

Trauma Resilience and Self-Care

****Acute Stress Disorder (ASD):**** A short-term stress reaction that occurs after a traumatic event. ASD symptoms, such as anxiety, dissociation, and avoidance, appear within a month of the traumatic experience and last for a few days to four weeks.

****Adverse Childhood Experiences (ACEs):**** Negative events or experiences in a child's life, including abuse, neglect, or household dysfunction, that can have long-term effects on their physical and mental health. Higher ACE scores are associated with an increased risk of trauma-related disorders and reduced trauma resilience.

****Avoidance:**** A coping strategy that involves avoiding people, places, or situations that trigger memories or feelings related to a traumatic event. While avoidance can provide temporary relief, it can also hinder recovery and prevent individuals from developing trauma resilience.

****Complex Trauma:**** The result of repeated or prolonged exposure to traumatic events, often occurring during childhood. Complex trauma can lead to profound and lasting changes in an individual's cognitive, emotional, and behavioral functioning, as well as their ability to form healthy relationships.

****Critical Incident Stress Debriefing (CISD):**** A structured group intervention designed to help individuals process their emotional reactions to a traumatic event. CISD typically involves a single session, during which participants share their experiences, reactions, and feelings with the guidance of a trained facilitator.

****Critical Incident Stress Management (CISM):**** A comprehensive, multi-component crisis intervention program that includes a range of interventions, such as CISD, designed to help individuals and organizations cope with and recover from the impact of traumatic events.

****Dissociation:**** A coping mechanism that involves disconnecting from one's thoughts, feelings, or experiences, often in response to a traumatic event. Dissociation can take various forms, such as depersonalization (feeling detached from one's body) or derealization (feeling detached from one's surroundings).

****Ego Strength:**** An individual's capacity to cope with stress, adversity, and change. High ego strength is associated with greater trauma resilience and the ability to bounce back from adversity.

****Emotional Regulation:**** The ability to manage and respond appropriately to one's emotions. Emotional regulation is an essential component of trauma resilience, as it enables individuals to cope with the strong emotions that often accompany traumatic experiences.

****Eye Movement Desensitization and Reprocessing (EMDR):**** A therapeutic approach that involves guiding clients through a series of eye movements while they focus on memories or thoughts related to a traumatic event. EMDR is believed to facilitate the reprocessing of traumatic memories, reducing their emotional

intensity and promoting healing.

****Flashbacks:**** Involuntary, vivid memories of a traumatic event that can feel as if the individual is reliving the experience in the present moment. Flashbacks can be triggered by various stimuli, such as sights, sounds, or smells, and are a common symptom of post-traumatic stress disorder (PTSD).

****Grounding Techniques:**** Coping strategies that help individuals stay present and focused in the here and now, rather than becoming overwhelmed by memories or emotions related to a traumatic event. Grounding techniques can include deep breathing, muscle relaxation, visualization, or engaging in sensory activities.

****Mindfulness:**** A mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. Mindfulness can help individuals cultivate a greater sense of self-awareness and emotional regulation, promoting trauma resilience.

****Narrative Exposure Therapy (NET):**** A form of trauma-focused cognitive-behavioral therapy that involves helping individuals construct a detailed, coherent narrative of their traumatic experiences. By repeatedly recounting and processing their stories, clients can reduce the emotional intensity of their traumatic memories and develop a greater sense of control over their thoughts and feelings.

****Post-Traumatic Growth (PTG):**** The experience of positive psychological change and growth following a traumatic event. PTG can involve personal strengths, appreciation for life, relationships, and changes in life philosophy.

****Post-Traumatic Stress Disorder (PTSD):**** A psychiatric disorder that can develop following exposure to a traumatic event. PTSD symptoms include avoidance, intrusive memories, negative changes in thoughts and mood, alterations in arousal and reactivity, and changes in cognitive processing.

****Prolonged Exposure (PE):**** A form of cognitive-behavioral therapy that involves helping individuals confront and process their traumatic memories and associated emotions. PE typically involves repeated, gradual exposure to trauma-related stimuli, such as memories, thoughts, or situations, in a safe and controlled environment.

****Psychoeducation:**** The process of providing individuals with information about their mental health condition, treatment options, and coping strategies. Psychoeducation can help individuals better understand their symptoms, reduce stigma, and improve their overall well-being.

****Resilience:**** The ability to adapt and recover from adverse life events, such as trauma. Resilience is a dynamic process that involves various factors, such as genetics, environment, and personal characteristics, and can be strengthened and developed through various interventions.

****Self-Care:**** The practice of taking deliberate steps to maintain one's physical, emotional, and psychological well-being. Self-care activities can include exercise, relaxation, social connections, and engaging in activities that bring joy and fulfillment.

****Somatic Experiencing (SE):**** A therapeutic approach that focuses on the body's natural responses to

trauma. SE involves helping individuals develop awareness of their physical sensations and emotions, promoting the release of pent-up energy and reducing the symptoms of trauma.

****Stress Inoculation Training (SIT):**** A cognitive-behavioral therapy technique that aims to help individuals better manage stress and anxiety by teaching them coping skills and strategies. SIT typically involves three phases: conceptualization, skills acquisition, and application and practice.

****Trauma:**** A deeply distressing or disturbing experience that overwhelms an individual's ability to cope. Trauma can have lasting effects on an individual's physical, emotional, and psychological well-being, and can lead to various trauma-related disorders, such as PTSD.

****Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT):**** A therapeutic approach that combines cognitive-behavioral techniques with a focus on processing and resolving traumatic memories. TF-CBT typically involves a series of phases, including psychoeducation, relaxation, affective expression and regulation, cognitive coping, trauma narrative, and in vivo mastery.

****Trauma Informed Care (TIC):**** A framework for providing services and support that recognizes and responds to the effects of trauma. TIC involves a shift from asking "What's wrong with you?" to "What happened to you?" and focuses on creating safe, supportive environments that promote healing and recovery.

****Trauma Resilience:**** The ability to adapt and recover from traumatic experiences while maintaining physical, emotional, and psychological well-being. Trauma resilience involves various factors, such as genetics, environment, personal characteristics, and coping strategies, and can be strengthened and developed through various interventions.

****Trauma Stewardship:**** The practice of acknowledging and addressing the effects of trauma, both in oneself and in the communities one serves. Trauma stewardship involves cultivating awareness, self-care, and ethical decision-making to promote healing and prevent retraumatization.

****Vicarious Trauma:**** The emotional impact of working with individuals who have experienced trauma. Vicarious trauma can lead to changes in an individual's thoughts, emotions, and behavior, and can affect their overall well-being.

****Yoga:**** A mind-body practice that combines physical postures, breathing exercises, and meditation to promote physical, emotional, and spiritual well-being. Yoga has been shown to be an effective intervention for reducing symptoms of trauma-related disorders and promoting trauma resilience.