

# Understanding psychological trauma: symptoms, treatment and impact

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## ABSTRACT:

*Psychological trauma is a complex and often misunderstood concept that refers to the emotional and psychological distress that results from experiencing or witnessing a traumatic event. Traumatic events can vary in nature and severity, from a car accident or natural disaster to physical or sexual abuse. The effects of psychological trauma can be -being.*

**Keywords:** Psychological trauma, Disaster psychology, Traumatic stress, Addiction behaviors, Crisis intervention, Emergency services.

## INTRODUCTION

### SYMPTOMS OF PSYCHOLOGICAL TRAUMA

The symptoms of psychological trauma can manifest in a variety of ways and can vary depending on the individual's experiences and coping mechanisms (Sareen, 2014). Some common symptoms include:

#### FLASHBACKS AND INTRUSIVE THOUGHTS:

Trauma survivors may experience vivid memories of the traumatic event, which can be triggered by similar situations or objects.

**AVOIDANCE:** Trauma survivors may try to avoid anything that reminds them of the traumatic event, including people, places and activities they used to enjoy.

**HYPERVIGILANCE:** Trauma survivors may become extremely alert and sensitive to potential danger, which

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## SUBSTANCE