[](https://safesupportivelearning.ed.gov/)

| **Category** | **Definition** | **Trauma Type** |
| --- | --- | --- |
| **Acute** | Single, isolated incident | * Accident * Natural Disaster * Single act of violence or terrorism * Sudden unexpected loss |
| **Chronic** | Traumatic experiences that are repeated and prolonged | * Prolonged family or community violence * Long-term illness * Chronic bullying * Chronic poverty and related stressors * Exposure to war, torture or forced displacement |
| **Complex** | Exposure to multiple traumatic events from an early age, often within the caregiving system or without adequate adult support that has short- and long-term effects in many areas | * Physical, emotional, and sexual abuse within caregiving systems * Ongoing neglect by caregivers * Witnessing neglect by caregivers * Witnessing domestic violence * Other forms of chronic violence without support. |
| **Historical and Racial** | Collective and cumulative trauma experienced by a group across generations that are still suffering the effects and current experiences of race-based trauma | * Systemic oppression of particular groups across generations * Racism * Discrimination * Harassment |

[](https://safesupportivelearning.ed.gov/)