

WHAT IS TRAUMA?

Trauma can result in any event that leaves an imprint on the mind, body and nervous system. There are different types of Trauma experiences.



Chronic Trauma

Prolonged long term exposure to highly stressful events such as fighting in a war zone, domestic violence, or long term illness such as Long Covid/ME/CFS.

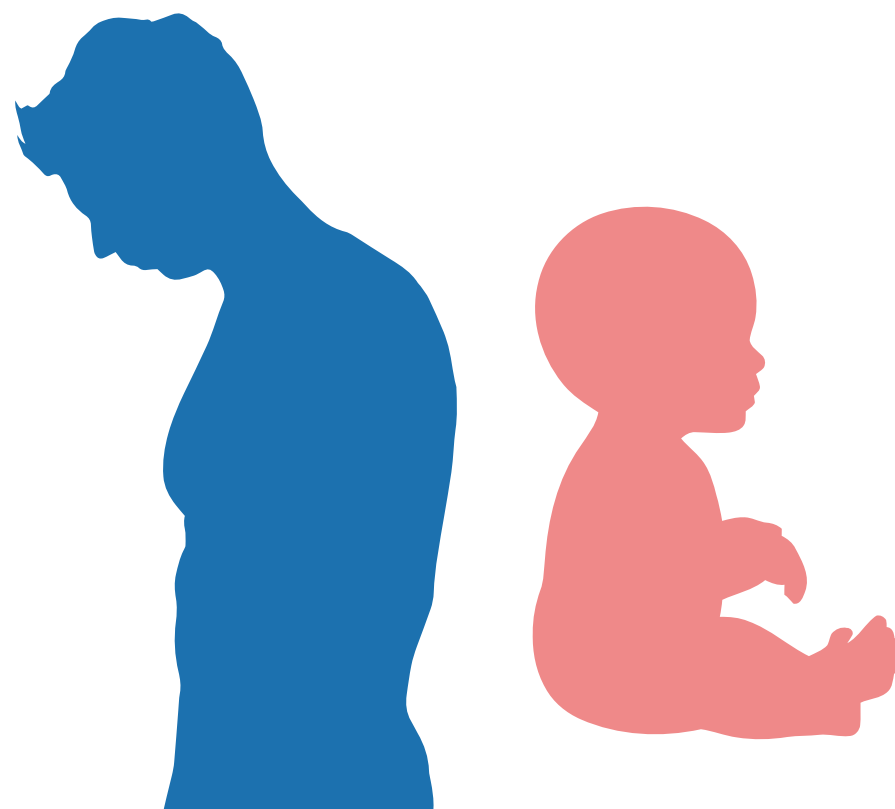


Acute/Shock Trauma

A single event such as an accident, sudden death, assault, disaster or medical procedure.

Secondary or Vicarious Trauma

Witnessing or hearing about traumatic events. Being a healthcare professional, police officer or on the front line who hears or witnesses multiply acute traumatic incidents.



Developmental Trauma

Ongoing chronic trauma which occurs in early childhood while the brain is still developing. This can include neglect and abuse (physical, mental, emotional or sexual) Also including prenatal/birth trauma.

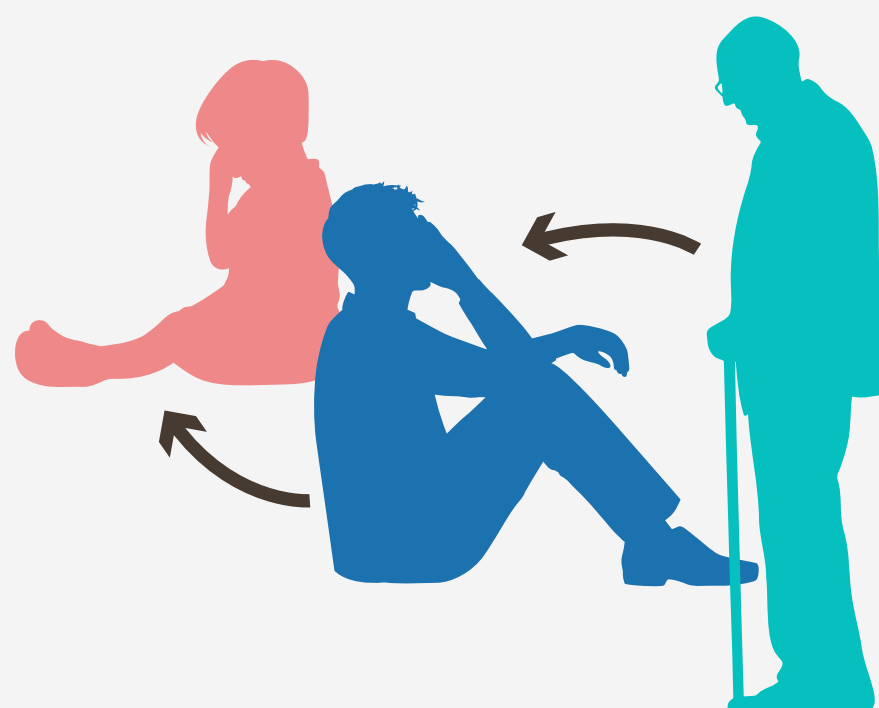


Complex Trauma

A result of a few highly stressful interpersonal events that affect our ability to relate to others perpetrated by attachment figures in early life such as growing up with a substance user or alcoholic.

Intergenerational Trauma

Handed down from one generation to the next through behaviours or responses to stressors affecting parenting styles and epigenetics of future generations. An example is children of holocaust survivors exhibiting higher rates of anxiety, depression and PTSD.



Collective Trauma

An emotional reaction experienced by a society or tribe of people such as the pandemic or war invasion. This also can include issues such as racism and systemic oppression and link with intergenerational trauma.