

ATTACHMENT AND TRAUMA TREATMENT CENTRE FOR HEALING (ATTCH)

## TRAUMA REACTIONS

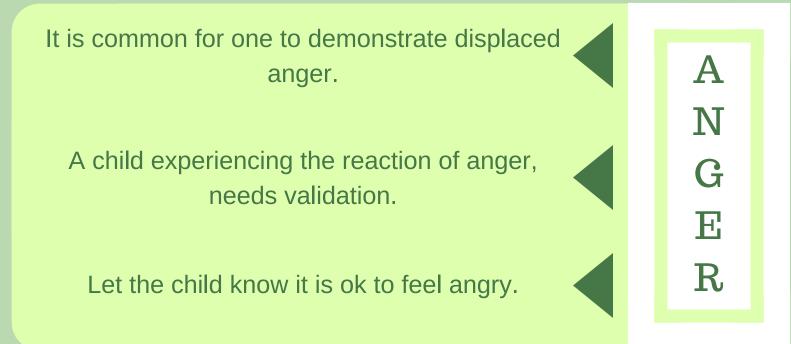
Healing Life's Hurts Through Awareness, Compassion, and Self-Care



A child may worry following a traumatic event, that more unwanted change may occur.

A child experiencing the reaction feeling of worry, needs validation, and consistency.

Common 'feelings' of worry, are stomach pains.



Adapted from: Ciocco, C., Kuban, C., & Steele, W. (2010). What color is your hurt? Clinton Township: TLC

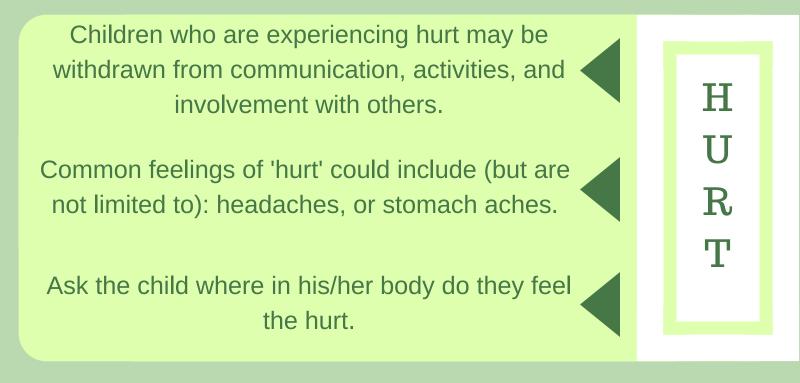
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Signs of fear: consistently needing to be reassured, unwilling to separate from parent, unwilling to speak about their fears.

A child can begin to feel fearful when there is unwanted change, or a change in their routine.

A child experiencing the feeling of fear may need constant reassurance.



## ATTACHMENT AND TRAUMA TREATMENT CENTRE FOR HEALING

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Children may feel guilty when they blame themselves for their traumatic experience.

When a child experiences a guilt reaction, it is important to provide reassurance, informing them it is not their fault.

A child can often experience a feeling of rejection, in addition to guilt.



Adapted from: Ciocco, C., Kuban, C., & Steele, W. (2010). What color is your hurt? Clinton Township: TLC