

BASIC GUIDE TO UNDERSTANDING TRAUMA.

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When a woman heals, she not heals her self but she also heals her family, and the rest of her generation too.



WHAT IS TRAUMA ?

Trauma is the response to a deeply distressing or disturbing event that overwhelms an individual's ability to cope, causes feelings of helplessness, diminishes their sense of self and their ability to feel the full range of emotions and experiences

Trauma is described as an experience that happens in an individual's life that creates serious harm, physical, mental, or emotional.

Traumatic events can be deeply disturbing to the individual and can cause them to feel out of control of the situation, in a state of helplessness or hopelessness

Trauma has also been described as an event that falls outside the range of usual human experience that causes distress.

Trauma causes physical, emotional, spiritual, or psychological harm.



BIG 'T' TRAUMA / SMALL 't' TRAUMA

Small 't' traumas: are circumstances where one's bodily safety or life is not threatened but cause symptoms of trauma. most will have an easier time recovering from them than a large 'T' trauma.

Examples are – getting a new job or moving; relationship events like divorce, infidelity, or an upsetting personal conflict; life stressors like financial troubles, work stress or conflict, or legal battles.

Large 'T' traumas: are extraordinary experiences that bring about severe distress and helplessness.

Examples - one-time events like acts of terrorism, prolonged stressors like war, child abuse, neglect or violence , and sexual assault, domestic violence (physical), people may steer clear of triggers like personal reminders, certain locations, or situations like crowded or even deserted places. And they may resist confronting the memory of the event.

SOME COMMON SOURCES OF TRAUMA INCLUDE:



- Rape
- Domestic violence
- Natural disasters
- Severe illness or injury
- The death of a loved one
- Witnessing an act of violence
- Divorce
- Emotional neglect
- Betrayal

TRAUMA RESPONSE.....

Trauma Response No. 1: Freeze

During the freeze response, your body stops to heighten your awareness of what's going on around you. Your hearing and vision will likely seem heightened as your brain attempts to gauge how threatening the situation is.

Trauma Response No. 2: Flight

Once you've perceived that a situation is threatening, your body goes into an "alert" mode. Your muscles tense up and your body readies itself to flee if necessary.

Trauma Response No. 3: Fight

The third response many people experience in a traumatic situation is to feel like fighting or confronting the situation or perpetrator. Your heart rate will increase and you may attempt to counteract the danger.

TRAUMA RESPONSE

Trauma Response No. 4: Fright

The fright response occurs when your emotions peak with the feeling of fear and your ability to think or concentrate becomes limited. Your body may become immobile, and parts of the event may start to be “blocked out” as you come to realize that there may be no way to escape or counter the situation.

Trauma Response No. 5: Flag

The flagging response is when your biological systems begin to shut down, your blood pressure drops, and your emotions become numbed.

Trauma Response No. 6: Faint

The final response to trauma is fainting, which happens in extreme cases and includes losing the ability to send any messages to your body to take action.

WHAT HAPPENS WHEN WE EXPERIENCE A TRAUMATIC EVENT ?

Each action is thought to be your body's way of trying to protect you from potential harm. You may experience the full sequence of events or only part of it, depending on the situation.

The response varies depending on how severe you think the threat is in relation to your own power to take action.

What could be traumatic to one might not be traumatic to another .

Our upbringing ,environment ,SEE, meta-programs ,filters will determine how we individually respond to the traumatic event

When we experience trauma our body goes into **Freeze, Flight, Fight, Fright, Flag, Faint.**

PHYSICAL REACTIONS TO TRAUMA

Exhaustion

Confusion

Sadness

Anxiety

Agitation

Numbness

Dissociation

Confusion

Physical arousal

PSYCHOLOGICAL REACTIONS TO TRAUMA

Anger, moodiness, and irritability

Becoming obsessive

Crying

Denial

Disbelief

Emotional numbness

Disinterest in previous activities

BEHAVIORS EXHIBITED BY PEOPLE WHO EXPERIENCED TRAUMA.

Overwhelming fear.

Obsessive and compulsive behaviors.

Detachment from other people and emotions.

