Name of Student

Name of Professor

Name of Class

Day Month Year

**Childhood Trauma**

**Introduction:**

 Childhood plays a critical role in personality formation of any individual. A normal childhood ensures that child grows up to a happy, healthy, balanced and successful individual. But witnessing or experiencing any form of violation as a child can lead to serious distortion in the personality of a child. According to the National Institute of Mental Health USA, childhood trauma refers to any experience that is emotionally painful or distressful for a child that leaves long-lasting mental and physical effects. This research paper will take into account various types of traumas and their impact on children.

**Research Methodology:**

 Various studies have discussed the various aspects of childhood trauma. This research paper is using secondary research methodology for gathering the facts and information regarding the types of trauma and the ways in which it affects a child in the long term.

**Discussion:**

Trauma is the most misunderstood terminology, as it is often limited to the events that occur in one's life but in reality, it also includes those events that don’t happen in one’s life that causes long-lasting impacts. Childhood trauma includes the emotional, mental or physical abuses that are done to a child in the home or outside the home by the known or unknown person. Witnessing violence in home or outsides in the community can also result in trauma. This trauma includes the deprivations such as emotional, or physical neglect or the lack of affectionate events in childhood.

 Studies indicate the specific outcomes that are associated with childhood physical abuse such as aggression, low self-esteem and maladaptive sexual behavior with sexual abuse. Abuse in childhood damage the child's sense of self which also leads to self-destructive behaviors. Childhood trauma can have various causes and its effects are also numerous. The pattern has been observed in the studies that children who experience one form of abuse are more likely to experience some other form of abuse. The abusive event can occur in nay despite the demographics and social quo but it is observed that children belonging to families with social and financial disadvantage are more prone to the abuse(Mullen et al.). Revictimization is really common in women who have been sexually abused in their childhood. The rape victims of child abuse are more likely to experience abuse from their husbands or boyfriends(Green).

**Abuser Identity**

 Child abusers can belong to any profession and can belong to any known or unknown category. Often children from broken families experience abuse in the home settings. The physical, sexual or emotional abuser can be a close family member, teacher, parent, relative or an unknown individual. In an experiment, 2,250 women were randomly selected to examine both specific associations between the histories of the sexual, emotional and physical abuse to the negative adult outcomes. The questionnaires were distributed in the women regarding the mental, demographics, sexual and physical abuse as a child. Around 21.5% of women reported some form of child abuse. From this sample, 7.8% of women reported physical abuse and 11.5 % emotional abuse. The study revealed that 23% reported sexual and physical abuse from the hands of the fathers and stepfathers and 45% reported such abuse from an individual who is not part of an immediate family(Mullen et al.).

**Effects of Childhood Trauma**

Victims of childhood trauma show various physical and psychological symptoms and often lead to psychiatric disorders. Few impacts of the trauma associated with childhood abuse are mentioned below.

***Anxiety and depression***

 The threat of depression and anxiety is higher in the survivors of childhood abuse. Usually, these anxiety symptoms are chronic. The unconscious connection exists between the trauma and the PTSD, a condition in which the anxiety gets trigger by the memory of the abusive events. Depress survivors of the trauma suffer from isolation, low self-esteem, stigmatization and negative self-image(Kuyken and Brewin).

 ***Poor development***

The risk of poor physical and intellectual development increases in physically abused children. Such children also show aggressive tendencies towards their peers and form difficulty in forming lasting bonds with friends. Studies show that adults who have suffered as a child develop criminal tendencies(Brown and Ward).

***Suicidal behavior and early deaths***

Suicidal behavior also increases in the survivors of child abuse. The more child has abused the more risk of suicide increases in the child (Green). According to a report around 51% of the adults, sexual victims have attempted suicide in comparison to the non-victims. The Adverse Childhood Experience (ACE) study revealed that in individuals who have experienced the abusive behavior or trauma the risk of unhealthy behaviors increases by 12 folds. These behaviors and risks include smoking, poor health issues, sexually transmitted diseases, inactivity, and obesity. This study proved that exposure to abuse or family dysfunctionality has a strong connection to the various health problems that lead to the early deaths of the patients (JFelitti, FAnda, and Nordenberg).

***Psychological disorders***

A borderline personality disorder is a common disorder in children who suffer from childhood sexual trauma. This order can be present in the non-victims, but its risk increases in the survivors of sexual abuse. Multiple personality disorder and sexual dysfunctions are also common in individuals who have experienced trauma in some way in their lives.

**Results and Conclusion:**

 Traumas are difficult to deal with, but their impacts become too strong in case of children. Such children start to take the traumatic event as the guide map in their lives and use it to build their opinions about the world. Children see everything as a guide to form their opinions and occurrence of traumatic, abusive events damage their ability to interpret the world and its happenings in the positive light.

 It is really essential for a child to deal with the traumatic situations and grow out of it, otherwise, it not only affects their mental health but physical health as well. Such children often wrap themselves in attire of victimization and spend their whole lives feeling like a victim, which make them unable to control their lives. Such individuals grow to be an unsuccessful adult.

 The role of the parents, teachers and family members can definitely help the victims to heal out of their traumatic experience. Seeking help from the counselors and psychiatrists can help such children live a normal healthy life. Help from Licences professional counselors and trauma professional can also prove to be useful. Various therapies are proven to really effective in overcoming the effects of the trauma.

 Cognitive Behavioral Therapy is really effective in individuals with PTSD. It teaches the victims to replace the negative emotions, feelings of helplessness with positive thoughts and emotions. Otherwise, the effects of the trauma can impacts their whole lives negatively. Behavioral strategies can help in desensitize the upsetting parts of the trauma so that child can move on from the fear of the event. EMDR is another therapy that if combines with Cognitive therapy, can help the child in dealing with stress associated with memory.

 The intensity and duration of a traumatic event is not an important constraint, as one trauma can affect different individuals differently. Depending on the individual's perception of the trauma and feelings associated with the event decides the intensity of the impact. If the childhood traumas are not treated at a young age, they can haunt the victims psychologically, physically and emotionally in various ways and can keep them handicapped emotionally and psychologically for the rest of their lives.

**Works Cited**

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