



ADDRESSING TRAUMA BEFORE, DURING, AND AFTER AN EVENT

SIGNS AND SYMPTOMS

Emotional and Psychological		
Denial	Anger	Fear
Sadness	Shame	Confusion
Anxiety	Depression	Numbness
Guilt	Hopelessness	Irritability
Difficulty Concentrating		

Physical		
Headaches	Digestive Symptoms	Fatigue
Racing Heart	Sweating	Feeling Jumpy

HOW TO SUPPORT

Educate Yourself	Take the time to understand how trauma can manifest itself and how to appropriately respond, and communicate information about common reactions to trauma
Advocate on Their Behalf and Be Patient	Different strategies are called for at different times and for different levels of symptom severity
Approach With a Culturally Sensitive Lens	Cultural context and background, as well as membership in a minority group, will affect how individuals perceive a traumatic event and its impact
Take a Different Point of View	Understanding the child's experience (from the child's own point of view), as well as that of the child's family and community, can help guide intervention efforts
Create Normal Roles and Routines	Helping children, families, and communities reestablish routines and roles can help return normalcy to a child's life, providing reassurance and a sense of safety
Don't Go at It Alone – Build a Network	Engaging other school professionals, community partners, faith-based leaders, health professionals, and caregivers will help everyone to understand the issues being presented and join efforts to handle them



Link: [Handout Addressing Trauma](#)