

Trauma

is more than an event.



Trauma is an EXPERIENCE

A traumatic event is an experience of physical sensations and psychological disruptions. The brain assigns meaning to the experience and labels the memory accordingly. This process is unique to every person, which is why an event may be traumatic to one person, but not to another.

Trauma has an EFFECT

Experiencing a traumatic event has adverse effects on the mind and body. These biological reactions may occur immediately or may be delayed, and the duration may be short term or long term. The individual may not recognize the connection between the traumatic event and the effects, but the effects are a critical component of the trauma.



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