

Glossary

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| Complex Trauma | Exposure to multiple traumatic events, often including events that were invasive and interpersonal in nature, resulting in wide-ranging and long-term impacts. |
| Cumulative Trauma | The experience of being exposed to multiple traumatic events that occur at the same time <i>or</i> across different times. |
| Graded Dose-Response | Refers to the positive correlation between the “dose” of the stressor (or magnitude of the stressful event) and the intensity of the outcomes. |
| Loss Reminders | Cues that cause the individual to remember the person that he or she lost |
| Poly-Victimization | The experience of developing trauma as a result of several different types of events across separate episodes. |
| Post-Traumatic Stress Disorder | A response to traumatic events, resulting in: <ul style="list-style-type: none"> • intrusive memories, flashbacks, or nightmares involving the event • avoidance of trauma cues • negative changes in mood or thinking of the self, others, or the world; hopelessness; memory and concentration problems; relational problems; lack of interest in activities once enjoyed; difficulty finding pleasure or experiencing positive emotions • changes in physical and emotional reactions, such as being easily startled; hypervigilance; sleep problems; concentration difficulty; increased irritability, anger, or aggression; feelings of guilt or shame. |
| Post-Traumatic Stress Symptoms | Symptoms that may develop following exposure to a stressful event that may not meet full criteria for Post-Traumatic Stress Disorder (PTSD). |
| Toxic Stress | Prolonged activation of the body’s stress response to frequent, intense situations/events. |
| Trauma | An individual’s response to distressing events that a youth experiences, witnesses, or learns about that involve actual or threatened death, serious injury, or sexual violence. |
| Triggers (Trauma Reminders) | Internal or external cues that remind the individual of the original trauma experience and evoke similar thoughts and feelings as in the original event. |

Topography of Trauma in Relation to Other Disabilities/Disorders

| Behaviors and Symptoms of Trauma | Related Disability/Disorder |
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| <ul style="list-style-type: none"> • Difficulty processing instructions • Decreased attention, memory, and focus • Reduced executive functioning • Difficulty solving problems • Difficulty understanding consequences of actions | <ul style="list-style-type: none"> • Learning disability/ learning disorder • Attention Deficit Hyperactivity Disorder (ADHD) |
| <ul style="list-style-type: none"> • Heightened vigilance • Inaccurate perception of danger (e.g., viewing innocuous glances or gestures as threats) • Rapid response to perceived threats • Self-protective behaviors (e.g., aggression, withdrawal) | <ul style="list-style-type: none"> • Anxiety Disorder • Panic Disorder • Emotional Disability • ADHD (impulsivity) • Oppositional Defiant Disorder/Conduct Disorder |
| <ul style="list-style-type: none"> • Interpersonal difficulties (e.g., social withdrawal, difficulty making friends, untrusting) | <ul style="list-style-type: none"> • Depression |
| <ul style="list-style-type: none"> • Inconsistent Mood • Easily overwhelmed or upset | <ul style="list-style-type: none"> • Mood Disorder |
| <ul style="list-style-type: none"> • Failure to thrive | <ul style="list-style-type: none"> • Developmental disorder |
| <ul style="list-style-type: none"> • Rigidity and perfectionism | <ul style="list-style-type: none"> • Obsessive Compulsive Disorder |
| <ul style="list-style-type: none"> • Need-fulfilling behavior (e.g., stealing or hoarding food, oversexualized behavior, overeating, demanding adult attention) | <ul style="list-style-type: none"> • Eating Disorder • Sexualized Disorder |

Adapted from (Rossen & Cowan, 2013)

Resources:

- Juvenile Justice article on Trauma
- National Child Traumatic Stress Network [NCTSN] <http://www.nctsn.org>
- Rossen, E., & Cowan, K. (2013). The role of schools in supporting traumatized students. *Principal's Research Review*, 8, 1-8.
- Trauma Sensitive Schools Learning Modules by Wisconsin Department of Education