

Responses to Trauma

Cognitive Responses

- Depression & anxiety,
- personality disorders
- AD/HD
- Post Traumatic Stress Disorder
- Dissociative disorders

Behavioral Changes

- Become withdrawn from the world
- Act violently towards others
- Problems at school
- Difficulty in attachment to others
- Hyperarousal

Neurophysiological Changes

- Increase in Cortisol levels in the brain
- Smaller brain parts
- Decreased function of Neural Pathways

Physiological Changes

- Increased Heart rate
- Increased pupil dilation
- Increased respiration
- Muscle Tension
- Substance abuse
- Medical Illness

