

Abstract

This small-scale study identified various embodied cues and clues that highlight the presence of Developmental Trauma through the use a qualitative framework and phenomenological method of inquiry.

Various types of nonverbal communication were highlighted in this study that were specific and observable physiological adaptations to Developmental Trauma.

Cues and Clues uncovered in this study highlighted the presence of various arousal states related to the body's flight, freeze and collapse responses to trauma.

This study uncovered that variations in movements, behaviors, postures, gestures and musculature have specific observable differences that help distinguish between hyper-aroused sympathetic states and hypo-aroused Para-sympathetic states.

This study concluded that paying close attention to nonverbal Cues and Clues of the body is an important resource in helping to highlight the subtle and hard to uncover presence of Developmental Trauma.