

DEFINING TRAUMA

There are a number of different definitions of trauma and there are a wide variety causes and types of trauma.

The origins of the word “trauma” lie in the Greek word for wound, traumat.

For our purposes for today’s training, we will use the following definition that comes from the Substance Abuse and Mental Health Services Administration:

Trauma results from a severe event, series of events, or set of circumstances that is experienced by an individual as physically or emotionally harmful or life threatening and that has long lasting adverse effects on the individual’s functioning and mental, physical, social, emotional, or spiritual well-being.