Childhood Trauma

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

2x

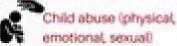
more likely to develop DEPRESSION

more likely to develop ANXIETY

DISORDERS

War/Terrorism

Common causes:



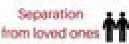
WitnessVictim of violence











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 respor



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



result of repetitive, prolonged trauma

Complex Trauma: a



Long Term Childhood Illness

L Manion

Long Term Childhood Illness:

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