

LIFE AFTER TRAUMA

What Every Woman Should Know

A “traumatic event” defined

Although many people may experience events or situations that seem terrible, or even “traumatic” to them, when we refer to a *traumatic event* in this booklet it means:

An *extreme* traumatic event in which...

- A person experiences, sees, or learns about a situation that involves actual or threatened death or serious injury, or threats of physical harm to oneself or others

and...

- The person’s response involves intense helplessness, fear, or horror

For example, a woman may be

- Physically attacked, as in cases of domestic violence or rape
- Injured in a serious car, plane, or train accident
- Hurt or traumatized by a natural disaster like a hurricane, flood, or tornado
- Threatened by a mugger or carjacker
- Witness to a friend having a heart attack
- Told about the unexpected death of a loved one

It is estimated that during their lifetimes, over half of all American women will experience at least one traumatic event that meets the definition above.

After experiencing a traumatic event, most people usually go through a period of adjustment and then return to feeling and living like they did before the event.



No Greater Love (Detail)
by Wendy Csoka