

Trauma in Society

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When the word trauma is mentioned what comes to your mind? Sirens, lights, and emergency staff holding life in their hands is what most people identify with in response to the word. To hear of a topic and to recognize the contents is one option, but to actually understand it is another level of awareness. The state of the world in which we live is that of awareness, so it's interesting how so many people can be blind to a subject. So let's take a moment to look a little deeper at how trauma effects those involved.

Trauma can be psychological and people experience it everyday. The problem is that a traumatic experience or even series of events can impact that particular person for the rest of their lives. There are multitudes of ways to be psychologically traumatized; some examples are bullying, neglect, abuse, and basically anything that is physically or emotionally threatening and/or destructive to a person. It is important to realize each individual that is affected by such negative events processes and copes differently.

Anyone can have a mental illness or trauma, and this doesn't mean they are "crazy." This means there is something internally troublesome and they are trying to cope. Mental illness often has a stigma attached. Due to the stigma and lack of knowledge related to resources those affected by trauma may not seek help, afraid they will be labeled. There are those who self medicate with substances or utilize other unhealthy coping mechanisms to dull the pain. Some people do not seek assistance due to lack of financial resources or lack of understanding. Additionally, there are cases where help is sought out but there are diagnoses, counseling, and perhaps medication regimens that may be difficult to follow.

If you are affected by trauma don't be afraid to speak out. Tell your doctor, your friend, your family; just tell someone so you can get the help you need. Perhaps it is severe at this point and you need to go to the nearest emergency department for assistance. Those in the healthcare field are currently developing and educating people about Trauma-Informed Care (TIC). TIC is a holistic approach to care that considers current circumstances and acknowledges the well-being of a person is affected by their past traumatic experience(s).

The purpose of this article is that of awareness to the big picture of trauma. If we all realize that we don't necessarily know everything about everyone, and if we become more conscious about our actions then some situations may have a more positive outcome in the end. Yes, it is possible that your actions or words may trigger the traumatized person back to that place of fear, sadness, anger, or a complete emotional rollercoaster. It is best to think before we act by being aware of those around us, including ourselves, and to treat each other with kindness and respect. Don't be the straw that breaks the camel's back in a society that is so closely tied together. For more information please call 740-380-8264 today.