

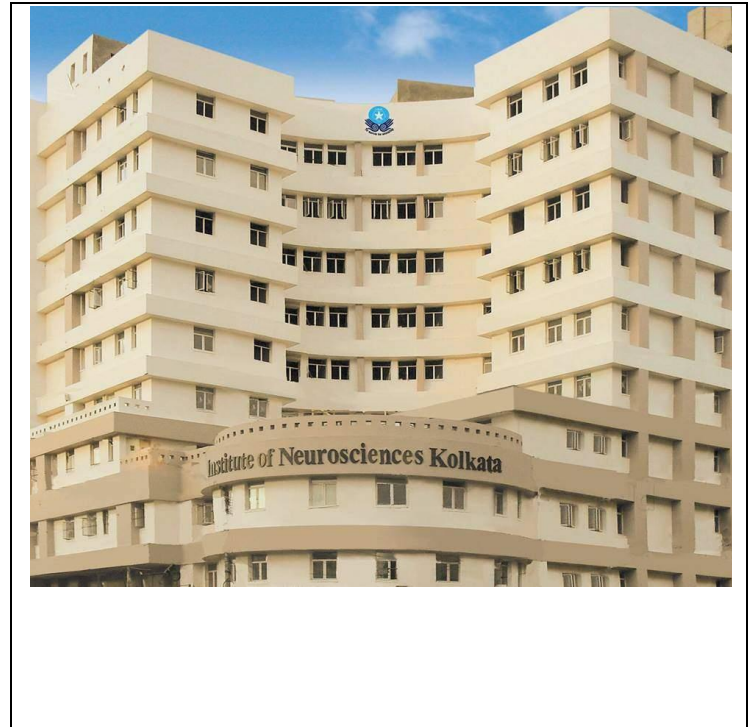


Using the Brain to Change the Brain:
Understanding Neuroscience Principles when Treating Complex Trauma in Children

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Treating complex trauma can be challenging due to the multifaceted areas of functioning that are affected when trauma symptoms are activated. In essence, a child with complex trauma can experience the survival response of flight, fight, or freeze including other survival responses, even when their survival is not threatened. Consequently, the trauma response can interfere with a child's capacity to manage social interactions, respond emotionally, affect behavior, distort cognition, react physically, and experience biological and neurological changes.



Rita is a Psychologist with Clinical Endorsement working with children, adolescents, families, couples and individuals in private practice in Adelaide, South Australia. She also commenced PhD research in 2020 with the University of Queensland undertaking research on *The student teacher relationship: Exploring neuroscience variables that impact upon student wellbeing and learning*.

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In the span of her career, she has held the positions of: Chair, SA APS College of Clinical Psychologists (2012-2014); National Convenor (2004-2008) and National Treasurer (2008-2013) of the APS Child, Adolescent and Family Psychology Interest Group; Executive Member, Australian Council on Children and the Media (2009-2013)