

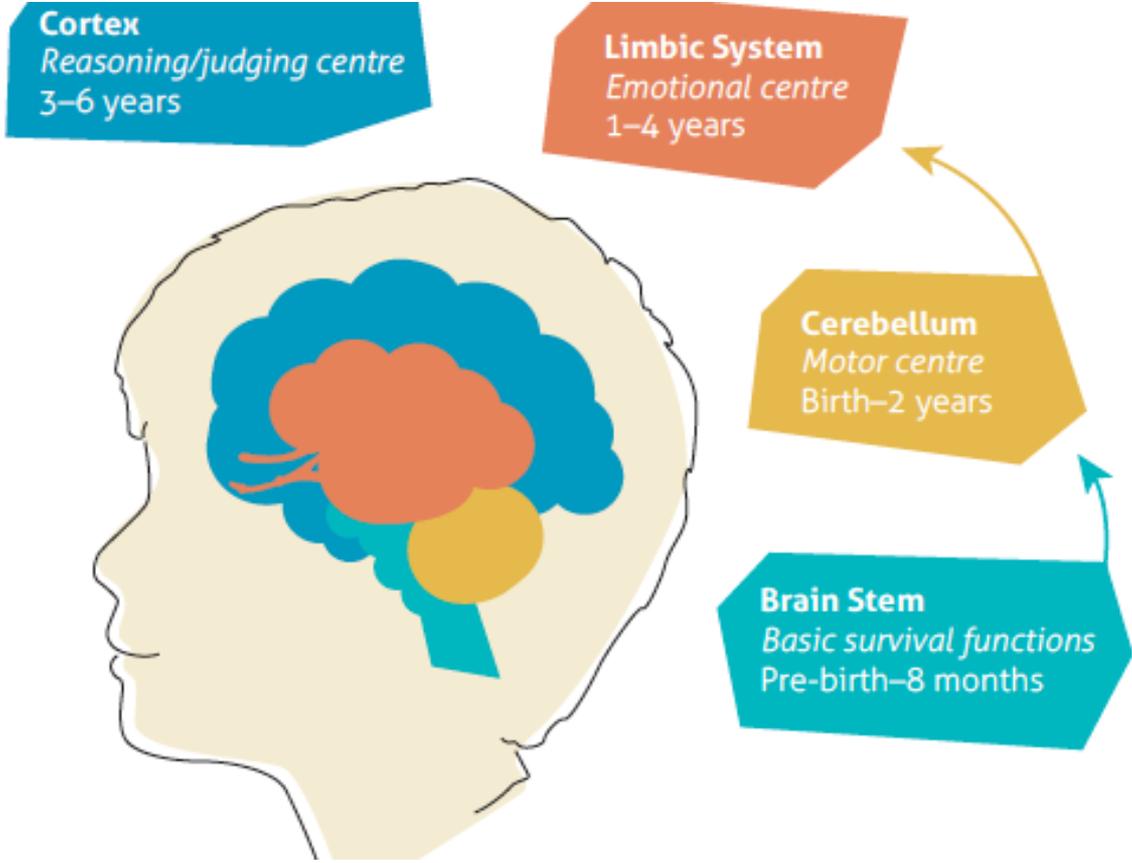
Trauma & Disaster

(Effects of Trauma)

