

Types of Trauma

Trauma – An event or circumstance that results in physical, emotional, or life-threatening harm that has lasting effects on the individual’s physical, emotional, psychological, and/or spiritual health or well-being (SAMHSA, 2022)

Historical/Intergenerational – pain and/or fear experienced by a group of people which has widespread effects, collective suffering, and malicious intent, passed down to future generations (APA, 2022)

Interpersonal – emotional, physical, and/or financial abuse or neglect and/or sexual abuse in childhood or adulthood (Mauritz et al., 2013)

Single-incident – a single terrible, harmful, or threatening event

Vicarious – pain and/or fear resulting from hearing about or becoming witness to someone else’s pain, fear, or terror (ACA, 2011)

Physical/Medical – damage to your body (can also include emotional effects)

Betrayal – significant violations of a person’s trust or well-being by a trusted, needed other (Freyd, 2021)