

Stress and Trauma in Brain, Mind and Body

The human organism does not correspond to a composite construct of individual parts, but is understood as a unit that gains its balance from the interaction of all body systems. The limbic system is seen as the central hub. This system is not only important for the development of emotions, for the physical self-experience and the regulation of vegetative functions, but is even regarded as the central basis of the mind in general.

Stress and trauma can lead to an altered functionality of all systems, especially of the limbic system, by influencing the structural and functional brain development. There is much to suggest that this creates a predisposition to mental and physical disorders. The lecture will take you through the basics and current findings on stress, trauma and the regulatory capacity of mind and brain.

Here you have the opportunity to get to know the speaker Damir del Monte a little bit:

<https://www.youtube.com/watch?v=1ePRs1qkEiw&t=270s>