

CHILDHOOD TRAUMAS

HOW CAN A CHILDHOOD TRAUMA EFFECT YOUR LIFE AS AN ADULT?

FUNCK Wendy | 2CB | 2021/22
Directrice de Mémoire : KREMER Paule

TABLE OF CONTENTS

1. Introduction	3
2. What is trauma?	4
2.1. <i>Different types of traumas</i>	4
2.1.1. Three main types	5
2.1.2. Other Types.....	5
2.2. <i>Are we aware when we have a trauma? How can I find out?</i>	6
2.3. <i>What happens in our body while experiencing trauma?</i>	6
3. Childhood trauma	7
3.1. <i>Child abuse</i>	7
3.1.1. Different types	7
3.1.2. Domestic and family violence.....	8
4. Effects	9
4.1. <i>Child Traumatic Stress</i>	9
4.2. <i>Acute stress disorder (ASD)</i>	9
4.3. <i>Post-Traumatic stress disorder (PTSD)</i>	10
4.3.1. Symptoms	10
4.3.2. Who can develop PTSD?	11
4.3.3. Complex Post-Traumatic stress disorder (C-PTSD)	11
5. Effects in later life	12
5.1. <i>Adult survivors of childhood trauma</i>	12
5.2. <i>Symptoms</i>	13
5.3. <i>Adverse childhood experiences (ACE) Study</i>	14
5.3.1. What is the ACE Study?	14
5.3.2. Results of the Study	14
6. Examples	17
6.1. <i>Parents' divorce</i>	17
6.1.1. The Traumatic event.....	17
6.1.2. Effects.....	17

- 6.2. *Sexual Abuse* 18
 - 6.2.1. The Traumatic event..... 18
 - 6.2.2. Effects..... 18
- 7. **Conclusion**..... 20
- 8. **Sources**..... 21
 - 8.1. *What is trauma?* 21
 - 8.2. *Childhood trauma* 22
 - 8.3. *Effects*..... 22
 - 8.4. *Effects in later life* 23
 - 8.5. *Examples* 24
 - 8.6. *Picture Sources*..... 24

1. INTRODUCTION

Trauma. A big word. A word that might be feared by a lot of people, but it does not have to be that scary. General opinion is not aware of how common trauma is, while statistics have shown that every person has at least experienced one traumatic event during their childhood. This does not mean that all those events have resulted in trauma, as every person has a different response to such events and some events are more traumatic than others. However, it does mean that we have been confronted with trauma more often than we realize.

When thinking about trauma, you always have the worst scenarios in mind, but trauma can also occur when dealing with common things, like parents' divorce. Trauma is always severe and can have a big impact on someone's life, but how much of a bigger impact can a trauma have when it occurs during someone's childhood? Children that are still learning how to live in this world being confronted with disturbing experiences. Or even worse, children that live in an unsafe environment where they experience abuse by their parents. Is it possible for a child to recover from such trauma? Or will they be marked by it, into their adulthood, until they die? These are questions I have asked myself before writing this paper.

In this paper, I will primarily talk about trauma in general, define it and characterize the different types of traumas. The following chapter will go into more depth about trauma that occurs in someone's childhood. In that chapter, I will talk about how such a trauma occurs, more specific about child abuse. The following two chapters will treat the effects that trauma can have on a child that has experienced a traumatic event. At first, I talk about short term effects, consequences that appear within a year after experiencing a traumatic event, and then I will go on to talk about the effects in later life. That chapter will contain the answer to the main question I have asked myself before writing this paper. How can a childhood trauma affect your life as an adult? To finish off my work, I will take two examples of traumatic experiences and talk more in depth about the effects they can have on a child's life.

2. WHAT IS TRAUMA?

The word “trauma” comes from the Greek and is translated as “wound”, which was used to describe physical injury, whereas nowadays trauma describes more of a mental and emotional wound. The Cambridge Dictionary defines trauma as a *“severe and lasting emotional shock and pain caused by an extremely upsetting experience, or a case of such shock happening”*¹.

Hence, trauma is a psychological and emotional response to a deeply distressing or disturbing event a person experienced. It is an emotional response to feelings the brain was not able to cope with after experiencing a traumatic event. A traumatic event is defined as an experience that brings physical, emotional, spiritual, or psychological harm, hence a disturbing event that leads to trauma. Since every individual has a different reaction to different experiences it is not possible to state which specific events lead to trauma. Examples for possible traumatic events can be single time events like loss of a loved one, involvement in an accident, injury, or rape, but also long-term events like abuse at home or an illness. While being involved in the tragic event is the main reason for suffering from trauma, it is also possible to experience trauma from being a passive watcher of a disturbing event.

Suffering from trauma especially affects the mental health of a person. It can cause negative feelings, like helplessness, or having a low self-esteem, and prevents the concerned person from feeling certain emotions and experience things at full range. A trauma can generally affect the wellness of the mental, but also the physical being of a person. These effects can be short term and only affect you during a certain period of time, but they can also be long term and affect one’s whole life. How drastic these effects are, and in which form they appear, depends on the individual person, because every individual reacts and functions differently. In this work, the effects of a trauma are the main aspect, and are further talked about in chapter 4 and 5.

2.1. DIFFERENT TYPES OF TRAUMAS

Considering there are many reasons and events, in different forms and sizes, that can cause trauma, it is difficult to talk about trauma in general, that is why traumas are separated into different types of traumas. At first there is a difference made between an interpersonal, an impersonal, or an accidental trauma. An interpersonal trauma is caused by a human, mostly people that are close to you, but also strangers, which can, for example be rape, or abuse at home. An impersonal trauma, on the other hand, is a trauma that is not caused by human hand, like for example a natural disaster. Then there still is accidental trauma, and like the name already indicates, it is a trauma caused by accident, like a car crash. Those three categories can help to indicate distinguish types of trauma, although in medicine traumas are classified into more specific types.

While researching the different types of traumas, it came to my attention that it is not very clear how many different types there are exactly. There is scientific disagreement concerning the taxonomy of traumas. Whereas some mention the “Type 1” and “Type 2”, most of the sources talk about three main types, but also mention some others where it is not clear if they are subcategories or categories by itself.

¹ “TRAUMA | Meaning in the Cambridge English Dictionary.” *Cambridge.org*, 2019, dictionary.cambridge.org/dictionary/english/trauma. Accessed 29 Nov. 2021.

I am going to talk about the three “main” types, acute -, chronic -, and complex trauma, which are mentioned the most, but also briefly mention the other ones I found.

2.1.1. *THREE MAIN TYPES*

Acute Trauma

Acute trauma is also referred to as type 1 of traumas, or sometimes also as *Big T* trauma. It describes a trauma that comes completely unexpected from a single overwhelming incident. These events are extreme enough to invade or even threaten a persons’ emotional and physical security. Such traumatic events are for example an accident, rape, or natural disasters. Such acute trauma can be interpersonal, impersonal, or accidental trauma. The condition PTSD, Post-Traumatic stress disorder (further treated in chapter 4.3), is often the result of an acute trauma.

Chronic Trauma

Chronic trauma, sometimes called repetitive trauma, defines repeated traumatic events with prolonged exposure, where the concerned person finds themselves in a long-term distressing state extended over a longer period of time. Chronic trauma can be for example a serious illness, sexual abuse, bullying, or even exposure to war. However, it is also possible that after experiencing several acute traumas, or an acute trauma that didn’t get treated, it can develop into a chronic trauma. The symptoms of a chronic trauma often don’t appear until after a long time.

