

Types of Trauma and Grief

| Types of Trauma | Description |
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| Post-Traumatic Stress Disorder (PTSD) | May result from direct exposure to a traumatic event |
| Intergenerational Trauma | Personal and collective traumatic experiences can be transmitted generationally |
| Vicarious Trauma | Common among caregivers working with those directly exposed |
| Trauma Triggers | Reminders that may result in hyperarousal, avoidance, etc. |

| Types of Grief | Description |
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| Traumatic loss | Sudden loss often of a violent or graphic nature |
| Complicated Grief | Prolonged or complex grieving process typically associated with sudden and traumatic loss |
| Ambiguous Loss | Often the result of lack of closure that delays the grieving process |
| Varied Timelines & Developmental perspectives | Everyone metabolizes grief differently, and children's responses change with development |