



Three Types Of Trauma

What is trauma?

According to the American Psychological Association (APA), trauma is “an emotional response to a terrible event like an accident, rape, or natural disaster.”

A person may experience trauma as a response to any event they find physically or emotionally threatening or harmful. A traumatized person can feel a range of emotions both immediately after the event and in the long term.

Trauma can have long-term effects on the person’s well-being.

Trauma is divided into three main types: acute, chronic, and complex.

- 1 Acute Trauma** mainly results from a single distressing event, such as an accident, rape, assault, or natural disaster. The event is extreme enough to threaten the person’s emotional or physical security. The event creates a lasting impression on the person’s mind.
- 2 Chronic Trauma** happens when a person is exposed to multiple, long-term, and/or prolonged distressing, traumatic events over an extended period. Chronic trauma may result from a long-term serious illness, sexual abuse, domestic violence, bullying, and exposure to extreme situations, such as a war. Several events of acute trauma as well as untreated acute trauma may progress into chronic trauma.
- 3 Complex trauma** is a result of exposure to varied and multiple traumatic events or experiences. Complex trauma often has a severe impact on the person’s mind.

To learn more, [click here](#).