



# **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

# Overview of Different Types of Trauma

American Psychiatric Association, 2013

## Secondary or Vicarious 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.*



## FACT

Trauma is a **nervous system injury** that can manifest in many ways.



## 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.