Complex Trauma

Complex trauma describes multiple and varied traumatic events, which are similarly to chronic trauma, over an extended period. The main difference between chronic and complex trauma is that complex trauma is caused by interpersonal trauma. An example herefor is family violence, and in general the repeated trauma is often against children. The concerned persons often feel “trapped” and as if they cannot get out of that situation, which is why it has a severe impact on their mind.

Type 2 trauma gets described as traumatic events that occur over a long period of time. It is not specified if those traumas are interpersonal, so in the category type 2 both chronic and complex traumata are included.

2.1.2. *OTHER TYPES*

Historical/ Collective Trauma

Historical and collective trauma are traumas that are shared by a certain group of people within a society, an entire community, or a national group. It is a collective suffering, the concerned people go through. The best example here is racism, where racialized groups suffered in the history and still suffer under that until today.

Intergenerational Trauma

An intergenerational trauma is like the name already reveals a trauma that gets passed down from generation to generation. It begins when either one ore multiple family members experience a traumatic event, which can affect the generations afterwards without them having to experience it themselves. Children are very influenced by their parents, so when for example the parents suffer from trauma, their children pick up their behaviour, and with that sometimes also their trauma. Intergenerational trauma is often in connection with historical trauma. An example are the children of Holocaust survivors, where the intergenerational trauma first got identified.

Vicarious trauma

A vicarious trauma, or also called a secondary trauma, is a trauma where a person does not immediately witness the traumatic experience themselves but gets affected by only talking to a person that has experienced trauma. When talking to someone who has first handily lived through such an event, the person listening can experience secondary trauma by absorbing disturbing parts of their trauma. That can lead to experiencing similar symptoms as the other person, and integration of them into their own functioning. This happens when for instance a therapist gets confronted with a patients' trauma and cannot cope with this information. Secondary trauma can also be accomplished when a person close to you experiences trauma. The concerned are rarely aware of their own trauma because the symptoms get mistaken for other health problems.

Little T trauma

The little T trauma is a trauma that is rarely discussed, because it seems small and unimportant, even though it can be quite damaging. This trauma is caused by common, everyday experiences, like moving, losing a job, or the loss of a loved one. They seem like little things, but adding them up, they can lead to trauma.

2.2. ARE WE AWARE WHEN WE HAVE A TRAUMA? HOW CAN I FIND OUT?

Even though some people are aware that they suffer from trauma after experiencing a traumatic event, there are a lot of people who are not aware of their trauma and do not have a diagnosis. They might experience their symptoms and are aware of them, but don't know they come from a trauma. This may be due to social prejudices concerning trauma. Trauma is seen as such a big word and is connected the worst experiences we could imagine. So, things that happen to us, seem in comparison too "small" to be a trauma and we convince ourselves that what happened to us is not a big deal.

It is important to spread awareness that trauma doesn't only come from such disturbing events like experiencing a war and talk more about the "little T trauma". It is crucial to provide a treatment for people who have experienced trauma, but in order to do that, we have to admit to ourselves that it is possible that we might be concerned ourselves. The best way to discover that, is to visit a psychotherapist, who can help uncover one's trauma.

2.3. WHAT HAPPENS IN OUR BODY WHILE EXPERIENCING TRAUMA?

After talking about what trauma is, and how it occurs, I now want to talk briefly about what happens in our body when we experience a traumatic event and how a trauma physiologically occurs. It mainly has to do with the nervous system, which is very complex, so I will only scratch the surface on what happens.

The purpose of our nervous system is to keep us alive. Every human being has a survival instinct, which evolved at the beginning of time, when our species still lived in the wild. Nowadays, that survival instinct is not that important anymore, but it is still active. When we are faced with a threat, the autonomic nervous system, gets activated. Once the threat has passed, the nervous system should return back to normal, but sometimes it stays stuck in the threat response, which means that the nervous system informs our brain and body that the threat still exists. So even after the traumatic event, the body is in a state of high stimulation and still feels threatened, even though the threat does not exist anymore.

3. CHILDHOOD TRAUMA

The term Childhood Trauma refers, to a trauma that occurred during the childhood. The traumatic events leading to a trauma can be the same as for an adult, but considering that children are not fully developed, those are harder for them to cope with. This is the reason why a trauma occurring during your childhood, is more likely to have a bigger impact on one's later life. Early trauma, meaning during the age between 0 until 6 years, can be especially harmful, due to the important developing stages happening during that time. At that age, the child is in the middle of their developing and learning phase, which a traumatic event can disrupt, and thus can affect their development. Their still ongoing development and the fact that they are still learning, is the reason why especially children are vulnerable to trauma. After the age of 6, an occurring trauma is still referred to as a childhood trauma, only that as the child is older when experiencing the traumatic event, the effects are less significant and the impact on their development is lower. It is not clear until what age it can count as a childhood trauma, but I would argue that it can go until around the age of 18 because that is in average the age, where most people are fully developed and through their puberty.

I now focus on the different types and categories of traumas. For childhood traumas, those are the same, that is why the focus in this chapter are the events leading up to the trauma. There are a multitude of traumatic events, as already briefly mentioned before, but those related to interpersonal trauma have the biggest impact on a child. Interpersonal traumas caused by those who are in charge with the care of the child or a person that has a position of power or authority over them, also referred to as child abuse, are the most impactful, which I am going to explain more in depth in this chapter.

3.1. CHILD ABUSE

In order to get a better understanding on childhood trauma, I am going to discuss a very common form of traumatic event children all over the world, way more we could imagine, experience on a daily basis. Child abuse, also known as child maltreatment, is when a child is not treated right, intentionally or unintentionally, by their caretakers or those who have a position of power or authority over them. This can take place in their own home, by family members like their parents, stepparents or even siblings, but also outside by guardians or persons of authority like teachers or coaches. It is a repetitive, unacceptable behaviour from them directed towards the child. This can be physical-, sexual-, emotional abuse and neglect, which are the four main types of child abuse. Even though most countries have strict laws targeting child abuse, the norms of what is considered acceptable depends on the country and can vary from different cultures. Nonetheless child abuse causes a serious risk of physical or emotional harm.

3.1.1. DIFFERENT TYPES

Physical Abuse

When talking about abuse, physical abuse is often the first thing that comes to our minds. The term physical abuse refers to deliberate aggression towards children, which can lead to injury or the risk of injury on the child. The child is getting injured or hurt, without it being an accident, by the hand of the adult/person of authority. Examples are therefore in general actions that lead to physical harm on the child, like beating, hitting or rough treatment.

Sexual Abuse

Sexual abuse describes the form of abuse, where a child is forced into sexual behaviour by an adult or a person who is older and possesses power and authority over them. It is not necessarily an adult who

sexually abuses the child, also teenagers or even another child can use their power or authority to involve the other child in sexual activity. Sexual abuse is an immense exploitation of trust of the child, which can lead to a lot of trust issues in the later life of the child.

Emotional Abuse

We speak of emotional abuse when the caregivers, or adults in charge cannot nurture a child and offer them the emotional support they need. Children suffering from emotional abuse are not receiving the love and security needed for their healthy development, which leads to a negative impact on their emotional, social, or intellectual development. The relationship between the child, and in this case mostly their parents, is unstable, threats and force are used to raise the child and no support is given. Emotional abuse and the experience of domestic or family violence (further discussed in chapter 3.1.2) are often connected, given that the person experiencing violence at home is not capable of providing their child with the emotional support needed.

Neglect

Neglect is a form of threat towards the child when the basic needs of the child to survive are not met. If the basic needs, food, clothes, shelter, education, or medical care when needed cannot be provided by the caregiver it is called neglect. Another case of neglect would be no provided supervision, meaning the child regularly gets left alone during a longer period of time, affecting the child's health and general development.

