

# TYPES OF TRAUMA



TRAUMA is any event beyond a person's ability to master it at the time. There are 2 major types of trauma. "Big T" Trauma are normally major life events. "Small t" trauma is more complex.

A person may withstand a "Big T" trauma but be so vulnerable after the fact that it is a "Small t" trauma that finally causes their coping abilities to collapse.

Naming "Small t" experiences as traumatic, and validating them, helps a person begin healing. Recognizing how trauma affects us and our mate can be extremely beneficial to a relationship.

## "BIG T" TRAUMA



## "small t" trauma

- Major events, normally seen as traumatic
- Emotions, beliefs and physical sensations occur in the body and mind
- EXAMPLES:
  - Serious accidents
  - Natural disasters
  - Robbery, rape or urban violence
  - Major surgeries/life threatening illnesses
  - Chronic or repetitive experiences (child abuse & neglect)
  - War, combat, concentration camps
  - May cause PTSD in some people

- Overwhelming but often not seen as traumatic
- Emotions, beliefs and physical sensations occur in both mind and body
- Unprocessed traumas can have a long-lasting, negative effect
- Can cause concentration, self-esteem & emotional regulation difficulties
- Stunts and colors perceptions later in life
- Most common in neglected/abused children
- Become part of a negative spiral when a "Big T" trauma occurs
- Often referred to as "complex" trauma