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#### January 2020

### What is considered Trauma?



Trauma occurs when a person has experienced a distressing event that made them feel threatened, anxious, or frightened as a result. A traumatic event is an incident that causes physical, emotional, spiritual or psychological harm.

Trauma has no boundaries with regard to age, gender, socioeconomic status, race, ethnicity or sexual orientation. Trauma is a common experience for adults and children. Although some people who experience a traumatic event live without lasting negative effects, others will have difficulties and experience traumatic stress reactions. How someone responds to a traumatic experience is personal.

**Examples of Traumatic Events:** 

- Death
- Divorce
- Physical pain
- Serious illness
- War
- Moving
- Parental abandonment
- Witnessing a death
- Domestic abuse
- Sexual abuse
- Verbal abuse
- Bullying

Often there are no visible signs but people may have serious emotional reactions. Shock and denial are often first and are used to protect oneself from the emotional impact of the event. Again, how someone responds to a traumatic experience varies.

#### **Common Traumatic Stress Reactions:**

- Irritability
- Sudden, dramatic mood changes
- Anxiety and nervousness
- Anger
- Denial
- Depression Flashbacks
- Difficulty concentrating
- Insomnia
- Changes in appetite
- Withdrawal from social interactions
- Numb feelings

Intrusive memories Hopelessness Nightmares, Startle hatred Decreased Flashbacks response concentration Panic attacks Insomnia Emotional overwhelm Numbing • Chronic pain, Loss of interest Trauma headaches Irritability Eating disorders Depression Substance abuse Dissociation Self-destructive

memories

behaviors

Traumatic stress tends to evoke two emotional extremes: feeling either too much (overwhelmed) or too little (numb) emotion.

Research has shown that traumatic experiences are associated with both behavioral health and chronic physical health conditions. Substance abuse, mental health conditions (depression, anxiety, PTSD), and other risky behaviors have been linked with traumatic experiences. These behavioral health concerns can present challenges in relationships, careers, and other aspects of life.

Hypervigilance

It is important to understand the nature and impact of trauma and most importantly EXPLORE HEALING.

# LEARN TIPS & TRICKS TO MANAGING **SYMPTOMS** IN MY BLOG!

# https://cwpsychologicalservices.com/2020/02/02/managing-trauma-symptoms/

Seeking treatment with a licensed Psychologist or mental health clinician can help you find the optimal level of emotion to assist a person with appropriately experiencing and regulating emotions. In treatment, the goal is to help a person learn to regulate their emotions without the use of substances or other unsafe behaviors.



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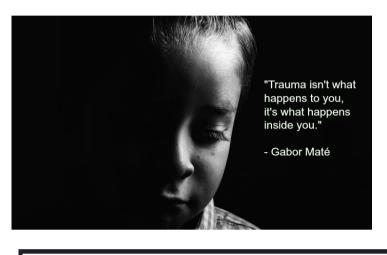
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#### TRAUMA - MORE COMMON THAN YOU THINK!

According to the National Council for Behavioral Health, 70% of adults in the U.S. have experienced some type of traumatic event at least once in their lives.

That's 223.4 MILLION people!

#### **Managing Trauma Symptoms**

02/01/2020 19:56

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The post Managing Trauma Symptoms appeared first on CW Psychological Services.

# **Self-Care Tips for Parents of Special Needs Children**

01/28/2020 16:00

The concept of selflessness is often seen as a virtue; and yet, if we fail to fulfill our own needs and nurture ourselves, we are less able to help and serve others. As a parent of a child with special needs, you probably spend most of your days so busy with the demanding needs of

The post Self-Care Tips for Parents of Special Needs Children appeared first on CW Psychological Services.

# **How to Boost Your Self-Esteem**

01/22/2020 14:01

What does it mean to have a healthy self-esteem? Some people think it means you are okay with how you look. Other people think you must accomplish something big in your life to have a good self-esteem. But the reality is, having a healthy self-esteem means you like and appreciate yourself faults and all. A [...]

The post <u>How to Boost Your Self-Esteem</u> appeared first on <u>CW Psychological Services</u>.

# OTHER RESOURCES RECOMMENDED BY DR. WOHLEBER:

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**Mental Health** 

**Physical Health**