

TRAUMA CATEGORIES: THERE ARE DIFFERENT TYPES OF TRAUMA

PRIMARY TRAUMA (DIRECT TRAUMA) IS TRAUMA EXPERIENCED PERSONALLY EITHER AS A VICTIM OR WITNESS OF THE ACTUAL EVENT, AND INCLUDES BOTH PHYSICAL AND PSYCHOLOGICAL INJURY.

SECONDARY TRAUMA (INDIRECT TRAUMA) IS WHERE THE INDIVIDUAL MAY NOT HAVE PHYSICALLY EXPERIENCED OR WITNESSED THE TRAUMATIC EVENT, BUT IT STILL HAD A DIRECT IMPACT ON THEM.

ACUTE TRAUMA IS EXPOSURE TO A SINGLE EVENT AND LASTS FOR A LIMITED PERIOD OF TIME.

CHRONIC TRAUMA REFERS TO AN INDIVIDUAL EXPERIENCING MULTIPLE TRAUMATIC EVENTS, OFTEN OVER A PROLONGED PERIOD OF TIME.

COMPLEX TRAUMA GENERALLY REFERS TO WHEN AN INDIVIDUAL EXPERIENCES CHRONIC TRAUMA IN EARLY CHILDHOOD AS A DIRECT RESULT OF THE ACTIONS OF PARENTS OR OTHER ADULT CAREGIVERS WHO SHOULD HAVE BEEN CARING FOR AND PROTECTING THEM

BURNOUT. BURNOUT IS EXHAUSTION OF PHYSICAL, MENTAL, OR EMOTIONAL STRENGTH OR MOTIVATION, USUALLY AS A RESULT OF PROLONGED INVOLVEMENT IN A STRESSFUL, FRUSTRATING, OR EMOTIONALLY DEMANDING SITUATION. IT GRADUALLY BUILDS TO A BREAKING POINT AND THE STRESS AND FRUSTRATIONS. IT COMES FROM ALL TYPES OF WORK RELATED STRESSORS SUCH AS PAPERWORK AND BUREAUCRATIC ISSUES.

BURNOUT CAN HAPPEN TO ANYONE, IN ANY PROFESSION; FROM STORE CLERKS, MAIL CARRIERS, ASSEMBLY LINE WORKERS, SYSTEM MANAGERS, TO CHIEF EXECUTIVE OFFERS BUT EXPERIENCING **VICARIOUS** IS SIGNIFICANTLY DIFFERENT.

VICARIOUS TRAUMA THE PHENOMENON OF TRANSMISSION OF TRAUMATIC STRESS BY BEARING WITNESS TO THE STORIES OF A TRAUMATIC EVENT. PROFESSIONALS AND CAREGIVERS WHO WORK DIRECTLY WITH VICTIMS OF TRAUMATIC EVENTS OFTEN EXPERIENCE THIS KIND OF TRAUMA.

VICARIOUS TRAUMA IS TRIGGERED OR INTENSIFIED BY EXPOSURE TO UNEXPECTED SENSORY IMAGES OR REMINDERS OF TRAUMA

ORGANIZATIONAL STRESS A COMPLEX INTERACTION, BASED ON THE PRINCIPLES OF PARALLEL PROCESSING, WHICH OCCURS BETWEEN TRAUMATIZED CLIENTS, STRESSED STAFF, PRESSURED ORGANIZATIONS, AND THE SOCIAL AND ECONOMIC ENVIRONMENT. THIS CAN RESULT IN THE SYSTEM FREQUENTLY REPLICATING THE VERY EXPERIENCES THAT HAVE PROVEN TO BE SO TOXIC FOR THE INDIVIDUALS THEY ARE SUPPOSED TO TREAT.

ORGANIZATIONAL TRAUMA A RESULT OF AN ENTIRE ORGANIZATION EXPERIENCING A TRAUMATIC EVENT OR SERIES OF TRAUMATIC EVENTS, SUCH AS A NATURAL DISASTER OR THE LOSS OF A CO-WORKER OR CLIENT.