

Mindfulness and Emotional Regulation in Personality and Dissociative Disorders

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The Autonomic System



Early Brain Development

- Right Hemisphere (RH) develops first with deep connections into the body.
- RH is responsible for emotional regulation, creativity and some language.
- LH does not begin development until age 2.
- Language begins so if trauma was present this ability to express these fear emotions or trust of society is stunted.
- Right, Left Development
- Therapy, non-cognitive therapy to get at RH damage.
