

# Lesson 2: Understanding Trauma



What is  
trauma?



A photograph of a person's hands reaching up from dark, rippling water. The hands are open and palms facing up, suggesting a plea for help or a state of distress. The background is dark and blurry, possibly a cave or a night scene. A semi-transparent green rectangular box is overlaid in the center, containing the text "Definition of Trauma" in white serif font.

# Definition of Trauma





# Big T

Singular events that are commonly  
viewed as traumatic

# little t

Sustained events that compound over  
time to cause trauma



# Perspective





---

# Types of Trauma

1

Primary

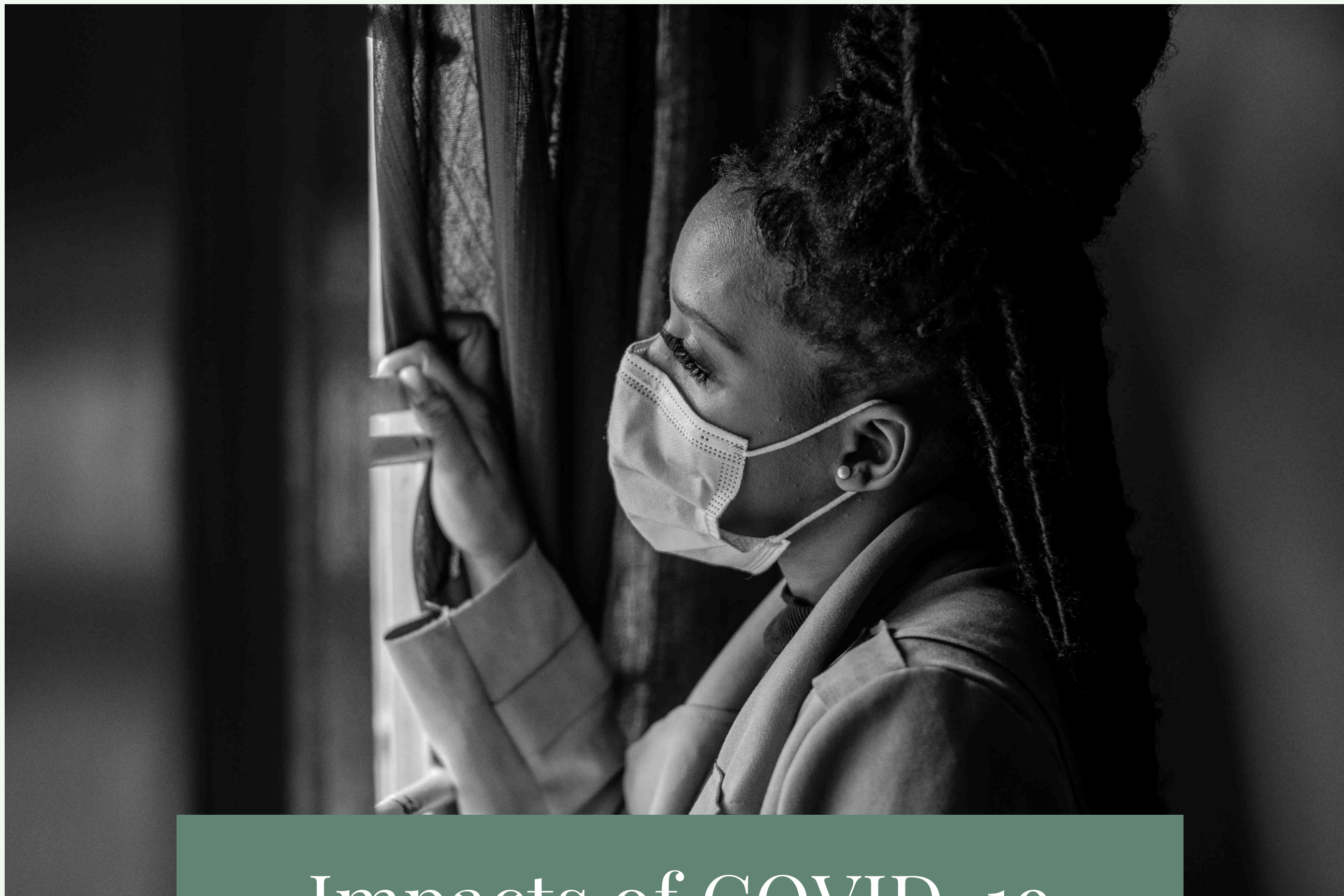
2

Secondary/Vicarious

3

Burnout/Compassion  
Fatigue





# Impacts of COVID-19



# Resources & Additional Learning

---

## TRAUMA

<https://www.psychologytoday.com/us/basics/trauma>

## VIDEO: #LETSTALKABOUTIT: WHAT IS TRAUMA?

<https://www.youtube.com/watch?v=7ePycw-8jIY>

## TRAUMA AND COVID-19: COMMUNITIES IN NEED ACROSS THE U.S.

<https://mhanational.org/sites/default/files/Trauma%20and%20COVID-19.pdf>

