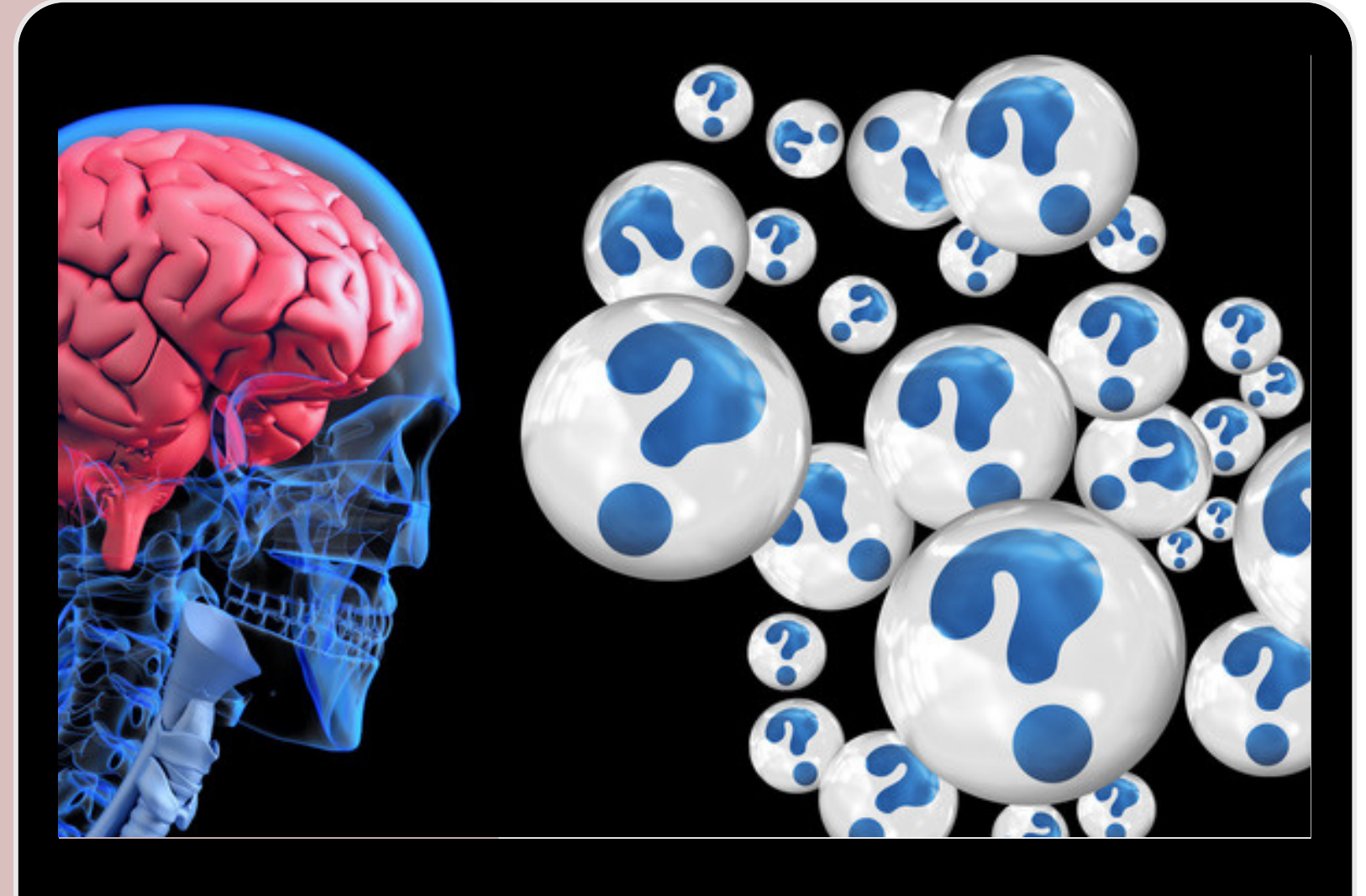


TRAUMA

Maariya Ilyas (Founder of Insightology)

