**Topic 2: Effects of Childhood Trauma Worksheet**

Examine the effects of childhood trauma during childhood, adolescence, and adulthood. Complete the table below by adding at least three examples to each category. The first line in each category below is an example. As you complete the worksheet, remember there can be many different reactions, which, in turn, result in different learned behavior and can result in various forms of psychopathology.

**During Childhood**

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| **Emotion Experienced** | **What They Learned** | **Short-Term Effect for Child** | **Long-Term Effect for Child** | **Long-Term Effect for Family/Social Circle** | **Possible DSM/ICD Diagnosis** |
| Fear | My dad is not a safe person; he scares me. | Emotionally needy…may seek extra attention in school or be needier towards mother or siblings. | Difficulty focusing on learning, falling behind with academics. | Overall fear of men, either overly shy child who may only play with siblings who are protective or hide behind mother. | Specific Learning Disorder  Parent-child relationship problems  Generalized Anxiety Disorder |
| Parental Separation  (being with mother) | More attached to the mother…. She cares about her | Face difficulties to get involved in a new relationship or environment especially with a male person | Feel isolated or lack of confidence to communicate with the teacher which decrease learning power. | Increase in insecurities or attraction towards men. Also, the increase in the complex after watching children with their father. | Parent-child relationship problems  Behavior problems |
| Physical abuse | I am not secured in my own house | Trust issues, pain, fear and risk of injury | The child loses confidence, unable to concentrate on studies, fewer chances of getting good learning power | Fear of being abused by an adult or a powerful person. The child becomes unable to share his feeling and isolate himself from the social circle. | Learning problem  Social development delay  Cognitive delay |
| Bullying | People do not like me. I am weak. | Helplessness and fear of being hurt | The child does not trust anyone and feel insecure to share problems, lack of confidence reduces learning power | Feel annoyed from family members. She may feel cursed to be born in a particular race. Avoid people of other race. | Bad mental health  Cognitive delay  Social development delay  (“Definition of childhood trauma, which includes abuse,” n.d.) |

**During Adolescence**

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| **Emotion Experienced** | **What They Learned** | **Short-Term Effect for the Teen** | **Long-Term Effect for the Teen** | **Long-Term Effect for Family/Social Circle** | **Possible DSM/ICD Diagnosis** |
| Fear | My dad is not a safe person; he scares me. | Fight or flight…adolescent may learn to provoke father and then feel more in control when the abuse will take place, and/or she may frequently flee the home and stay with friends. | Difficulty focusing on learning, falling behind with academics. There is no stability at home, so focusing on homework seldom occurs. | If she chooses to provoke, then, most likely, she will become a target and become her siblings’ protector. She will most likely find a group of friends who are “tough” to help her be stronger and help her feel more in control.  She will be seen as a trouble maker. | Specific Learning Disorder  Parent-child relationship Problems  ODD  Conduct Disorder |
| Parental Separation  (being with mother) | More attached to the mother… She cares about her | Men are not good. They are mean and bad. | While studying with the children who talk about family and both the parents living together make him uncomfortable. She faces difficulties in learning due to a confused personality. | She becomes introverts. She feels happy around mother because of the fear of losing her make her less confidence and bound to the house. | Parent-child relationship Problems  Behavior problems  Anxiety  Identity development problem |
| Physical abuse | I am not secured in my own house | Fear of serious injury and death. | Family do not pay attention to the growth of the child which make her unable to learn new things or to develop an interest in studies | She tries to be away from the family especially the person who abuses. Make new friends and spent more time with them | Depression  Anxiety  Specific Learning Disorder  PTSD |
| Bullying | People do not like me. I am weak. | Finds difficult to face people. She may feel insecure outside her home | She loses her confidence and tries to away from children in the class. This behavior results in bad grades and academic record | Hate for dominant people increases. The child tries to be in the social circle from other weak people.  Try to make a relationship with strong people to be safe from people who bullied her. | Specific Learning Disorder  Low self-esteem  Depression  (nctsnadmin, 2018) |

**During Adulthood**

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| **Emotion Experienced** | **What They Learned** | **Long-Term Effect for the Adult** | **Long-Term Effect on Adult Relationships** | **Long-Term Impact on Ability to Parent Safely** | **Possible DSM/ICD diagnosis** |
| Fear | My dad is not a safe person; he scares me. | Men are not safe and can’t be trusted. | Choose to stay away from relationships because they are dangerous.  Pick a relationship similar to her mother’s because she already knows her defense and this would be her comfort zone since this is what she was raised with and she most likely believes she is not worthy of someone respectful and loving.  Have multiple relationships and fleeing frequently when triggered. | Not have kids due to the fear of being just like her mother.  Parent the same as her mother and allow unsafe behavior towards her children. | Anxiety disorder  Major Depressive Disorder  Mood Disorder |
| Parental Separation  (being with mother) | More attached to the mother. She cares about her | Mother is the only trustworthy one. Men are not good. All men are the same. | Feel jealous of the people who talk about their father and admire them.  She does not trust men and feels insecurities and fear while making a relationship with the opposite gender.  Avoid boys as much as possible or simply become flirt to take revenge from men because of father | The relationship ends early and avoids marriage due to the fear of divorce.  All men are the same. My man will also leave me with my child. | Major Depressive Disorder  Separation anxiety disorder  Behavior problems |
| Physical abuse | I am not secured in my own house | The family does not pay attention to the growth of the child which make her unable to learn new things or to develop an interest in studies. She may put her trust in mother and avoid all other relations. | Family bonding becomes weak and adult blames other family members equally for her condition.  She makes a space between her and family and tries to make the relationship outside. | My man will abuse my children in the same manner. I should not marry  Should not have a kid so they don't experience what I did | Major Depressive Disorder  PTSD  Anxiety |
| Bullying | People do not like me. I am weak. | She loses her confidence and tries to away from children in the class. This behavior results in bad grades and academic record | I should avoid people from other race they can hurt me.  Why I am not acceptable by all? Why they abuse me?  God has done injustice by making me weak and I deserve better | I should take revenge from these people with the help of strong friends.  I cannot do anything, I should die | PTSD  Suicidal Ideation  Depression  (Chen, Chaby, Nazeer, & Liberzon, 2018) |

**References**

Chen, C. V., Chaby, L. E., Nazeer, S., & Liberzon, I. (2018). Effects of Trauma in Adulthood and Adolescence on Fear Extinction and Extinction Retention: Advancing Animal Models of Posttraumatic Stress Disorder. *Frontiers in Behavioral Neuroscience*, *12*. https://doi.org/10.3389/fnbeh.2018.00247

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nctsnadmin. (2018, March 5). Complex Trauma in Children and Adolescents [Text]. Retrieved September 17, 2019, from The National Child Traumatic Stress Network website: https://www.nctsn.org/resources/complex-trauma-children-and-adolescents