

Types of Trauma

HISTORICAL TRAUMA

- Historical trauma is multigenerational trauma experienced by a specific cultural, racial or ethnic group. It is related to major traumatic events that oppress a particular group due to society assigning a status of oppression. Historical trauma happens at a larger scale.

Examples include:

- Slavery
- The Holocaust
- Forced Migration
- The violent colonization of Native Americans

INTERGENERATIONAL TRAUMA

- The process in which the effects of traumatic event(s) are transmitted from one generation to the other. It involves various pathways of unintentional transmission of trauma and trauma responses such as genetic, interpersonal, and social resonance.

Examples include:

- At a genetic level, behaviors and environments impacting our genes and its functions.
- Fear based messages within families and communities.
- Societal perpetuation of oppressing and isolating people of color.

TYPE ONE TRAUMA / “SIMPLE TRAUMA”

- Refers to the experience of a single traumatic event.
- Type one trauma occurs in the context of human trafficking and many other life events.
- Most of us will experience at least one traumatic event during our life course.

Examples include:

- Sexual assault
 - Overdose
 - Physical assault
 - Suicide attempt
 - Robbery
 - Car accident
 - Divorce
 - A natural disaster
 - Fire
 - Exposure to an act of terrorism
 - Loss of a job
 - Loss of a loved one
 - Single event of human trafficking
 - Global pandemic
- What makes an event traumatic is subjective and thus this is a small sample of things that could be traumatic depending on the individual.

TYPE TWO TRAUMA / “COMPLEX TRAUMA”

- Complex trauma may be ongoing and escalate over time and with increased frequency and/or severity.
- However, it may or may not be continuous and can be different kinds of trauma during different periods of life.
- Frequently, complex trauma begins in early childhood and layers different traumatic events over time. This early exposure and ongoing exposure to traumatic events impacts brain development.

POLY-VICTIMIZATION

- The experience of multiple victimizations of different kinds, such as sexual abuse, physical abuse, bullying, witnessing family violence, and exposure to community violence. Also known as complex trauma, poly-victimization has been linked to a wide range of physical, psychological, and emotional problems.

Source: OVC Model Standards Glossary