



KATRINA LOVE

# Trauma and Vicarious Trauma



Katrina is an experienced Trainer and Programme Developer in the fields of;

Mental Health Awareness Training

Working with and understanding clients with trauma

Wellbeing at work

Happiness Toolkit – Resilience Training

Personal Core Beliefs – How our beliefs effect our behaviour in business

Happy People Nutrition – the link between food, health and happiness

Bespoke Corporate Educational Training

# BIG T TRAUMA VS LITTLE T TRAUMA

## Big T: The sudden and unexpected, E.G.

- Death
- Accident
- violent attack
- Illness
- domestic abuse attack
- sudden relationship ending
- child abuse
- natural disaster
- war.

## Little T

- Bullying;
- name calling
- Divorce
- pressure at work
- moving....

The pressure of the drip, drip, drip effect of the little T trauma's can make them as unbearable as the big T trauma



## HOW CAN WE TELL IF SOMEONE HAS BEEN THROUGH A TRAUMATIC EVENT?

They can display dissociative symptoms- e.g. not respond to questions or comments.

Develop a 'stress amnesia' where they quite literally lose their memory.

Anxiety; irritability, jumpy, poor concentration, over sensitivity, over whelmed, night terrors, panic attacks.

Emotional outbursts, anger, sadness, denial.



## PEOPLE WITH TRAUMA MAY...

- Ramble....details about what may well appear to be unimportant.
- Disassociate or reply the trauma 'live' as they speak to you.
- 'Forget' important parts of the story.
- Become confused with times and facts.
- Become extremely upset.
- Become extremely angry.
- Become defensive against you and the world in general.
- Loss of trust because of what has happened.
- Disbelief.
- Unable to complete simple tasks that you may ask them to do.



## WHAT CAN YOU DO?

- Start the story at the time when the trauma happened.
- Never touch a client in case they are disassociating.
- If they visibly disassociate ground them.
- Leave some silences for them to think.
- Let them become emotional but try to control it.
- Tissues, water, giving them an opportunity to sit in a quiet place for a few minutes....
- Bring them back into the present....'so when it was over...what did you do?'

## CORE BELIEFS/ SCRIPTS/ SCHEMAS

- I am not important.
- I mustn't do any thing.
- I am not enough.
- I don't belong.
- I mustn't exist.
- I am worthless.
- I mustn't think.
- I am unlovable.
- I mustn't feel.
- I mustn't be me.
- I am a failure.



Any questions?

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