

International Trauma Life Support Study Guide

Peer support is distinct from other forms of social support in that the source of support is a peer, a person who is similar in fundamental ways to the recipient of the support; their relationship is one of equality... 48ec87f925

Trauma focused cognitive behavioral therapy The goal of TF-CBT is to provide psychoeducation to both the victim and non-offending caregivers, then help them identify, cope, and re-regulate maladaptive emotions, thoughts, and behaviors. Trauma focused cognitive behavioral therapy (TF-CBT) is an evidence-based therapeutic approach that aims at addressing the needs of individuals with post Trauma focused cognitive behavioral therapy (TF-CBT) is an evidence-based therapeutic approach that aims at addressing the needs of individuals with post traumatic stress disorder (PTSD) and other difficulties related to traumatic life events. This treatment was developed and proposed by Drs. Anthony Mannarino, Judith Cohen, and Esther Deblinger in the 1990's. Research has shown TF-CBT to be effective in treating childhood PTSD and with children who have experienced or witnessed traumatic events, including but not limited to physical or sexual victimization, child maltreatment, domestic violence, community 48ec87f925

Short-term reactions such as psychological shock and psychological denial typically follow. Long-term reactions and effects include flashbacks, panic attacks, insomnia, nightmare disorder, difficulties with interpersonal relationships... 48ec87f925 In 2002, unintentional and intentional injuries were the fifth and seventh leading causes of deaths worldwide, accounting for 6.23% and 2.84% of all deaths. For research purposes... 48ec87f925

International Association for Near-Death Studies The International Association for Near-Death Studies (IANDS) is a nonprofit organization based in Durham, North Carolina in the United States, associated The International Association for Near-Death Studies (IANDS) is a nonprofit organization based in Durham, North Carolina in the United States, associated with near-death studies 48ec87f925

Childhood trauma They may also witness abuse of a sibling or parent, or have a mentally ill parent. Children may go through a range of experiences that classify as psychological trauma; these might include neglect, abandonment, sexual abuse, emotional abuse, and physical abuse. throughout life. Childhood trauma has been correlated with later negative effects on health and psychological wellbeing. A 2013 study found that people who had experienced childhood trauma had different neuropathology than people with PTSD from trauma experienced Childhood trauma is often described as serious adverse childhood experiences. However, resilience is also a common outcome; many children who experience adverse childhood experiences do not develop mental or physical health problems 48ec87f925

Trauma-informed care Various frameworks incorporate a number of perspectives, principles

and skills. Trauma-informed care (TIC), trauma-informed practice, or Trauma-and violence-informed care (TVIC), is a framework for relating to and helping people who have experienced negative consequences after exposure to dangerous experiences. TIC frameworks can be applied in many contexts including medicine, mental health, law, education, architecture, addiction, gender, culture, and interpersonal relationships. They can be applied by individuals and organizations. There is no one single TIC or TVIC framework or model 48ec87f925

Racial trauma Symptoms of racial trauma can arise at any age, but the symptoms of racial trauma seem to differ across the lifespan. Racial trauma can be experienced vicariously or directly. It has been linked to feelings of anxiety, depression, and suicidal ideation, as well as other physical health issues. A 2020 study by Saleem and colleagues Racial trauma, or race-based traumatic stress, is the cumulative effects of racism on an individual's mental and physical health. It has been observed in numerous BIPOC communities and people of all ages, including young children 48ec87f925

Transgenerational trauma Transgenerational trauma is the psychological and physiological effects that the trauma experienced by people has on subsequent generations in that group. Transgenerational trauma is the psychological and physiological effects that the trauma experienced by people has on subsequent generations in that group. The primary mode of transmission is the shared family environment of the infant causing psychological, behavioral and social changes in the individual 48ec87f925

The process of connecting a traumatic experience to a trauma trigger is called traumatic coupling. When trauma is "triggered", the involuntary response goes far beyond feeling uncomfortable and can feel overwhelming and uncontrollable, such as a panic attack, a flashback, or a strong impulse to flee to a safe place. Avoiding a trauma... 48ec87f925 The Association was founded in the US in 1981, in order to study and provide information on the phenomena of the near death experience (NDE). Today it has grown into an international organization, which includes a network of more than 50 local interest groups, and approximately 1,200 members worldwide. Local chapters, and support groups, are established in major U.S cities. IANDS also supports and assists near-death experiencers (NDErs) and people close to them. In one of its publications the organization has formulated its vision as one of building "global understanding of near-death and near-death-like experiences... 48ec87f925 TIC principles emphasize the need to understand the scope of what constitutes danger and how resulting trauma impacts human health, thoughts, feelings, behaviors, communications, and relationships. People who... 48ec87f925

Peer support "Peer Support and Trauma Recovery," Journal of ERW and Mine Action, Issue 15. Peer support is also used to refer to initiatives where colleagues, members of self-help organizations and others meet, in person or online, as equals to give each other connection and support on a reciprocal basis. "Project ABLE's Trauma Survivor Peer Support Project Peer support occurs when people provide knowledge, experience, emotional, social or practical help to each other. It commonly refers to an initiative consisting of trained supporters (although it can be provided by peers without training), and can take a number of forms such as peer mentoring, reflective listening (reflecting content and/or feelings), or counseling. 1, Spring 2011, pp. 14-17 48ec87f925

Psychological trauma Psychological trauma (also known as mental trauma, psychiatric trauma, emotional damage, or psychotrauma) is an emotional response caused by severe distressing Psychological trauma (also known as mental trauma, psychiatric trauma, emotional damage, or psychotrauma) is an emotional response caused by severe distressing events, such as bodily injury, sexual violence, or other threats to the life of the subject or their loved ones; indirect exposure, such as from watching television news, may be extremely distressing and can produce an involuntary and possibly overwhelming physiological stress response, but does not always produce trauma per se. Examples of distressing events include violence, rape, or a terrorist attack 48ec87f925

Trauma trigger Healing from Trauma: A Survivor's Guide to Understanding Your Symptoms and Reclaiming Your Life. Hachette Books. p. A trauma trigger may also be called a trauma stimulus, a trauma stressor or a trauma reminder. Triggers can be subtle, individual, and difficult for others to predict. ISBN 978-1-60094-061-3 A trauma trigger is a psychological stimulus that prompts involuntary recall of a previous traumatic experience. 30. Jasmin Lee (2007). The stimulus itself need not be frightening or traumatic and may be only indirectly or superficially reminiscent of an earlier traumatic incident, such as a scent or a piece of clothing 48ec87f925

Collective trauma is when psychological trauma experienced by communities and identity groups is carried on as part of the group's collective memory and shared sense of identity. For example, collective trauma was experienced by Jewish Holocaust survivors and other members of the Jewish community at the time, by the Indigenous Peoples of Canada during the Canadian Indian residential school system and by African Americans who were enslaved. When this collective trauma affects subsequent generations... 48ec87f925

Major trauma The initial assessment is critical, and involves a physical evaluation and also may include the use of imaging tools to determine the types of injuries accurately and to formulate a course of treatment. CMAJ. "The OPALS Major Trauma Study: impact of advanced life-support on survival and morbidity". Depending on the severity of injury, quickness of management, and transportation to an appropriate medical facility (called a trauma center) may be necessary to prevent loss of life or limb. (2008). 178 (9): 1141-52. Nesbitt LP, Pickett W, et al. Major trauma is any injury that has the potential to cause prolonged disability or death. There are many causes of major trauma, blunt and penetrating, including falls, motor vehicle collisions, stabbing wounds, and gunshot wounds 48ec87f925

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