3.1.2. DOMESTIC AND FAMILY VIOLENCE

When talking about child abuse, the terms domestic violence and family violence are often accompanied by it. Those are not counted as types but rather separate forms of abuse. Domestic violence describes the violence between current or former intimate partners. One partner usually tries to have power and control over the other partner, mostly accomplished through fear. Domestic violence can include different types of abuse, like physical, sexual, emotional, social, verbal, spiritual and economic abuse. Family violence is a broader term, which includes violence between parent and child, between siblings but also encompasses domestic violence. The forms in which family violence can appear are identical to the ones for domestic violence.

I specifically included these two forms of abuse as family violence does not have to concern the child directly for it to have an impact on their being. All the types of abuse I named above, physical-, sexual-, emotional abuse and neglect, can occur to the child performed by a family member, which then falls under the form of family violence. But simply witnessing domestic and family violence in their own home can have effects on the child and eventually lead to trauma. Domestic and family violence can affect a child in two different ways:

1. Primary, the immediate influence on the child by such violence. When a child lives in an environment where violence is common and normalized it will influence their mental health. The child will grow up thinking that such a situation is normal which later on can lead to problems in their adulthood and even to take it as an example for their future family.
2. Secondary, the child gets directly abused by their parents as a consequence. The family has such big problems to deal with that the child comes second, gets forgotten, neglected or used as an outlet for their parents' anger. Especially the victim of domestic violence can have issues taking care of a child while facing such problems, which can therefore lead, for example, to emotional abuse.

4. EFFECTS

After discussing what is generally understood as trauma, I will now talk about the effects that trauma can cause. While the traumatic event itself can be very disturbing, it can have life-long consequences. After being exposed to a traumatic event, it is normal to suffer from short-term effects in order to cope with it.

Both children and adolescents, expose individual reactions to traumatic events which are influenced by different factors from their life. However, nearly everyone is experiencing short-term effects during their phase of recovery from a traumatic event. Those effects are mostly distress or behavioural change, which are not necessarily problematic, because certain behavioural changes are attempts to cope with the trauma. With time, often after several weeks, most children go back to their normal behaviour. Especially when “only” experiencing one traumatic event, most children build resilience and are able to recover from their traumatic event.

However, not every child is able to overcome their trauma and suffer from child traumatic stress. This minority of children develops severe psychological symptoms. Reasons therefore can be that the child got exposed to more than one traumatic event or that the recovery process got disturbed by factors like family or stress.

4.1. CHILD TRAUMATIC STRESS

Children can suffer from child traumatic stress, when they are not able to recover from the symptoms named above. Child traumatic stress occurs when the child’s ability to cope is being overwhelmed due to a traumatic event, which leads to them developing reactions that affect their daily life. Symptoms therefore can be for example: depressive symptoms; anxiety; behavioural changes; attachment problems; nightmares or problems in their school performance. Teenagers also might use drugs or behave in other risky ways. Those symptoms can appear when the concerned are exposed to triggers, things that remind them of their traumatic event. These reactions interfere with the children’s daily life, and with their ability to function and interact normally.

The impact and responses of the child suffering under child traumatic stress, varies from child to child, depends on their age and their development level. Some children develop ongoing symptoms, which can be a hint that they might have PTSD.

4.2. ACUTE STRESS DISORDER (ASD)

An acute stress disorder (ASD) is a mental health condition, which can appear in a child shortly after experiencing a traumatic event. ASD appears right after the trauma occurred and can last from 3 days up to 1 month. Hints for it being an *acute stress disorder* can be a strong emotional reaction to the traumatic event itself and generally having a more extreme reaction than “normal”. Symptoms can be having nightmares, flashbacks or anxiety when being reminded of the traumatic event, so the affected children often avoid people and places that are a reminder. The affected children typically appear dazed and completely detached from their everyday environment.

ASD is similar to post-traumatic stress disorder (PTSD); the child generally has the same symptoms. The difference between those two disorders is the duration. PTSD lasts a lot longer than ASD, it can stay up until a few years after the traumatic event. ASD is generally considered as less serious, because of the fact that it doesn’t last as long. When the symptoms last longer than 1 month, the diagnosis of the child is adapted from ASD to PTSD. That means, that even after being diagnosed with ASD, you are only able

to tell after 1 month if it isn't PTSD. It is important that an acute stress disorder is being treated, even though it is possible for it to go away on its own.

I briefly mentioned some of the symptoms of ASD, but because those are the same as the symptoms of PTSD, I will explain those in more detail in the chapter of PTSD.

4.3. POST-TRAUMATIC STRESS DISORDER (PTSD)

Post-Traumatic stress disorder (PTSD) is a mental health condition which can be developed after a person has experienced a traumatic event. This psychological disorder usually manifests 6 months after the event occurred, but the symptoms can already begin after 3 months, or even show up years later. As already mentioned in the chapter above, PTSD is the follow-up disorder of the acute stress disorder. The symptoms of both disorders are similar. However, the symptoms of PTSD have to last longer than 1 month to be considered as PTSD, before, the person might be diagnosed with ASD. The duration of the illness varies with the person and the traumatic event causing it. It is possible to recover after 6 months, but some suffer under the symptoms for years, and by others the illness becomes chronic.

4.3.1. SYMPTOMS

The intensity of the symptoms that people suffering under PTSD experience, depends on the individual, but in general, the concerned persons are feeling stressed or frightened even when not in danger. They have thoughts and feelings related to their traumatic event long after the experience itself, and therefore try to avoid things that remind them of it. Those symptoms cannot be ignored and interfere with the daily life of the person affected. These can cause problems in relationships, social or work situations. The symptoms of PTSD are subdivided in four different categories: Intrusion; Avoidance; Alterations in cognition and mood; Alterations in arousal and reactivity.

Intrusion: All symptoms that include the memory of the event are counted as intrusion symptoms. These can be intrusive thoughts about the traumatic experience, distressing dreams, nightmares or flashbacks, which can feel like you are reliving the event all over again.

Avoidance: Avoidance, as the name indicates, describes the symptoms that have to do with avoiding anything that has to do with the event. People with PTSD often try to avoid places, people or even activities that might trigger a memory of their traumatic event.

Alterations in cognition and mood: Symptoms in this category encompass the mood and the emotions of the concerned person. They might have negative thoughts about themselves and others around them, they blame themselves for the event that occurred, feel guilt and shame. Another typical symptom is that you forget important details about the event and have no memory when asked about it.

Alterations in arousal and reactivity: These include the symptoms that have an effect on your physical body. When diagnosed with PTSD it is common to be irritable, have angry outbursts or behave recklessly. Other symptoms can be having problems concentrating or sleeping.

However, the symptoms differ from adults to children. Especially younger children experience other symptoms. Those include wetting the bed, forgetting how to talk or being unable to talk, acting out their traumatic time while they are playing or being unusually clingy. For older children, or teenagers, the symptoms are more similar to those of the adults, but also include disruptive and disrespectful

behaviour. This does not mean that the symptoms named above do not show in children, rather, they may vary due to the big age and mature difference.

4.3.2. *WHO CAN DEVELOP PTSD?*

Most people experiencing a traumatic event suffer under short term symptoms. PTSD can be diagnosed when those symptoms and problems do not go away after a certain amount of time, but the majority does not develop PTSD. But why do some people develop PTSD and others do not? It is impossible to know if you are going to develop PTSD at some point in your life, but it is in general way more common than you might think. *“According to the National Center for PTSD, about 7 or 8 out of every 100 people will experience PTSD at some point in their lives.”*² Women are also more likely to develop PTSD than men, and especially when the traumatic event is „worse“, like having a near death experience, you are more likely to develop PTSD after. But in the end, PTSD can occur to all of us, it is not possible to avoid it, but there are factors that can prevent it.

