the spot and I hate groups!”**

***Group Objective: Generate a typical behavior response***

**Debrief Points: Participants and Presenters**



# III. Key Information Summary of Role Play

## TYPICAL BEHAVIOR

## TRAUMA BEHAVIOR

Proportional Reaction



Reaction Feels Intense/Extreme

Flexible Thinking



Rigid, All/Nothing Thinking

Present Focused



Past Negative Experience  
Influences Present

Positive Self-Regulation



Difficulty Regulating Emotions

Trust Develops Early



Mistrust and Hypervigilance



# **IV. Summary and Takeaway**

## **Introducing Seminar III**

**Wednesday, April 29<sup>th</sup> at 7:00 pm**

- Learning and Applying Trauma Diffusion Strategies with Increased Motivation**