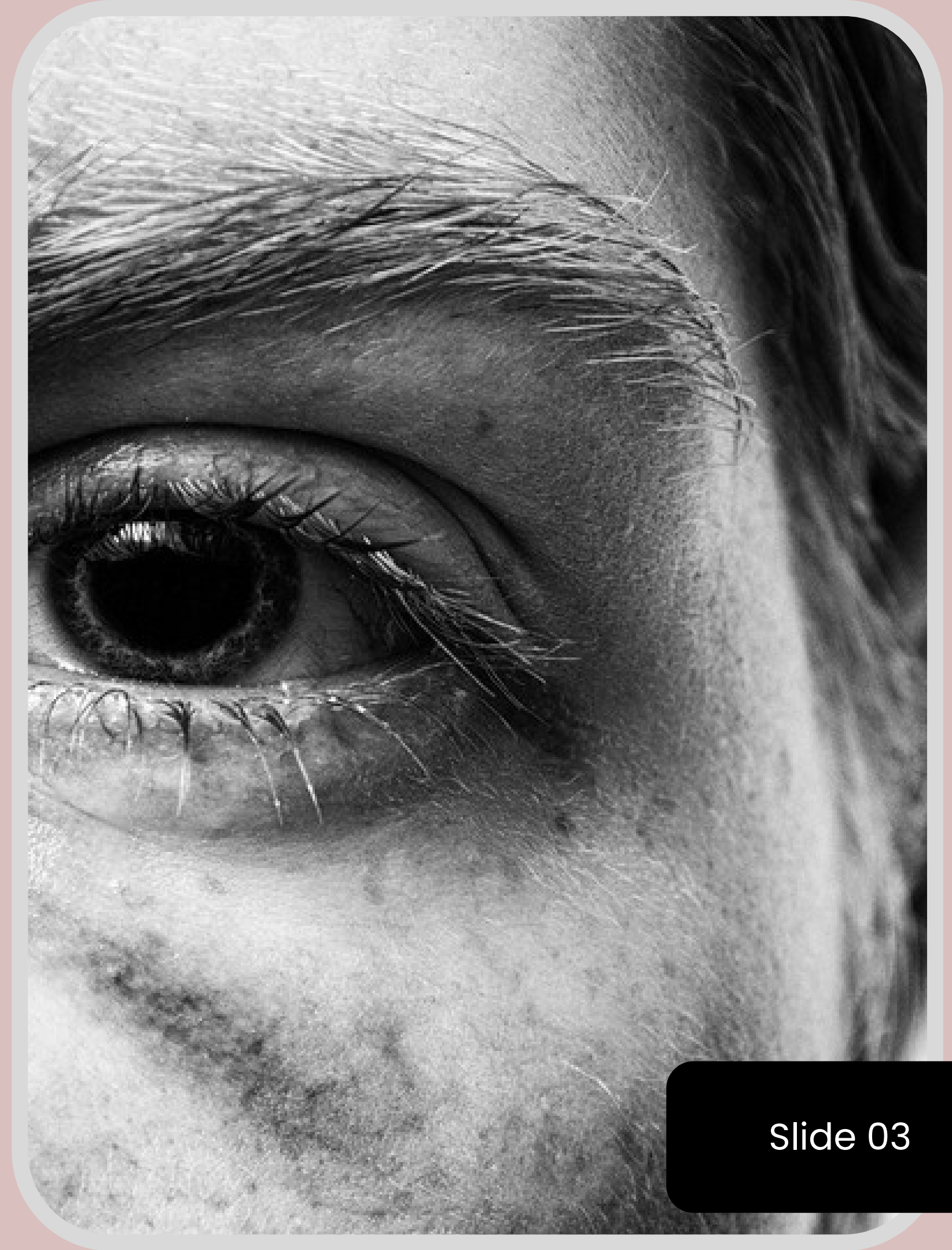




CONTENTS

- What is trauma?
- Types of trauma
- Causes of trauma
- How can I tell if I've been traumatised?
 - The Science
 - The Psychology
- Why are some people more affected than others?
- Practical strategies if you are struggling

WHAT IS TRAUMA?



