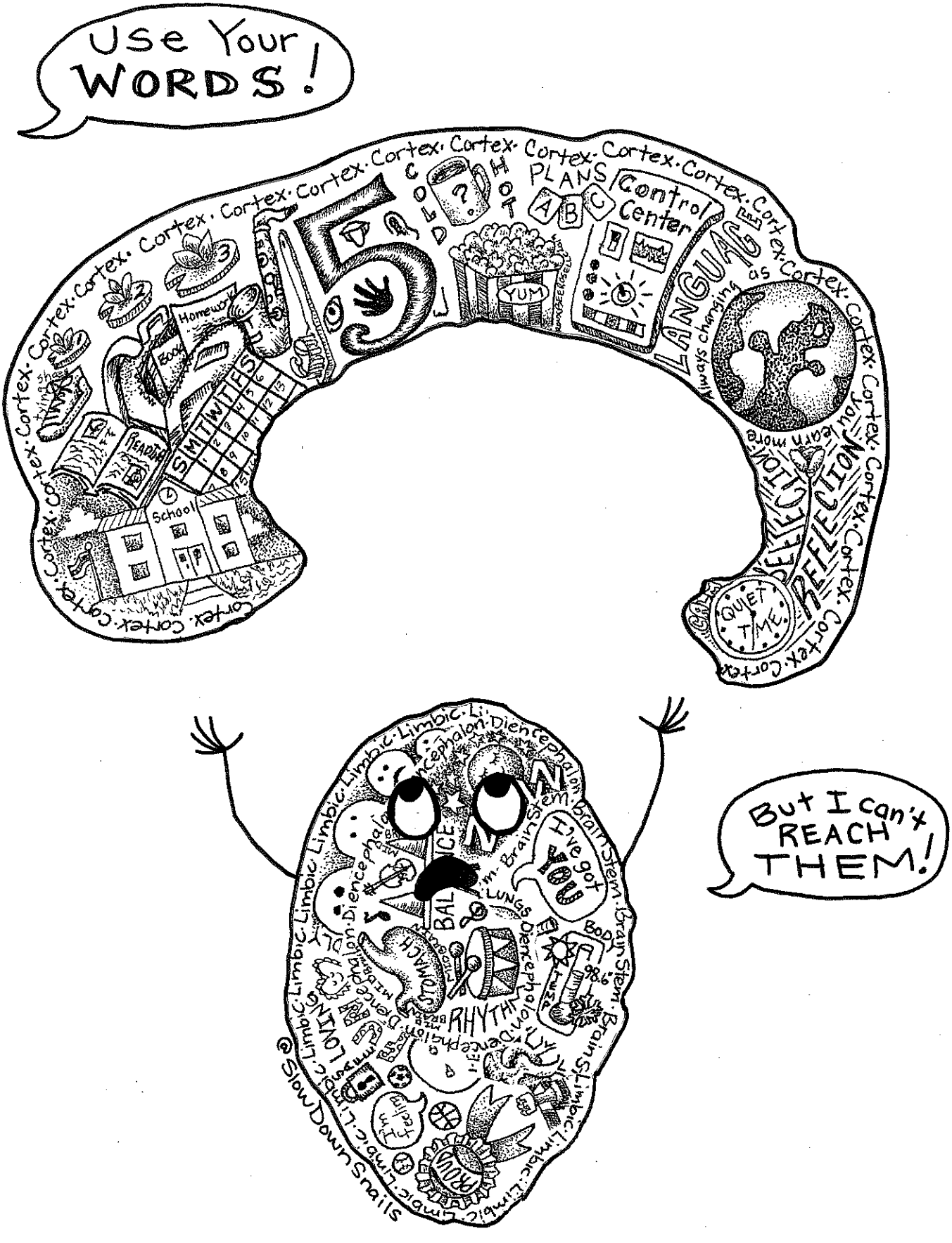
TOP - DOWN REGULATION:

(use cortex to deal with frustration)

Dr. Bruce Perry @BDPerry @ChildTraumaAcad @NeuroSequential