

Common Manifestations of Trauma

Attachment

- Distrust in the world
- Relationship challenges
 - Boundaries
 - Distrust
 - Suspiciousness
- Social isolation
- Difficulty relating to and empathizing with others

Physical

- Hypersensitivity to physical contact
- Insensitivity to pain
- Unexplained physical problems (e.g., chronic pain)
- Increased medical problems (e.g., asthma, skin problems, autoimmune disorders)

Mood Dysregulation

- Difficulty identifying feelings and desires to others
- Mood swings
- Angry outbursts
- Aggression toward self or others
- Self-harm
- Suicidality
- Substance misuse

Dissociation

- Feeling of detachment or depersonalization
- Withdraw from outside world
- Amnesia-like states

Behavioral Control

- Poor impulse control
- Self-destructive behavior
- Aggression towards others
- A heightened awareness of potential dangers to themselves or others
- Fast heart rate, churning stomach, sweatiness
- Sleep disturbance, nightmares
- Eating disorders

Cognitive

- Difficulty focusing on and completing tasks
- Difficulty planning for and anticipating future events
- Difficulty understanding their own contribution to what happens to them
- Learning challenges
- Problems with language development

Self-Concept

- Lack of continuous, predictable sense of self
- Disturbed body image
- Low self esteem
- Shame
- Guilt

Reference

Guarino, K., Soares, P., Konnath, K., Clervil, R., and Bassuk, E. (2009). *Trauma-Informed Organizational Toolkit*. Rockville, MD: Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, and the Daniels Fund, the National Child Traumatic Stress Network, and the W.K. Kellogg Foundation. Available at www.homeless.samhsa.gov and www.familyhomelessness.org.