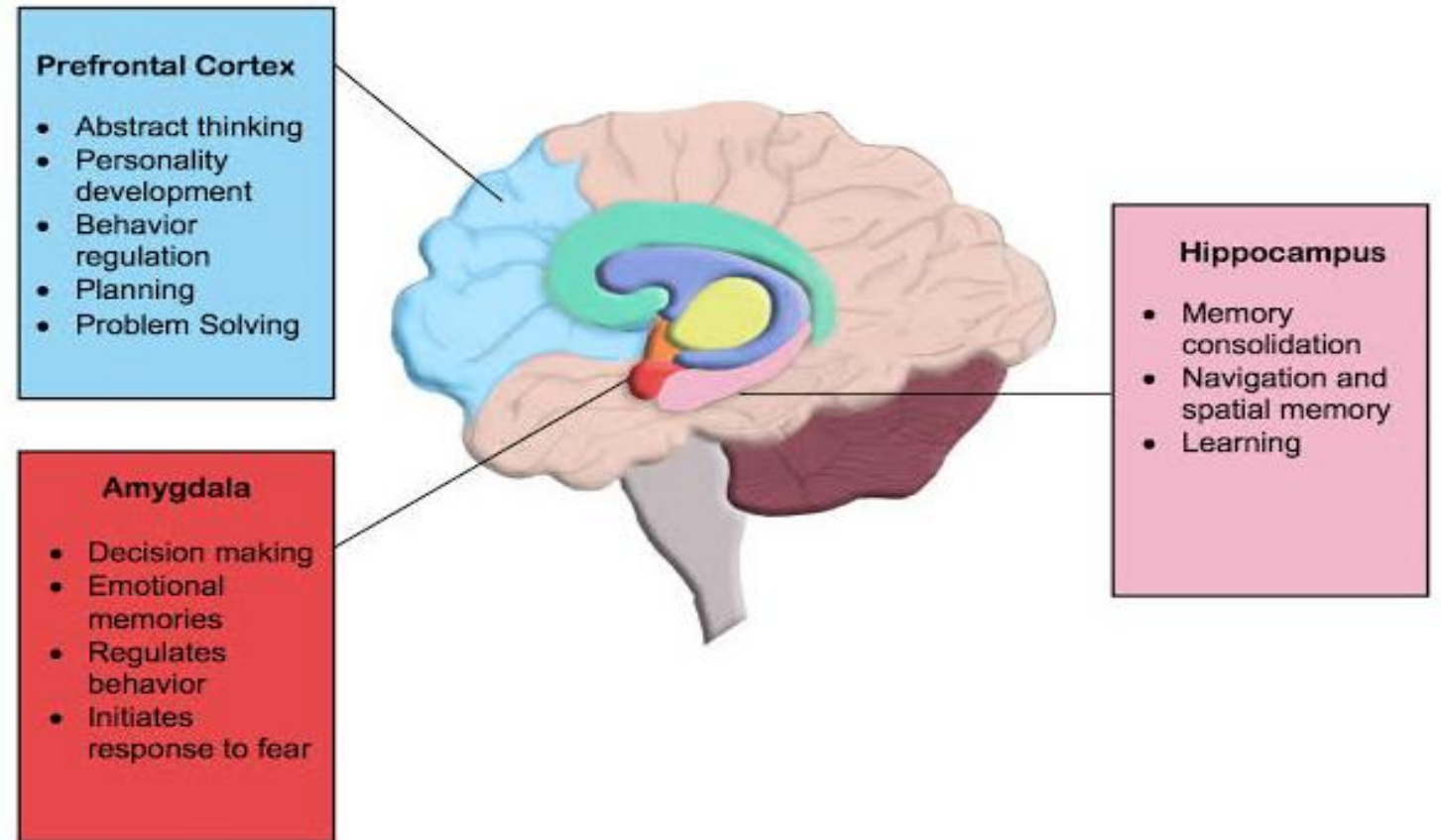
Emotional numbing and depression.

Guilt and Shame. – especially if one lived while others perished.

Emotional shock.

