

DIFFERENT TYPES OF TRAUMA & SOME OF THE INTERPLAYING FACTORS AROUND THE IMPACT & CONSEQUENCES

DR. KAREN TREISMAN


CLINICAL
PSYCHOLOGIST


TRAINER


AUTHOR

 SafeHands
ThinkingMinds.co.uk

Sketch
by
@wterral

THIS IS NOT A PRESCRIPTIVE OR EXHAUSTIVE LIST.
NOR ARE THEY MUTUALLY EXCLUSIVE - MANY ARE & CAN BE

LAYERED,

INTERLINKED,

&

INTERWOVEN

TRAUMA DOES NOT OCCUR WITHIN A VACUUM; IT IS INFLUENCED
BY MULTIPLE SYSTEMIC, RELATIONAL, & CONTEXTUAL ELEMENTS.

THEREFORE, THE IMPACT & CONSEQUENCES OF THE TRAUMAS
ARE LIKELY TO BE ON A CONTINUUM, & SHAPED BY A NUMBER
OF INTERPLAYING FACTORS INCLUDING:

- AGE & STAGE.
- TEMPERAMENT & UNIQUE ATTRIBUTES, INCLUDING BIOLOGICAL & GENETIC FACTORS.
- RELATIONSHIP WITH THE PERSON.
- SEVERITY & NATURE OF THE TRAUMA
- DURATION & FREQUENCY OF THE TRAUMA.
- OTHER PEOPLE & THE COMMUNITY'S RESPONSES, SUPPORT, & REACTIONS.
- THE MEANING-MAKING & SENSE-MAKING AROUND THE TRAUMAS.
- THE BELIEFS, ATTRIBUTIONS, JUDGEMENTS, EXPECTATIONS, & ASSUMPTIONS.
- CULTURAL, SOCIAL, & SOCIETAL CONTEXT & CONCEPTUALISATIONS.
- IMPACT ON THE PERSON'S DAY-TO-DAY LIFE; INCLUDING THE LOSSES.
- OTHER PROTECTIVE & RISK FACTORS INCLUDING PREVIOUS LIFE EVENTS.

RELATIONAL
ATTACHMENT &
INTERPERSONAL



DEVELOPMENTAL
INCLUDING
IN-UTERO



ABUSE &
MALTREATMENT



CULTURAL
& RACIAL



INTERGENERATIONAL
& HISTORICAL



SINGLE - EVENT



CAR ACCIDENT, BURGLARY, ETC.

WAR, REFUGEE,
& POLITICAL



COMBAT-RELATED
& MILITARY



MEDICAL, INJURY,
& BIRTH TRAUMA



TRAUMATIC GRIEF,
BEREAVEMENT,
& LOSS

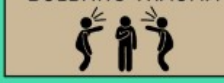


COMMUNITY TRAUMA



INCLUDING NEIGHBOURHOOD
& SCHOOL VIOLENCE

PEER, SIBLING, &
BULLYING TRAUMA



NATURAL DISASTER



ORGANISATIONAL, SYSTEM,
& INSTITUTIONAL TRAUMA



SECONDARY
& VICARIOUS
TRAUMA

