



| Category                     | Definition  | Trauma Type  |
|------------------------------|---|--|
| <b>Acute</b>                 | Single, isolated incident   | <ul style="list-style-type: none"> <li>● Accident</li> <li>● Natural Disaster</li> <li>● Single act of violence or terrorism</li> <li>● Sudden unexpected loss</li> </ul>  |
| <b>Chronic</b>               | Traumatic experiences that are repeated and prolonged   | <ul style="list-style-type: none"> <li>● Prolonged family or community violence</li> <li>● Long-term illness</li> <li>● Chronic bullying</li> <li>● Chronic poverty and related stressors</li> <li>● Exposure to war, torture or forced displacement</li> </ul>  |
| <b>Complex</b>               | 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 | <ul style="list-style-type: none"> <li>● Physical, emotional, and sexual abuse within caregiving systems</li> <li>● Ongoing neglect by caregivers</li> <li>● Witnessing neglect by caregivers</li> <li>● Witnessing domestic violence</li> <li>● Other forms of chronic violence without support.</li> </ul> |
| <b>Historical and Racial</b> | Collective and cumulative trauma experienced by a group across generations that are still suffering the effects and current experiences of race-based trauma                      | <ul style="list-style-type: none"> <li>● Systemic oppression of particular groups across generations</li> <li>● Racism</li> <li>● Discrimination</li> <li>● Harassment</li> </ul>  |