

Trauma Effects

How Trauma Effects a person

Definition

“Trauma is 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” (apa.org).

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>Eating Disorders</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>

Trauma Responses

Feeling like “it” is happening over again

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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