

## TRAUMA: AN INTRODUCTION

Trauma is a psychological response to stressful events that somebody may have experienced within their life.

It is important for everyone working in education to be aware of what to look out for when working with people so we direct them to the right places for support if they have experienced/are experiencing trauma now.

### **Trauma might be caused by:**

- A one-off event such as witnessing an act of violence
- Events and incidents over time such as domestic violence
- Hearing about trauma other people have been through (vicarious trauma)

## People who have experienced/are experiencing trauma might:

- Have difficulty in regulating emotions
- Have difficulty controlling their anger
- Be experiencing anxiety
- Become withdrawn
- Have a loss of appetite
- Or present with many other signs you might see in a safeguarding situation

It is important to recognise, when working with people who have experienced trauma, that their behaviours and reactions will come from differences in brain structure and are not something they can control at that point in time.

*These materials provide an overview to help raise awareness and understanding. If you have concerns please always seek additional support and advice from your safeguarding lead.*