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replaying the memory many people find that the mind returns over and over to the upsetting memory almost as if on a loop it might feel like the brain is trying to make sense of the

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what is trauma effects causes types and how to heal May 23 2023 web jan 4 2022 related conditions how to heal looking ahead trauma is a response to an intensely stressful event s or situations the effects can be long lasting but healing is possible traumatic events trauma types causes resources and treatment psycom May 11 2022 web apr 15 2022 trauma is the emotional response to a time based event that leads to an intense fear of your own or a loved one s death injury or serious illness you can still have trauma even if it happened to someone else

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nausea and chest pain may occur and could require medical

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trouble concentrating irritability angry outbursts or aggressive behavior overwhelming
guilt or shame for children 6 years old and younger signs and symptoms may also include
re enacting the traumatic event or aspects of the traumatic event through play
frightening dreams that may or may not include aspects of the traumatic

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american psychological association apa describes trauma as an emotional response to a
terrible event like an accident sexual assault or natural disaster complex trauma refers to
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response to a terrible event like an accident crime or natural disaster reactions such as
shock and denial are typical longer term reactions include unpredictable emotions
flashbacks strained relationships and physical symptoms

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clearly a correlation between trauma including individual group or mass trauma and
substance use as well as the presence of posttraumatic stress and other trauma related
disorders and substance use disorders

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2022 apart from ptsd other conditions fall under trauma and stressor related disorders in
the dsm 5 they include adjustment disorder we all have a hard time adapting to changes
from time to time

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fighting fleeing or freezing unprocessed traumas or ongoing serious chronic stressors can
cause the primitive brain networks involved in survival and threat response to hijack your
brain into

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sadness shame emotional numbness or hypersensitivity mood swings emotional
dysregulation self harm disordered eating compulsive behaviors sleep disturbance
nightmares insomnia restless sleep substance misuse

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experiences such as natural disasters such as hurricanes earthquakes and floods acts of
violence such as assault abuse terror attacks and mass shootings and car crashes or other
accidents it is natural to feel afraid during and after a traumatic situation

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emotional and psychological trauma is the result of extraordinarily stressful events that
shatter your sense of security making you feel helpless in a dangerous world

psychological trauma can leave you struggling with upsetting emotions memories and
anxiety that won t go away it can also leave you feeling numb disconnected and unable

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