Our reaction to things is often related to past experiences and the support we have in our environment. This also applies to the development of PTSD, as such factors can increase or decrease the risk of developing this disorder. Risk factors can be having little or no social support after the event occurred or dealing with extra stress during the same time. So in order to minimize the risk of developing PTSD, it is important to avoid those risk factors, by for instance searching for support and help after the event or trying to cope in a positive way. When reducing these risk factors, it is possible to prevent PTSD and minimize the risk of getting it, but that doesn't mean, that you are immune to it. The possibility is always there to develop this mental health condition, but if you get yourself some help, you can get through it.

4.3.3. *COMPLEX POST-TRAUMATIC STRESS DISORDER (C-PTSD)*

Complex Post-Traumatic stress disorder, or also called C-PTSD, is in some ways a sub-category of PTSD. C-PTSD has overlapping symptoms with PTSD along with some more and different ones. This condition has only gained attention about 40 years ago and is to this day not everywhere officially recognized as a separate mental health condition. Broadly viewed it is very similar, the difference is like the name already tells, that C-PTSD is even more complex, which is why some mental health professionals make a distinction between those conditions. The main difference lies in the cause of the trauma. While PTSD is caused by a single traumatic event, C-PTSD is caused by long-lasting traumas, such as a complex trauma. In addition, C-PTSD is typically caused by childhood trauma.

² National Institute of Mental Health. “NIMH» Post-Traumatic Stress Disorder.” www.nimh.nih.gov, National Institute of Mental Health, May 2019, www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd. Accessed 8 Feb. 2022.

5. EFFECTS IN LATER LIFE

In chapter 4, I talk about the effects a trauma can have on a child right after experiencing their traumatic event. I talk about Child Traumatic Stress and Acute Stress Disorder which can appear right after the incident, but also post-traumatic stress disorder which can last for up to a few years. But in this chapter, I am going to talk about the effects that childhood trauma can have in your adult life. How does a childhood trauma evolve over the years, and can there be long-term health consequences for the patient? And is it even possible to be completely “healed” from a trauma? Those are the questions I am trying to answer in this chapter.

5.1. ADULT SURVIVORS³ OF CHILDHOOD TRAUMA

It is clear that no matter what kind of trauma a child has experienced, it always has an impact on their life. But for some this impact is more enormous than for others. In some cases, the consequences of the experienced trauma influence an individual into their adulthood. During your childhood, your body goes through a big biological development, and your normal biological functioning is partly determined by the environment you grow up in. When growing up under constant or extreme stress which can be caused by the experienced trauma, the immune system and the body’s stress-response do not develop normally. This can have as a consequence that later in their life, when experiencing an ordinary level of stress, their systems may respond as if they were under extreme stress. In general, stress can impact the development of the brain and nervous system of a child. Especially in the case of complex trauma history, it is common to develop chronic or recurrent physical complaints.

Consequences of a trauma continuing into adulthood are most common when having suffered under complex trauma (e.g. child abuse). The effects of childhood trauma in later life can manifest in conscious or subconscious forms of somatic; psychiatric; or psychological distress. Complex and chronic illnesses, as well as recurrent or chronic suicidal ideation and self-harm can be a follow up of early experienced trauma. Another specific consequence of child abuse is that as adults they often do not remember or recognise their abusive childhood and feel ashamed, like they deserved what happened to them. Those are things they do not lose when growing up but take with them into adulthood. When having experienced betrayal trauma, the concerned individuals are not able to detect unsafe behaviours in relationships and are therefore more likely to stay in them when growing up. It is common for adult survivors of childhood trauma to carry their coping strategies they built in their childhood after experiencing the traumatic event, into adulthood.

In addition, the stress of a traumatic experience releases cortisol. Long-time exposure to high levels of cortisol impacts the brain capacity, and therefore their ability to learn. This creates the problem that as students, it increases the risk for academic failure and limits academic careers. In general, you can say, that childhood trauma creates an unstable foundation for the rest of the concerned people’s lives. When these problems are treated the right way, and not ignored, it does not have to mean that the unstable foundation has to be your downfall. Trauma can impact someone for a very long time, but when they seek out help, it does not have to impact them forever.

³ Survivor: “a person who is able to continue living his or her life successfully despite experiencing difficulties” (Cambridge Dictionary. “SURVIVOR | Definition in the Cambridge English Dictionary.” [Cambridge.org](https://www.cambridge.org), 23 Oct. 2019, dictionary.cambridge.org/us/dictionary/english/survivor. Accessed 16 Apr. 2022.)

5.2. SYMPTOMS

Even when it is known that you have experienced a trauma in your past, it is not always known what consequences those can have. That is why a lot of symptoms of unresolved trauma are misinterpreted as other illnesses. I am going to list some of the common symptoms which can help detect if symptoms are actually the result of an unresolved childhood trauma.

Somatic symptoms

Somatic symptoms are medically unexplained symptoms or chronic pain. Under this category fall the consequences that can appear because of maladaptive coping strategies like substance abuse or an eating disorder. There is increasing knowledge on the connection between past trauma and neurobiological changes that might appear in survivors. Therefore, it is important to explore the trauma histories of patients who are dealing with complex and chronic illness.

Emotional dysregulation

This refers to symptoms like irritability and chronic hyperarousal⁴, but also suicidal thoughts and self-harm. The consequences of maladaptive coping strategies such as substance abuse and eating disorder are counted as somatic symptoms, maladaptive coping strategies themselves however, count as emotional dysregulations. In general, those symptoms are triggered by the fact that the concerned people have trouble to regulate their emotions when under stress.

Interpersonal instability

Especially when having experienced child abuse, it is common to re-enact unhelpful relationships from the past, like for example become abusive yourself when becoming an adult. Survivors of child abuse are also more likely to develop poor parenting skills, because they never properly learned how to do so. Like I already mentioned above, is it usual to survivors of betrayal trauma, where the symptoms are often more severe, that they lose the capacity to detect unsafe behaviours.

Avoidance

As a method to ignore problems, avoidance is always a sign that something is not right. If you notice that someone leaves gaps when they tell a story of their childhood, or if their history is not complete, and generally shows behaviour associated with avoidance, this might indicate a past childhood trauma. Avoidance is a common symptom of children who just experienced a traumatic event. They develop coping strategies which are then carried from their childhood into their adulthood.

Re-experiencing and dissociation

Re-experiencing, or flashbacks, are quite common for adult survivors. They can feel dissociated, lose track of time and place, and show some PTSD symptoms. But the concerned people often misinterpret re-experiencing as panic attacks or hallucinations.

⁴ Hyperarousal: *“an abnormal state of increased responsiveness to stimuli that is marked by various physiological and psychological symptoms (such as increased levels of alertness and anxiety and elevated heart rate and respiration)”* (“Definition of HYPERAROUSAL.” www.merriam-webster.com, www.merriam-webster.com/dictionary/hyperarousal. Accessed 16 Apr. 2022.)

Disorders of memory

Adult survivors often have incomplete memories of their childhood, a fragmentation of their memories. This leads to them not being able to give a clear narrative of their childhood.

Shame

Shame is a symptom that mainly appears when one has experienced child abuse. Concerned people have a poor sense of self and believe that they are of no worth. The poor sense of self is often rooted in their childhood, because the healthy sense of self is evolved early on in the childhood. When abused they believe they deserve it, which is often carried on into their adulthood.

