



# REGAINING TRACTION ON A SLIPPERY SLOPE

A GUIDE TO ASSISTING VICTIMS OF VIOLENCE

## Call it what is is... Trauma.

What is Trauma?

- an injury (such as a wound) to living tissue caused by an extrinsic agent
- disordered psychic or behavioral state resulting from severe mental or emotional stress or physical injury
- an emotional upset

What are the types of Trauma?

Common types and causes of emotional trauma are grief, separation, severe humiliation, physical abuse, emotional abuse, and a life-threatening accident.

- **Grief or separation** can occur when someone is separated from a loved one unexpectedly. The separation can be the result of death, a breakup or some other type of separation. Individuals who experience these types of events might feel a sense of loss, depression and sadness.
- **Severe humiliation** can leave a person feeling disappointed and therefore cause emotional stress and worry. Depending on the severity of the situation, individuals who have suffered severe humiliation might have a loss of self-esteem. This can detrimentally affect them in their lives and leave them in a state of isolation.