

DEFINING TRAUMA

ACUTE TRAUMA

Event-based trauma

This type of trauma is a specific event, like experiencing a tsunami, witnessing an act of violence or experiencing an isolated incident of abuse. With this type of trauma it is critical to help children talk through the trauma within 24-48 hours.

LEARN MORE

CHRONIC TRAUMA

Ongoing trauma

Chronic trauma is characterized by repeated acts of emotional or physical abuse, neglect or abandonment. A child experiences this type of trauma over an extended time period resulting in a significant lack of felt safety.

LEARN MORE

COMPLEX TRAUMA

*Ongoing trauma
impacting early childhood development*

Complex trauma - or complex developmental trauma - is ongoing interpersonal trauma experienced during early childhood, from 0-five years old. This dramatically affects a child's development.

LEARN MORE