The symptomatology of long-lasting effects of childhood trauma is very complex, which is why it is very hard to detect, that the origin of all of the symptoms is an unresolved childhood trauma.

5.3. ADVERSE CHILDHOOD EXPERIENCES (ACE) STUDY

5.3.1. WHAT IS THE ACE STUDY?

The *adverse childhood experiences (ACE)* study was carried out to investigate the relationship between childhood trauma experiences and long-term medical health and social consequences. It was pursued by researchers from a partnership between the Centres for Disease Control (CDC) and Kaiser Permanente and was realized from 1995 until 1997 in the U.S. The term *adverse childhood experiences* encompass all types of abuse, neglect or any other traumatic events occurring to a child (under the age of 18). Those adverse experiences are however not directly related to trauma. Trauma can be the result of experiencing a traumatic event, an *adverse childhood experience* however is the experience itself which can lead to trauma but does not necessarily become one. *Adverse childhood experiences* include these 10 experiences:

- Physical abuse
- Sexual abuse
- Emotional abuse
- Emotional neglect
- Physical neglect
- Living with a mentally ill, depressed, or suicidal person
- A family member has a drug or alcohol addiction
- Witnessing domestic violence against the mother
- Loss of a parent to death, or being abandoned by parental divorce
- Incarceration of any family member for a crime

Those 10 categories are also used for the study, but during their research they revealed that adverse experiences like racism, poverty, systemic oppression, exposure to community violence, microaggressions, stereotype threat and overly punitive school discipline can impact health in later life. Until today, this ACE study is one of the largest investigations ever made treating this subject. There were over 17.000 participants between the age of 19 and 90 years old.

5.3.2. RESULTS OF THE STUDY

The ACE Study has hugely impacted the understanding of the relation between *adverse childhood experiences* and the risk factors of later health problems. The study showed that out of 17.000

participants nearly 64% have at least been exposed to one childhood trauma and that those experiences have had an impact on their health outcome.

One of the question the ACE study was supposed to answer is, what early influences in someone’s life can lead to later higher risk factors for diseases, disabilities, and even early mortality. With the results of the study, the ACE pyramid was created (see Figure 1), which shows the effect ACEs has on our health and social well-being throughout our life. The base of the Pyramid consists of the *adverse childhood experiences* which can have social, emotional and cognitive impairment as a result which builds the second layer. According to the study is that the foundation of adoption of health-risk behaviours which eventually turn into diseases, disabilities and social problems. The top of the pyramid consists of early death.

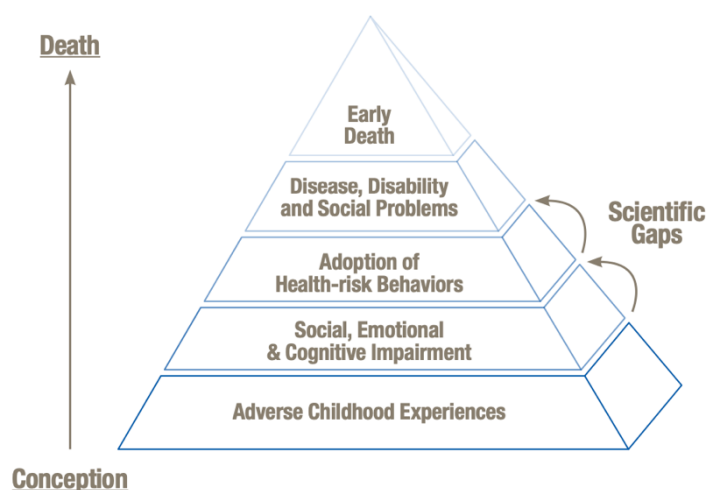


FIGURE 1

This statistic concerning the results of the study, shows the prevalence of ACEs distributed in the 10 different categories of the study. You can see that the prevalence of substance abuse in the household as the highest with over 28%. This chart also shows how many ACEs the participants have experienced, also individually represented for every of the 10 different categories. It is obvious that most people have experienced more than one *adverse childhood experience*.

ACE Category	Prevalence (%)	Additional ACEs (%)				
Abuse		0	≥1	≥2	≥3	≥4
Emotional	10.2	2	98	90	77	62
Physical	26.4	17	83	64	46	32
Sexual	21.0	22	78	58	42	29
Neglect						
Emotional	14.8	7	93	79	63	47
Physical	9.9	11	89	75	61	50
Household Dysfunction						
Domestic Violence	13.0	5	95	82	64	48
Substance Abuse	28.2	19	81	60	41	29
Mental Illness	20.3	16	84	65	48	34
Parental Separation/Divorce	24.1	18	82	61	43	30
Crime	6.0	10	90	74	56	43

FIGURE 2

The study has not only shown that having experienced an ACE makes a difference for your health outcome, but also demonstrated the causal connection between the number of ACEs you have experienced and the severity of symptoms. The more ACEs someone has experienced, the more are they at risk for developing physical and mental health problems throughout their life. The researchers of the study have created an ACE score. The ACE score tells how many ACEs you have experienced. The higher the ACE score, the higher are the risks for problems like alcoholism, depression, suicide attempts and other negative health related issues. The Prevalence of the ACE score in case of the ACE study was as follows:

- 0 = 33%
- 1 = 26%
- 2 = 16%
- 3 = 10%
- >4 = 15%

To have an idea what kind of risk factors, diseases, and disabilities can be a consequence of adverse childhood experiences, is here a list related to the study.⁵

Risk Factors

- Alcoholism and Alcohol Abuse
- Smoking
- Illicit Drug Use and IV Drug Abuse
- Obesity
- Suicide Attempts
- Depression, Anxiety, Hallucinations
- Teen and Unintended Pregnancies
- Spontaneous Abortion or Fetal Death
- Intimate Partner Violence
- Poor Quality of Life
- and Others...

Diseases and Early Mortality

- Chronic Obstructive Pulmonary Disease (COPD)
- Ischemic Heart Disease (IHD)
- Liver Disease
- Sexually Transmitted Diseases (STDs)
- Lung Cancer
- Death Before Age 65

FIGURE 3

⁵ Every source I found concerning the ACE study, linked to the Website of “Centers for Disease Control and Prevention (CDC)”, which is where the most official results can be found (<https://www.cdc.gov/violenceprevention/aces/about.html>). For further information on the study and the results you can visit this website. The statistics I used are from a publication from “Prevent Child Abuse America” (https://preventchildabuse.org/images/docs/anda_wht_ppr.pdf).

6. EXAMPLES

After explaining childhood trauma and its long- and short-term effects, I will now talk about some specific experiences which can cause trauma. Because the immense amount of experiences which can lead to trauma, and the differences of the effects, it is hard to generalize them. Therefore, I will take two examples of different types of trauma and talk about the traumatic event itself and the short and the long term effects of them.

6.1. PARENTS' DIVORCE

Parents' divorce is something that millions of children have to go through, and even though it seems not like something that can cause trauma, it is possible to become one. If someone's parents are divorced, it does not directly mean that they have a trauma, but that experience could definitely be counted as a traumatic event. Parents' divorce would be counted to the category of little T trauma. The consequences of this experience are different for every child, but also depend a lot on the way their parents handle the situation. Parental divorce is nothing you can generalize, so it is hard to find a lot on that topic. That is why I will write what I think the effects of this traumatic event can be, on the basis of my knowledge I gained during this paper.

