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CCR Trauma/Resilience Tip



Los Angeles County DMH, Continuum of Care Reform Division

Trauma/Resilience Tip of the Week: Responses to Trauma

Not everyone that experiences trauma will present with a specific response; however it is important to recognize common responses to trauma. Physical responses can include but are not limited to: aches and pains (i.e. headaches), sudden sweating, changes in sleep patterns, constipation and easily startled. Emotional responses can include but are not limited to, shock, fear, grief, irritability, avoidance of trauma associations, isolation, feelings of guilt and shame. Again, trauma awareness increases our ability to better serve the families and children we work with and be mindful of our own processes related to trauma. (1989, 2001, 2003 Patti Levin, LICSW, PsyD)



REMEMBER: These are common and normal responses to trauma but being well informed can help us identify when responses to trauma affect our day to day living more than the usual.
