Different Types of Trauma & Some of the Interplaying Factors Around the Impact & Consequences

Dr. Karen Treisman
Clinical Psychologist
Trainer
Author

This is not a prescriptive or exhaustive list. Nor are they mutually exclusive - many are & can be

Layered, Interlinked, & Interwoven

Trauma does not occur within a vacuum; it is influenced by multiple systemic, relational, & contextual elements.

Therefore, the impact & consequences of the traumas are likely to be on a continuum, & shaped by a number of interplaying factors including:

- Age & Stage.
- Temperament & Unique Attributes, including biological & genetic factors.
- Relationship with the person.
- Severity & Nature of the Trauma.
- Duration & Frequency of the Trauma.
- Other People & the Community's Responses, Support, & Reactions.
- The meaning-making & sense-making around the traumas.
- The beliefs, attributions, judgements, expectations, & assumptions.
- Cultural, social, & societal context & conceptualisations.
- Impact on the person's day-to-day life; including the losses.
- Other Protective & Risk factors including previous life events.

- Relational, Attachment & Interpersonal.
- Developmental including in-utero.
- Abuse & Maltreatment, physical, sexual & emotional abuse, neglect, domestic violence, etc.
- Cultural & Racial.
- Intergenerational & Historical.
- Single - Event, car accident, burglary, etc.
- War, Refugee, & Political.
- Combat-related & Military.
- Medical, Injury, & Birth Trauma.
- Traumatic Grief, Bereavement, & Loss.
- Community Trauma, including neighbourhood & school violence.
- Peer, Sibling, & Bullying Trauma.
- Natural Disaster.
- Organisational, System, & Institutional Trauma.
- Secondary & Vicarious Trauma.