6.1.1. *THE TRAUMATIC EVENT*

The traumatic event itself can be very different for every child, like I have already mentioned, this mainly depends on the differences the event itself can have. When the divorce of parents is carried out very peacefully and with good communication between both of the parents and the child, then it is very unlikely for the child to suffer under consequences like a trauma. However, if it is very messy, the parents are constantly arguing, not communicating or badmouthing the other parent in front of the child, this experience can end in possible trauma. In the worst case, one of the parents is deprived of the child and the child loses a parent during the process, which seems more likely to turn into a trauma. But the fact that the parents are getting divorced is not always the only event that can be traumatic for the child. With parental divorce a lot of change is accompanied by it, they move, go to a new school, have to make new friends. These changes sometimes can be even harder for children than the fact that their parents do not live with each other anymore.

It is common for especially young children to not understand what happens, and why it happens. Often children blame themselves, thinking it is their fault. Teenagers tend to become angry and often blame one parent for the divorce. In very bad cases, the children are relieved that their parents are divorcing. Because for them the constant arguing, and fights were worse than the thought of their parents not being together anymore. In this case the divorce is a help for them, and the constant stress wears off.

6.1.2. *EFFECTS*

Other than the differences the traumatic event itself can have which influences what effect it might have on a child, the effects also depend on the child and its ability to cope with their parents' divorce. It is usual for kids to experience distress, anger, anxiety, and disbelief at the beginning, but most children are able to go back to normal and get used to the new way of living. But some can experience ongoing problems due to their parents' divorce. Studies have shown that parental divorce can increase the risk of mental health problems and have found that depression and anxiety rates are higher. In addition are the concerned children more likely to engage in risky behaviours. What effects parental divorce can have on the child in their later life, when they are adults is more difficult to answer. When the situation is not at its worst, this experience is not very likely to follow them into their adulthood. But in a worst-

case scenario it can be that they have experienced things during that process that they will not be able to let go of.

A question I asked myself, was if parental divorce makes it impossible for the child to maintain a happy relationship in their later life. I asked myself this because parents are in everything a role model for their children. Children learn everything from their parents, among others how a relationship works. When their parents get divorced, children see what it is like when a relationship fails. That might give them a negative view on love and relationships in general. They see how badly it can end, which can create a fear in them that they might carry into their adulthood, into their own relationships. However, I do not think that this means that they will never have the possibility to maintain a happy relationship. Parents are not the only role models that children have. Grandparents or other members of the family can also set an example on how to have a relationship.

6.2. SEXUAL ABUSE

While parents' divorce will only in some cases lead to trauma, sexual abuse is one of the traumatic events a child can experience and is therefore highly likely to cause a trauma. Child sexual abuse is defined by the involvement of a child in sexual activity. Sexual abuse in general is counted as so, if one of the persons involved in the sexual activity did not give their consent. For children it is the same, except for the fact that they sometimes do not fully comprehend what is going on and are not fully developed to even be able to give their consent. To which type of trauma sexual abuse counts, depends on the frequency of the abuse. Sexual abuse is in every shape and form a severe traumatic experience. While there are a lot of adults experiencing it, there are also a lot of children who are defenceless against it. It is important that we need to try to prevent such horrible things to happen.

6.2.1. *THE TRAUMATIC EVENT*

Other than with parental divorce, no matter what exactly the traumatic event itself is, sexual abuse is always severe. Differences in the traumatic event can be the frequency, so how often the child gets sexually abused. This can range from a one-time thing to a daily occurrence over a long period of time. It also plays a role, who is the one committing the act. If it is a family member or someone the child trusted, the consequences are going to be more severe, as if the abuser was a stranger. Because this experience is so traumatic, a lot of cases are not being reported by the child, but it is known that it is quite common. Researchers have shown that in the USA about 1 in 4 girls and 1 in 13 boys have experienced child sexual abuse, where in 91% of the cases the abuser a family member or a person of trust is.

6.2.2. *EFFECTS*

Sexual abuse is a severe traumatic experience and therefore also has a wide range of serious consequences. Like with every trauma can these effects go away after a certain period of time, but especially with sexual abuse it is also very likely that they take the consequences with into their adulthood. Sexual abuse can affect a person's psychological and physical well-being and relationships with their family or intimate ones. In general, are the short-term effects children suffer under traumatic play, they use their trauma during playtime, withdrawn behaviour, tantrums or nightmares. Teenagers are also more likely to engage in high-risk behaviours, self-harm or show suicidal behaviours.

One of the biggest impacts that sexual abuse has is the effect it has on the person's ability to form and maintain a close and loving relationship. These can concern relationships the child is having at the point of the traumatic event, but also relationships they have throughout the rest of their lives. With intimate

relationships, which often form only later in life, it is hard for survivors to build up trust for their partner. A lot of aspects of a relationship can remind them of their sexual abuse and in general it is hard for them to talk about what happened to them with their partner. Depending on the situation, the relationship between the victim and their family also might change a lot. When having such a trauma, victims have troubles imagining themselves becoming parents themselves. They might fear that they will not be safe parents, or that others see them as a danger for their children because of the saying that if you have been abused, you also will abuse. This is of course possible, but it can also have a positive effect, in a way that they will be more protective over their own children.

Sexual abuse has quite a lot of effects on the emotional well-being and mental health of a victim. As a short-term effect, they go through a range of emotions. This can go from fear, sadness, anger, guilt, and confusion to self-blame. Considering the long-term effects, have researchers shown that low self-esteem and mental health conditions in later life can be caused by sexual abuse. For some it is possible to live a 'normal' life without experiencing a lot of long-lasting effects, but victims still claim that the experience of sexual abuse is something that will never fully leave and that there will always be tough times. Sexual Abuse was one of the categories from the ACE study, so the results of it apply to this too, which means that because of it the concerned person has a higher risk for a poorer physical health in their future.

7. CONCLUSION

With this paper, I wanted to learn more about the term trauma, and more specifically about childhood trauma. Herefor, I have asked myself the question of how a childhood trauma can affect your life as an adult, to which I tried to find the answer to by writing this paper. I started talking about trauma in general, what exactly trauma is and what different types of traumas there are, but also answered the questions if we are aware when we have a trauma, and what happens in our body when experiencing one. I then looked more closely into the traumas that you experience during your childhood and talked about child abuse, a very common traumatic experience. To come to the main part of my paper, I talked about the short-term effects that trauma can have on a child. I talked about the possible short term effects and explained what „*Child Traumatic Stress*“, „*Acute Stress Disorder (ASD)*“ and „*Post-Traumatic Stress Disorder (PTSD)*“ are. After this I wrote about what I consider to be the main part of my paper, the effects that might show up, or continue in later life. Talking about adult survivors of childhood trauma and the adverse childhood experiences (ACE) study, I answered my question as to what effects childhood trauma can have on your life as an adult. To finish off my work, I took two examples of traumatic experiences and explained in more detail what effects they can have.

Looking back at the process of this paper, I can say that I partly had some difficulties to keep a red thread throughout my work. From the beginning on I knew exactly what topics I wanted to treat and research, but throughout my research the structure of it changed multiple times. This was because of the things I found out during research. I kept finding small new topics that seemed important to include, which caused the structure to change. Trauma is a very complex subject, and even though you can find a lot of written work about it, the different information does not always match. I used a lot of sources to make sure what I wrote was correct. But this caused more trouble and confusion than clarity. I am not sure what is the cause of that, but a lot of information I found on the different sources did not match. They did not necessarily say the opposite, but for example when researching the different types of traumas, some said that there were three main types, while others said there were eight and sometimes used different names. In general, it was often the case that some sources used terms that were not mentioned in others, and for me it was hard to then find the relation between the two different pieces of information I got. This especially caused a big problem in the chapter of short-term effects. The consequence of that was that I sometimes did hours and hours of research and at the end I still only had a little bit of information I could actually use. This created the problem that it was hard to keep up the motivation to keep writing, but it did not become a big one because my interest on the subject was very high.

