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trauma is a response to an intensely stressful event s or situations the effects can be long lasting but healing is possible traumatic events can happen at any age and have lasting effects reviewed by psychology today staff what is trauma the word trauma literally means wound shock or injury psychological trauma is a person s experience of emotional distress trauma is an emotional response that lasts long after an event occurs that causes significant mental and physical stress just like a physical scar from a deep cut takes time to heal recovery from trauma is possible with time and treatment definition symptoms causes ptsd childhood trauma treatment self care when to seek help summary psychological trauma is a response to an event that a person finds highly stressful trauma home psychoblog

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topics trauma is an emotional response to a terrible event like an accident crime natural disaster physical or emotional abuse neglect experiencing or witnessing violence death of a loved one war and more immediately after the event shock and denial are typical trauma is an emotional response that is caused by a distressing event or series of events such as abuse a bad accident rape or other sexual violence combat or a natural disaster just because a person experiences a distressing event does not mean they will experience trauma trauma describes your emotional response to an experience that makes you feel threatened afraid and powerless there s no set threshold of what harm is bad enough to cause trauma a updated on november 09 2023 medically reviewed by sabrina romanoff psyd tara moore getty images table of contents view all what is trauma accept support find the right help connect with others physical movement if you have recently dealt with a traumatic event you might be worried that you re going to feel lousy indefinitely what is trauma trauma is an emotional response to a horrifying stressful or dangerous event relationship or circumstance that threatens or harms a person s health and safety most people will experience at least one form of trauma in their lifetime there are four types of trauma post traumatic stress disorder ptsd is

mental health condition that s triggered by a terrifying event either experiencing it or witnessing it symptoms may include flashbacks nightmares and severe anxiety as well as uncontrollable thoughts about the event according to samhsa 2019 trauma can be defined as an event series of events or set of circumstances that is experienced by an individual as physically or emotionally harmful or trauma responses can be activated by subtle chronic painful experiences that may drive the person slowly to feeling lost hopeless and isolated often without obvious indications home trauma and violence samhsa addresses the impact of trauma on individuals families and communities as a behavioral health concern that requires a healing and recovery process what is trauma samhsa describes individual trauma as an event or circumstance resulting in physical harm emotional harm and or life threatening harm trauma is when we experience very stressful frightening or distressing events that are difficult to cope with or out of our control it could be one incident or an ongoing event that happens over a long period of time most of us will experience an event in our lives that could be considered traumatic but we won t all be affected the same way jul 12 2022 4 min read what is trauma about 60 of men and 50 of women in america will experience trauma

least once in their lives with 12 million us adults suffering from ptsd during any given year given its prevalence it s important to understand what trauma is what effects it has and crucially where help can be found trauma is any type of distressing event or experience that can have an impact on a person s ability to cope and function trauma can result in emotional physical and psychological harm many people will experience some kind of traumatic event from the unexpected death of a loved one to a motor vehicle accident at some point in their lifetime sexual physical or verbal abuse domestic violence neglect experiencing trauma in childhood can result in a severe and long lasting effect when childhood trauma is not resolved a sense of fear and helplessness carries over into adulthood setting the stage for further trauma trauma explains what trauma is and how it affects your mental health includes tips for helping yourself what treatments are available and how to overcome barriers to getting support also has tips for supporting someone else who has gone through trauma how could trauma affect me this page covers how our bodies respond to danger a traumatic event is a shocking scary or dangerous experience that can affect someone emotionally and physically traumatic events can include experiences such as natural

floods acts of violence such as assault abuse
terror attacks and mass shootings and car
crashes or other accidents

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trauma as an event or circumstance resulting in physical harm emotional harm and or life threatening harm

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trauma explains what trauma is and how it affects your mental health includes tips for helping yourself what treatments are available and how to overcome barriers to getting support also has tips for supporting someone else who has gone through trauma how could trauma affect me this page covers how our bodies respond to danger

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a traumatic event is a shocking scary or dangerous experience that can affect someone emotionally and physically traumatic events can include experiences such as natural disasters such as hurricanes earthquakes and floods acts of violence such as assault abuse terror attacks and mass shootings and car crashes or other accidents

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