



TRAUMA

Learning Objectives



Examine trauma-
related issues



Cultivate honesty with
oneself



Identify personal trauma



What is Trauma?

Trauma is the response when faced with an adverse event that can be harmful to physical and mental conditions, such as violence (physical, mental, sexual), accidents, war or natural disasters.

Types of Trauma

ACUTE

hazardous events that only happen once, such as accidents or natural disasters.



CHRONIC

harmful events that occur on an ongoing basis, such as bullying or domestic violence.



COMPLEX

various traumatic events, such as experiencing a natural disaster but then experiencing sexual violence while in refugee camps and rejection from the community

CAUSES



Trauma can be caused by violence, neglect, natural disasters, accidents, or war.

Not only can be experienced directly, but also trauma can arise from **witnessing traumatic events**, even if you are not a direct victim.



SYMPTOMS

Too alert, difficulty concentrating, forgetfulness, short attention span, blank mind, etc.

Cognitive



Physical



Nausea, lack of energy, chest pain, high blood pressure, diarrhea, shortness of breath, fatigue, headache



Emotions

Excessive fear, anger, resentment, shame, guilt, and deep sadness



Behaviour

Withdrawal, uncontrollable emotions, irritability, etc.

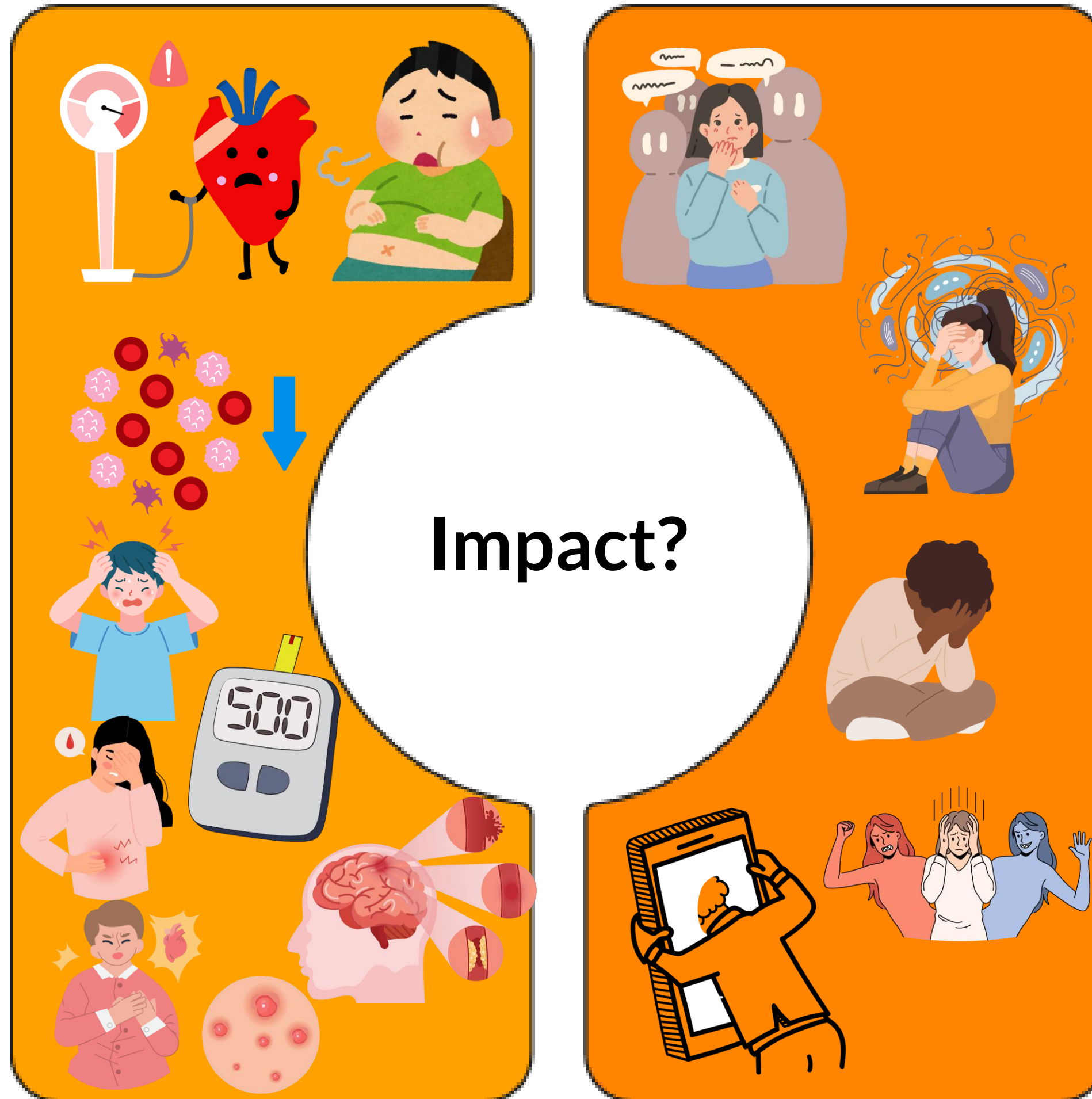


Spiritual

Emptiness, loss of meaning, feeling unforgiven, cynicism, apathy, and crisis of faith

Health

- Hypertension
- Indigestion
- Decreased immunity
- Headache
- Diabetes
- Menstrual disorders
- Acne
- Heart attack
- Stroke



Psychology

Prolonged trauma can trigger psychiatric disorders such as phobias, depression, PTSD, addictions and personality disorders.

Symptoms include fear, prolonged sadness, trauma flashbacks, uncontrollable emotions, or substance dependence.



INDONESIA

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