In conclusion, I can say that I am very proud of my finished work. I did have some troubles writing it, but in the end, I learned a lot and I know that the path I want go in the future is the right one. This is also the first paper I wrote in English, and even though it was not as simple as if I had written it in German and it is not perfectly written, I am glad that I gave myself this challenge, and it did not was so difficult as I had thought at the beginning of it. Trauma is a subject that in my opinion is not talked about enough, considering how much of an impact it can have on our life. There are childhood traumas that could be prevented, and I think with the right education on it, it would be a big step towards an improvement. Especially child abuse is still way to present in our society nowadays, and I don't see anything to prevent it. Education is a solution to a lot of things. Education can prevent.

8. SOURCES

8.1. WHAT IS TRAUMA?

- “What Is Child Trauma?” *Center for Child Trauma Assessment and Service Planning*, 28 Oct. 2015, cctasi.northwestern.edu/child-trauma/. Accessed 8 Feb. 2022.
- Peterson, Sarah. “About Child Trauma.” *The National Child Traumatic Stress Network*, 5 Nov. 2018, www.nctsn.org/what-is-child-trauma/about-child-trauma. Accessed 8 Feb. 2022.
- Onderko, Karen. “What Is Trauma? - Definition, Symptoms, Responses, Types & Therapy.” *Integrated Listening*, 13 Nov. 2018, integratedlistening.com/what-is-trauma/. Accessed 27 Apr. 2022.
- Dr. Andrew Rosen. “What Is Trauma - the Center for Treatment of Anxiety and Mood Disorders.” *The Center for Treatment of Anxiety and Mood Disorders*, 8 Jan. 2019, centerforanxietydisorders.com/what-is-trauma/. Accessed 27 Apr. 2022.
- Cambridge Dictionary. “TRAUMA | Meaning in the Cambridge English Dictionary.” *Cambridge.org*, 2019, dictionary.cambridge.org/dictionary/english/trauma. Accessed 27 Apr. 2022.
- American Psychological Association. “Trauma and Shock.” *Https://Www.apa.org*, 2021, www.apa.org/topics/trauma. Accessed 27 Apr. 2022.
- “What Is Trauma? Types, Symptoms, and Treatments.” *Medicalnewstoday*, 3 June 2020, www.medicalnewstoday.com/articles/trauma#childhood-trauma. Accessed 30 Apr. 2022.
- “Types of Trauma.” *The Trauma Practice*, traumapractice.co.uk/types-of-trauma/. Accessed 20 Oct. 2021.
- Allarakha, Shaziya. “What Are the 3 Types of Trauma?” *MedicineNet*, 8 Feb. 2021, www.medicinenet.com/what_are_the_3_types_of_trauma/article.htm. Accessed 20 Oct. 2021.
- “Types of Trauma | Your Experiences Matter.” *Youexperiencesmatter.com*, youexperiencesmatter.com/learning/trauma-stress/types-of-trauma/. Accessed 20 Oct. 2021.
- “The 5 Types of Trauma.” *Silver Pines*, 16 Feb. 2021, www.silverpinestreatmentcenter.com/addiction-blog/the-5-types-of-trauma/. Accessed 20 Oct. 2021.
- “Three Main Types of Trauma.” *Feinberg Consulting, Inc.*, 3 June 2021, www.feinbergcare.com/three-types-trauma. Accessed 20 Oct. 2021.
- “Acute Trauma.” *Khiron Clinics*, 30 Oct. 2020, khironclinics.com/blog/acute-trauma/#_ftn3. Accessed 30 Apr. 2022.
- Franco, Fabiana. “Understanding Intergenerational Trauma: An Introduction for Clinicians.” *GoodTherapy.org Therapy Blog*, 8 Jan. 2021, www.goodtherapy.org/blog/Understanding_Intergenerational_Trauma. Accessed 21 Oct. 2021.
- “You Would Know If You Experienced Trauma, Right?” *The Pragmatic Therapist(S)*, 10 Oct. 2019, thepragmatictherapist.com/do-you-have-trauma-and-not-even-know/. Accessed 21 Oct. 2021.

8.2. CHILDHOOD TRAUMA

- Leeb, Rebecca T., et al. *CHILD MALTREATMENT SURVEILLANCE*, Jan. 2008, https://www.cdc.gov/violenceprevention/pdf/CM_Surveillance-a.pdf. Accessed 12 Apr. 2022.
- “ISTSS - Childhood Trauma.” *Istss.org*, istss.org/public-resources/trauma-basics/what-is-childhood-trauma. Accessed 13 Apr. 2022.
- Mission Australia. “What Is Domestic and Family Violence? | Mission Australia.” *Missionaustralia.com.au*, Mission Australia, 2011, www.missionaustralia.com.au/what-we-do/children-youth-families-and-communities/domestic-family-violence. Accessed 12 Apr. 2022.
- NSPCC. “Domestic Abuse.” *NSPCC*, 2016, www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/domestic-abuse/. Accessed 12 Apr. 2022.
- Peterson, Sarah. “About Child Trauma.” *The National Child Traumatic Stress Network*, 5 Nov. 2018, www.nctsn.org/what-is-child-trauma/about-child-trauma. Accessed 8 Feb. 2022.
- Queensland; c=AU; o=The State of. “Types of Child Abuse | What Is Child Abuse.” *Www.qld.gov.au*, 20 Mar. 2018, www.qld.gov.au/community/getting-support-health-social-issue/support-victims-abuse/child-abuse/what-is-child-abuse/child-abuse-types. Accessed 29 Nov. 2021.
- “What Is Child Abuse?” *Blue Knot Foundation*, blueknot.org.au/resources/understanding-trauma-and-abuse/what-is-child-abuse/. Accessed 29 Nov. 2021.
- “What Is Child Trauma?” *Center for Child Trauma Assessment and Service Planning*, 28 Oct. 2015, cctasi.northwestern.edu/child-trauma/. Accessed 8 Feb. 2022.
- “What Is Childhood Trauma?” *Blue Knot Foundation*, blueknot.org.au/resources/understanding-trauma-and-abuse/what-is-childhood-trauma/. Accessed 29 Nov. 2021.

8.3. EFFECTS

- “Acute Stress Disorder: Symptoms, Causes, and Treatment.” *Www.medicalnewstoday.com*, 4 Feb. 2019, www.medicalnewstoday.com/articles/324354#diagnosis. Accessed 8 Feb. 2022.
- American Psychiatric Association. “What Is PTSD?” *Psychiatry.org*, American Psychiatric Association, Aug. 2020, www.psychiatry.org/patients-families/ptsd/what-is-ptsd. Accessed 8 Feb. 2022.
- American Psychological Association. “Children and Trauma: Update for Mental Health Professionals.” *Https://Www.apa.org*, 2011, www.apa.org/pi/families/resources/children-trauma-update. Accessed 8 Feb. 2022.
- “How a Diagnosis of Complex PTSD Differs from PTSD.” *Verywell Mind*, 2019, www.verywellmind.com/what-is-complex-ptsd-2797491. Accessed 8 Feb. 2022.
- “ISTSS - Childhood Trauma.” *Istss.org*, istss.org/public-resources/trauma-basics/what-is-childhood-trauma/effects-of-childhood-trauma. Accessed 13 Apr. 2022.
- Mayo Clinic. “Post-Traumatic Stress Disorder (PTSD) - Symptoms and Causes.” *Mayo Clinic*, 6 July 2018, www.mayoclinic.org/diseases-conditions/post-traumatic-stress-disorder/symptoms-causes/syc-20355967. Accessed 8 Feb. 2022.

