

TRAUMA

What is trauma?

Trauma can be defined as experiencing events that are life threatening and can cause death or injury or witnessing other people experiencing such events. Natural disasters, accidents, wars, torture, rape and terror are examples of such events.

People who experience a traumatic event feels fear, horror and desperation. Traumatic events changes the persons thought about himself/herself, others, and the world in a negative way. Especially feelings of personal security and fairness are challenged. Emotional problems may arise in people who have experienced a traumatic event whether or not they were physically injured. These are “normal” responses to an “abnormal” situation.

Possible responses to trauma:

After a trauma;

- You can experience feelings of shock, panic, fear, anger, helplessness, hopelessness, guilt, sorrow or you can become numb.
- You can recall the traumatic memories without control or you may have dreams and nightmares about it.
- You can experience memory loss, difficulty in concentration, difficulty in making decisions.
- You can avoid places and people that reminds you of the traumatic experience or avoid talking about it.
- . You may experience sleep disorders, irritation, uneasiness.
- ems such as nousia, overeating
- . You can experience physical probl or undereating, heavy heart beat, difficulty in breathing.

Many people who have experienced a traumatic event may have some of the above responses. However different people show different response. These responses do vary from person to person. It is very normal that the above problems occur after a traumatic experience. It is expected that these problems will fade within a certain period of time. If they persist more than a month, this is called “Post-Traumatic Stress Disorder”.

If you have problems related to a traumatic experience for more than a month that effect your social, personal, academic life in an negative way you must consult a professional.

References:

American Psychological Association. *Trauma*. Retrieved July 15, 2013, from <http://www.apa.org/topics/trauma/>

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