



What is trauma?

The 3 E's of Trauma



Trauma can be simply defined by the 3 E's:

1. Events
2. Experience of events
3. Effects



Events

Individuals endure events or circumstances that include experiencing or the threat of experiencing physical or psychological harm, or severe neglect in the case of a child.

These events or circumstances can occur once or repeatedly.



Experience of Events

How an individual assigns meaning to, and is (or is not) disrupted by an event will determine if it was traumatic for them.

Directly following this type of event or circumstances, a person will likely experience an intense stress response.

Different individuals can have different responses to the same event, and all individuals will not experience the same event as traumatic.



Effects

Long-lasting adverse effects are an important piece in understanding trauma.



These effects can occur immediately following the event or have delayed onset and the effects can be short-term or long-term.

Effects

Adverse effects examples:

- Inability to cope with normal stresses
- Inability to control cognitive processes
 - memory, attention, thinking
- Inability to control expression of emotions



"Trauma is not what happens to you, it's what happens inside you as a result of what happened to you." –Gabor Mate

Citation

<https://store.samhsa.gov/sites/default/files/d7/priv/sma14-4884.pdf>