- Mental Health Center. “How Childhood Trauma Affects Us as Adults | Mental Health.” *Mental Health Center*, 3 Apr. 2019, www.mentalhealthcenter.org/how-childhood-trauma-affects-adult-relationships/. Accessed 8 Feb. 2022.
- National Institute of Mental Health. “NIMH» Post-Traumatic Stress Disorder.” *Www.nimh.nih.gov*, National Institute of Mental Health, May 2019, www.nimh.nih.gov/health/topics/post-traumatic-stress-disorder-ptsd. Accessed 8 Feb. 2022.
- Peterson, Sarah. “About Child Trauma.” *The National Child Traumatic Stress Network*, 5 Nov. 2018, www.nctsn.org/what-is-child-trauma/about-child-trauma. Accessed 8 Feb. 2022.
- “Effects.” *The National Child Traumatic Stress Network*, The National Child Traumatic Stress Network, 11 June 2018, www.nctsn.org/what-is-child-trauma/trauma-types/complex-trauma/effects. Accessed 8 Feb. 2022.
- “Quick Guide to Acute Stress Disorder.” *Child Mind Institute*, childmind.org/guide/quick-guide-to-acute-stress-disorder/. Accessed 8 Feb. 2022.
- Stanford Children's Health. “Default - Stanford Children’s Health.” *Stanfordchildrens.org*, 2019, www.stanfordchildrens.org/en/topic/default?id=post-traumatic-stress-disorder-in-children-90-P02579. Accessed 8 Feb. 2022.
- “The Effects of Childhood Trauma and What Can Help Alleviate Them.” *Verywell Mind*, www.verywellmind.com/what-are-the-effects-of-childhood-trauma-4147640#childhood-trauma-and-ptsd. Accessed 8 Feb. 2022.
- “What Is Child Trauma?” *Center for Child Trauma Assessment and Service Planning*, 28 Oct. 2015, cctasi.northwestern.edu/child-trauma/. Accessed 8 Feb. 2022.
- „What is child traumatic stress?“ *National Child Traumatic Stress Network*, Fall 2003, https://www.samhsa.gov/sites/default/files/programs_campaigns/childrens_mental_health/what-is-child-traumatic-stress.pdf, Accessed 8 Feb. 2022.
- Elia, Josephine, "Akute und posttraumatische Belastungsstörungen (ASD und PTSD) bei Kindern und Jugendlichen“, *MSD Manual Ausgabe für Medizinische Fachkreise*, May 2019, <https://www.msmanuals.com/de/profi/pädiatrie/psychiatrische-störungen-im-kindes-und-jugendalter/akute-und-posttraumatische-belastungsstörungen-asd-und-ptsd-bei-kindern-und-jugendlichen>, Accessed 8 Feb. 2022.

8.4. EFFECTS IN LATER LIFE

- “ACE Study.” *Www.aceresponse.org*, [www.aceresponse.org/who we are/ACE-Study 43 pg.htm](http://www.aceresponse.org/who_we_are/ACE-Study_43_pg.htm). Accessed 16 Apr. 2022.
- CDC. “About the CDC-Kaiser ACE Study | Violence Prevention | Injury Center | CDC.” *Www.cdc.gov*, 3 Sept. 2020, www.cdc.gov/violenceprevention/aces/about.html. Accessed 16 Apr. 2022.
- Felitti, Vincent J, et al. “Relationship of Childhood Abuse and Household Dysfunction to Many of the Leading Causes of Death in Adults.” *American Journal of Preventive Medicine*, vol. 14, no. 4, May 1998, pp. 245–258, 10.1016/s0749-3797(98)00017-8. Accessed 13 Apr. 2022.
- “ISTSS - Childhood Trauma.” *Istss.org*, istss.org/public-resources/trauma-basics/what-is-childhood-trauma/effects-of-childhood-trauma. Accessed 13 Apr. 2022.
- Dr Robert, Anda, "Making the Case: Why Prevention Matters the ACE Pyramid: A New Framework for Prevention." *Prevent Child Abuse America*, https://preventchildabuse.org/images/docs/anda_wht_ppr.pdf, Accessed 16 Apr. 2022.

- Mental Health Center. “How Childhood Trauma Affects Us as Adults | Mental Health.” *Mental Health Center*, 3 Apr. 2019, www.mentalhealthcenter.org/how-childhood-trauma-affects-adult-relationships/. Accessed 13 Apr. 2022.
- Morin, Amy. “The Effects of Childhood Trauma.” *Verywell Mind*, Verywellmind, 4 Aug. 2017, www.verywellmind.com/what-are-the-effects-of-childhood-trauma-4147640. Accessed 13 Apr. 2022.
- Peterson, Sarah. “Effects.” *The National Child Traumatic Stress Network*, The National Child Traumatic Stress Network, 11 June 2018, www.nctsn.org/what-is-child-trauma/trauma-types/complex-trauma/effects. Accessed 13 Apr. 2022.
- “StackPath.” *Www.childtrends.org*, www.childtrends.org/blog/adverse-childhood-experiences-different-than-child-trauma-critical-to-understand-why. Accessed 16 Apr. 2022.
- Su, Wei-May, and Louise Stone. “Adult Survivors of Childhood Trauma.” *Australian Journal of General Practice*, 2020, www1.racgp.org.au/ajgp/2020/july/adult-survivors-of-childhood-trauma. Accessed 13 Apr. 2022.
- “Trauma and Adverse Childhood Experiences (ACEs) | ECLKC.” *Eclkc.ohs.acf.hhs.gov*, 7 Apr. 2020, eclkc.ohs.acf.hhs.gov/publication/trauma-adverse-childhood-experiences-aces. Accessed 16 Apr. 2022.
- “Trauma-Informed Care | Early Connections.” *Earlyconnections.mo.gov*, earlyconnections.mo.gov/professionals/trauma-informed-care. Accessed 16 Apr. 2022.

8.5. EXAMPLES

- “3.2 the Effects of Child Sexual Abuse.” *IICSA*, 13 Apr. 2018, www.iicsa.org.uk/reports-recommendations/publications/inquiry/interim/nature-effects-child-sexual-abuse/effects-child-sexual-abuse. Accessed 16 Apr. 2022.
- CDC. “Preventing Child Sexual Abuse | Violence Prevention | Injury Center | CDC.” *Www.cdc.gov*, 11 May 2021, www.cdc.gov/violenceprevention/childsexualabuse/fastfact.html. Accessed 16 Apr. 2022.
- Morin, Amy. “The Psychological Effects of Divorce on Children.” *Verywell Family*, 21 Feb. 2021, www.verywellfamily.com/psychological-effects-of-divorce-on-kids-4140170. Accessed 16 Apr. 2022.
- Peterson, Sarah. “Effects.” *The National Child Traumatic Stress Network*, 1 Feb. 2018, www.nctsn.org/what-is-child-trauma/trauma-types/sexual-abuse/effects. Accessed 16 Apr. 2022.

8.6. PICTURE SOURCES

Figure 1, Figure 2 and Figure 3:

- Dr Robert, Anda, “Making the Case: Why Prevention Matters the ACE Pyramid: A New Framework for Prevention.” *Prevent Child Abuse America*, https://preventchildabuse.org/images/docs/anda_wht_ppr.pdf, Accessed 16 Apr. 2022.