

Kinds of Trauma

Trauma is any event that interferes with a child's sense of safety and well-being and leaves lasting effects on their positive sense of self.

Single-Incident Trauma refers to a single-incident trauma which was unexpected and came out of the blue.

- Severe illness or injury
- Violent assault
- Sexual assault
- Death in the family
- Mugging or robbery
- Being a victim of or witness to violence
- Witnessing a terrorist attack
- Witnessing a natural disaster
- Road accident
- Military combat incident
- Hospitalization
- Psychiatric Hospitalization
- Medical emergency

Repetitive Trauma refers to trauma which has been repeated over a period of time and where someone might feel trapped emotionally or physically. They may also feel as if they have been coerced or powerless to prevent the trauma.

- Sibling abuse
- Childhood emotional abuse
- Domestic violence
- Emotional neglect and attachment trauma
- Abandonment
- Verbal abuse

Coercion

Physical abuse

Long term mis-diagnosis of a health problem

Bullying at home at school or in a work setting

Sexual abuse

Emotional abuse

Physical neglect

Overly strict upbringing sometimes religious

Emotional Trauma is any type of abuse that involves the continual emotional mistreatment of a child. It is sometimes called psychological abuse. Emotional abuse can involve deliberately trying to scare, humiliate, isolate or ignore a child. Emotional abuse is often a part of other kinds of abuse.

- Humiliating or constantly criticizing a child.
- Threatening and shouting at a child or calling him or her names. Making the child the subject of jokes, or using sarcasm to hurt a child. Blaming them for everything or scapegoating them.
- Making a child perform degrading acts.
- Pushing a child too hard or not recognizing their limitations,
- Exposing a child to upsetting events or situations, like domestic abuse or drug taking.
- Failing to promote a child's social development like not allowing them to have friends.
- Persistently ignoring them.
- Being absent most of the time.

- Manipulating a child.
- Never saying anything kind, expressing positive feelings or congratulating a child on successes.
- Never showing any emotions in interactions with a child.

Signs of Emotional Abuse

There might not be any obvious physical signs of emotional abuse or neglect. And a child might not tell anyone what's happening until they reach a crisis point. That's why it's important to look out for signs in how a child is acting.

Children who are being emotionally abused might:

Seem unconfident or lack self-assurance.

Have difficulty making or maintaining relationships.

Act in a way that's inappropriate for their age.

Have more than a few outbursts of anger at home or in school.

A person subjected to trauma may respond in several ways. They may be in a state of shock, extreme grief, or denial. Apart from the immediate or short-term response, trauma may also give rise to several longer-term reactions in the form of emotional ability, flashbacks, impulsiveness, and strained relationships. Trauma can lead to physical symptoms, such as headaches, lethargy, and nausea. Some people may be affected a lot more than others. Such people may be entrapped in the emotional impact of the trauma and find it difficult to move on with their lives.

They experience:

Excessive anxiety or panic

Irritation

Confusion

Inability to have a restful sleep

Feeling of disconnection from the surroundings

Unreasonable lack of trust

Inability to focus on work or studies

Lack of self-care or grooming

Aggressive behavior

Post Traumatic Stress Disorder