

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

R Bogdan



Long Term Childhood Illness:

Unveiling the Magic of Words: A Review of "**Long Term Childhood Illness**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their power to kindle emotions, provoke contemplation, and ignite transformative change is really awe-inspiring. Enter the realm of "**Long Term Childhood Illness**," a mesmerizing literary masterpiece penned with a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve in to the book is central themes, examine its distinctive writing style, and assess its profound effect on the souls of its readers.

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