

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

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



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Long Term Childhood Illness

M Tight



Long Term Childhood Illness:

Immerse yourself in heartwarming tales of love and emotion with is touching creation, Experience Loveis Journey in **Long Term Childhood Illness** . This emotionally charged ebook, available for download in a PDF format (PDF Size: *), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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Table of Contents Long Term Childhood Illness

1. Understanding the eBook Long Term Childhood Illness
 - The Rise of Digital Reading Long Term Childhood Illness
 - Advantages of eBooks Over Traditional Books
2. Identifying Long Term Childhood Illness
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Long Term Childhood Illness
 - User-Friendly Interface
4. Exploring eBook Recommendations from Long Term Childhood Illness
 - Personalized Recommendations
 - Long Term Childhood Illness User Reviews and Ratings
 - Long Term Childhood Illness and Bestseller Lists
5. Accessing Long Term Childhood Illness Free and Paid eBooks
 - Long Term Childhood Illness Public Domain eBooks
 - Long Term Childhood Illness eBook Subscription Services
 - Long Term Childhood Illness Budget-Friendly Options

6. Navigating Long Term Childhood Illness eBook Formats
 - ePub, PDF, MOBI, and More
 - Long Term Childhood Illness Compatibility with Devices
 - Long Term Childhood Illness Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Long Term Childhood Illness
 - Highlighting and Note-Taking Long Term Childhood Illness
 - Interactive Elements Long Term Childhood Illness
8. Staying Engaged with Long Term Childhood Illness
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Long Term Childhood Illness
9. Balancing eBooks and Physical Books Long Term Childhood Illness
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Long Term Childhood Illness
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Long Term Childhood Illness
 - Setting Reading Goals Long Term Childhood Illness
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Long Term Childhood Illness
 - Fact-Checking eBook Content of Long Term Childhood Illness
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements

- Interactive and Gamified eBooks

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