3 TYPES OF TRAUMA



3 TYPES OF TRAUMA

ACUTE



3 TYPES OF TRAUMA

ACUTE

COMPLEX



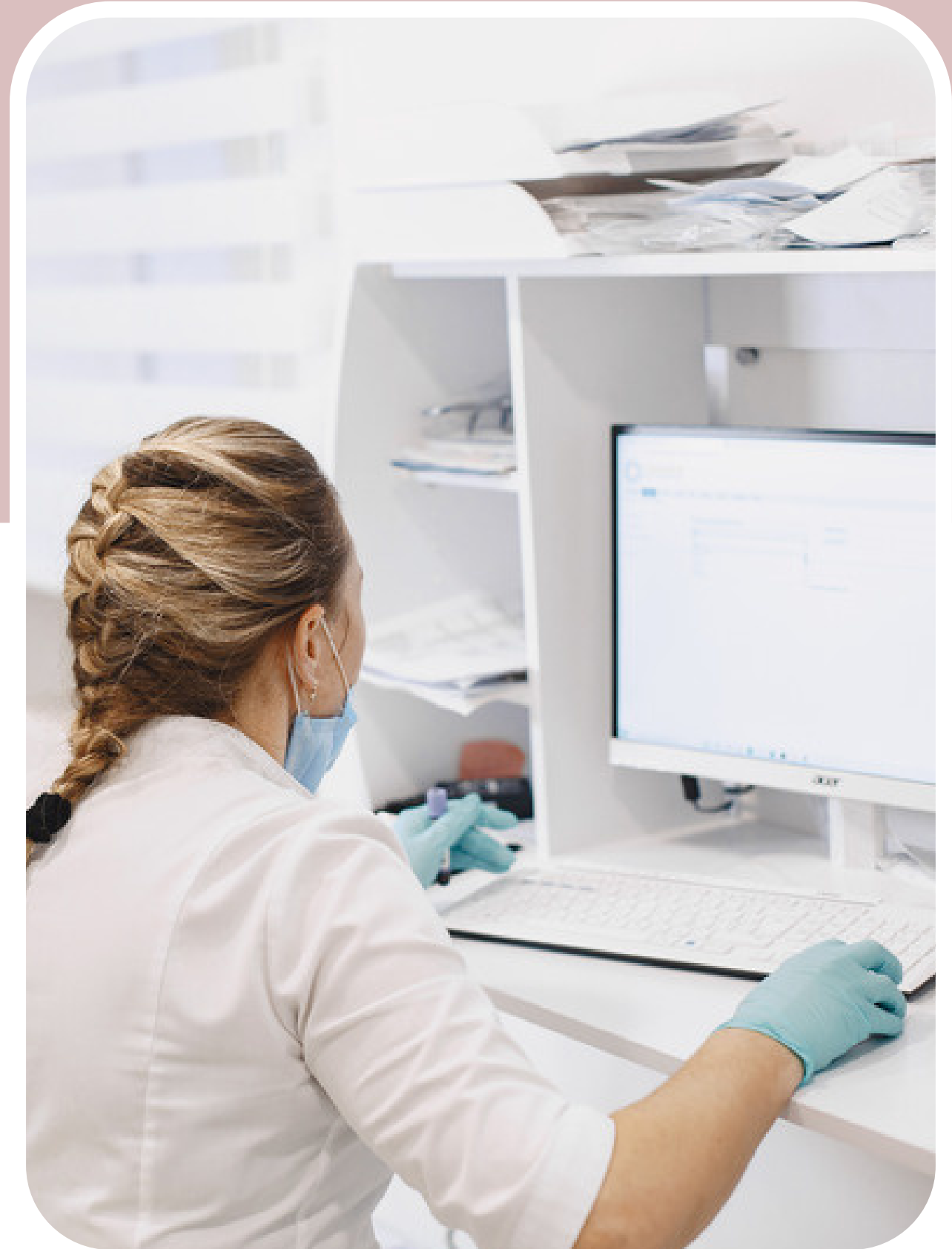
3 TYPES OF TRAUMA

ACUTE

COMPLEX

CHRONIC

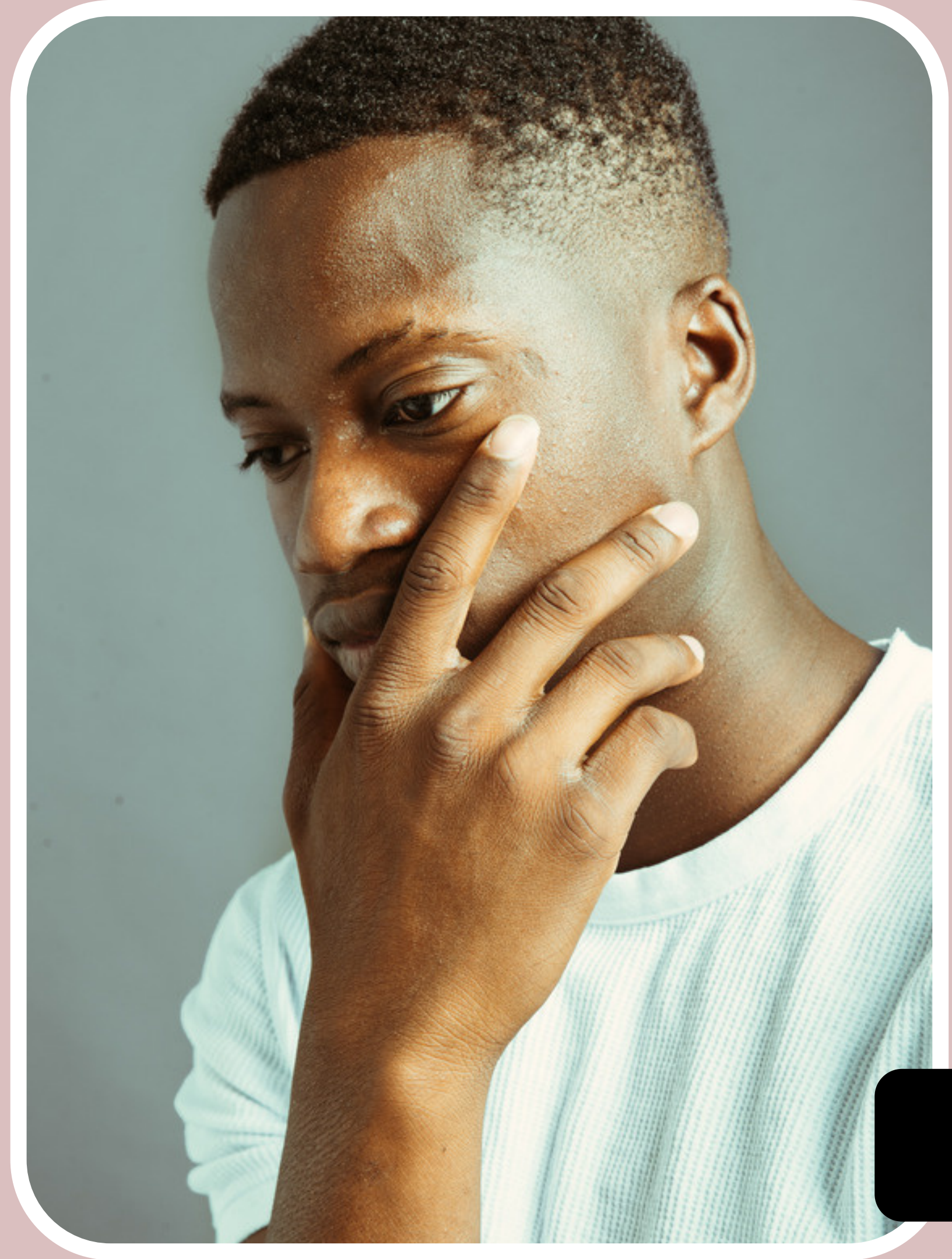
SECONDARY/ VICARIOUS TRAUMA





WHAT CAUSES TRAUMA?

**HOW CAN I TELL
IF I'VE BEEN
TRAUMATISED?**



THE SCIENCE

Your brain and body cannot tell the difference



THE SCIENCE

Your brain and body cannot tell the difference
Changes in brain chemistry



THE SCIENCE

Your brain and body cannot tell the difference

Changes in brain chemistry

Brain releases chemicals



THE SCIENCE

Your brain and body cannot tell the difference

Changes in brain chemistry

Brain releases chemicals

Pre-frontal cortex affected



THE SCIENCE

Your brain and body cannot tell the difference

Changes in brain chemistry

Brain releases chemicals

Pre-frontal cortex affected

'Survival Mode'



WHAT IS HAPPENING IN THE BRAIN?



WHAT IS HAPPENING IN THE BRAIN?

Fear centre
activates



WHAT IS HAPPENING IN THE BRAIN?

Fear centre
activates



Hyperarousal

WHAT IS HAPPENING IN THE BRAIN?

Fear centre
activates

Memory is
affected



Hyperarousal

WHAT IS HAPPENING IN THE BRAIN?