TRAUMA AND THE BRAIN

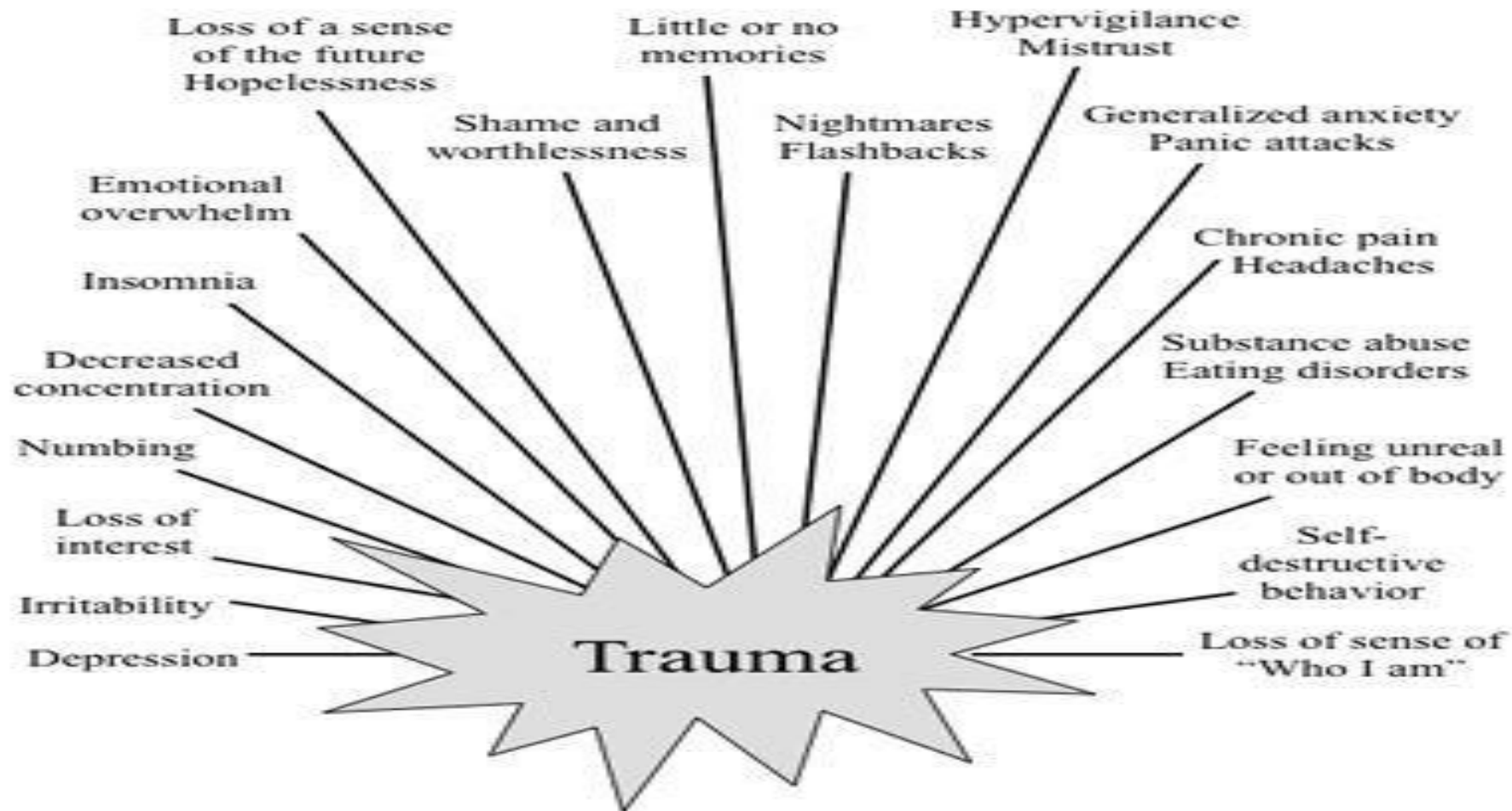
- ❑ Changes in the Amygdala
- ❑ Changes in the Hippocampus
- ❑ Changes in the Prefrontal Cortex



EFFECTS OF UNRESOLVED TRAUMA

Hidden symptoms of unresolved trauma may include:

- Flashbacks and nightmares
- Extreme fears that appear without reason
- Divisive black & white thinking
- panic attacks
- Being hyper vigilant (Constantly on edge, searching for threats, even in situations that wouldn't normally warrant such behavior)
- High levels of self-blame or excessive survivor's guilt
- Difficulty with relationships and attachment
- Chronic suicidal thoughts
- Feelings of worthlessness and ongoing depression (Unresolved trauma is often misdiagnosed as depression; unresolved trauma may cause depression, but once the trauma is resolved, the depression begins to recede.)
- High levels of conflict avoidance
- Eating disorders and/or self harm (Unresolved trauma causes the victim to feel out of control)
- Constantly feeling like a victim



"Trauma survivors have symptoms instead of memories" [Harvey, 1990]

THE EFFECTS OF TRAUMA/ FROM HURT TO HEALING

1. **ORIGINAL HURT-** fight flight ,freeze ,emotional constriction /numbness ,blocked ability to react and feel ,hypervigilance.
2. **PERSONALITY CHANGES** -loss of ability to take in support ,high intensity withdrawal ,emotional inner dynamics , black and white thinking .
3. **EFFECTS ON RELATIONSHIPS /LEADERSHIP** – intimacy triggers wounds ,need to control to feel safe ,recurrent depression with despair ,sensation seeking behaviour ,loss of trust faith in relationship bonds ,tendency to overreact .fear of commitment ,fear of abandonment , loss of faith .
4. **PERSONAL GROWTH** - integration and resolution ,letting in support ,restoration of faith and trust ,acceptance of life ,ability to start all over one day at a time, deepening spirituality and a relationship with a higher power .increase ability to seat with deep emotions and communicate to a therapist or support group /counsellor.
5. **SUPPORT SYSTEM /ACCOUNTABILITY** – joining a community for support , going to therapy ,joining support groups for healing ,unlearn and relearn.

“Having your defenses down can feel good. You will realize how much energy it takes to carry your armor/mask from pain. Your wall of protection kept the bad stuff out, but it also kept good stuff from coming in. Guarding your heart is important, but not at the expense of being known by people who love you and people who are waiting to experience your greatness.”
— **Rinret G Dare.**

- When you healyou lead effectively
- Can you heal from trauma ? Yes you can .
- Trauma becomes generational, when you don't healyou can end these circle now.

Thank
You