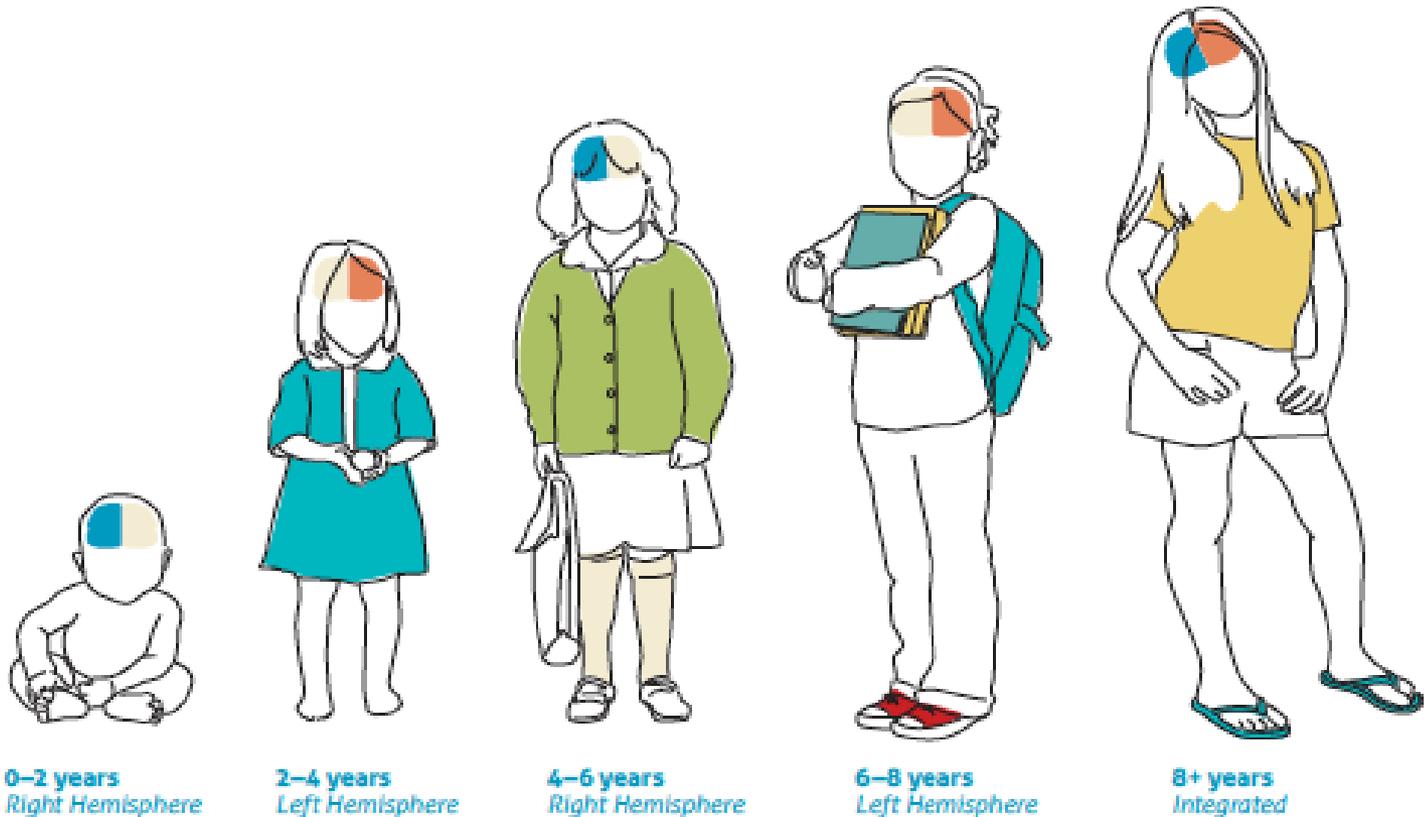
The effect of trauma on children

Children who experience horrible external events may experience emotional harm or psychic trauma. Left untreated, all but the mildest of childhood trauma can have an impact on the child

It is important to remember that abuse, neglect and other trauma have different impacts on different children – and that while we have to take seriously the negative impacts of trauma we cannot underestimate the strength of human resilience



What does a 'normal' brain look like?

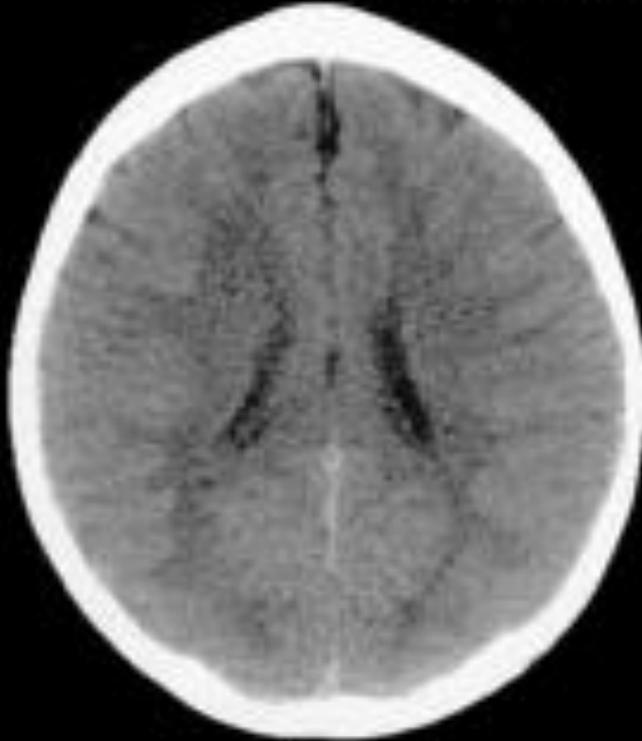


← **Lateral Brain Development** →

Trauma, neglect and brain development

- Neglect is the absence of critical organising experiences at key times during development
- It can involve sensory deprivation in a number of domains such as language, touch and social interactions
- Unlike a broken bone, maldevelopment of neural systems mediating empathy, for example, resulting from emotional neglect during infancy is not readily observable

