



Heidi Crockett: Trauma as a Lack of Brain Integration Between the Left and Right Hemisphere



Heidi Crockett is a licensed psychotherapist and bodyworker, author, and educator at TrueNorth Health Center. She teaches embodiment through the science of Interpersonal Neurobiology (IPNB). Explore the experience of integration between the left and right hemispheres. Learn what happens to integration as the result of trauma and how we may guide ourselves and others back to integration after trauma.

TOP EMBODIMENT TIP: When you have choice (which is self-regulation) and connection (which is co-regulation), you can access an extraordinary state of being a human being. It is your birthright to have an integrated brain.

Exploring Interpersonal Neurobiology: What Is It?

- Created by Dan Siegel with the intention to bring together all areas of science in one framework. Interpersonal Neurobiology explores differentiation and linkages: how parts of our minds, brains, and bodies are differentiated and how they may be linked and work together for optimal functioning.

Exploring the Left and Right Hemispheres: How Are They Different? How Can They Work Together?

- The Left Hemisphere is more externally focused. It involves a narrator seeing what is happening and is one step removed from the current experience. The Right Hemisphere is more internally focused. It experiences what is happening on a body and sensory level. Bilateral Integration brings the two hemispheres together through the Corpus Callosum so that feelings can be transformed into words. The greater the integration, the greater the ability to regulate affect.

Exploring Trauma Through This Integrative Lens: What Happens to Integration When a Person Experiences Trauma?

- Trauma is the opposite of integration. Dissociation blocks the integration of the nervous system. Trauma is the moment of the blocking.
- Choice and connection help heal the split of the hemispheres. Choice is internal and involves self-regulation. Connection is external and involves co-regulation. We learn to self-regulate by being successfully co-regulated.
- We need to strengthen our soothing systems, prioritize rest and relaxation, share insight and empathy, extend kindness to self and others, help each other co-regulate, and create new meaning experiences from our trauma memories.

Resources

- ❖ **Website:** www.heidicrockett.com
- ❖ **References:** Gabor Mate - Compassionate Inquiry; the presentation by Gil Hedley; the research of Dan Siegel.



Heidi Crockett





All Trauma & Social Change Presentations are Proudly Sponsored by

Steve Hoskinson, [Organic Intelligence](https://www.organicintelligence.org)



Steven Hoskinson is Founder and Chief Compassion Officer of Organic Intelligence®. For twenty-five years he has trained and mentored therapists and others at the intersection of trauma, embodiment and social responsibility. Organic Intelligence offers courses in its fully developed systems framework, including with CEs for professional post-graduate level training in trauma.

OI's Trauma Safe™ Trajectory features a carefully sequenced set of trainings, including the experiential 10-Week End of Trauma™ Course, the HEART@Home™ Coaching Certification, and the OI in-depth overview, PTSD: Post-Trauma System Development course. All courses are available online.



PTSD: Post-Trauma System Development emphasizes skills and theory relevant to personal resilience, as well as for professional therapeutic understanding and intervention. This course also includes demonstration sessions, debriefed by Steve Hoskinson, and monthly online group meetings with Steve through 2021.

As an Embodiment Conference registrant, receive 50% off Post-Trauma System Development with this Conference's Exclusive Offer. Use coupon code ENJOY when you register. [organicintelligence.org](https://www.organicintelligence.org)