

## Defining Trauma

Trauma is the unique individual experience of an event or enduring conditions in which the individual's ability to integrate his/her emotional experience is overwhelmed and the individual experiences (either objectively or subjectively) a threat to his/her life, bodily integrity, or that of a caregiver or family (Saakvitne, K. et al, 2000)

## Trauma Types

1. **Sexual Abuse, Assault, harassment:** Actual or attempted sexual contact, exposure to age-inappropriate sexual material or environments, sexual exploitation, unwanted or coercive sexual contact, and/or unwanted or coercive sexual dialogue, "joking", and/or physical touch.
2. **Physical Abuse or Assault:** Actual or attempted infliction of physical pain with or without use of an object or weapon and including use of severe corporeal punishment.
3. **Emotional Abuse/Psychological Maltreatment:** Acts of commission against a survivor, other than physical or sexual abuse, that caused or could have caused conduct, cognitive, affective or other mental disturbance, such as verbal abuse, emotional abuse, excessive demands on performance that may lead to negative self-image and disturbed behavior. Acts of omission against a minor child that caused or could have caused conduct, cognitive, affective or other mental disturbance, such as emotional neglect or intentional social deprivation.
4. **Neglect:** Failure by the child victim's caretaker(s) to provide needed, age-appropriate care although financially able to do so, or offered financial or other means to do so, including physical neglect, medical neglect, or educational neglect.
5. **Serious Accident or Illness/Medical Procedure:** Unintentional injury or accident, having a physical illness or experiencing medical procedures that are extremely painful and/or life threatening.
6. **Victim/Witness to Domestic Violence and/or intimate partner violence:** Exposure to emotional abuse, actual/attempted physical or sexual assault,

and/or aggressive control perpetrated between a parent or step-parent/caretaker/sibling/child and any other family member in the victim's home environment. Intimate partner violence is specific to violence between partners, spouses, casual partners, etc. The spouse of a parent/caretaker can be a perpetrator of abuse towards any offspring in the home environment.

7. **Victim/Witness to Community Violence:** Extreme violence in the community, including exposure to gang-related violence, drug related violence, high crime areas, aggressive police force.
8. **School Violence:** Violence that occurs in a school setting, including, but not limited to school shootings, bullying, interpersonal violence among classmates, and classmate suicide.
9. **Natural or Manmade Disasters:** Major accident or disaster that is an unintentional result of a manmade or natural event.
10. **Forced Displacement:** Forced relocation to a new home due to political reasons, generally including political asylees or immigrants fleeing political persecution.
11. **War/Terrorism/Political Violence:** Exposure to acts of war/terrorism/political violence including incidents such as bombing, shooting, looting, or accidents that are a result of terrorist activity as well as actions of individuals acting in isolation if they are considered political in nature. Some examples would be extremist groups such as the Klu Klux Klan, ISIS, active shooters, etc.
12. **Victim/Witness to Extreme Personal/Interpersonal Violence:** Includes extreme violence by or between individuals including exposure to homicide, suicide and other similar extreme events.
13. **Traumatic Grief/Separation:** Death of a parent, primary caretaker or sibling, abrupt and/or unexpected, accidental or premature death or homicide of a close friend, family member, or other close relative; abrupt, unexplained and/or indefinite separation from a parent, primary caretaker or sibling due to circumstances beyond the victim's control.

14. **System-Induced Trauma:** Traumatic removal from the home, traumatic foster placement, sibling separation, or multiple placements in a short amount of time.
15. **Interpersonal Relational Trauma:** The exploitative harm done to one person by another in a marital/primary relationship through any form of abuse, betrayal, sexually compulsive behavior, etc. Often categorized as an extreme betrayal of trust, ie emotional abuse through infidelity.
16. **Ecological systems:** Family, school, neighborhoods, employment, government, and other ecological systems surrounding an individual in which may impose expected standards, belief systems, and stereotypes that perpetuate the exploitation, segregation, and inferiority of any culture, gender, sexual orientation, religious affiliation, etc. Considerations around the experience of those whom do not have access to privilege in certain ecological situations, i.e. racial profiling and police brutality, systemic racism, unequal rights to marry, unequal pay, limited opportunities.
17. **Transgenerational trauma:** Traumatic stress that is transferred from the first generation of trauma survivors to the second and further generations of offspring of the survivors of adverse events i.e. children, grandchildren, great grandchildren of holocaust survivors, survivors of slavery and racial oppression, maltreatment of indigenous peoples, families of refugees, etc.
18. **Collective Trauma:** Traumatic stress that impacts societies at large. It has the potential to erupt societal change, making meaning, and trans-generational response. Examples include pandemics (COVID-19), war, mass violence, genocide, etc.
19. **Racial Trauma:** Racial trauma, a form of race-based stress, refers to People of Color and Indigenous individuals' (POCI) reactions to dangerous events and experiences of racial discrimination. Such experiences may include threats of harm and injury, humiliating and shaming events, and witnessing racial discrimination toward other POCI. The psychological distress related to racial trauma is unique in that it involves ongoing individual and collective injuries due to exposure and re-exposure to race-based stress.