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| **Category** | **Definition** | **Trauma Type** |
| --- | --- | --- |
| **Acute** | Single, isolated incident | * Accident
* Natural Disaster
* Single act of violence or terrorism
* Sudden unexpected loss
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| **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
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