

Trauma

Trauma-a deeply distressing or disturbing experience, it can also be a physical experience as well.

Distressing-causing anxiety, sorrow or pain; upsetting

Disturbing-*interrupting normal functioning
-*to change the position, arrangement, or order

Psychological trauma-*damage to the mind that occurs as a result of a distressing event. Trauma is often the result of an overwhelming amount of stress that exceeds one's ability to cope, or integrate the emotions involved with that experience.

-*an emotional response to a terrible event like an accident, rape, or natural disaster. Immediately after the event, shock and denial are typical. Longer term reactions include unpredictable emotions, flashbacks, strained relationships and even physical symptoms like headaches or nausea.

3 main types of trauma:

Acute trauma-results from a single accident

Chronic trauma-is repeated and prolonged such as domestic violence or abuse

Complex trauma-is exposure to varied and multiple traumatic events, often of an invasive, interpersonal nature

Invasive-tending to spread, difficult to stop

Interpersonal-relating to relationships or communication between people