The Truth About Trauma

We hear a lot about trauma and post-traumatic stress disorder (PTSD) these days. Websites from Psychology Today to Forbes have had something to say about it, and everyone seems to have their own understanding and interpretation of it.

What is trauma really?

In short, trauma is our emotional response to distressing experiences.

Types of trauma

- Acute Trauma
- Chronic Trauma
- Complex Trauma
- Secondary or Vicarious Trauma
- Adverse Childhood Experiences (ACE) Trauma

Effects of trauma

Naturally, the effects of trauma are as varied as the types of trauma themselves. Because traumatic experiences undermine our sense of safety in the world, they cause a reaction in a part of our brain called the amygdala, activating our fight-flight-freeze response.

Treatment of trauma

The most foundational ones are lifestyle changes and self-care, including being patient with yourself and giving yourself time to heal. It's especially important to seek encouragement and help from those close to us and from other support groups.

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