

Examples of trauma

- An adult goes into a panic when asked to sit in a small, dark room and refuses to enter or sobs while walking through the door. We learn that as a child the person was regularly locked in a closet for many hours as punishment for some “bad behavior.”
- A child recoils when a kind man reaches out to pat her head. We learn that this reaction is because she has been sexually molested by her stepfather or a neighbor or older brother.
- A man throws himself down on the grass, covers his head and goes into a panicky sweat when a car backfires. We learn that he was in a war zone and watched friends killed by explosives of some kind.
- Maya Angelou, one of America’s great writers, ceased talking for four years as a young girl after she was raped by a relative. Family assumed she would never talk again.

Common causes of trauma

ABUSE	LOSS	CHRONIC STRESSORS
<ul style="list-style-type: none">• <i>Emotional</i>• <i>Sexual</i>• <i>Physical</i>• <i>Domestic violence</i>• <i>Witnessing violence</i>• <i>Bullying</i>• <i>Cyberbullying</i>• <i>Institutional</i>	<ul style="list-style-type: none">• <i>Death</i>• <i>Abandonment</i>• <i>Neglect</i>• <i>Separation</i>• <i>Natural disaster</i>• <i>Accidents</i>• <i>Terrorism</i>• <i>War</i>	<ul style="list-style-type: none">• <i>Poverty</i>• <i>Racism</i>• <i>Invasive medical procedure</i>• <i>Community trauma</i>• <i>Historical trauma</i>• <i>Family member with substance use disorder</i>