

What is Trauma?

Trauma can look like:

BIG T Trauma

Chronic abusive childhood experiences Major surgeries
Serious Accidents Violence (e.g. rape, assault, robbery)
Natural Disasters War & conflict

LITTLE T Trauma

Emotional Abuse Bullying
Neglect Stress at home, school, or work
Loss or perceived loss of significant relationships Divorce or infidelity
Financial insecurity

Both Big T and Little T trauma can produce

PTSD symptoms /Trauma responses:

Anger, Irritability, mood swings Panic Attacks Compulsive behaviors
Anxiety and Fear Withdrawing from others Substance use
Guilt, Shame, Self-blame Feeling disconnected or numb Flashbacks

Trauma and Families:

Unhealed trauma can be cyclical in nature. This means that the trauma can effect an entire family for generations different ways because the wounds and painful emotions have not been dealt with. Even when suppressed, the unhealed trauma then manifests in other aspects of the family dynamic.

Ways to heal trauma:

Trauma can be healed by seeking professional help in processing the painful experience. Within families, trauma can be healed by creating a supportive environment where each member feels emotionally and physically safe. Healing trauma includes being willing to confront the suppressed emotions.