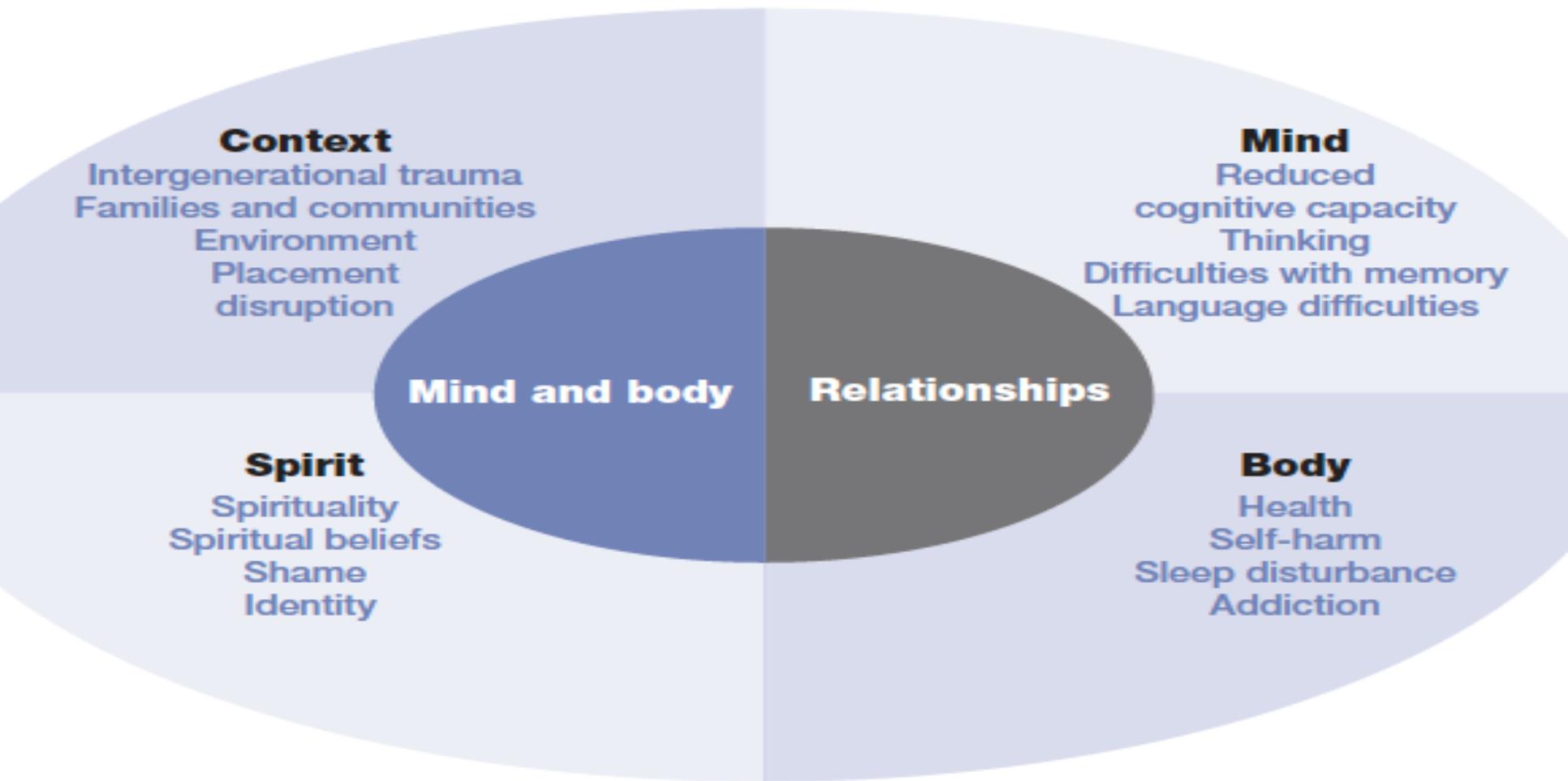
3 Year Old Children



Normal



Extreme Neglect



Intergenerational impact

- Traumas reverberate down the generations and show as problems such as substance abuse, mental illness, family violence, child abuse and neglect
- Often accompanied by poverty, isolation and physical illness
- Problems often found together and often make each other worse

Families and communities impact

- Trauma experienced by one person will usually have a ripple effect on other family members, extended family and friends

The impact of the environment

- Poverty, poor housing, lack of access to clean water or nutritious food
- Discrimination and racism
- Abuse and neglect

The impact of Placement disruption

- Children who are removed from home and are separated from their parents due to abuse and/or neglect have to undergo massive internal reorganisation e.g. new home, new school, new culture

Fight, flight freeze

- Trauma sends children's bodies into survival mode – fight, flight or freeze

Javied has been abused at home and is now living with foster carers. He overhears his foster carers arguing. Because of his previous experience he is afraid he will be attacked. This sends his body into survival mode. In survival mode, Javied can either attack first to get the upper hand (fight), runaway to a safer place (flight) or stay as quiet and as still as possible so he isn't noticed (freeze)

Thank You