

Childhood Trauma

An event that a child finds overwhelmingly distressing or emotionally painful, often resulting in lasting mental and physical effects.

LONG-TERM IMPACTS:

Affects perception of reality



Takes away sense of safety



Wires brain to expect danger

Increases stress hormones flowing through the body



Triggers fight, fright or freeze response



Creates a sense of helplessness



Creates relationship problems

Results in serious behaviour problems



“The initial trauma of a young child may go underground but it will return to haunt us”
James Garbarino

PREFRONTAL CORTEX (PFC)

“Thinking Centre”

Underactivated

Difficulties concentrating & learning.

A traumatised brain is
“bottom heavy”

ANTERIOR CINGULATE CORTEX (ACC)

“Emotion Regulation Centre”

Underactivated

Difficulties with managing emotions.

AMYGDALA
“Fear Centre”

Overactivated

Difficulty feeling safe, calming down, sleeping

Complex Trauma: a result of repetitive, prolonged trauma



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2x

more likely to develop
DEPRESSION

3x

more likely to develop
ANXIETY DISORDERS

Common causes:



Child abuse (physical, emotional, sexual)

Grief



Witness/victim of violence



War/Terrorism



Neglect

Medical trauma



Substance misuse



Mental illness



Bullying in school

Separation from loved ones



Long Term Childhood Illness

DJ Losen



Long Term Childhood Illness:

Uncover the mysteries within Explore with is enigmatic creation, Embark on a Mystery with **Long Term Childhood Illness** . This downloadable ebook, shrouded in suspense, is available in a PDF format (PDF Size: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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