Fear centre
activates

Memory is
affected

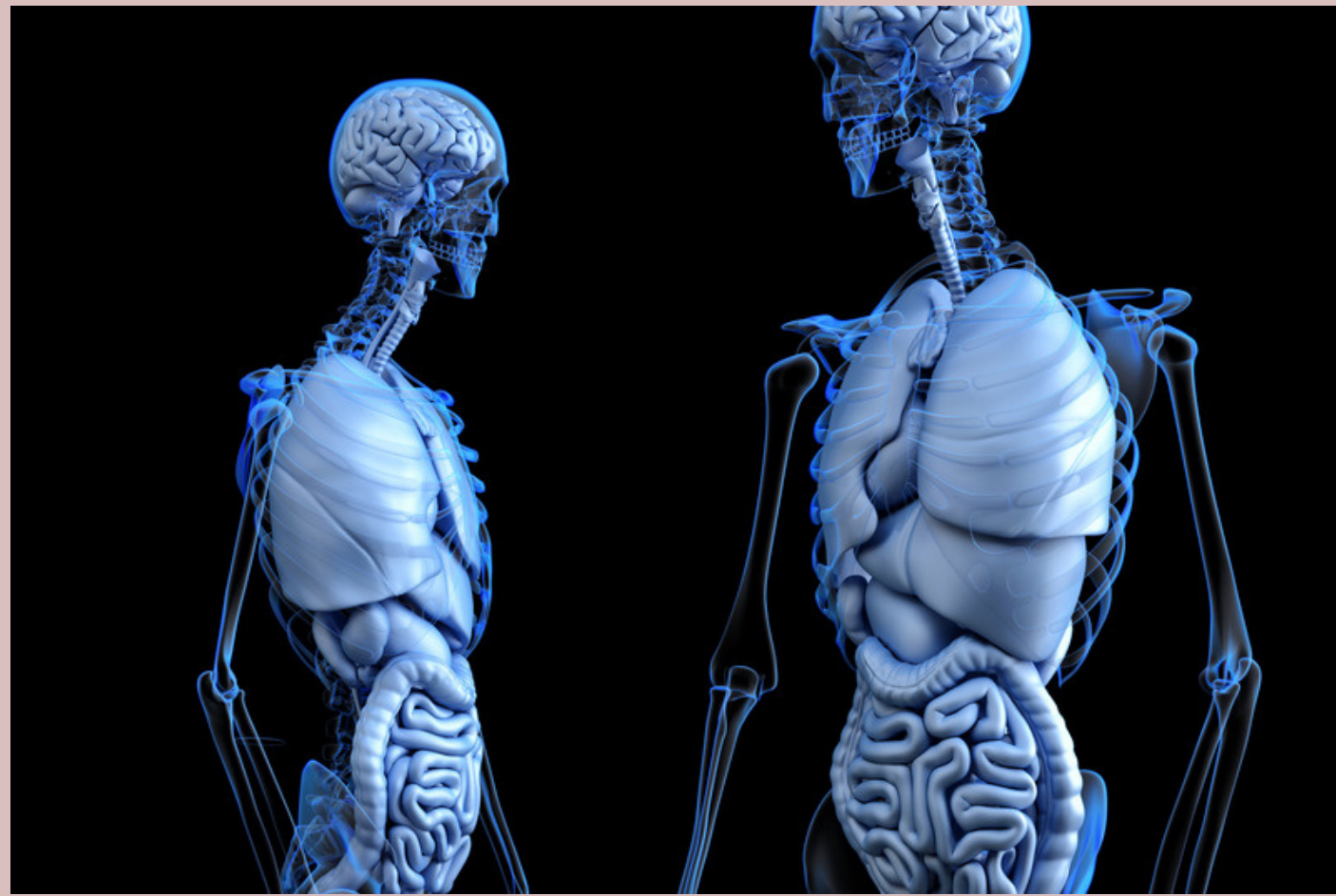


Hyperarousal

Emotional
irregulation

BIOLOGICAL SYMPTOMS

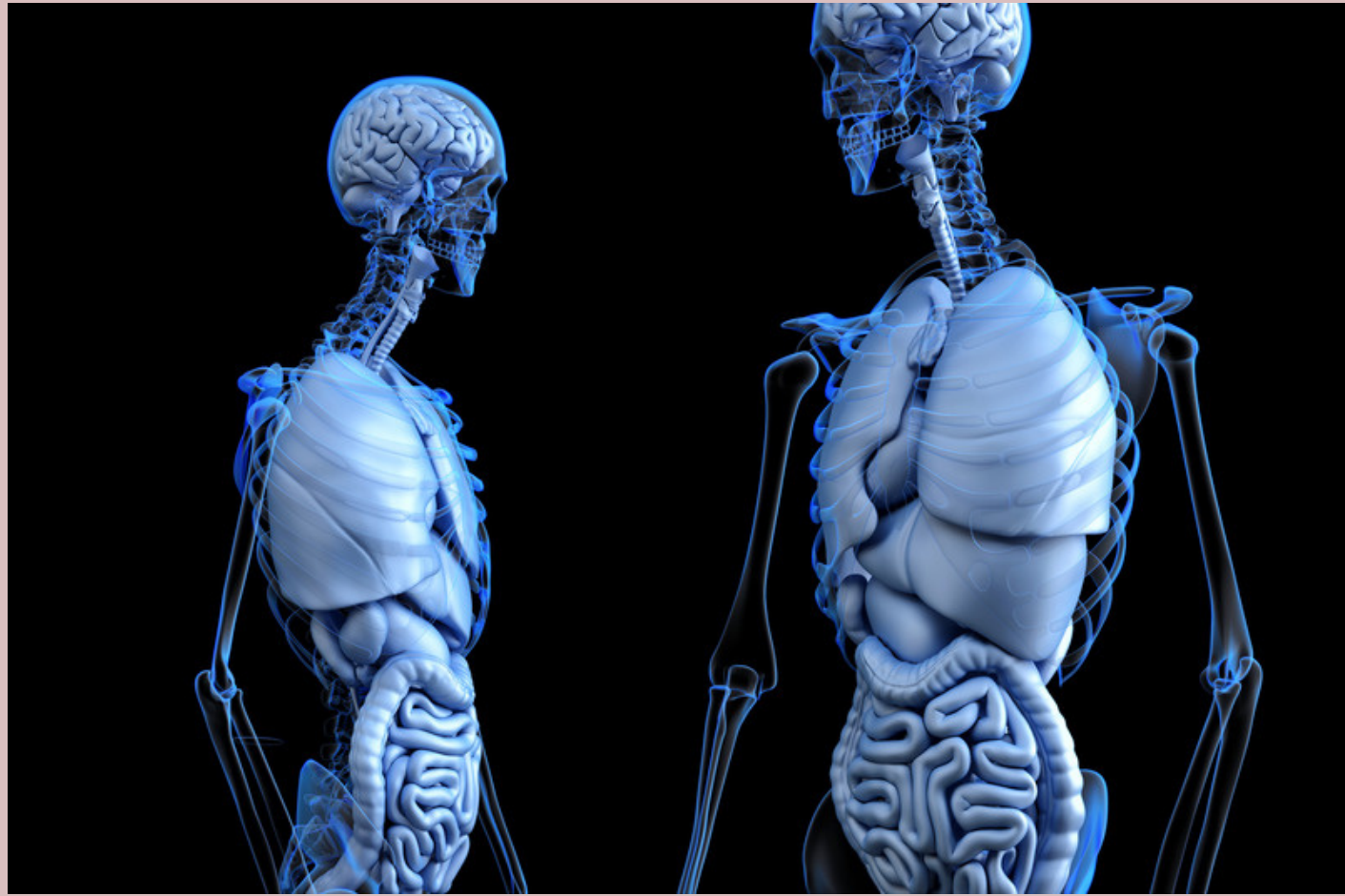
Sleep disturbances



BIOLOGICAL SYMPTOMS

Sleep disturbances

Appetite disturbances



BIOLOGICAL SYMPTOMS

Sleep disturbances

Appetite disturbances

Gastrointestinal disturbances



BIOLOGICAL SYMPTOMS

Sleep disturbances

Appetite disturbances

Gastrointestinal disturbances

Other symptoms:

Increased heart rate, tremors, dry mouth, inability to pass urine, overactivity of sweat glands



THE PSYCHOLOGY



Anxiety

Dissociation

PSYCHOLOGICAL SYMPTOMS



PSYCHOLOGICAL SYMPTOMS

Organisation



PSYCHOLOGICAL SYMPTOMS

Organisation

Indecisiveness



PSYCHOLOGICAL SYMPTOMS

Organisation

Indecisiveness

Character changes



PSYCHOLOGICAL SYMPTOMS

Organisation

Indecisiveness

Character changes

Self-perception



PSYCHOLOGICAL SYMPTOMS

Organisation

Indecisiveness

Character changes

Self-perception

Emotional resilience



PSYCHOLOGICAL SYMPTOMS

Organisation

Indecisiveness

Character changes

Self-perception

Emotional resilience



IS IT NORMAL? YES.

IS IT HEALTHY? NO, IF...

SENSORY RECALL/FLASHBACKS

What?

When?



A young man with short brown hair is shown from the chest up, wearing a light-colored sweater. He has his hands pressed against his face, covering his eyes and mouth, suggesting a state of distress or emotional pain. The background is a plain, light-colored wall.

PTSD

Intrusive thoughts and memories



Intrusive thoughts and memories

Detachment from reality

A young man with short brown hair is shown from the chest up, wearing a light-colored sweater. He has his hands clasped together in front of his face, covering his eyes and mouth. He has a distressed or sad expression. The background is a plain, light-colored wall. The text 'PTSD' is overlaid in large, bold, white capital letters across the center of the image.

