



# What Is Trauma?

"TRAUMA IS AN INJURY CAUSED BY AN OUTSIDE, USUALLY VIOLENT FORCE, EVENT OR EXPERIENCE. WE CAN EXPERIENCE THIS INJURY PHYSICALLY, EMOTIONALLY, PSYCHOLOGICALLY, AND/OR SPIRITUALLY. TRAUMAS CAN UPSET OUR EQUILIBRIUM AND WELL-BEING. IF A TRAUMA IS SEVERE ENOUGH, IT CAN DISTORT OUR ATTITUDES AND BELIEFS. SUCH DISTORTIONS OFTEN RESULT IN DYSFUNCTIONAL BEHAVIORS, WHICH CAN IN TURN PRODUCE UNWANTED CONSEQUENCES. SINCE EVEN ONE TRAUMATIC EXPERIENCE CAN RESULT IN DISTORTED ATTITUDES, DYSFUNCTIONAL BEHAVIORS, AND UNWANTED CONSEQUENCES, THIS PATTERN IS MAGNIFIED EXPONENTIALLY WHEN A PERSON REPEATEDLY EXPERIENCES SEVERE TRAUMA, AND IS MUCH WORSE WHEN THE TRAUMA IS CAUSED BY HUMAN BEINGS." - DR. JOY DEGRUY

## FORMS OF TRAUMA

### Acute Trauma

Trauma symptoms or responses that results from one single stressful or dangerous event.

### Chronic Trauma

Trauma symptoms or responses that results from repeated and prolonged exposure to highly stressful events.

### Complex Trauma

Trauma symptoms or responses that results from experiencing and exposure to multiple traumatic events.

### Racial Trauma

Trauma symptoms or responses that results from experienced and/or exposure to racism, racial bias, discrimination, prejudice and hate crimes.