

Lesson 1a- What is Trauma?



How is trauma defined? (three components):

Different types of
trauma:

What are the 3 E's of Trauma - as defined by SAMHSA?



What factors influence the impact of traumatic events?

(Think about the story and discussion group)

Sources Used in Lesson 1a:

Definitions of Trauma:

- Practical Guide for Implementing a Trauma-Informed Approach, Publication No. PEP23-06-05-005, Substance Abuse and Mental Health Services Administration (SAMHSA) 2023
- Effects of Traumatic Events on Children: An Introduction, Bruce Perry, MD, PhD. Child Trauma Academy, 2003. <https://www.fasett.no/filer/perry-handout-effects-of-trauma.pdf>
- The Wisdom of Trauma, Science & Non-Duality, 2022. <https://thewisdomoftrauma.com/>

Window of Tolerance:

- The Developing Mind: How Relationships and the Brain Interact to Shape Who We Are, Daniel J. Siegel, MD, 1999, The Guilford Press

3 types of stress:



REFLECTION QUESTIONS

- 1. How does the window of tolerance help explain why some folks are traumatized by certain events and others are not?*
- 2. In what ways has this lesson changed your understanding of trauma?*

Additional Resources:

- Ep. 1 - What is Trauma? Regulated & Relational Podcast, May 2021
<https://podcasters.spotify.com/pod/show/regulatedandrelational/episodes/Ep-1-What-is-Trauma-e10m8r0>
- Harvard's Center on the Developing Child, Guide to Toxic Stress <https://developingchild.harvard.edu/science/key-concepts/toxic-stress/>
- Ep 69 - My Trauma Isn't Your Trauma, Regulated & Relational Podcast, April 2024
<https://podcasters.spotify.com/pod/show/regulatedandrelational/episodes/Ep-69---My-Trauma-Isnt-Your-Trauma-e2ifhh9>