PTSD

Intrusive thoughts and memories

Detachment from reality

Withdrawal



Intrusive thoughts and memories

Detachment from reality

Withdrawal

Hypervigilance



Intrusive thoughts and memories

Detachment from reality

Withdrawal

Hypervigilance

Hyperarousal



Intrusive thoughts and memories

Detachment from reality

Withdrawal

Hypervigilance

Hyperarousal

Other anxiety disorders



Intrusive thoughts and memories

Detachment from reality

Withdrawal

Hypervigilance

Hyperarousal

Other anxiety disorders

Depression/suicidality



Intrusive thoughts and memories

Detachment from reality

Withdrawal

Hypervigilance

Hyperarousal

Other anxiety disorders

Depression/suicidality

Unhealthy coping mechanisms



WHY ARE SOME PEOPLE MORE AFFECTED THAN OTHERS?

WHY ARE SOME PEOPLE MORE AFFECTED THAN OTHERS?

Personality traits

WHY ARE SOME PEOPLE MORE AFFECTED THAN OTHERS?

Personality traits

Pre-existing mental health conditions

WHY ARE SOME PEOPLE MORE AFFECTED THAN OTHERS?

Personality traits

Pre-existing mental health conditions

Previous exposure

WHY ARE SOME PEOPLE MORE AFFECTED THAN OTHERS?

Personality traits

Pre-existing mental health conditions

Previous exposure

Historical/current sexual abuse

WHY ARE SOME PEOPLE MORE AFFECTED THAN OTHERS?

Personality traits

Nature/severity of content

Pre-existing mental health conditions

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Historical/current sexual abuse

WHY ARE SOME PEOPLE MORE AFFECTED THAN OTHERS?

Personality traits

Nature/severity of content

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Current coping strategies

Previous exposure

Historical/current sexual abuse

WHY ARE SOME PEOPLE MORE AFFECTED THAN OTHERS?

Personality traits

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Previous exposure

Historical/current sexual abuse

Nature/severity of content

Current coping strategies

Other social stressors

WHY ARE SOME PEOPLE MORE AFFECTED THAN OTHERS?

