

Trauma-Informed

How Trauma Effects a person

Definition

“a deeply distressing or disturbing experience”

Effects of Trauma

Fight, Flight, or Freeze	The initial reaction to trauma is to fight, flight, or freeze.
Emotional Psychological	<p>Shock, denial</p> <p>Anxiety and fear</p> <p>Negative Outlook</p> <p>Feeling disconnected</p> <p>Withdrawal from others</p> <p>Feeling sad or hopeless</p> <p>Guilt, shame, self-blame</p> <p>Anger, irritability, mood swings</p> <p>Confusion, difficulty concentrating</p>
Physical	<p>Fatigue</p> <p>aches and pains</p> <p>muscle tension</p> <p>Racing heartbeat</p> <p>Being startled easily</p> <p>Edginess and agitation</p> <p>Difficulty concentrating</p> <p>Insomnia or nightmares</p>
Mental Health Diagnosis	<p>Anxiety</p> <p>Depression</p> <p>PTSD, C-PTSD</p> <p>Unhealthy Attachment Styles</p> <p>Borderline Personality Disorder</p> <p>Stuck in fight, flight or freeze mode</p>
	<p>Avoidance behaviors</p> <p>Tense in certain situations</p> <p>Feeling like “it” is happening over again</p>

Trauma Responses

Views things through a faulty “trauma” filter

(I will have same outcome from trauma, because you are doing the same thing this other person did)

Example: A Woman experiences abuse. Her abuser would drink beer, become aggressive and angry, and eventually hit her. Now, every time she is around someone who is passionate, emotional, yells, or drinks beer, she believes she will be abused again because that is what started it the last time. Even though logically she knows she is safe and this person has never given her any indication she would be harmed.

Relevant Resources

Children’s Practice Notes, (2012). *How trauma affects child brain development*. Vol. 7(2). Retrieved from [How Trauma Affects Child Brain Development \(practicenotes.org\)](https://www.practicenotes.org/How-Trauma-Affects-Child-Brain-Development).

Crisis Prevention Institute, (2023). *Trauma Informed Care For Health Care Professionals*. Retrieved from [PDF HTIC.pdf \(crisisprevention.com\)](https://www.crisisprevention.com/PDF-HTIC.pdf).

EMDRIA.ORG. (2023). *About EMDR Therapy*. Retrieved from [About EMDR Therapy - EMDR International Association \(emdria.org\)](https://www.emdria.org/About-EMDR-Therapy).

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Schedule individual therapy with a trauma-focused therapist.

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