

TRAUMA: AN INTRODUCTION

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

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- Become withdrawn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

Experiencing trauma, particularly at a young age, can physically impact the structure of brain development. This means pathways in the brain related to a trauma response are stronger than those that help deal with a calm response.

It is important to recognise that the behaviours and reactions of those experiencing trauma 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 always speak to a member of staff. For support outside of College hours visit our [Out of Hours](#) page your GP, call 999 or visit A&E. You can also visit the [Student support information](#) or [counselling](#) for a list of support services.



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