

Psychological Trauma 101

Dispelling common myths and misconceptions about trauma

Sample Content

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Our Goals for Today...

- Understand the basics of psychological trauma.
- Learn about the "three Es" of trauma.
- Identify common symptoms of trauma
- Address frequent misconceptions about trauma.
- Introduce trauma aware principles.





No graphic details, examples, or images will be shared **during this online training.**

An event can **be traumatic** when...



It was unexpected



People were unprepared



It could not be prevented or stopped



Secondary or Vicarious Trauma

Overview of **Different Types** of Trauma

Experienced by those indirectly exposed to traumatic events, often by listening to or witnessing the suffering of others.

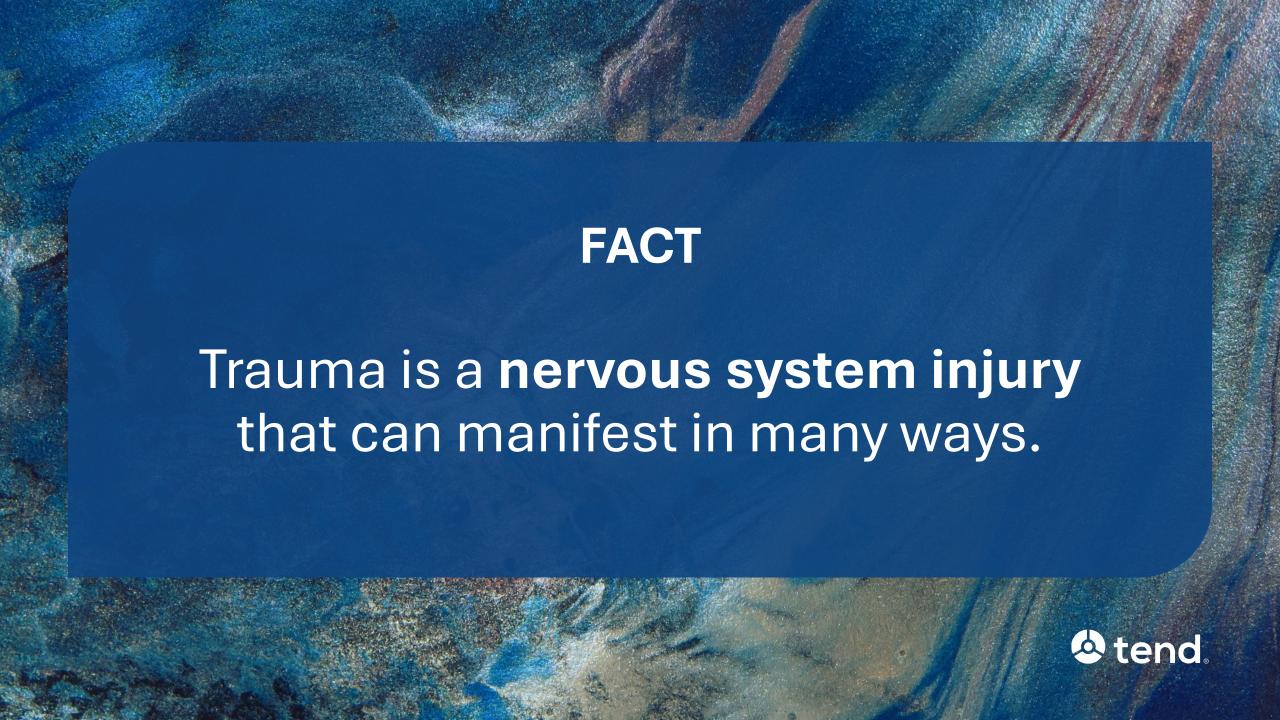
Examples:

- Helping professionals

 (e.g., therapists, first
 responders) supporting
 trauma survivors
- Reviewing crime scene photos
- Being a juror in a distressing trial

MISCONCEPTION If you don't have flashbacks or PTSD, you aren't traumatized.





Example of **Hypervigilance**

After a break-in at his home, Amir constantly checks his door locks and reacts anxiously to minor noises. This heightened alertness affects his daily life, making him feel unsafe even in familiar settings.

