



NTSAD FAMILY CONNECTIONS

For Newly Diagnosed Families | Month Twelve

Recognizing and Enduring Trauma

TAKEN FROM HELPGUIDE.ORG

“What is emotional and psychological trauma?”

Emotional and psychological trauma is the result of extraordinarily stressful events that shatter your sense of security, making you feel helpless in a dangerous world. Psychological trauma can leave you struggling with upsetting emotions, memories, and anxiety that won't go away. It can also leave you feeling numb, disconnected, and unable to trust other people.

Traumatic experiences often involve a threat to life or safety, but any situation that leaves you feeling overwhelmed and isolated can result in trauma, even if it doesn't involve physical harm. It's not the objective circumstances that determine whether an event is traumatic, but your subjective emotional experience of the event. The more frightened and helpless you feel, the more likely you are to be traumatized.

Healing from Trauma

Trauma symptoms typically last from a few days to a few months, gradually fading as you process the unsettling event. But even when you're feeling better, you may be troubled from time to time by painful memories or emotions—especially in response to triggers such as an anniversary of the event or something that reminds you of the trauma.

If your psychological trauma symptoms don't ease up—or if they become even worse—and you find that you're unable to move on from the event for a prolonged period of time, you may be experiencing Post-Traumatic Stress Disorder (PTSD). While emotional trauma is a normal response to a disturbing event, it becomes PTSD when your nervous system gets “stuck” and you remain in psychological shock, unable to make sense of what happened or process your emotions.”

In addition to recognizing and enduring the trauma you've been through, HelpGuide offers four tips on Healing from Trauma which you can view in [this article](#).

"Trauma creates change you don't choose. Healing is about creating change you do choose." - Michelle Rosenthal

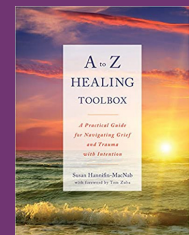
"Every day is a new beginning. Take a deep breath, and start again."

- Unknown

Resources:

A Practical Guide for Navigating Grief and Trauma with Intention

This book, by Susan Hannifan-MacNab asks, "When grief and trauma come barreling into life, how does one restore, renew, and rebuild a new sense of self," and offers practical applications to work through these feelings.



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Disclaimer: The content of this newsletter is intended for support purposes only and not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your healthcare provider with any questions you may have regarding a medical condition.



Moving Forward: Community and Connection

BY NTSAD FAMILY SERVICES

As we come to a close with our twelfth and final monthly Family Connection Newsletter, we at NTSAD want you to know that we understand this is not the end of your journey, and it's certainly not the end of our support for you. At this point as an experienced caregiver to a rare child we hope you have found a place of community and connection with us, your peers.

The staff, board, and parent community members of NTSAD will always be here for you as you continue to navigate this path. From information and research, to advocacy and awareness, supporting families like yours is the center of everything we do. We hope you've found the articles and information in these newsletters to be both insightful and comforting. Just as importantly, we hope they helped reinforce that you are not alone.

We now have more ways to stay connected and support each other than ever before and our team looks forward to seeing you at the Annual Family Conference, Imagine and Believe, on our Facebook groups, or at one of the many events held throughout the year.

BRIGHAM YOUNG

In all the world there is
no heart for me like yours.

In all the world there is
no love for you like mine.

Maya Angelou