Personality traits

Pre-existing mental health conditions

Previous exposure

Historical/current sexual abuse

Nature/severity of content

Current coping strategies

Other social stressors

Support network

SELF-IMPLEMENTATION STRATEGIES

**COGNITIVE
RESET**



SELF-IMPLEMENTATION STRATEGIES

**COGNITIVE
RESET**

BREAKS



SELF-IMPLEMENTATION STRATEGIES

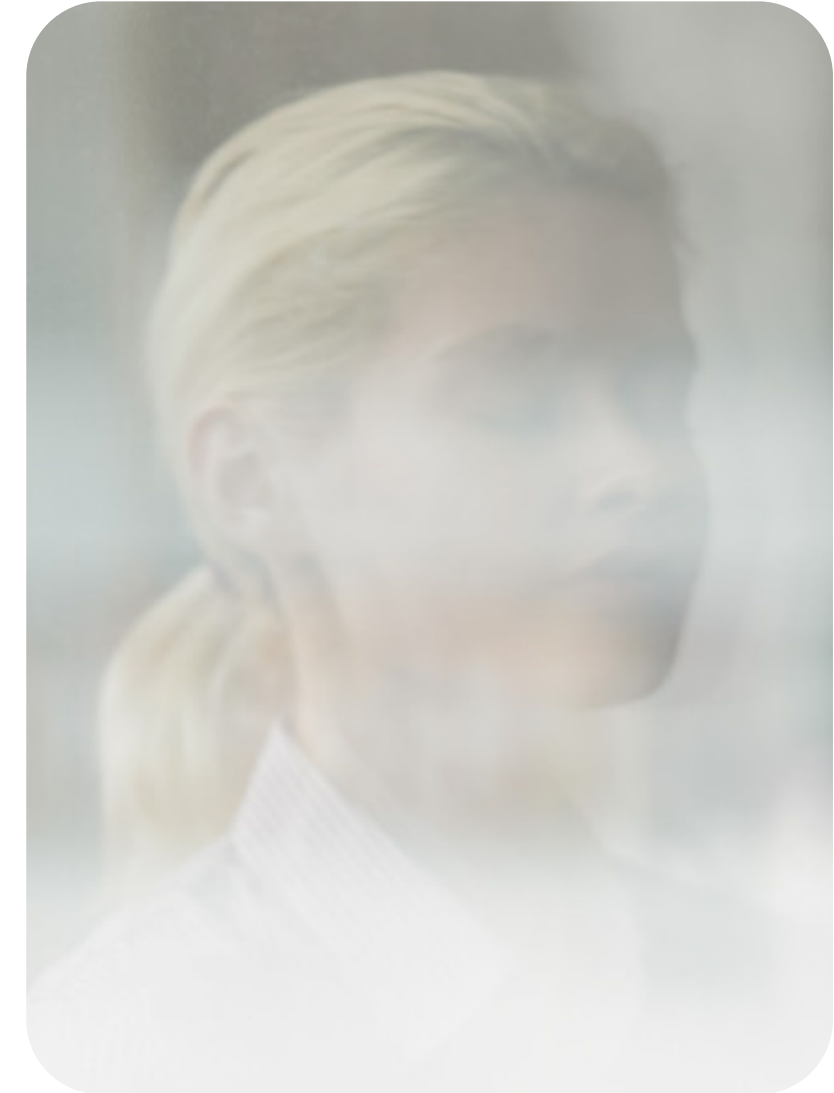
**COGNITIVE
RESET**

BREAKS

CORTISOL

SELF-IMPLEMENTATION STRATEGIES

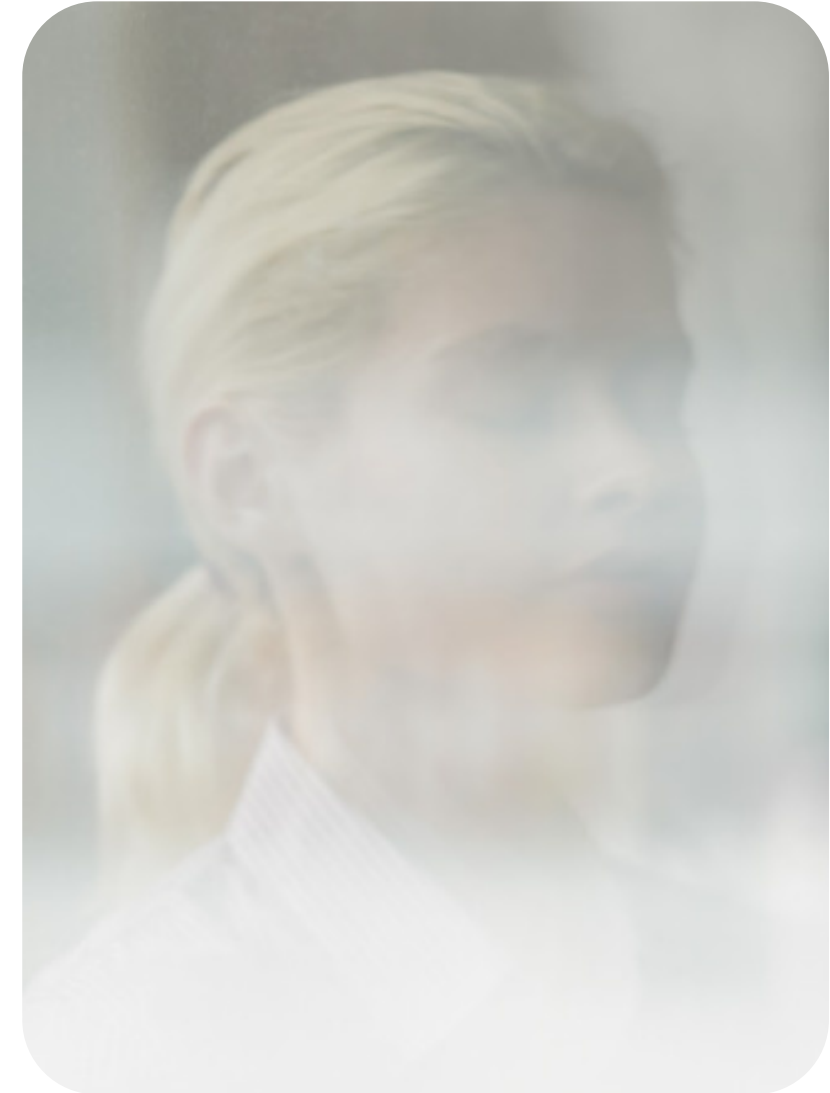
**TASK
FOCUS**



SELF-IMPLEMENTATION STRATEGIES

**TASK
FOCUS**

**BODY
SCAN**



SELF-IMPLEMENTATION STRATEGIES

**TASK
FOCUS**

**BODY
SCAN**

BREATHE

ACCESSING PROFESSIONAL SUPPORT

**REFLECTIVE
PRACTICE**



ACCESSING PROFESSIONAL SUPPORT

**REFLECTIVE
PRACTICE**

MEDICATION



ACCESSING PROFESSIONAL SUPPORT

**REFLECTIVE
PRACTICE**

MEDICATION

THERAPY

THANK YOU

WHERE TO FIND

ME

www.insightology.co.uk

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