

Trauma

About Trauma

Across the globe, exposure to at least one traumatic event is the norm. The American Psychiatric Association (2013) defines trauma as experiencing an event in which a person is faced with “actual or threatened death, serious injury, or sexual violence.” Traumatic events include, but are not limited to war or combat, threatened or actual physical / sexual assault, being kidnapped, experiencing wartime violence, natural or human-made disasters, and severe motor accidents. Experiencing trauma can have lifelong effects on mental, physical, relational, and spiritual health. Seeking support and navigating these challenges early on can positively influence a persons overall health following trauma exposure.

Trauma Facts



Childhood Trauma

In the US, 64% of adults report experiencing at least one adverse childhood experience (ACE). ACEs are forms of childhood trauma, which include experiencing or witnessing violence, abuse, or neglect; death of a loved one by violence; unstable parent support; or a caregiver being imprisoned. These experiences negatively impact learning, relationships, health, brain development, attention and decision making in children.



Trauma in Women

Globally, it is reported that 1 in 3 women will experience interpersonal violence either physically or sexually at some point in their life. Women are more likely than men to develop Post Traumatic Stress Disorder (PTSD) when exposed to the same traumatic experience.



Trauma in Men

While men and women can experience the same types of sexual interpersonal trauma, men are likely to experience traumatic events related to accidents, disasters, war or combat, or nonsexual physical assaults. The highest probability of PTSD results from interpersonal violence and military combat.



Prevalence

60-70%

of people experience at least one exposure to a traumatic event in their lifetime.



Globally (736 million), or 1 in 3 women will experience an interpersonal trauma (physical or sexual) at some point in their life.