

Trauma



Trauma is an experience that is:



very stressful



very frightening



distressing



difficult to cope with



out of control



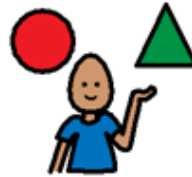
unsafe

It can be

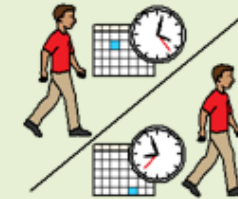


1

a one off event

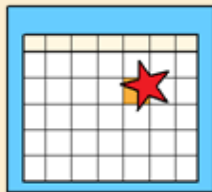
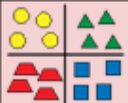


or



a re-curring event

What types of trauma are there?



acute trauma



complex trauma



chronic trauma

Communication Friendly @SchoolsNlc

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