

# Understanding Trauma Responses

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## Watch the Video and Answer the Questions!

The full video

<https://www.youtube.com/watch?v=L8rOuN5Vhcg>

1 What is the definition of trauma?



2 How does a person's coping resources play a role in trauma?



3 What are the typical responses to a traumatic event?



4 Why is re-experiencing the traumatic event a key impact of trauma?



5 How can the event dominate a person's thoughts, emotions, reactions, and perceptions?



6 Why can not feeling in control be demoralizing and scary for someone affected by trauma?



7 What are some ways in which trauma can impact a person's life?



8 Is it possible for a person to recover from trauma? Why or why not?



9 What is the capacity of the human psyche for recovery?



10 How can trauma affect a person's willingness to engage in certain areas of life?





## Correct Answers

### 1 Correct Answers:

- 1 Trauma occurs when a person is confronted with a threat to their physical integrity or someone else's, overwhelming their coping resources and evoking responses of helplessness and terror.
- 2 Coping resources determine how well a person can handle and manage the effects of a traumatic event.
- 3 Typical responses to a traumatic event include intense helplessness and terror.
- 4 Re-experiencing the traumatic event is a key impact of trauma because it keeps the event alive in the person's mind, even though it occurred in the past.
- 5 The event can dominate a person's thoughts, emotions, reactions, and perceptions by constantly replaying in their mind and affecting their daily experiences.
- 6 Not feeling in control can be demoralizing and scary for someone affected by trauma because it reinforces their vulnerability and lack of power over their own life.
- 7 Trauma can impact a person's life by causing avoidance of certain areas, such as relationships or activities that remind them of the traumatic event.
- 8 Yes, it is possible for a person to recover from trauma. The human psyche has a tremendous capacity for recovery and healing.
- 9 The capacity of the human psyche for recovery is vast, allowing individuals to overcome the effects of trauma and regain a sense of well-being.
- 10 Trauma can affect a person's willingness to engage in certain areas of life because they may fear triggering memories or experiencing similar emotions associated with the traumatic event.