<table>
<thead>
<tr>
<th>Category</th>
<th>Definition</th>
<th>Trauma Type</th>
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</thead>
</table>
| **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 |