### 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

#### 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.

**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.

#### 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