



The Understanding Trauma Series:

Session 1: Understanding Trauma and its Impact on Health and Physical Fitness:

Trauma can have a profound and lasting impact on an individual's mental health and overall wellbeing. Whether it's the result of a single traumatic

event or ongoing exposure to stress, trauma can lead to a wide range of physical and emotional symptoms that can negatively affect many areas of life. Understanding the impact of trauma on mental health and physical fitness is an important step in the healing process.

Session 2: Understanding Trauma and its Impact on Family and Relationships:

All families experience trauma differently. Some factors such as a child's age or the family's culture or ethnicity may influence how the family copes and recovers from a traumatic event. Trauma changes families as they work to survive and adapt to their circumstances and environment.

Session 3: Understanding Trauma and its Impact on Employment:

The effects of trauma can cause employees mental health to deteriorate. Often, employees experiencing trauma at work don't feel safe in the work environment. And ultimately, that can lead to them leaving the company. Trauma can be expressed on the job as absenteeism, increased distraction, task avoidance, accidents, loss of motivation, irritability with

co-workers and increased conflict. Approaches leading to work satisfaction and work-life balance will be explored.

Session 4: Understanding Trauma and its Impact on Education:

Here we examine how trauma affects academic learning for children, youth, and adults. Emotional self-regulation, attention, and positive behavior are also key elements of education. The ability to regulate one's emotions, sustain attention, and organize one's behavior adaptively set the stage for healthy brain development and personal growth through education. Trauma has a significant, lasting impact on the brain, especially when it occurs in childhood. While children who have experienced trauma may struggle in school, adult learners may also struggle with education due to trauma. When we have been traumatized in childhood, and that trauma remains unresolved, the symptoms persist into adulthood.

Session 5: Understanding Trauma and its Impact on Community Involvement:

While much of the focus has been on addressing trauma at the individual level, trauma at the community level directly impacts individual experiences. The Social Ecological Model indicates individual trauma cannot truly be addressed without also addressing community-level factors, including housing, education, and employment opportunities.

Session 6: Understanding Trauma and its Impact on Spirituality:

Spirituality can play a significant role in helping people to cope with stress or to protect against stress. For many, if not most, when disaster or trauma strikes, it is spirituality and/or faith that is embraced as a central means of coping.