



Trauma Tip of the Week: Trauma Awareness

Do you know the different types of trauma? According to SAMHSA, traumatic events can include physical and sexual abuse, neglect, bullying, domestic violence, community-based violence, system induced trauma and re-traumatization, disaster, terrorism, and war. Why is it important to know? Trauma awareness can assist in identifying triggers in response to each trauma and how to adaptively cope. In addition to being mindful of triggers, trauma awareness can facilitate our ability to assess, plan treatment and provide support to the families, children and youth that we serve.



Trauma Informed Care and Awareness embraces :

- Adaptation (ability to adapt to change) over symptoms &
 - Resilience over pathology.

(Elliot, Bjelajac, Fallot, Markoff, & Reed, 2005, p. 467)
