Trauma

HELPING

HANDS

(excerpts from samsha.gov)

Trauma presents in many forms. Here are some of the types of trauma that can result in an adverse reaction:

Sexual Abuse or Assault

Sexual abuse or assault includes unwanted or coercive sexual contact, exposure to age-inappropriate sexual material or environments, and sexual exploitation. Sexual assault is defined as "any type of sexual contact or behavior that occurs without the explicit consent of the recipient."

Physical Abuse or Assault

Physical abuse or assault is defined as the actual or attempted infliction of physical pain (with or without the use of an object or weapon), including the use of severe corporeal punishment. Federal law defines child abuse as any act, or failure to act, which results in death, serious physical or emotional harm, sexual abuse, or exploitation of a child.

Emotional Abuse or Psychological Maltreatment

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Emotional abuse and psychological maltreatment are acts other than physical or sexual abuse against an individual. These include verbal abuse, emotional abuse, and excessive demands or expectations. These acts also include emotional neglect or intentional social deprivation.

Serious Accident, Illness, or Medical Procedure

Trauma can occur when a person experiences an unintentional injury or accident, a physical illness, or medical procedures that are extremely painful and/or life threatening.

Victim or Witness to Domestic Violence

Domestic violence is defined as: "a pattern of abusive behavior in any relationship that is used by one partner to gain or maintain power and control over another intimate partner. Domestic violence can be physical, sexual, emotional, economic, or psychological actions or threats of actions that influence another person. This includes any behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coerce, threaten, blame, hurt, injure, or wound someone." Domestic violence includes violence and abuse by current or former intimate partners, parents, children, siblings, and other relatives.

Victim or Witness to Community Violence

Extreme violence in the community, including exposure to gang-related violence, interracial violence, police and citizen altercations, and other forms of destructive individual and group violence is a recognized form of trauma.

Natural or Manmade Disasters

Trauma can result from a major accident or disaster that is an unintentional result of a manmade or natural event. Disasters can occur naturally (such as tornadoes, hurricanes, earthquakes, floods, wildfires, mudslides, or drought) or be human-caused (such as mass shootings, chemical spills, or terrorist attacks).

Military Trauma

Military trauma refers to both the impact of deployment and trauma-related stress on people who are deployed and their families. Significant numbers of returning service men and women experience mental and/or substance use disorders associated with military trauma.

Traumatic Grief or Separation

Traumatic grief and/or separation may include the death of a parent, primary caretaker, or sibling; abrupt and/or unexpected, accidental, or premature death or homicide of a close friend, family member, or other close relative; abrupt, unexplained and/or indefinite separation from a parent, primary caretaker, or sibling due to uncontrollable circumstances.



<u> Trauma Treatment</u>

(from GoodTherapy.org)

Reach out to a trained therapist.

There is no magical treatment that will heal you overnight, nor is there one form of psychotherapy that is right for everyone. You should be able to find a therapist, as well as a therapeutic approach, that works for you. Healing is like a marathon. It requires preparation, repeated practice, courage, determination, and the support of others—including that of a professional coach or therapist.

When looking for a therapist, it is vital to keep in mind that, regardless of what type of psychotherapy you pursue, your therapist should empower you and welcome you as a collaborator in your therapy, not attempt to impose control over you. Individuals who are active participants in their therapy are more satisfied with the therapy. Additionally, it is crucial that you feel safe in your therapeutic relationship.



While there are numerous therapeutic approaches, the purpose of all trauma-focused therapy is to integrate the traumatic event into your life, not subtract it. Some of the therapeutic approaches include: behavior therapy, cognitive behavior therapy, E.M.D.R. (eye movement desensitization and reprocessing), hypnotherapy, group therapy, psychodynamic, and medication.

Your EAP can help you to find an appropriate therapist for your specific needs.





he heart and soul of the District 141 Employee Assistance Program is the local lodge EAP peer coordinators. These dedicated men and women volunteer their personal time to assist other union members and their families who are experiencing personal difficulties. EAP coordinators do not make clinical diagnoses or clinical evaluations, however, they are trained to make a basic assessment of your situation and refer you to an appropriate resource for a more detailed evaluation. EAP coordinators will follow up to ensure you have been able to access services that addressed the difficulty you were experiencing.



IAM EAP Calendar <u>2017 EAP I-IV</u> Classes William W. Winpisinger Education and Technology Center EAP I October 1-6 EAP II April 9-14 EAP III June 25-30 EAP IV September 17-22